

Biblical Stress Management Times

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I hope everyone is having a wonderful summer.

With all the activities planned, you may not have much time to read the tons of e-mail you receive, so I will make this e-newsletter brief.

Some of you reported not receiving past newsletters. You can find them at my website, www.BiblicalStressManagement.com.

“If you see your fellow’s ox or sheep gone astray, do not ignore it; you must take it back to your fellow.” Deuteronomy 22:1-3

Do you have any borrowed books, tools, or tapes? Return them to their rightful owners.

When was the last time you cleaned out your garage? The last time you went through all your clothes? The last time you went through your files and closets?

Clutter is very stressful. In reality, the more you own, the more it owns you.

Vacation time is a perfect time to go through everything and decide what to get rid of, return, or recycle. You can have a garage sale and put a few extra dollars in your pocket. Or you can donate it to charity and feel good about helping others, as well as being able to claim it on your taxes.

So enjoy the Biblical Stress Management way of making the summer breeze by calmly. You will unclutter your physical, mental, and emotional environment. Start today.

Testimonial: Last year when it was announced that an upcoming ORT chapter program would be “Biblical Stress Management,” the response ranged the gamut from HUH to WHO CARES. Curiosity, however, persuaded our members to come for a taste and lively participation followed in its wake. Not only did the subject matter captivate its audience, it demanded an encore. Gail Bretan, our stress management, biblical style, guru was invited for a second performance this year and I have no doubt will be invited for a third time, this coming year.

From her first moment, Gail held her audience in the palm of her hand. The originality of her approach coupled with her profound knowledge of the subject matter kept all of us under her spell to the very end of her presentation. Stress management is an “in” therapeutic focus. The stress of modern day experience is widely recognized as a destructive force, but this uncommon approach offered a fresh perspective. Invite Ms. Bretan to your chapter, group, or club meetings and learn for yourselves how the lessons of ancient wisdom can be effective in coping with the multitudinous demands of our stress-laden modern world.

Carolyn Ring, President, Greater Lake Worth Chapter of Women’s American ORT, June 24, 2003

With joy,

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