

28 Additional Individuals Receive Training in February to Reach the Underserved

Stories of how they plan to use our training are inspiring. One person is joining her daughter in ministering to women in the Polk County Jail. Another is a Chaplain in a corrections facility. One group is involved in a recovery program in Illinois. Another has started a restoration center in Tennessee. Another group is ministering to the incarcerated in Jacksonville/Duval County. What heroes! We have the privilege to equip these individuals with skills and materials that will reach into the hearts and minds of so many people!

The first training was on-line on February 1st in which 9 people participated, while the 15th saw the remaining 19. May God bless and mightily use these individuals in His service!



Anger Dynamics Insights

John Ringleb

While demonstrating a FIT Anger Dynamics session in Jacksonville, Florida, I realized that some of the tips we had been using in an anger management class at church might prove helpful when facilitating an Anger Dynamics class. I usually spread them out over the chapters.

The first source of ideas came from a collection of weekly emails received from the Love and Logic organization (www.loveandlogic.com). Not only did I pick up these ideas, but I actually took a class when it came to Lakeland. It can revolutionize your thinking and responses. Here are the **Love and Logic points** and what I learned from them.

What angers me controls me. If I am thinking about it before I go to sleep or when I wake up it has me. If I am thinking about it more than that it is more serious than it should ever be.

The one who does the least talking has the most power. I have seen it in action! The other person gets angrier and angrier, while you are able to keep your anger emotion from taking over. It is a great time to come up with a better answer instead of blowing up.

Questions create thinking. Statements create resistance. Asking appropriate questions can help lead the other person to start thinking and possibly lessen the effect of the anger emotion the person is experiencing. Maybe a question like, “What happened that got you upset?” would be helpful. Let them explain. Monitor their anger level to see if they are calming down. If you make a statement, you could raise the anger level.

We have no power when we tell others what to do. We have amazing power when we tell them what we are willing to do. A student marches into the coach’s office and says, “You can’t make me get a haircut!” The coach replied, “You’re right. But we will miss you on the team.”

If a child can pull me into a debate or argument, I am no longer the parent. Enough said.

The second source of ideas comes from Les Carter and Frank Minirth’s book, *The Anger Workbook*. This is the book we have used in our church's anger management class for over 25 years.

Anger begins when we are trying to preserve our personal worth, our essential needs or our basic convictions. The next time you get angry you will notice that one of the three areas are being threatened.

The 5 ways we handle anger are: we try to suppress it, we have open aggression, we are passive aggressive, we become assertive or we drop it. The first 3 will increase tension while the last two can decrease it. If you choose to suppress it, it will eventually build up and you will eventually explode. Open aggression is obvious. Passive aggression is a way of being aggressive without being exposed. You key someone’s car or talk behind their back.

Being assertive is using your words without anger. You might say, “I understand what you are saying, but I can’t agree.” Don’t use words to tear down. Don’t verbally assault a person.

Dropping it didn’t make any sense to me at first. But when I became successful in it’s use, I found it was powerful! Remember, when you drop it don’t pick it up again! Jesus told us to forgive as we have been forgiven. The first time I used forgiveness this weight came off of me, a weight I didn’t know I was carrying! I was free as a bird!

On the next page you will find a Tips handout. I’ll cover the remaining part of the list in the next newsletter. Thank you!

Anger Tips

From: Love and Logic (www.loveandlogic.com)

1. What angers me controls me.
2. The one who does the least talking has the most power.
3. Questions create thinking. Statements create resistance.
4. We have NO power when we tell others what to do. We have amazing power when we tell them what we are willing to do.
5. If a child can pull me into a debate or argument, I am no longer the parent.

From: The Anger Workbook by Les Carter and Frank Minirth

1. Anger begins when we are trying to preserve: our personal worth, our essential needs or our basic convictions.
2. 5 ways to handle anger: a. suppress it., b. open aggression., c. passive aggression., d. being assertive., e. dropping it. The first 3 will create increased tension, while the last two can decrease it.

From: my Wednesday night Anger Management Class

When confronted:

1.time.....
2. Walk away
3. Listen
4. Lead by example
5. "Why are they...?"
6. Give respect.
7. ..."however"...
8. "You're too important to me to let ..."
9. "I love you too much to..."
10. "I'll get back to you when..."
11. Repeat back the general idea.
12. HALT (Hungry, Angry, Lonely, Tired)
13. Writing (or texting)
14. No external blaming ("stupid car")
15. Save up for the big ones.
16. Ten years from now, will this really matter?
17. There is no winning in losing your temper, only degrees of losing.
18. In child punishment, let the child do the work.

How can I change my angry thoughts and behaviors? Start with this every morning.

"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, if there be any praise, think on these things." Phil 4:8

The Glory of God

Joe Johnsick

Psalm 8:1 “O Lord, our Lord, how majestic is your name in all the earth. You have set your glory above the heavens.”

Today God put it on my heart to talk about His Glory. Everything we accomplish as a Christian, must be for the glory of God. I am including all things from the day we were saved to all our earthly success, all our earthly trials, all our spiritual awakenings, to overcoming the devil’s temptations.

God has put it in our hearts that the Holy Spirit is always with us once we receive Jesus as our Lord and Savior, it is then we realize God was ALWAYS available to us. We had to make the choice to choose His House.

As the TV commercial goes, “can you hear me now?” For so many years I said “no”, once I did hear Him, He said, “good.” My getting it was surely for His Glory! I must represent myself to other Christians and non-believers as a walking, practicing, growing in God’s word Christian for the glory of God, not mine as “look what I’m doing,” it’s “look what God is doing in my life.” This is a right heart issue; it’s from our heart being given completely to God the Father, Jesus His Son, and the Holy Spirit that we can know the glory goes to God.

When I started this message, I said, “God has put it on my heart.” As I think about it, God puts all things right on our heart, this is how the Holy Spirit directs us. We are not to go through life prefacing everything we do with, “God has put it on my heart.” In the first place the devil puts it on our heart to sin. The answer is to listen to the Holy Spirit as He puts all Glory to God on our heart and react as a Christian.

In essence then, as we grow in the knowledge of God’s word, the people we come into contact with will see the glory of God through our heart actions. The Holy Spirit speaks softly and will not beg us to take God’s path. We answer His calling or not through our free choice. So, for most of my life I needed a sledge hammer. Now I get it, all glory to God.

Joe serves on the Board of Directors
and is serving as our Chaplain.



Member Highlight: Joe Johnsick

Joe Johnsick retired from JC Penney in 1998 from Findlay, Ohio, after 35 rewarding years in retail management. He was very active in the community. Joe had past positions as Chairman of the Board of the local Chamber of Commerce, President of United Way of Hancock County, and many other community-based programs.

Joe identifies as a practicing Christian with the focus of emulating the servant's heart of Jesus. Joe is married to his wife, Toni, has 2 children, Joe and Tim, 4 grandchildren and 5 great-grandchildren.

Joe joined FIT in 2012 along with Ted Gaines, serving the southwest portion of Florida. Joe is a certified Trainer and serves on the Board of Directors. He is passionate about the ministry because of its focus on Jesus, biblical principles and practical applications to society and everyday living. Joe wants to continue to be involved in the ministry as it fulfills its mission through its lifeskills program in bringing hope and a life-changing future to those in need.

January and February Anniversaries

Donald Pratt	January 1	Tim Linn	January 6
Teresa Linn	January 6	Tom Walter	January 14
Curtis Terry	January 17	Harry Farrar	January 20
Wilbur Wood	January 22	Arlene Vann	January 28
Betty Pratt	January 29	John Ringleb	January 30
Valerie Devos	February 4	Jerry Devos	February 4
Ana Mitchell	February 4	Sandy Spannagle	February 4
Karen Campbell	February 4	Angie Bibler	February 6
Charles Downey	February 14	Eloise McAllister	February 16
Karen Johnson	February 25	Bill Collier	February 26
Brad Mason	February 26	Ivette Baker	February 26