

August 2014

Volume 1, Issue 9

If your church or organization would like to host a free Healing Damaged Emotions seminar, call the office today!

Hi Ladies,

I would like to invite you to a Bible Study. We will be studying 1 Peter -

"A Quiet and Gentle Spirit"

It starts on Tuesday, September 16. The time will be 10:30-12:00 and will go for about 6 weeks.

It will be held at:

**In His Name Counseling
3871 Harlem Road,
Cheektowaga, NY**

(Across from TOPS at the traffic circle where Harlem, Kensington and Wehrle meet.)

There is a book that I may be using, cost would be about \$7.00. Please let me know if you can join us.

A few of us have been meeting this summer and are having a rich and wonderful time digging into God's word. Even a few laughs at times! We would love to have you join us. Please give us a try!

In His Love,

Nancy Brawdy

Nancy leads a weekly women's Bible study at In His Name Counseling every Monday from 10:30 a.m. to 12 noon. All are welcome, no commitment needed. Questions? Call us!



IN HIS NAME Counseling

**3871 Harlem Road, Buffalo, NY 14215
(716) 464-3681**

A brief note in a brief issue! As the summer winds down and we all begin to prepare for autumn activities, I'd like to take a minute to report that the ministry at In HIS Name is growing and thriving thanks to the many kind referrals we receive! May God bless you richly in your endeavors, Dr. Donna Potter.

ANGER

A spiritual reflection by Leo Ward

Think of the that something has made you angry: not getting the promotion you *knew* you deserved; your neighbor mowed their lawn and the grass cuttings blew all over your driveway and *you* had to sweep them away; or, perhaps a grudge harbored against someone for something that happened so long ago that you don't even remember what it was, and yet you have let that incident fester in your heart and taken up its own special residence in your mind.

The Apostle Paul is quoted in *Ephesians 4:26-27* as saying,

"When you are angry, do not sin. Do not let the sun go down while you are still angry. Don't give the devil a chance."

Paul was not warning the reader about the devil doing something to the person on the *receiving* end of the anger, but on the *delivering* side. Anger itself is not always wrong or harmful, but the *harboring* of it is. You hurt yourself by justifying your anger and therefore, giving it a permanent domicile in your life.

Some anger is justified, like when Jesus flipped the tables of the money changers over in the Temple, however, the anger that *I have encountered in my life* has not been of a righteous nature, but of a self-centered nature ... someone has crossed a line that I drew in the sand.

How does one get rid of anger? By *walking in* forgiveness. Forgiveness doesn't excuse people's behavior, but it prevents their behavior from destroying your heart and occupying your mind. Forgiveness is the proper attitude we are to maintain as a follower of Jesus Christ.



**UPCOMING EVENT- MARK YOUR CALENDAR!
PERSONAL GROWTH SEMINAR
Saturday, October 18, 2014 10 am-3pm
Bible Tabernacle Church, 66 Laverack Ave, Lancaster 14086**