



Perhaps-Today NEWS

Perhaps Today Ministries

Fundraiser News

Here at Perhaps Today Ministries International we are dedicated to helping the disadvantaged, hurting and those in great need of our community. We are campaigning for our Fall Fundraiser Banquet and Silent Auction. We are asking businesses and individuals alike to get involved in giving back and helping us help them.

There are several ways you or someone you know can help.

1. You can donate a product or service or “new or like new” item to our silent auction. Contact Leon at lciambotti@yahoo.com with your donations or for more information.
2. You can make a corporate, business or personal donation to Perhaps Today Ministries by going to our website to donate at www.perhaps-today.com or send checks to 40 Violet Drive Etters, PA 17319 payable to Perhaps Today Ministries.
3. You can purchase an ad in our program priced at:
 - \$25 business card size
 - \$50 half page
 - \$75 full page
 Send electronic ads to Cheryl at cciambotti@gmail.com and payment to Perhaps Today Ministries 40 Violet Drive Etters, PA 17319. (No ads can be submitted to the publisher without payment.)
4. You can purchase \$25 tickets to the banquet dinner which consists of a 4 course meal, admittance to the auction and a free raffle ticket. You can also purchase a table for \$250 and your business will be acknowledged on the reserved table sign. There will be a Will Call at the door for your tickets but **NO TICKETS WILL BE SOLD AT THE DOOR.**
5. You can post our flier in your establishment until October 22 which is the last day anyone can purchase a ticket. We have fliers that stick to the wall and peel off easily without removing any paint for your convenience. Just ask for one and we will deliver it. Contact Cheryl at cciambotti@gmail.com



Perhaps Today Ministries, PTM, primarily offers Christian Spiritual Counseling. We are a 501(c)(3) corporation so all monetary donations are tax deductible. Any other counseling service would cost \$65-\$125 per visit but we offer it for a simple donation, no fees. We are supported by businesses, corporations and wonderful people like you who understand the growing benefits in having healthy minded and emotionally stable people in our places of business and in our communities. Here at PTM we help individuals, couples and families find healing and happiness. We have a 95.5% success rate with people attending 5 sessions or more. Our counselor is a Licensed Pastor with a gift in counseling and a Certified Recovery Specialist in the state of PA.

Please help us advertise for our fall fundraiser. Perhaps Today you can make a change!

SEPTEMBER
EDITION

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- Controlling Anger Before It Controls You



Perhaps Today Ministries

Christian Spiritual Counseling

where you can make a change

Ways to contact us:

Email:
counselor@perhaps-today.com

Web:
www.perhaps-today.com

Call:
Office: 717-938-6133
Text: 717-991-6634

Mail:
40 Violet Drive
Etters, PA 17319



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Perhaps-Today...
you can make a change:

*"This ministry will continue to help families in need."
~Donna Gast*



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Getting To Know The Board Of PTM

In the July newsletter, we began the process of introducing our audience to each of our board members.

The third board member we'd like to introduce is Donna Gast. When asked what Pastor Ciambotti can offer families she responded with, "She is well versed in the Word and has a keen perception of what troubled families need for healing. She has genuine compassion for the wellbeing of families and couples."

Donna, tell us about your experience or training and what you bring to the board of PTM.

I worked as an executive secretary for several large corporations and universities before becoming the wife of an attorney and mother of three children. I learned to lean on and trust God during my very painful divorce [and] through a Catholic nun who prayed over me and [that] led me to the Lord. ... I eventually remarried [and] when Pastor Ciambotti revealed to me that she needed a Secretary/Treasurer for PTM, I volunteered to help in that capacity as a way of giving back to the Lord.

Donna, as a board member, what would you like to see in the future for PTM?

Growth ...As long as Pastor Ciambotti continues to put God at the helm of PTM's ship; this ministry will continue to help families in need.

Why do you think Perhaps Today Ministries is important for struggling families and couples?

I believe many are struggling because of wrong thinking and addictions that have kept them bound in hurtful situations. They need clarification and a new direction in their lives. PTM can help them by shedding light on the root problems and finding new ways to live and love one another. Pastor Ciambotti's spiritual guidance strengthens these relationships.

"The Lord uses and equips people like Cheryl to show people how much Jesus loves them and you can be a part of doing work for the Lord. No matter how big or small, He can use you." Donna Gast

Networking Connections for PTM

On August 6th Cheryl Ciambotti pledged with the Central Penn Networking Group, CPNG and was accepted. She is now a member of a group that is nearly 50 members strong. They meet weekly at the Coliseum on St John's Church Road with each member giving a 30 second introduction about their business and you can present business news and events. At least once throughout the year each member gives an extended presentation about their business and how anyone might benefit from using their services. Cheryl has already met several people who are willing to partner or help PTM in various capacities. PTM now has an avenue to help individuals and to incorporate businesses and corporations into receiving blessings by giving to a much needed service for our community.

August 22nd was a pivotal day for Perhaps Today Ministries when yet another networking group accepted PTM as a member. Christian Business Network; Shepherd's Voice, met at

Hoss's in York and the director of that group asked Cheryl to share a little about Perhaps Today Ministries. Through that group and her presentation she has made several wonderful connections that will partner with PTM and be an asset to the work we do for hurting families not only in counseling but by expanding the ways we can help them. The director also asked Cheryl to be the feature speaker this month and to join him at the MD Chapter of Christian Business Network. Cheryl was pleased to accept and will be speaking twice next month about PTM. Finally, the director is the owner of a publishing company and another member of the group is an advertiser and both pledged to post the flier and to promote Perhaps Today Ministries and its fundraiser on their various media, internet and paper sites. This means that it is conceivable that in 30 days or less 100,000 people will know about PTM and may find healing or blessing by supporting this valuable ministry!



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Controlling Anger Before It Controls You

Anger is a perfectly normal and healthy human emotion. However, left unchecked, anger can be damaging and destructive. Since conflict can be a main catalyst for exposing anger and is an inevitable part of life, it's important that we learn to restrain and contain the way we react to conflict. Recognizing that you struggle with controlling your anger is the first step toward managing this strong emotion.

There are several steps you can take to control and express your anger in creative and constructive ways. When you feel angry, take time to take a deep breath. Rather than saying something that may damage a relationship and take years to rebuild, take time to calm down. It may mean taking a short walk outside or listening to music. Articulating your feelings to a friend or on paper may help you sort out your thoughts. Lawrence J. Peter said "Speak when you are angry – and you'll make the best speech you'll ever regret."

Identifying the source of your anger and taking responsibility for your feelings is another step in curbing uncontrolled anger. Anger is much like a fever...it has an underlying cause. It may be a need not being met, a boundary being crossed or a frustration persistently ignored. Many psychologists for this reason call anger a secondary emotion triggered by other feelings of sadness, fear, or betrayal

PTM can help you with your anger issues as well as coming to grips with the triggers in your life that cause the outbursts. Let us come along side you and walk with you through the healing process. Think of this example....A baby plays with a mobile in her crib, she learns that when she touches the butterfly, they all begin to fly. Families are like that, all interconnected and delicately balanced. When one is out of balance they all feel it but when one shares angry feelings in creative and positive ways, the entire family will experience the positive effects. The change will begin when you recognize the need for it.

