We Appreciate You!

For more resources, visit our website at www.pfl.org

The biggest change you can expect to see from Practical Family Living is beginning in 2017 we are moving our 15 minute radio program to one that is more easily accessed on digital, on-demand formats. You will notice an increased attention to social media sharing as a way to get our offerings in front of as many people as need them. While you will no longer hear us as a 15 minute segment on the radio, you will notice an increased number of classes, seminars, and speaking engagements on our calendar, and short radio segments in the future.

Healthy individuals, couples, and families matter to us so much that we are willing to expand the way we produce our vital materials to distribute them farther than ever before. In order to do this, we will need to increase our monthly donors. Please partner with us financially by sending a one-time or monthly tax-deductible donation to PFL, PO Box 1676, Appleton, WI 54912.

Because of your prayer and financial support Practical Family Living has been able to record 3,600 programs, publish hundreds of articles written by our therapists, and has held countless workshops, classes and seminars for couples, adult children, those grieving and more. Most of these are still available at PFL.org.

Changes at Practical Family Living

By Lynda Savage, M.S., LMFT, LPC
Founder PFL/CFH

Those who are newer to the PFL team love to hear stories of the early days when Lynda and Paul would record the programs in a make-shift basement studio. So much has changed in radio and media since those early years. Have you noticed the recent media trends? People are consuming media in multiple digital and on-demand formats. Printed books, newspapers, and traditional television are being traded in for ebooks, online news sites, and streaming on demand services. “Analysts at the investment research and management firm Bernstein sent a note to clients on Thursday that said they’re downgrading media companies like Disney and Time Warner, which own TV networks like ESPN and CNN, respectively, because they are “structurally impaired.” (www.businessinsider.com/traditional-tv-is-in-decline-2015-8)

What does this have to do with Practical Family Living? It means if we intend to continue to provide substance and hope through media and Christ-centered materials, we need to embrace the changing media platforms or risk becoming “structurally impaired”. We are moving from a small Christian market – i.e. northeast Wisconsin, opening it up for people to watch and partake on demand from anywhere in the world. While you are about to see our methods change and grow with technology and the times, our message and purpose remain the same.

Because of your prayer and financial support Practical Family Living has been able to record...
Being Blessed

Feeling a plane lift off the ground releases a myriad of emotions. Watching the ground fall further away, I am reminded of my powerlessness in which to keep the plane from continuing its journey to the next destination. Having made the choice to go, to purchase a ticket, and get on board, I have put my complete trust in the hands of the pilot as he flies the massive machine up and forward.

Somehow the wonder of Jesus choosing to place his complete trust in the Father feels similar. The same is true when we choose to journey with the Lord as our pilot. Knowing the plan will include vulnerability, discomfort, miracles, separation, and joy. It may be a stretch, but once we commit to the journey, the enjoyable and difficult days may feel filled with similar emotions. Allowing yourself to acknowledge what is real yet rely on the voice of God.

Jesus, Savior Pilot Me

Edward Hopper, 1878 - 1888

Jesus, Savior, pilot me
Over life’s tempestuous sea;
Unknown waves before me roll,
Over life’s tempestuous sea;
Hiding rock and treacherous shoal.
Hiding rock and treacherous shoal.

And the fearful breakers roar
Unknown waves before me roll,
And the Word became flesh and lived among us, and we saw His glory, the glory as of the only begotten of the Father, full of grace and truth. John 1:14

May your holiday season be filled with joy, peace, and many blessings!

The Effects of Aging

By Carrissa Pannuzzo, LMFT, LPC Clinical Therapist

Getting Older is the Reality of Living but for some of us we go fighting and screaming into the aging stage of life. It seems as we move into our fifties we realize we have wrinkles, graying hair, arms that jiggle, the tone of the voice sounds weaker, the memory has been challenged, and somehow we are even two inches shorter than we were in our 30’s. The process of aging occurs to every individual but when we look into the mirror and ask ourselves if it can be anywhere from minimal to maximal.

What self-care skills we’ve developed, and other protective and healing factors.

When these deep questions and doubts about worth are activated it’s not uncommon for us to medicate it away, even by using destructive means. Eating disorders, self-mutilation, alcohol and drug abuse, and other harmful choices allow individuals to, strangely enough, cope with the pain of self-hatred through numbing, distraction, soothing, and as a means of communication when words don’t suffice. So how do we stop? How do we heal?

The process begins by acknowledging our pain, accept our intrinsic value given to us by God, and finding safe people to heal with. The more we face our pain and counter the lies, the freer from shame and numbness we become. We can have the abundant life that Jesus promises. Learning new, healthy, caring ways of self-soothing to replace the self-destructive ways gives us new choices.

Our God loves us mightily. He sees us as worthy beyond measure. When we accept His view of us, through work in the depths of our souls, we can be compassionate with ourselves, and this allows us to be more compassionate with others, too.

A Difficult Road?

It is probably true that you have a difficult road. If you do, consider the lessons learned in it and the value that God has for you in these lessons for your future.

Did you know...

Some of the therapists at The Center for Family Healing are now accepting Network Insurance? Call 920-720-8872 for more information.

Self-Compassion vs. Self-Destruction

By Cheryl Welch, BSN, RN, M.S., LPC-T

We live in the most in-debt, obese, addicted, and medicated adult cohort in history, according to researcher Brené Brown. We can easily find a multitude of ways – Facebook, sugar, pornography, alcohol, etc. - to numb our vulnerability.

Vulnerability is a scary thing and many of us were taught at a young age that our feelings surrounding our experiences are wrong, shameful, silly, something “big boys/ girls” don’t do, and will get us hurt, rejected, punished, or something else. Through abuse, trauma, neglect, and rejection we get the message that we are less than, unworthy, not valuable, or some other lie.

These messages lead to a sense of self-loathing. Depending on how strongly we experi until the experience is taken to the extreme of self-hatred.

Our God loves us mightily. He sees us as worthy beyond measure. When we accept His view of us, through work in the depths of our souls, we can be compassionate with ourselves, and this allows us to be more compassionate with others, too.