

Subject: Relief is just a thought away.**Date:** Sun, 22 Dec 1996 11:52:44 -0500**From:** AKFunder@aol.com**To:** ledwards@qnet.com**CC:** AKFunder@aol.com

Dear Lorraine,

Your letters have been received, read and digested. Yes, I was pleased indeed to see that beautiful picture of you and the Bible in you newsletter.. You did a real good job scanning and printing that picture. Thank you for that, and for the letter.

As for your holiday woes -- believe me, everybody has them. I know of very few families in which discord is not present to some degree. I have a granddaughter in Florida who is staying with her grandmother. Every week I send her the newsletter I send to my children and I slip five dollars spending money for her in each letter. Now, three months later, all I have to show for this effort is one, one-paragraph note of thanks. And only then because I mentioned to her that Ann Landers said that gifts to grandchildren should be terminated if there is no response. So, Lorraine, welcome to the club. Life is like that. It's how we react to these things that's important.

I have a prescription for you. Repeat this thought over and over again every day from early morning until you lay your head on your pillow at night:

GOD IS BLESSING ME WITH HIS PRESENCE RIGHT NOW!

I got that from Robert A. Shuller's book "What Happens to Good People When Bad Things Happen." Robert A. is a minister and a son of the Robert H. Shuller who built the Crystal Cathedral.

He continues on: "We need to have an eternal perspective. We must pray that God will help us to see things the way he does. When we come to that point it will be a lot easier to take temporary setbacks (despondency at Christmas time) in stride and to pay attention to the Lord's instructions when he tells us to do something we really don't want to do. You see, whatever is going on in your life, if you're trusting God and looking to him as your helper and guide, he is blessing you."

Along with this prescription, read five of the Psalms every morning.. They will cheer you up!

And, of course, pray for deliverance from your present low state of mind. It will be forthcoming and quicker than you can imagine!

I really can't identify with you properly because of a "built-in" optimistic outlook that I've had all my life. I can't remember feeling down and out even though I know I've been in that state numerous times. Never have I been depressed or bored. It always seems to me that right around the corner, something terrific is about to happen! And, believe it or not, terrific things DO happen every now and then. I am a great fan of Norman Vincent Peale and I recommend his books highly. I imagine you can get them at the library. He stresses the positive approach.

So much from doctor Alvin.

It is Sunday and Ruth and I are staying home from church because of icy roads. Late this afternoon, Ruth's son Terry and his family will be here for dinner. That will be a fun time. I might note, though, that Ruth has two other children, with families, who NEVER come. So, you see, you're not alone.

Please keep us posted on how the prescription is working.

With love,
Alvin K.