

Action News

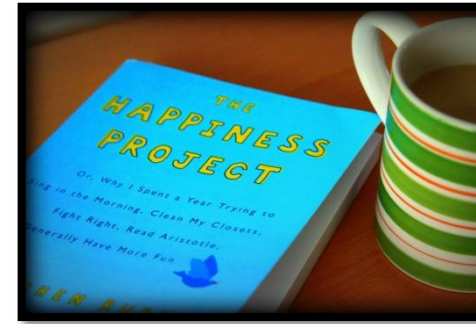
The Christian Action Federation
of NB Inc.

Issue

04

January
2012

HAPPINESS for 2012



When I picked up Gretchen Rubin's *The Happiness Project* in the summer I did so cynically. This international best-seller was flying off the shelves at Costco, Chapters and many local stores. My first thought was people must have resonated with the byline: *Why I spent a year trying to sing in the morning, clean my closets, fight right, read Aristotle, and generally have more fun.* Obviously, there are scores of individuals who would like to improve their level of happiness that's why they bought this book. I purchased it out of curiosity regarding our culture and wondered if I would indeed be happier if I organized my closets.

As North Americans, we idolize happiness to an unhealthy degree. It is the #1 thing for which to strive. Americans call it "chasing after the American Dream"; I'm not sure how we coin it here in Canada. Our pursuits, however, are the same—how can we get more of the "good life?"

My prickles of cynicism soon fell off when I realized the practicality of this book. In fact, I could find Bible verses to go along with every single chapter. Proverbs is full of advice for daily living. We have Biblical direction on being more industrious, getting rid of nagging, showing love and kindness to others, asking others for help, enjoying each day, remembering the good times, finding the fun in things, not gossiping, giving, expressing gratefulness, imitating a spiritual master and so on.

Although Gretchen Rubin never strikes on the profound truth of God's special revelation (the redemption for sin through God's Son, Jesus Christ), she does hit the wellspring of general revelation. It sends a praise to my heart to recognize that before this book or its author existed there were ancient texts guiding humanity in the ways that produce joy, happiness and contentment. Happiness is a byproduct of a life well lived. As a Christian, I know that life can only reach true happiness when I walk fully with Christ. The apostle Paul wrote, it has nothing to do with circumstances and everything to do with an attitude of contentment. Have a Happy New Year. May you find your joy in serving Christ and knowing that He has created us to be delighted with the delicate mystery of life. MBM

Thanks for

- Prayer
- Support
- Speaking invitations

In Honour

- Barbara Foster by Ray and Mildred Weaver
- Mildred Weaver by the Sunshine Fellowship of Upper Blackville United Baptist Church

Memorials

- Baycroft Hall by Lois Clark
- Elaine Vroom by Bob and Elizabeth Walton
- Enid Weber from Gerald and Barb Showers

Speaking Engagements

- Wickam Baptist Youth
- Moncton Christian Academy PTF
- River Valley Christian School
- Atlantic Baptist Women's Retreat

Next Meeting

March 17, 2012



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CAFNB NEWSLETTER

It has been our privilege to provide CAFNB's *Action News* to you these many years. It would seem that technology could help us get it to you more efficiently. **If you do not have a computer, we will continue to send you a copy of this newsletter with uninterrupted service.** If you have easy access to email, we would like to build an email database for those who could accommodate this cost effective way of distribution. For those of you who wish to receive *Action News* via email here's what to do:

#1 Send an email to

cafnb@nbnet.nb.ca

#2 Include in the email your name, address and phone number.

#3 Let us know whether or not you have the ability to receive PDF files on your email.

Thanks so much for helping us in this matter.

Marsha's Comings and Goings

Heading into winter and looking forward to the spring!



Fall 2011 was an amazing time of travel, God's provision and protection. I had many opportunities to share truths from God's Word to groups of youth and young at heart.

I had great visits with the congregations of Coles Island Baptist Church, French Lake Baptist, and Hope Community Church throughout the fall when I was asked to speak in their morning services. We looked at Ecclesiastes and extracted meaning for our culture.

I felt honoured to be a part of the chapel program at Valley Christian and Devon Park Christian Schools. I spoke to the students about serving others and *Peer Pressure and the Bible*.

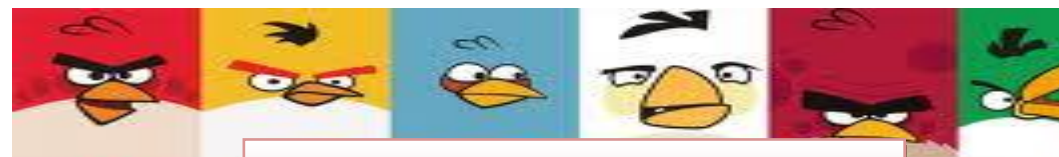
The freshman class of Bethany Bible College (now Kingswood University) were attentive as I led six sessions of discussion on dating and marriage. It was also great to visit the campuses of New Brunswick Bible Institute and Crandall University.

During chapel at NBBI I presented *Read the Label*. At Crandall, a youth studies class provided the opportunity to present *the Pulse of the Culture*.

The Crandall Ladies Auxiliary were welcoming to a seminar on the *Pulse of the Culture*. Hatfield Point Baptist hosted me for an AWANA leaders training event. I also spoke during their mission's conference using *Peer Pressure and the Bible*. I gave three sessions at the ACSI Teacher's Conference in Moncton.

On to the Debec and Hammond River Valley Elementary Schools where I was able to present to the whole student body about peer pressure using *How to Say No and Keep Your Friends and Willie & Wallie*.

I enjoyed three weeks speaking to youth at the Minto Baptist Church, the Sunday School at Milltown Baptist, Kids Club at South Portage Baptist and the lovely students at Divine Mercy Catholic School.



ANGRY WORDS

As a result of God's provision this last Christmas season, I received an Apple IPAD. My first downloaded APP? Angry Birds. You may have played this game yourself or heard of others playing it. This "cultural buzz" is a foolish little time waster that has been masterfully crafted. The birds are angrily trying to destroy their enemy.

This little game has put the word "angry" into our culture. As the principal of a school, I deal with the repercussions of anger a great deal (this may shock you as many of you know I am the administrator of a Christian school). The bigger anger issues are always with the adolescent students, Christian or not. The truth

Four Major Adolescent Changes

- #1 Rapid physical changes
- #2 Changes of intensity and volatility of emotions
- #3 The shift of influence from parents to peers
- #4 Search for identity

is, there are a number of physiological reasons why adolescents, in particular, struggle with anger. David Walsh, teen psychologist, points out the changes happening inside the body of an emerging teen: *Rapid physical changes, changes of intensity and volatility of emotions, the shift of influence from parents to peers and the search for identity* (Walsh, 2004).

It is safe to say many teens struggle with being angry. It is something that they have to

learn to manage as emerging adults.

Accepting this reality helps us to be a little bit more patient, however, the Bible is pretty clear on the topic of anger. Chronic anger is toxic to the human experience.



Proverbs 29:22 says, *An angry person stirs up conflict and a hot-tempered person commits many sins.* I believe our response to anger can help teens navigate things more clearly. We have to model the behaviour we want to see adolescents develop and that certainly is easier said than done. For me, the best advice is found in the first chapter of the book of James where we are reminded to be slow to anger, quick to listen and slow to speak. As the teens in our lives spill over with angry words let us put James' advice into action-- show them how we want them to handle their emotion. Over time with the balance of correction and modeling, they will find their way. *Lord, help us to be patient with the teens around us and model for them a godly example. MBM*