

# "The Butterfly Flyer"

Abundant Nursing, Inc. - 45 East Main Street - Mount Joy, Pa. 17552 - (717) 653-1662 - fax (717) 653-7117

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## *What's fluttering this month*

### *"Notes from Lisa"*

#### The Miracle of Mistakes

It's funny how much the world focus's on the negative activity of others and it always amazes me how much good you try to do in your life. People always remember our mistakes or faults and focus everything from that point of view. They seem to forget all the good.

As I was growing up into a woman, I indeed made many, many mistakes. I was lost because I too focused on all of my own errors which in turn created great depression, anxiety and helped me to continue to make more mistakes. I just could not seem to overcome them. I thought about them all the time, which in turn left me feeling very guilty, shameful and chained up. We live in a very unforgiving society. So the people that I seemed to attract at that time in my life were all feeling the same feelings. We basically helped each other reinforce our errors.

I thought that I had been struck with some bad omen the day I was born. The world looked so perfect compared to me. I asked myself, "Why does everyone seem to have it together?" I felt very unworthy, compared to the successful people, and not to mention the Christians. To the Christians I was an unworthy sinner. Every Christian that I ran into seems to reinforce this to me. Let me tell you, God was the last thing that I turned to. Isn't it funny we try everything else before we have no other choice but to knock on the door of Life?

There are so many doors that the world would offer us for salvation: money, relationships, food, sex, drugs, alcohol, career, nice home, nice cars. Its all the worlds answers to attain happiness, and believe me I tried them all. I was seeking in all of the answers the world was pointing and ending up feeling the exact same way. I went from door to door searching, being left with the same hole in my soul. You know the one, its right in the middle of your chest - empty. Well by the time I went through the last door of the world, career door I'll call that one, I thought for sure if I could be successful by the worlds standard, I would receive my grand prize – fulfillment. Wrong. Well needless to say I was very angry, distraught and basically disgusted because there were no more doors left for me to turn to and I had the biggest hole I ever had in my life ( I thought ).

For me, this was the end of the beginning in my life. It was the end of my old way. I had listened to everyone for direction and I was a good student to the world's teachings and now it was time for the last door. I'll call it the Golden Door. The door to light, joy, peace and wholeness.

Jesus was standing right at the

entrance, but how could I, a worthless sinner, enter this golden door. I was on my knees in pain and all of a sudden I looked up and saw his face, it was so bright with joy and love and forgiveness.

The hardest part of our journey is excepting the fact that this MAN died for me, for my salvation, for my freedom of the Chains of guilt, shame and fear. He has already done it, now the hard part is excepting this fact.

Without mistakes (sin) there would have never been a need for Jesus to come to our rescue because of our mistakes. We become healed and whole through his forgiveness. This does not mean I will never sin again. That is impossible in this separated state, but through daily acceptance of forgiveness, we can try again to attain his forgiveness. Which in turn creates a relationship that is never ending, but eternal. Now through my mistakes I will learn from them, so that I will not repeat them, but of course there will always be this challenge of growth while we are here.

Without forgiveness there is no hope. Jesus Christ is the only hope there is to attain happiness because each day becomes new. Yesterday I am forgiven to make today a brand new day of life. This in turn makes the future very bright. Now through his sacrifice, I have life.

Praise be to the Lord and King for our release of this bondage. The world will never tell you that you are forgiven, unless they too have excepted his gift, because only then will they see that If they are free, so are you, You only need but except this.

Jesus turns every mistake into healing. How can we not accept



this free gift? Are we not worthy? I think so. God himself sent his only son to prove how worthy we are of this ultimate blessing of this journey.

We must make our journey through these doors to come to the light, to appreciate these gifts and to understand his love. Mistakes are made for correction and when you feel this gift you want to try your hardest to make sure you continue to feel this freedom. That you no longer make the same mistakes, because they are bondage of guilt, shame, and pain.

Now my mistakes have new meaning because they bring me to growth and understanding of our continuous relationships that now fills that hole with peace, joy and love.

Which = Wholeness.

God Bless,

## **“Bonnie’s Corner”**

Dear Abundant Nurses,  
Happy Independence Day! We celebrate life during this season. A season of patriotism for our Country and ourselves. We are strong and independent. We can only be this way if we remain in a relationship of faith with God. God is the giver of life. He is the giver of love. He is the provider of all our blessings. God gives us strength and a sense of purpose. He is the lighthouse in the storms of life, giving us a sense of direction in the darkness.

The world gives us many messages of doom. We need to balance our lives with the message of hope that comes from God, who loves us all.

Love,  
Bonnie

### Proud to be an American

I will aid those in need - giving not only of my resources, but of myself - so that I can strengthen in others the sense of hope that draws people from around the world to our nation's shores. Thank you God for blessing this land.

If not for Hopes the heart would break.

Thomas Fuller

## **EMPLOYEE FOR THE MONTH OF JULY**



**“Jessica L. Shank, CNA”**

Jessica has been with Abundant Nursing since October 2001. She resides in Elizabethtown with her new husband (as of June 29, 2002). Jessica has truly proven to be a Abundant Nurse. Thanks and congratulations on your recent marriage and best of luck. Don't forget to stop by the office to pick up your gift certificate.



### **Happy birthday wishes go out to the following employees:**

Heather L. Metzler, RN  
Jeanne L. Lutz, LPN  
Mary E. Halbleib, CNA  
Kimberly A. Neidig, Office  
Dorene L. Moore, LPN  
Tanya G. Heming, CNA  
Line G. Donovan, CNA  
Jenna L. La, LPN  
Nichole V. Barton, CNA

### **Congratulations and welcome aboard to the new employees who have joined us in June:**

Heather L. Metzler, RN

### **Stars Program**

The following employees were recognized for doing an outstanding job!

#### Maple Farms

Heather L. Metzler, RN

#### Rheems Nursing Home

Tammy L. Swift, LPN



## **Creating Balance - Taking time out to take care of yourself!**

### Live Longer and Happier

1. Think Positive: Your thoughts are very powerful. We manifest what we believe. Your reality is directly affected by your reaction to it. What you think is what you get!

2. Stimulate Your Mind: Read, Read, Read, Read, Read! An exercised mind is a fit mind. Read a book, take a class, learn something new. Life is a classroom. Be a good student. Educated minds see the possibilities.

3. Get Spiritual: Take a deeper look at life. Spend quiet times of reflection. Create a relationship with God so your life is full of hope and promise.

4. Cultivate your Creativity: Express yourself through hobbies, crafts, cooking, gardening, writing, painting, drawing, dancing, singing, playing music. Whatever the source, all are good for reducing stress and having fun.

5. Socialize: Sharing your life benefits you and others.

6. Keep Working (Have a Purpose): No matter what your calling may be, always give yourself to the purpose of working toward making the world a better place. We reap what we sow. To Give All is to Have All.

### God Does Bless America!

The United States of America is the only nation on the planet that was founded on the rights of the human spirit as the priority rights of life. No other nation has made such a claim, that the rights and privileges of the human soul, surpass those of the human body. This nation placed the freedom of its collective soul as the most important freedom required for its existence. The people of this nation were promised the right to believe whatever their soul required, to express whatever thoughts they had, to write, and communicate the content of their minds and hearts, to come together in public and openly speak of their visions.

Caroline Myss