

From the Director

Dear Friends of Care Net,

Yes, this newsletter is long in coming. We are beyond busy! Thank you for taking a few minutes to read what's happening here at Care Net.

Currently Marie Courtney and I are running our Volunteer Counselor Training course. It is exciting to have 24 people faithfully attending. Many are from the Pottsville (Schuylkill County) Care Net and its new satellite office opening up in Tamaqua.

We also write a monthly article entitled "Dear Suzi" for carboncountymagazine.com. I'm including one of the articles on the next page. Be sure to check out the others! Thank you.

In Christ's Love,
Suzi

UPCOMING EVENTS

**Lehighton
Bike Night**
August 13, 2011

Bike Run
September 24, 2011

Groups and Classes At Care Net

MONDAY

Parenting

When: Noon - 1:30pm **Cost:** \$10.00

Instructor: Rosemarie McFadden

Description: Practical understanding to shape your child's will without breaking their spirit, and confidence to handle discipline in a positive way.

Love & Respect Couples Group

When: 7:00pm - 8:30pm **Cost:** \$25.00

Instructors: Michael & Debbie Balch

Description: When needs are not met things get crazy in a marriage. Learn why spouses react negatively to each other and how to deal with conflict quickly, easily and biblically.

TUESDAY

Divine Debutantes

When: 6:30pm - 8:00pm **Cost:** None

Instructor: Jillian Stone

Description: Faith based course for teen girls learn how to be beautiful from the inside out. Also learn proper manners, including hosting, and how to relate to guys.

How to Fight for the Lives of Your

Teenagers

When: 6:30pm - 8:00pm **Cost:** \$15.00

Instructor: Suzi DeMara

Description: For parents to help them cope while working to rescue their troubled teens, and for parents who want to protect their children from the need to be rescued one day.

WEDNESDAY

Don't Let Anger Control You

When: 5:00pm - 6:30pm **Cost:** \$12.00

Instructor: Cheryl Deutsch

Description: Learn from both a biblical and secular perspective why you are angry, sad, bitter, unforgiving, or sick, and how you can become a happier, healthier person.

Quest for Authentic Manhood

When: 7:00pm - 8:30pm **Cost:** None

Instructor: Tim Haas

Description: Practical and enlightening classes for men dealing with past hurts and equipping men to take steps necessary to become the man they want to be.

FRIDAY

Forgiven & Set Free

When: 7:00pm - 9:00pm **Cost:** \$20.00

Instructors: Debbie Balch & Janet LaRocco

Description: Post Abortion Recovery Bible Study that is a thorough application of God's healing from the guilt, pain, and grief after an abortion.

Call Care Net at
610-379-0411
to register for all classes

CARE NET of Carbon County

531 Mahoning Street
Lehighton, PA

610-379-0411
1-800-395-HELP

HOURS:

Monday

11:00 am to 5:00 pm

Tuesday

By appointment only

Wednesday

11:00 am to 8:00 pm

Thursday

11:00 am to 5:00 pm

Friday

10:00 am to 3:00 pm

MISSION STATEMENT

"We are a Christ-centered community resource providing support to those facing pregnancy and encouraging healthy choices in sexuality, fertility and parenting."

Dear Suzi,

I'm going crazy! I don't know what to do! I'm in love with two guys and I don't know which one to pick! Help me!

Signed, "In Love with 2 Guys"

♥ ♥

Dear "In Love with 2 Guys,"

What you're experiencing is actually quite common today. You definitely do have feeling for both guys, but is it really "True Love"? Let me help you to figure this out....

The first thing to do is to stop having sex with both or either of them ~ if you are. Sex just complicates things and clouds your judgment. Choosing to refrain from sex right now will allow you to really get to know these guys without the added emotional complications. It is also called "The True Love Test" because you will find out if one or both of these guys is interested in you because of the person you are. Your relationship then will be built on what you have in common spiritually, emotionally, socially, and mentally. Sexual desire does not equal love!

Love is a tricky thing. People tell me all the time that they are really in love and then months or a few years later they are at each other's throats and fighting over the poor baby that was born in the period of so-called love. True love is much more than an emotion or feeling. It may start with great feelings and thrills and chills, but they don't stay there forever! In time the true character of the person is on full display. This is the beginning of difficulties in the relationship.

So remember true love is not based on the first emotion. So many young people think it is and then they make wrong choices, too quickly. The words "I love you" are so easily said. What I think you're looking for is love for a lifetime. Love through the hard times, a love that builds history and grows old together. That is true love.

Intentionally start looking at the character qualities of these two guys. Hopefully, they have made it through the "True Love Test" and are still in a relationship with you, without the sex. The most important characteristic of love is that it is focused outwardly. By that I mean that love does not think of "self" first. Selfishness is the number one problem in relationships today! Love always thinks of the other person and wants what is BEST for the other. It is selfless, not selfish! If you or your guy is thinking only about his own needs, then love is not there! True love even thinks of the other first when they don't feel like it.

So secondly, remember that love is action. If there are no actions to confirm the words "I love you," then love is not there! True love is uplifting. It builds up the other with kind, thoughtful words, and actions. True love sees the good in the other and doesn't say or do things to tear each other down. If words are used to hurt or to belittle you or your feelings, values, and beliefs, then love is not there!

If the relationship is really true love, you will both want to stand in front of witnesses and publicly vow that you want a permanent commitment that will last a lifetime. You will both want to vow "for better, for worse, for richer, for poorer, in sickness and in health, to love and to cherish, till death do us part." It is a vow of sexual faithfulness and financial union. It is a shared promise to love and take care of the children that result from this union. True love is based on a commitment to permanence, and everything you do is to fulfill, satisfy and serve the one you love. True love doesn't just expect to receive, it wants to give and give. That's the kind of love you need to last a lifetime.

Some other things you need to look at are:

- Is he trustworthy in all he does? Does he keep his word no matter what? Does he lie to others (his parents or his boss)? If he does, then you know he'll lie to you.
- How does he treat others? If he doesn't treat others with respect and kindness, then you know that in time he'll treat you the same way.
- Does he have a job? Is he responsible? Hardworking? Or does he depend on someone or something else to pay his way?
- How does he treat his parents? With honor and respect?
- Is he respected by others? Discreetly ask a few people about his character. Pay attention to their words.
- Is he a "Player"? Is he a flirt? Does he look at porn? These are major Red Flags!!!
- Does he live to do what is right and help others, or is he selfish?
- Who are his close friends? What is their character like? This will also tell you a lot about him.
- Does he get angry quickly? Is he unhappy a lot?
- Is he looking to you to be his "Magic Potion"? By that I mean is he looking for a strong woman to lead him. Is he looking to you to make him better – to take care of him? If he is, beware, he is not a man; he is a boy. You can't make him a man. He'll become a weight you don't want to carry. It shows that deep down inside he is lazy and he'll let you do all the "work."

Lastly, consider help from a mature couple or from counselors. I'm glad you are seeking advice about what true love is. Your relationship needs to be based on something worthwhile—it needs the foundation of true love. It is possible. Take time, don't rush, sex can wait. Your future is very important.

Dear Suzi 

Suzi

Feedback

...from our Prison Ministry

As I came into this facility, I thought my life was over. I really did! I cried from that Friday in the courtroom until the moment I stepped through the metal detector, all the procedures, all the way to be cell block and into my cell. Then reality set in, five minutes after I was in my cell. This is the Real Deal! This is no joke.

I have come in here with a lot of baggage, along with others who came before me and those who will come after me.

I have picked up the Bible for the first time ever! I went to a church service and this lady offered me her Bible to read. At the end of the service she told me to keep it. I felt special that someone gave me a Bible. It wasn't even a bad day—it was a decent day.

I have read most of the Bible, although did not understand it. I am Ezekiel right now but I have had to go back to the beginning or other places I had trouble with. I also had trouble with names and places, but I'm sure God won't get mad at me for mispronouncing my ancestry.

I'm just glad when they yelled, "Anybody for 'Real Deal'?"

*I came to your group . . . I have found the Lord . . .
 I have found the Good Book . . .
 I have found His Scripture very interesting . . .
 I have found His people . . .
 To keep recycling it . . . I hope to one day!*

P.S. I am working on forgiveness. It is very hard! If I only could my heart will lighten up. I know.

...from "Don't Let Anger Control You"

Thank you so much for teaching this class! I have learned a lot from you! It's amazing what you've overcome and still have joy and happiness in your heart. Jesus is Great!

You've given me hope that I can be the type of person I'd like to be—you are a great example of patience and inspiration! You also create a very comfortable atmosphere so people aren't afraid to share their thoughts and feelings in class.

Thanks for everything! I hope to be able to take another class with you in the future.

BOARD OF DIRECTORS

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UPDATE is published by Care Net of Carbon County. We are a Christian ministry committed to the Lordship of Jesus Christ, serving those in physical, social, and spiritual needs. All services are provided free of charge and offered without discrimination as to race, national origin, age, or marital status. The official registration and financial information of Care Net of Carbon County may be obtained from the Pennsylvania Department of State by calling 1-800-732-0999. Registration does not imply endorsement.

If you would like to be a part of our ministry, there are many ways you can help.

*Please indicate how you can help below and send this coupon to us at:
 531 Mahoning Street, Lehighton, PA, 18235.*

- I would like to serve as a **volunteer** (i.e., counseling, cleaning, organizing clothing, babysitting for clients' children, providing transportation to clients).
- I'm interested in having someone from your organization **speak about Care Net**.
- I am giving a **one-time gift** of \$ _____ in honor of / in memory of _____.
- I would like to make a **monthly pledge** of \$ _____.
- I would like to help Care Net provide **Bibles** to their clients at a cost of \$5 each. My donation is \$ _____.
- I'm not interested at all. Please do not send me any more information on your organization.

Name _____ **Phone** _____
Email Address: _____

Care Net of Carbon County is a 501(c)(3) non-profit corporation. All gifts are tax deductible.



An affiliate of the Care Net network

**531 Mahoning Street
Lehighton, PA 18235
610-379-0411 / 1-800-395-HELP
<http://www.carenetcarbon.org>**

MARK YOUR CALENDAR!

Golf Tournament

Saturday, September 24, 2011

Villas Crossing Golf Course

Tamaqua, PA

***(see our website for details and
sponsorship opportunities)***

**ALL SERVICES ARE
FREE AND CONFIDENTIAL**

Free Pregnancy Test /
Options Counseling

“Earn While You Learn” Program

Clothing and Furnishings
for Mother and Baby

Education on Abortion
and Abortion Alternatives

Adoption Information and Referrals

Relationship Education

Information on Sexually Transmitted
Diseases (STDs)

Referrals to Community Agencies,
Educational and Vocational Services

Bible Study & Prayer Support

**NO APPOINTMENT
NECESSARY**

CALL OR WALK IN!

NEEDS LIST – CAN YOU HELP US?

Always Needed:

- Diapers (all sizes) *
- Baby Wipes
- Baby food and breast pumps
- Baby wash and shampoo
- Strollers, high chairs, gates, Pack & Plays, baby monitors
- Bibles for adults and children, *or be a sponsor for \$5 per bible!*
- Bible story and other Christian books and DVDs for children
- Ink cartridges for Epson Work Force 615
- Paper products: towels, cups, plates, napkins, toilet paper, tissues, trash bags
- Office supplies: folders, stamps, envelopes, copy paper
- Cleaning supplies: toilet cleaner, window cleaner, dish detergent
- Juice boxes and bottled water

Volunteer Needs:

- “Gal Friday” to sort and count material resources, make copies, and staple.
- Be the contact at your church to keep church informed about classes and needs.
- Include Care Net in your Church or Community Organization Budget.

**most urgent*