



Alpha Counseling Service

20730 Bond Rd Suite S-180

Poulsbo WA 98370

Website: alphapoulsbo.org

360.779.3624

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Dear Friends,

I have important news!

After considerable research Alpha's Board has decided that it is in our best interest to stay in our present offices and not move after all. Part of the reason for moving was my concern about committing to another three year lease. It also seemed practical to find cheaper and smaller suitable office space. Well, after searching from Poulsbo to Bremerton the facts became obvious that all the leasing companies want at least a two year lease and the prices were more expensive for less space than we have now. So I went back to our current property manager and he was happy to give us a two year lease. After all that research Alpha's Board thought it best to stay where we are. This means we don't have to pack up nearly thirty years of accumulation and find some place to store it all. Which makes me very happy?

I am reading the Amplified Bible this year for my personal devotions and it adds some notes and commentary with the scripture. I Timothy 6:6-7 can be applied to our staying where we are and it's a reminder to me that God is fully in control! *... "Godliness actually is a source of great gain when accompanied by contentment {that contentment which comes from a sense of inner confidence based on the sufficiency of God}. For we have brought nothing into this world, so it is clear} we cannot take anything out of it, either."*

I was thinking about the idea that we cannot take anything with us to the next life, but we certainly seem to collect a lot of stuff in this life. Recently I heard of a terrible fight among relatives for the possession left by a parent who had died. A good example of how, in our country, things seem more important than relationships.

A friend has shown me pictures, from his recent trip to Cuba, and seeing how little the people there possess in this life caused me to reflect on Paul's writing to Timothy. The Cuban's live in tiny houses holding a dozen or more people, drive beautiful antique cars held together with wire and tape, and are now repairing church buildings that haven't been cared for in many years.

What was even more interesting is their faith in Jesus! I have heard from two sources about Cuban Christians who are preparing to be missionaries to other countries. They possess so little in this life while having something so valuable they can't wait to share the Gospel with others less fortunate than themselves! Maybe we would be better possessing less stuff and having more passion for Jesus and His call to share the good news that He bought for us!

Thank you for helping us share the Good News!

Richard & Debi

12 Symptoms of Inner Peace

1. A tendency to think and act spontaneously rather from fear based on past experiences.
 2. An unmistakable ability to enjoy each moment.
 3. Loss of interest in judging self.
 4. Loss of interest in judging other people.
 5. Loss of interest in conflict.
 6. Loss of interest in interpreting actions of others.
 7. Loss of ability to worry (this is a very serious symptom).
 8. Frequent overwhelming episodes of appreciation.
 9. Contented feelings of connectedness with others and nature.
 10. Frequent attack of smiling through the eyes of the heart.
 11. Increasing susceptibility to love given by others as well as the uncontrollable urge to give it to others.
 12. Increasing tendency to let things happen rather than to make them happen.
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