



A MESSAGE TO YOU FROM ERIC MAGALLON, PRESIDENT

Peace For Today will broadcast our 12,000th show ...

THANKS to Ken Haystead's vision and *your* 46 years of supporting our mission of developing inspirational-and-encouraging radio and web broadcast programs fostering self-knowledge and intellectual growth, we are fast-approaching our milestone 12,000th show!

Along with MARGE LAKES, JOHNNY DEHASETH, our PEACE FOR TODAY BOARD—Larry Cosgrove, John Price, Roy King, and Harold Crichton; OUR OFFICE VOLUNTEERS—Alex Hernandez and Charlene Farnsworth; OUR OFF-SITE VOLUNTEERS—Myrt Buell and Cindy Kratochvil, I thank you for allowing us to serve you.

Without your financial support, your notes, phone calls, participation in tours, attendance at luncheons and seminars over the years, it would not have been possible. You give us the drive and satisfaction to want to continue dedicating

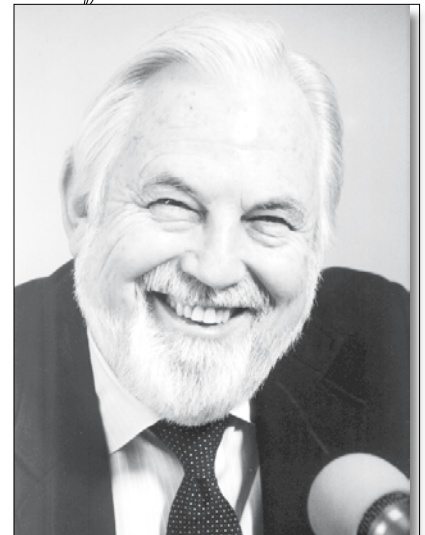
our countless hours as custodians for this wonderful organization comprised of you, our partners and friends.

In recognition of this milestone event, Marge, Johnny, the PEACE FOR TODAY BOARD and I have decided to make a special additional \$12 donation this month to PEACE FOR TODAY and would like to ask if you would do so as well. For your convenience, we have included a yellow postpaid envelope—and, remember, your donation will help us reach our future goal of broadcasting our 25,000th show.

With heartfelt gratitude,



Eric Magallon



Thanks, Ken!

"TWO BITS" FROM JOHNNY DEHASETH, EXECUTIVE DIRECTOR



Talk about "E- ticket" rides at your favorite entertainment park, PEACE FOR TODAY makes that seem tame! We are preparing a new,

Johnny deHaseth easier-to-navigate web site, new shows in English and Spanish, and adding new programs and hosts to the already existing team of Ken Haystead and Larry Cosgrove. I will continue to coordinate the quarterly newsletter publication, and luncheon seminars, while managing the everyday operations. This can help

you understand how excited I am and how much fun I'm having at PEACE FOR TODAY.

One of the ways you can help is by enrolling in *Ralphs Community Program* (see information on page 4), and PEACE FOR TODAY will receive a percentage rebate of qualifying purchases.

- ◆ Also, you can visit our web site at least once a week—even if it's for a short visit—because the more visitors we have, the more attractive we become to Google™ and this can develop into an ad donation revenue source for us.
- ◆ You can also become one of our "stay-at-home volunteers." Call our office

at (800) 350-4738 and we'll find something matching your talents.

- ◆ And, of course, your continued generosity is essential giving us the time to implement all these exciting changes
- Thank you for keeping this wonderful organization going for close to five decades, sharing inspiring messages and encouraging the people we love—you.

Peace For Today: 12,000 broadcasts around the corner

A MESSAGE TO YOU FROM MARGE LAKES

Getting rid of negative mental clutter in your life requires forgiveness



Marge Lakes

In our day-to-day challenge of living, it is easy to accumulate hurts and resentments that we continue to carry with us. It's like picking up a few rocks every

day and putting them in our pockets or carrying around negative clutter like bricks on your head. It doesn't take long for them to weigh us down. And collecting negative feelings and holding onto them day after day, month after month, our burden grows. We get heavy in our spirit, depressed—even "sour."

It's good (even wonderful! to remember there's an alternative! It is choosing to let go of judgment. That usually takes a huge shift in perspective.

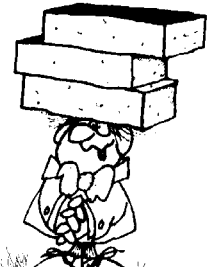
- ◆ First we have to forgive ourselves for our misconception of the other person. We may have judged them and not seen them as loving human beings making a choice where they had few options.
- ◆ Second, without knowing everything about our friend, we can't possibly understand all the reasons for his/her actions. So why not be open to that fact? Why waste energy judging?

I recommend "letting go." Dump any old hurts you are carrying around! It's hardly possible for most of us to grow older without collecting a few!

Experience some real inner peace by shifting your perceptions. After all, everything we feel is a choice! Experience some real inner peace! You may even feel taller! I've tried it. It works!

Lovingly,

Marge Lakes



Planting the Right Garden Reaps a Great Harvest

PLANT THREE ROWS OF PEAS ... peace of mind • peace of heart • peace of soul. PLANT FOUR ROWS OF SQUASH ... squash gossip • squash indifference • squash grumbling • squash selfishness. PLANT FOUR ROWS OF LETTUCE ... lettuce be faithful • lettuce be kind • lettuce be obedient • lettuce love one another. NO GARDEN IS COMPLETE WITHOUT TURNIPS ...



turnip for meetings • turnip for service • turnip to help each other. TO CONCLUDE OUR GARDEN WE MUST HAVE THYME ... thyme for God • thyme for prayer • thyme for family • thyme for friends • thyme for one another. WATER FREELY WITH PATIENCE AND CULTIVATE WITH LOVE ... there is much fruit in your garden because you reap what you sow.



TO: PEACE FOR TODAY, INC. • P.O. BOX 17990 • IRVINE, CA 92623-7990

Congratulations PEACE FOR TODAY on nearing 12,000 broadcasts!

I want to support PEACE FOR TODAY's 12,000th Broadcast Milestone with a special tax-deductible donation of \$12 \$24 \$36 \$48 \$60

I believe in the value and benefit of PEACE FOR TODAY and want to keep the daily outreach on the air, website and CDs. Please consider me your friend and "Partner."

I will contribute \$ _____ \$100 \$50 \$30 \$20 \$10 each month or \$ _____ annually to help finance this totally listener-supported organization.

My check for \$ _____ is enclosed.

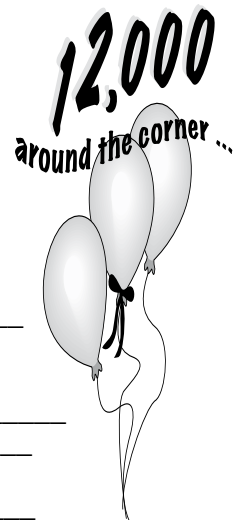
Please charge my MasterCard/VISA No. _____
Exp _____ Signature _____

Name _____ Phone _____

Address _____

City _____ St _____ ZIP code _____

E-mail _____



IT SEEMS TO ME ... ONE SHOULD NEVER UNDERESTIMATE THE VALUE OF THE POWER OF AN INDOMITABLE SPIRIT. I had an experience that taught me something about that.

It had been a hard night ... little sleep, a lot of pain, and I had gotten up depressed. On my way to the office I was aware that I was feeling sorry for myself. During that night I had thought a lot about "the unfairness of it all." Surely there is some better way to spend one's life than lying down because it hurts so much to sit up!

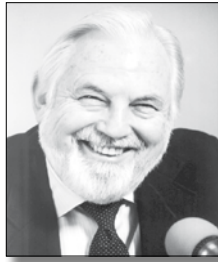
As I came to an intersection, the light changed, and I thoughtlessly stopped my car in the crosswalk. To my left on the corner, waiting to cross the street, was a man in a motorized wheelchair—an obvious paraplegic. I backed up a little and gave him a perfunctory wave of my hand—a signal for him to cross. He responded with the most dazzling smile of "thank you" and appreciation.

What was so unique about him was his attire. He had on a "ten-gallon hat" and a buckskin jacket with fringe, a la Clint Eastwood. He looked like a cowboy and he acted the part.

As he came across the front of my car he gave me another warm and friendly greeting and headed down the street.

As I turned the corner, I saw him again, scooting along as fast as his little motor would take him. He was so obviously glad to be alive, and he radiated such good will, that I laughed out loud and circled the block—just to see him again. It suddenly occurred to me that my depression was gone! I felt ashamed of myself! In a brief moment, without a single word exchanged, I had been touched by an indomitable spirit. It was like a miracle.

What fascinated me about that incident is that it still sticks in my mind. A number of times I have relived that moment—and each time with the same result. That man



Ken Haystead

IT SEEMS TO ME ...

Inspirational Writings of
KENNETH HAYSTEAD,

Founder, PEACE FOR TODAY

will never know what power he possessed that day to lift me from the doldrums. I saw demonstrated, dramatically, the genuine power for good there is in radiating an attitude of true courage and real hope to others. Isn't it exciting to know that we all possess that power? Our emotional sorties into tomorrow are born of our impatience or our unwillingness to trust or wait. We'd save ourselves a great deal of trouble and make the present so much more livable, if we could learn to "trust the process" or to "go with the flow"!

This is deeper, in my opinion, than shrugging the shoulders or being superficially fatalistic. It is choosing to accept life and live it as we find it a day, an hour, and even a moment at a time. It is exercising God-given control over our own destiny at the point of impact. It is concentrating on the business of living life as it is given without the unnecessary baggage of the irrecoverable past or an unhealthy concern for the uncertain future.

"Trusting the process" is truly Christian for it is committal at its highest. Paul advised his Philippian friends to "Have no anxiety about

KENNETH HAYSTEAD, Marriage and Family Counselor and Founder of PEACE FOR TODAY often told of his growing-up years under the dominance of a controlling mother. He reflected that most of her requests or statements were rather like "edicts from the throne," and left little room for personal ideas or preferences. Because of that, Ken determined to be a gentler-less-controlling person who left room for independent thought and decisions, and he prefaced many of his statements with "IT SEEMS TO ME...".

Ken Haystead penned several hundred little essays of his insights on spiritual and psychological health. We are pleased to be able to bring some to you regularly in our mailing piece, THE BRANCH, and in a published paperback book in the foreseeable future.

anything but in everything let your requests be known unto God." It seems to me I heard it said, "All things work together for good " Really believing *that* is "trusting the process."



A meaningful way to honor the memory of a beloved family member or friend, is to make a gift to PEACE FOR TODAY in his or her memory.

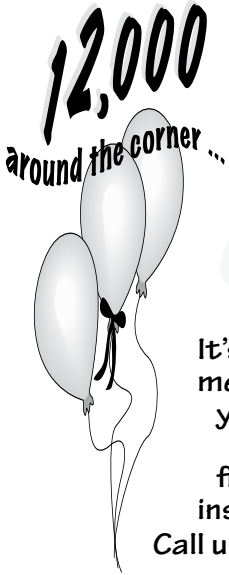
Memorials

Motoyuki Yamaga
in memory of
Aurora Goyena

Lorraine Young
in memory of her husband
Joe Young



Peace For Today: 12,000 broadcasts around the corner



Join us for lunch as we celebrate

Our quarterly SUMMER 2010 "Community Support Fund-raising Luncheon" is being held at:

Mimi's Cafe

6670 E. Pacific Coast Hwy.
Long Beach, Calif.

Saturday, August 7th • 11 a.m. to 1 p.m.

It's a "Buy Your Own Lunch" affair so invite family members and friends. Please bring the postcard you've received in the mail or pick one up at the door before ordering so Peace For Today will benefit financially. Parking is free. We will also have inspirational and musical entertainment.

Call us at (800) 350-4738 for additional details.

EXTRA! EXTRA!



is a great way to give to PEACE FOR TODAY and it doesn't cost you a cent! Join the Ralph's Community Contributions Program and select PEACE FOR TODAY, INC. as the charity of your choice.

Log on to www.ralphs.com, click on *Community Contributions* toward the bottom of the page, scroll down to *Participants* and click on *Enroll*. If you are a new online customer *Sign Up*, have your *Ralphs Club Card* ready, confirm your new account (if new) and enter our NPO number: **84290**. Ralphs will reimburse peace for today a percentage of all your purchases. Thank you for making a difference!

Call (800) 350-4738 for more information.

Why hassle with advertising expenses, answering phone calls and scheduling appointments to sell your used car, truck, van, RV, boat, motorcycle or motorhome? Donate them to PEACE FOR TODAY, INC. via



Cars 4 Causes®

"The Charity That Gives To Charities"®

Cars4Causes will handle DMV paperwork. You will get ...

- ◆ A TAX DEDUCTION FOR THE FAIR MARKET VALUE
- ◆ FREE TOWING
- ◆ AND YOU WILL HELP OUR PEACE FOR TODAY CAUSE

Call the PEACE FOR TODAY office for more information.

Listen to PFT on the internet at ...
www.peacefortoday.org

All broadcasts available on CDs and may be ordered by the week or month.

E-MAIL: pft@pacbell.net • PHONE: (800) 350-4738



PEACE FOR TODAY, INC.: "The Branch"

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Summer 2010

NEWSLETTER FROM:

PEACE FOR TODAY, INC.

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