



MESSAGE FROM ERIC MAGALLON, PRESIDENT, PEACE FOR TODAY

A REASON, A SEASON, AND A LIFETIME

A very good friend of PEACE FOR TODAY sent me the following that I would like to share with you.

People come into your life for a reason, a season or a lifetime. When you know which one it is, you will know what to do for that person.

When someone is in your life for a REASON, it is usually to meet a need you have expressed. They have come to assist you through a difficulty, to provide you with guidance and support, to aid you physically, emotionally or spiritually. They may seem like a godsend and they are. They are there for the reason you need them to be. Then, without any wrongdoing on your part or at an inconvenient time, this person will say or do something to bring the relationship to an end. Sometimes they die. Sometimes they walk away. Sometimes they act up and force you to take a stand. What we must realize is that our need has been met, our desire fulfilled, their work is done. The prayer you sent up has been answered and now it is time to move on.

Some people come into your life for a SEASON, because your turn has come to share, grow or learn. They bring you an experience of peace or make you laugh. They may teach you something you have never done. They usually give you an unbelievable amount of joy. Believe it, it is real. But only for a season.

LIFETIME relationships teach you lifetime lessons, things you must build upon in order to have a solid emotional foundation. Your job is to accept the lesson, love the person and put what you have learned to use in all other relationships and areas of your life.

It is said that love is blind but friendship is clairvoyant. Thank you for being

a part of my life, whether you were a reason, a season or a lifetime.

After reading these wonderful words I began to reflect on how REASON, SEASON, and LIFETIME relationships have affected my life and the lives of others. I began to realize that the same person, persons, organizations, beliefs, etc., can be each of these categories to different people.

The message of PEACE FOR TODAY also falls under each of these categories as well as family members, friends, spouses, and life partners. I know, understand, and accept that I and many of you have been all three of these categories to various people throughout our lives. And I know that most of us have been the recipient of REASON, SEASON, and LIFETIME relationships at some point during our lives.

A relationship is just one of the tools we are given to grow, actually a very important one at that. We all grow at different

speeds and ways. Those who are open to these relationships can grow from them whether they are a REASON, SEASON, and/or LIFETIME. The key here is to be able to recognize the relationship, embrace it, grow, and accept the time spent because each is equally important and we do not know which category a relationship may fall until it is completed.

Each of us should make it a point to take time during our daily activities and reflect how relationships have affected our lives. A person must enjoy the people in their life whether for a REASON, SEASON, or LIFETIME!

Love and peace,



Eric Magallon

To be a Great American—what makes us unique

While we may seem barraged by all the negative reporting found on TV and in newspapers, it can be nice to find something positive. I read an article on the internet the other day where the author stated that “We are the only country in the world where giving and volunteering are pervasive characteristics of so much of the population.” This caused me to pause and feel good about the state of who we are as Americans. The author further went on to explain that 50 percent of Americans are active volunteers and give an average of four hours a week to the causes of their choice. Financial generosity is demonstrated by the fact that 75 percent of Americans are also

regular contributors of money to charitable causes. Of the 75 percent who are regular contributors, 90 percent are individuals.

It is with the help of many of our generous friends that PEACE FOR TODAY has existed for over 42 years. With the continued support of volunteers and financial gifts, we may be around for another 42 years. Please read the next page and consider helping us by one or more of the ways listed. While all the problems in the world may seem overwhelming, PEACE FOR TODAY can be a powerful comforting force. If each of us does a little part, as a whole, we can help PEACE FOR TODAY make a difference in this world.

PFT launches an updated website to spread our message to the world

Our goal for 2006 was to launch a new look to our website by the end of the year. We are proud to say that this goal was met, and we are pleased with the results. You will find the new website offering a user-friendly format and many new sections. We have added a new evolving Peace Gallery which offers photos for reflection. Our Memories section has a special column on how "I Found PFT" which will be an ongoing project where our friends can add their own stories.

A detailed history of PEACE FOR TODAY's founding, written by Marge Lakes, can also be found in this section.

Other sections include our mission, ways to donate and participate, an improved online store, and downloadable back issues of our newsletter. We are also planning to create our own blog soon, and eventually add an event gallery. There's lots to see, so log on to www.peacefortoday.org and enjoy.

Finally, we want to send a special thank you to everyone who helped make this goal a reality, especially to Ken Lanxner of Simple Lives. Without Ken's generous time and design skills, we could not have reached our goal.

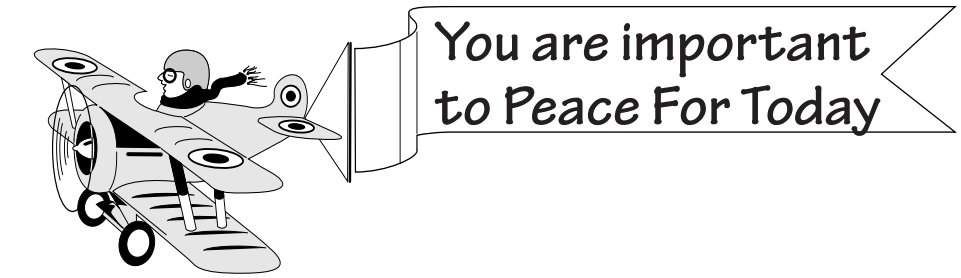
Look for publication of Ken Haystead's "IT SEEMS TO ME ..." essays this year

Our new goal for 2007 is to publish Ken Haystead's "IT SEEMS TO ME ..." essays in a paperback book.

We are currently accepting donations to get this project off the ground. To those who have already donated to this project, a special thank you.



Love, not time, heals all wounds.



Here are some ways you can help enlarge our outreach. Be sure to contact us for details about any program.

- **Send us names and addresses of prospective listeners.** We will tell them about our website and send get-acquainted information.
- **Share our emery boards with people anywhere**—restaurants, store clerks, friends and family. Leave them for customers who come in to hair salons or enclose them in envelopes you are mailing. People seldom throw them away, and when they feel a need for inspiration and encouragement, we'll be available.
- **Remember to use your Albertson's card.** PEACE FOR TODAY receives 2 percent of your grocery bill. This is also true of purchases at Sav-On Drug Stores, except prescriptions.
- **If you have a car to dispose of,** let PEACE FOR TODAY help you donate it through www.Cars4Causes.net. They will take care of all paperwork and transfers, pick up the vehicle from your address, and you will receive a receipt for an IRS write-off.
- **Use lots of Thought for the Day booklets as gifts** or as a replacement for a greeting card. We have a new 5th edition. It has a special page inside the cover to write a "Happy Birthday" or "Congratulations" note and sign your name. Special price: 10 booklets for \$20. What a bargain! Call us to purchase.
- **If you or someone close to you has an emotional need, give them Ken Haystead Sound Advice cassettes or CDs.** It might be better than "take two aspirin and call me in the morning." See our online catalog of some 55 topics.
- **If you work for a company that asks employees to contribute to United Way** or some similar charity agency, sign up to have your contribution sent to PEACE FOR TODAY. If you need assistance, call our office and we'll help.
- **If you are missing your daily uplift from Ken Haystead and Larry Cosgrove, sign up for a weekly CD.** Donation: \$35 or more per month.
- **Are you an online shopper?** If so, PEACE FOR TODAY could be receiving a percentage of your purchases through iGive.com and benevolink.com. See our notices on our website about these programs.
- **Many of us are logging birthdays but have all the "stuff" we can use.** So ask your family and friends to make a donation to your favorite charity, PEACE FOR TODAY, INC. Their donation is deductible and will be acknowledged.
- **Make a contribution as a memorial to someone dear to you** in lieu of flowers or when their birth date rolls around. This is a great way to pay tribute to the memory of loved ones.
- **Come volunteer four hours a week** at our PEACE FOR TODAY office in Irvine, and help us with our many outreach needs.
- **Use internet search engine Goodsearch** [www.goodsearch.com] and generate money for PEACE FOR TODAY.
- **Bring friends to our annual spring luncheons, and to our fall birthday shows** held at the Museum of Television and Radio.
- **Send positive thoughts our way.**

Something to think about when you are faced with a problem—either big or small

I have always felt that the best results are obtained by exploiting opportunities or choices, and not necessarily by solving problems.

American psychologist and philosopher William James tells us:

“Man alone, of all the creatures on earth, can change his own destiny. The greatest discovery of our generation is that human beings by changing the inner attitude of their minds, can change the outer aspects of their lives.”

Often the big question, then, is not “*how* to do things right?” but “how to find the *right* things to do,” and to concentrate resources and efforts on them.

All one can hope to get—by solving most problems—is to restore normalcy.

Lovingly,

Marge Lakes

Marge's



Marge Lakes

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Under everyone's hard shell is someone who wants to be appreciated and loved.



Got a photo which evokes a feeling of peace? Please send it to us!

In conjunction with our plans to publish Ken Haystead's "IT SEEMS TO ME..." essays in book form and in newsletters, we are looking for ways YOU can be involved.

We ask all PEACE FOR TODAY friends to submit a favorite photo that mirrors our outreach. In a few words, describe why the photo is meaningful.



Send your entry to PEACE FOR TODAY, P.O. Box 17990, Irvine, California 92623, Attention Photo Committee, or e-mail to pft@pacbell.net.

This is a don't-miss event! John Price will give us radio flashbacks from "old time radio"—a test of what we have forgotten about bygone days! Invite your friends to come with you because this will be a most interesting and unforgettable program. Marge, John and Larry will also record a broadcast.

PEACE FOR TODAY'S SPRING LUNCHEON

WHEN: Saturday, April 28, 2007

WHERE: Los Angeles Mart—California Room, 2nd Floor
1933 So. Broadway, Los Angeles
(Elevator accessible • Close to Santa Monica #10 and Harbor #110 Freeways • Free parking)

TIME: Doors open at 11:30 A.M.,
Lunch served at noon

SPECIAL PROGRAM:

“The Great American Broadcast”™ by John Price

DONATION: \$35 each or \$250 for table of eight

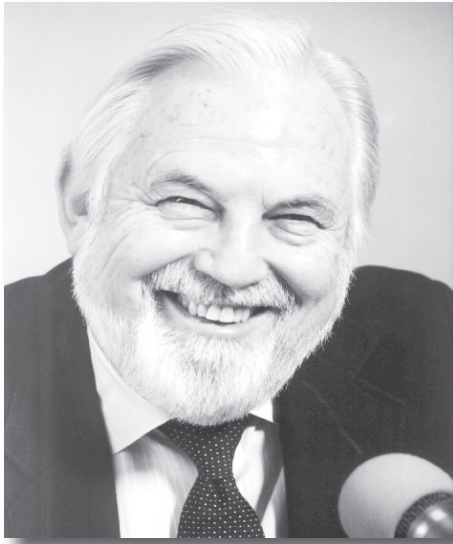
RESERVATIONS REQUIRED BY: Fri., April 20, 2007

Call Patti at (800) 350-4738 for reservations and additional information



John Price





IT SEEMS TO ME ...

Inspirational Writings of
KENNETH HAYSTEAD,
Founder, PEACE FOR TODAY

IT SEEMS TO ME ... "SHOULD" AND "OUGHTS" ARE THE CULPRITS THAT CAUSE US MOST OF OUR ADULT EMOTIONAL DISTRESS. While perfectly legitimate in childhood, the injunctions that we are given for survival by parents, teachers and other sundry authority figures can be our own jailers in later life. To learn right from wrong is essential for survival and growth in our beginning years. To perpetuate a set of internal rules forged in infancy and childhood is often the surest way—and the saddest way—to guarantee a way of life that is, at its best, static and apathetic and, at its worst, helpless and dormant.

So often the "shoulds" and "oughts" of childhood are inappropriate for today's lifestyle challenges and circumstances. To live by *another's* guidelines is a sure way to avoid our own reality. The more we preserve the other-directedness of our earlier years, the more difficult it becomes for us to experience *personal* choice and self-control. We are more likely to live as robots with a damaged or ineffective self-awareness. When we respond as adults to "what we should do" we are, most often, reverting to a childhood system for evaluating our own *personal* worth. Our adult "injunctions" the

In honor of Ken Haystead's birthday, we thought you'd enjoy this insightful essay ...

IT SEEMS TO ME ... ONE OF THE GREATEST DISCOVERIES IN LIFE OCCURS WHEN I LEARN TO BE MORE OF A CHILD AND LESS OF A "GROWN-UP." I took special training in how to live better and enjoy it more from two remarkable instructors—my grandsons.

Andrew was nearly six and Jonathan almost three when they gave me a post-graduate course in the meaning of life. For example, they taught me *FREE AFFECTION*. Not once have I been around either one without being hugged, patted, squeezed or tugged at. I have never been ignored! Their acceptance of me was total, consistent, and not determined by appearances or the approval of others. One day Andrew felt a sudden impulse to take my hand—and holding it against his cheek, said, "You're nice, Grandpa—I love you!" I would wish to be as free and open with my love.

Another part of the course is the refresher class in *CURIOSITY* that both boys conducted continuously. "How come?" was the most-asked question. It came up scores of times in a simple walk to feed the ducks or watch the boats. Each time with them I was reminded that the human brain is designed to fend itself on new and fresh ideas. To be continually questing is a normal part of human existence. I determined to keep my curiosity alive and well, even if it made me seem more like a child and less like an adult!

Another course they taught well was *EXCITEMENT* and *ENTHUSIASM*. They were expert practitioners of the art of making a simple exercise into a kaleidoscope of experience. Walking down the street, for instance, was not going from here to there—but a chance to fly like a bird, to become an explorer, to examine a caterpillar crossing the sidewalk. It was a time to shout, to sing, to point and exclaim! Watching them experience life made me realize that too often I was dull and predictable.

Both Jonathan and Andrew had an astonishing *ABILITY TO FORGET*. A bruised knee, a cut lip, a territorial struggle, a snub by a playmate, or an earned parental punishment can all produce quick tears, a sudden outburst of emotion—and then to just as quickly be forgotten. Resentment, retaliation, and rejection of the offender were yet to be learned by them. The ability to forgive and forget is part of a child's internal package—something I wanted to recapture.

My tiny tutors conducted daily classes in *SIMPLICITY* and *SINGLE-MINDEDNESS*. They had the ability not only to live the present moment to the hilt, but to be totally absorbed in *whatever* they were doing. They experienced the power of the moment in a way I seemed to forget.

Andrew and Jonathan conducted an ongoing seminar on the subject of *CHANGE*. It seemed to be the raw material of their lives. They accepted new experiences and ideas at a mind-boggling rate for someone like me who could find a simple change of direction or procedure a genuine crisis. They were not afraid of the new or even the usual. They taught me to take growth and change in stride.

Last of all, they taught me the importance of *INTERDEPENDENCE*. Both boys had their own independent surges, or course, but they willingly accepted the loving nurture and consideration of others. Andrew and I went to the skating rink one day. It was no "big deal!" that he needed me to put on his skates and lace and tie his boots. He simply asked for and got what he needed from me—and went on about his business. As I watched him skate I felt his trust. He taught me a little more of what it's like to live life at a child's level.

Christ once asked a profound question about who would be "greatest in the kingdom." What a surprise His answer must have been to the sophisticated! "Except you become as a little child ..."

internal guidelines for living—should be *our very own!* They do not have to be different than what we learned from others, but they should be deliberately chosen by us. When

we do that, we become our own "parents." Try this experiment: Listen to your own "shoulds" and "oughts." Ask yourself where they came from. Accept responsibility for

your own decisions—and act accordingly. Then see if you don't feel a surge of internal well-being! Your head will be a little higher and your step a little quicker and you will feel ... *grown up!*



IT SEEMS TO ME ... WE NEED TO PAY MORE CAREFUL ATTENTION TO THE WORDS WE USE, FOR THEY ARE INTERESTING AND EXCITING INSTRUMENTS OF COMMUNICATION. Properly used, words can convey even the most precise ideas or concepts from one mind to another, or many others. Sometimes, however, we mix meanings for words or misuse them. This can be a deadly game when we use a similar vocabulary but a divergent dictionary.

A case in point is the frequent use of the word "humanistic" when confused or interchanged with "humanism." Humanism, in the traditional sense, is used to designate atheism or agnosticism. It is generally accepted as opposed to theism—the belief in a creator or a creative force in the universe. Humanistic, however, has nothing to do with humanism. It is not a belief system. It is a word used to describe a very important part of modern psychology. Humanistic psychology focuses in on man himself ... as different and distinct from rats, monkeys, or other forms of life used to study behavior. It places a high value on human freedom and seeks to help the individual to better control his own life.

It saddens me to hear some religious voices stridently confuse these two words and ideas. True religion, in order to affect change in man's behavior, must be humanistic. That is, it must believe in the importance of man as a unified organism who is more than the mere total of his parts. Man's highest service to God is to live his life at the epitome of his innate potential.

"The glory of God is a human being who is fully alive."
—Saint Irenaeus, Second Century.



IT SEEMS TO ME ... THERE IS ANOTHER DEFINITION OF THE WORD "TRUTH" THAT WE OFTEN MISS EVEN THOUGH IT IS IN THE DICTIONARY. We are generally most comfortable with: "The state of being the case; i.e., the body of real

things, events and facts." In other words, Truth, as we use it, is "fact" or what one declares is fact. Try this definition for a change of perspective: *"A transcendent fundamental or spiritual reality."* That's a good way to say Truth is *actuality*—or as one often hears, "Truth simply is."

When we make Truth a declaration or a statement, we are flirting with disaster because we soon become "possessors" of truth. Then "my truth" can be different from "your truth" and that will separate us. Truth is not what we make it, either, for that can be the sickest of all delusions. To embrace an error and name it truth inevitably ends in death and destruction—like the tragedy of Jonestown!

The understanding of truth is beyond language. Words can never adequately convey truth. Describe it? Yes. But declare it or create it? Never—because: Truth *is* what is and what is *experienced*.

It is *not* what is said or written! That is why all is *not* what is said or written! That is why all written instruments of truth are so limited. And when we get "hooked" on the words alone, we miss the truth they seek to convey. The practice of religion for the most part is, sadly, a preoccupation with language. True spiritual life should be a preoccupation with *action*. It is what we do that determines and demonstrates what we declare.

And that's the truth!



IT SEEMS TO ME ... RESENTMENT IS A TOTAL WASTE OF EMOTIONAL ENERGY! Unfortunately for most of us, it is a reflex response to any personal hurt or affront, whether real or imaginary. The worst part is that it is a response we cling to—often nursing and coddling it until it grows to full strength. Then it does its deadly work

but further problems or hurt for two simple reasons. First, it never changes anything or anyone outside of ourselves. Like acid, it eats away at our innards and turns to bitterness, self-pity and hatred. Even when the cause is justified, resentment (which is literally anger and hostility placed on hold) doesn't do one positive thing for anybody. Secondly, resentment never fulfills our real emotional needs. It "takes up space" in our emotional climate which excludes the healing responses that are so essential when we feel hurt, rejected or ripped off. It may feel

good to retain anger and plot revenge, but it works in reverse. The longer the resentment, the less likely there is good mental health and emotional well-being.

Ann Landers' formula for forgiveness—for that is the process for the reduction of resentment—is probably the best antidote there is: *"Every night forgive everybody everything."* When practiced in daily doses, the patient always gets well—and gets richer and stronger by far!



IT SEEMS TO ME ... ENTHUSIASM IS HIGHLY CONTAGIOUS. It can be transmitted from one human being to another. There are times when the greatest gift one can give a friend is to "infect" them with a transfer of our own enthusiastic attitude.

Many of us are just waiting for a nod of approval, a touch of recognition, or a word of commendation for an idea or a project. The most destructive force in human relationships is the negative response. Many ultimately powerful ideas have been prematurely slain with a ruthless or clumsy retort by a nonenthusiastic friend.

The fragile flower of a new idea or the initial step toward accomplishment should always be encouraged. If your friends are skilled in the art of discouragement—persistent throwers of cold water or negative response—you should probably find new friends. You'll live longer ... and accomplish more.

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 them to you regularly in our mailing piece, THE BRANCH, and later this year in a published paperback book.

Letters to Marge ...

Dear Marge:

I want you to know that I continue to listen to you and Ken on my tapes on my daily walks. These tapes continue to have a positive message for me on the wonderful journey of life, and I want to thank you so much for being there for so many.

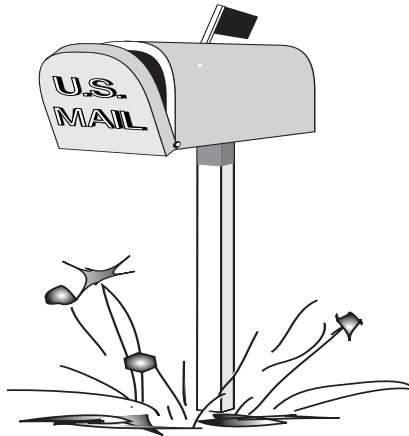
I hope PEACE FOR TODAY can continue to help a new generation.

Sandy P • Fullerton, CA



I want to thank all of you for what you do to make my life better.

I hear your efforts five days a week in the Blue Ridge Mountains of Virginia. I have been listening for over 30 years.



The "Wish for the Coming Year" is beautiful. Thank you.

Carolyn S. • Blue Ridge, VA

Thanks!

- **Thanks** to *Bob MacKay* who underwrote the major cost of the Fall 2006 issue of THE BRANCH, and to *Kathy Buchard* who assisted with this current issue's costs.
- **Thanks** to *Harold Crichton* for the donation of a new CD burner.
- **Thanks** to *June Trickey Nelson* and an *anonymous donor* for the "seed money" to start publication of an "It Seems To Me ..." book.
- **Thanks** to *Anne Hsu* for the donation of a new three-in-one printer.

Memorials



It is with a deep sense of loss that we acknowledge the passing of:

Leonard Rizzo

Many memorial gifts have been made in his memory, as he wished. Len served on the Executive Board of PEACE FOR TODAY for many years and assisted at special events as well as in the PEACE FOR TODAY corporate office.

Kennie Jo Rizzo, Frank and Terri Murru, Denise Walker, Mary Cesarano, Newport Shores Community Association, Neal and Lamia Shehab, Mary Ayres, Jean Wick, B. V. Thibault, Howard and Gail Rich, Sandra Selvan, Larry and Jeanne Cosgrove, Bill and Myrt Buell, Danny Bibb, Donald and Lillie Robertson, Leonard T. LoVullo, Terry and Jill Andrus, Robert and Betty Iehl, Stanley Wamsley, Leland and Margaret Iverson, Vicki Lee, Larry and Sharon Smith, Debra Erickson and Lew Mills, Frank and Carol Hales



In memory of his loving wife and PEACE FOR TODAY listener:

Mildred Hillyer

from Glenn W. Hillyer



In memory of her mother and PEACE FOR TODAY listener and fan:

Sasha Sweeney

from Andrea Roth

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



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

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PEACE FOR TODAY, INC.: "The Branch"

Winter 2007

NEWSLETTER FROM:

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