



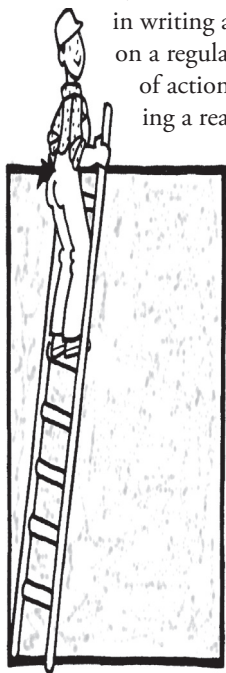
THERE IS NO GROWTH WITHOUT RISK

MESSAGE FROM LARRY COSGROVE

Where are YOU on the ladder of life?

Are you achieving everything you want in life? Here are some tips for accomplishing what you desire. Ken Haystead and I have been repeating these thoughts for many years.

- **YOUR MIND DETERMINES JUST HOW YOUR LIFE UNFOLDS.** Solomon wrote, "As a man thinketh in his heart, so he is." Jesus repeated this thought when he said, "It is done unto you as you believe." It behooves us to exercise positive thinking and always keep in mind what we want in life. Always think success and avoid negative environments.
- **HAVE A CLEAR IDEA OF WHAT YOUR GOALS AND DREAMS ARE.** Dr. John Goddard recommends that no matter how big or small our goals be, write them down. Put them in writing and then review them on a regular basis. Have a plan of action for each goal showing a realistic time schedule.



We will have John's tape program and book on goal setting available at our 41st Anniversary Party or you may order from the PEACE FOR TODAY office at (800) 350-4738.

- **GET STARTED.** A thousand-mile trip starts with the first step. Once you have the plan and timing set, *just do it!* If you have trouble starting, order

Al Secunda's book "The 15 Second Principle" (see page 3). It's a strong antidote for procrastination.

- **NEVER STOP LEARNING.** Take classes at the adult schools and community colleges. You can find anything from academics to art and music. Read a book a week and don't just settle for mystery novels. Read some things that make your mind stretch. With digital cameras and computers, the opportunities to learn are unlimited.
- **ANYTHING WORTH DOING IS WORTH SOME PERSISTENCE AND HARD WORK.** Someone said, "Success is a marathon, not a sprint." Remember that the journey is more important than the destination.
- **BE AWARE OF HOW YOU SPEND YOUR TIME AND MONEY.** That just means keep an eye on what you're doing. Many demands are made upon us, so be sure that your resources are focused on what you really find worthwhile.
- **FIND THINGS THAT YOU ENJOY AND THAT HELP OTHERS.** A program

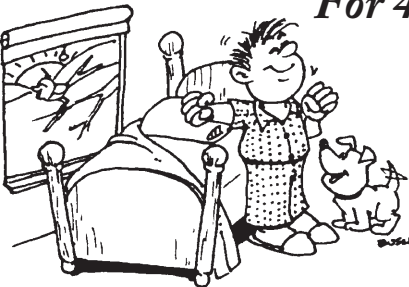
given at the Crystal Cathedral taught, "Be a caretaker and a risktaker, but not an undertaker." Take some chances. Don't be afraid to innovate, to try something different. If you keep doing what you've been doing, don't expect your life to change.

- **WORK ON YOUR COMMUNICATION SKILLS.** Learn to understand and motivate others. If you're not getting the right responses from others, make some changes in your approach. Keep changing until your communications work.
- **BE HONEST AND DEPENDABLE.** Take responsibility for your life. Otherwise, all the above recommendations are wasted.

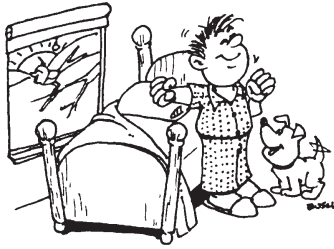


Blessings to all,

Larry Cosgrove



For 41 years, we've helped get your day started right, so we're having a party and we hope you'll come. See page 2 for details.



*“41 Years Later,
We’re Still Helping You
Have A Better Day!”*

PEACE FOR TODAY CELEBRATES NO. 41

Sunday, October 23, 2005 from 2:30 to 5 p.m.

MUSEUM OF TELEVISION AND RADIO

465 No. Beverly Drive • Beverly Hills*

YOU AND YOUR FRIENDS ARE INVITED to attend and enjoy anniversary refreshments and entertainment with PEACE FOR TODAY’s Board of Directors and Partners. *You are our 41st Anniversary guests—no charge!*

BE PART OF RECORDING SESSIONS with John, Marge, and Larry.

VISIT THE MUSEUM’S EXTENSIVE INTERACTIVE EXHIBITS:

At the Museum you can listen to and watch your favorite programs from the golden years of radio and early times of Television. The Museum is open Wednesday through Sunday from 12 NOON to 5 P.M. Admission is free but a donation is suggested. Adequate public parking is available.

PHONE MARGE AT THE PEACE FOR TODAY OFFICE ...

(800) 350-4738 or send the R.S.V.P. form below before Wed., October 20th, and let her know you plan to attend and how many guests will be with you.

***DRIVING DIRECTIONS:** *From #405 San Diego Freeway:* Exit at Santa Monica Blvd. Travel east approximately 3 miles to No. Beverly Dr. Turn right on No. Beverly Drive. *From #10 Santa Monica Freeway:* Exit at Robertson Blvd.–North. Travel north approximately 4 miles. Turn left on Burton Way. Travel approximately 2 miles to No. Beverly Dr. (Burton Way becomes So. Santa Monica Blvd.) Museum is a distinctive white building on the west side of Beverly Dr.



PEACE FOR TODAY BOARD MEMBERS—*President Eric Magallon, John Price, Denise Vilven-Ortiz (event chairperson), Marge Lakes, Bob Eihl, Larry Cosgrove, Kathy Bouchard and Harold Crichton*

R.S.V.P.: I/WE PLAN TO ATTEND THE 41ST ANNIVERSARY CELEBRATION and will bring ____ guests.
 WE CAN’T ATTEND, BUT CONGRATULATE THE PEACE FOR TODAY TEAM in their continued effort in airing five shows a week on the internet, having a program each week in San Francisco, and keeping in touch by CDs, audio tapes, and mail. We want to help sustain this encouraging outreach with a tax-deductible donation in the amount of \$124 \$82 \$41 Other ____
 Check for \$ _____ is enclosed. Please charge my VISA MasterCard.
Card No. _____ Exp. Date _____

Signature _____

Name(s) _____ Guest(s) _____
Address _____ City _____ St _____ ZIP _____
Telephone _____ E-mail _____

MAIL TO: Peace For Today, Inc. • P.O. Box 17990 • Irvine, CA 92623-7990

Let's talk about CHANGE ...

CHANGE IS SOMETHING THAT MOST OF US DO NOT HANDLE WELL—even though hundreds of options for change come to us every day. If your life has an overabundance of doing things the same old way, how about getting it on some new paths?

One of my favorite sayings is, *"The first step toward making anything happen is to write it down."* Try it! Don't allow your life to be a dull repetition with ruts getting deeper and deeper! Let me know how it goes. I love exciting ideas!

Marge Lakes

Marge's



Marge Lakes

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Need an "extra" remembrance? Here are a couple of good ideas ...



1 For many years, PEACE FOR TODAY's "Thought for The Day" booklets with 365 clever thoughts have made great birthday or remembrance gifts. They are also a nice introduction to PEACE FOR TODAY's outreach. Order several of our latest edition for \$3 each or \$20 for quantity order of 10.

2 Also, consider sending a donation to PEACE FOR TODAY in your friend's honor. We'll be happy to send an acknowledgment card and publish in THE BRANCH. Just mail us a check, or phone credit card information to Marge at (800) 350-4738.

"Never doubt that a small group of committed people can change the world. Indeed, it is the only thing that ever has."
—Margaret Mead



Remembrances

In loving memory of **Steve Ortiz**, PEACE FOR TODAY listener for more than 25 years and husband of **Denise Vilven-Ortiz** who has helped with so many of our functions from the PEACE FOR TODAY staff and volunteers, and friends Helen Sny, Tim and Pam Morimoto, Rudy and Frances Alvarez, Connie Sems, and Eugenia and David Killoran

Former PEACE FOR TODAY board member **Janet Taylor** made her transition in early July and is missed by many friends.

Birthday congratulations to **Kathy Bouchard** from her friends Joya Ryerson and Barbara Brashear

All of us at Peace For Today wish you a safe and restful end-of-summer and fall



AS SOME OF YOU PLAN TO TRAVEL ON THE ROAD ... you might want to pick up a supply of compact disks or cassettes from our Sound Advice library. It's a super way to reflect on PEACE FOR TODAY's principles for living a more fulfilling life.

ANOTHER GOOD IDEA ... why not subscribe to receive

PEACE FOR TODAY's "CD-or-Cassette-Of-The-Week" or our monthly "Companion Packs" for a monthly donation of \$30?

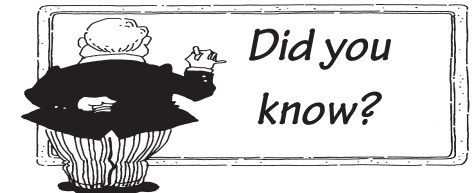


NOT TRAVELING BY CAR, BUT FLYING? ... then take along some of the books listed below offered by PEACE FOR TODAY.

- "The 15-Second Principle" by Al Secunda\$12.50
- "When All You Ever Wanted Isn't Enough" by Rabbi H. Kushner.....\$10.00
- "The Survivor: 24 Spine-Chilling Adventures" by Dr. John Goddard\$13.50
- "The Knight In Rusty Armor" by Robert Fisher\$5.00
- "Working Smart" by Michael LeBoeuf, PhD Special @ \$8.50

CALL THE OFFICE (800) 350-4738, OR ORDER ONLINE AT www.peacefortoday.org.

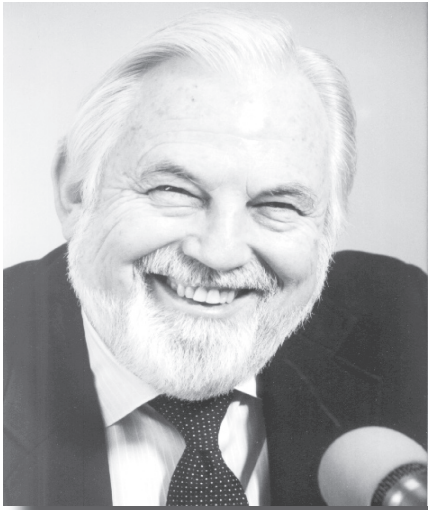
Please note that all website orders and donations processed for PEACE FOR TODAY by PayPal are secure—the "https" gives you this security assurance.



IF YOU ARE AN "ONLINE SHOPPER," a percentage of your purchases from over 600 participating retailers could benefit PEACE FOR TODAY if ordered through www.igive.com. Check this out and sign up today!

YOU CAN SUPPORT OUR OUTREACH OF REINFORCEMENT, ENCOURAGEMENT AND SPIRITUAL UPLIFT BY INCLUDING PEACE FOR TODAY IN YOUR WILL. For more information write to Peace For Today, Inc., at P.O. Box 17990, Irvine, CA 90623 or e-mail us at pft@pacbell.net.

PEACE FOR TODAY incorporated and gained IRS nonprofit organization status in 1974. What would happen to the assets should this 41-year old organization end its outreach? The answer per State of California corporation laws: All assets would be transferred to another similar not-for-profit organization.



IT SEEMS TO ME ...

Inspirational Writings of
KENNETH HAYSTEAD,
Founder, PEACE FOR TODAY

IT SEEMS TO ME ... NO ONE CAN TEACH YOU TO BE YOURSELF. How sad it is that most people do not even understand the implication of that statement. Somehow, we tend to accept whatever we turn out to be as what was originally intended—and, so often, settle for far less than the full use of our own powers.

It's a real privilege to be a human being—an exciting experience in growth through change! In fact, it's the growth process in times of stress, perplexity and problems that helps us define ourselves to ourselves. We get to know who we really are best of all in adversity—for then we get in touch with our true feelings about ourselves and life.

What's more, we don't need permission from anyone else to be ourselves. That's the hardest hurdle of all for some—for we are all trained in obedience to some other will or power.

Becoming your own person is not rebellion. It's finding your way home to truth.

It is not listening for another voice. It is acting out sweet, soft inner tones of right—even when it causes you to shake up your whole life. Maybe what some of us need are some brand new “impossible

situations.” They always bring out the very best in us.



IT SEEMS TO ME ... MOST PEOPLE ARE RELUCTANT TO FORGIVE THEMSELVES. Perhaps it's because we all believe in punishment. How else could we be after our varied experiences in childhood where retribution was generally swift and oftentimes severe for nearly all infractions of the rules?

Why are we so kind to others and so harsh and unforgiving of ourselves? After all, we're human beings, too, and are subject to all the same problems and difficulties that plague everyone else. We need to confront ourselves with kindness and offer the same considerations that we so readily give to others. A little forgiveness right at home goes a long way!



IT SEEMS TO ME ... THERE IS A SURGE OF RENEWAL AND REAWAKENING IN MANY SEGMENTS OF OUR CULTURE. Perhaps we really do “stand on the brink of a new age,” as Lewis Mumford once wrote. There are many unmistakable signs of a fresh release of awareness and energy among those who are sensitive to human affairs. It is as though the very pressure of negativism—the long prophetic litany of disaster—is, of itself, producing in many of us a bright, new awareness of hope and expectation.

In medicine, education, social science, religion, and even government, there are growing “pockets” of excited human beings who see the future as bright, the possibility of an enlightened new age as achievable. And those people are not dreamers who fantasize to avoid the realities of life in our present mode. They are knowledgeable, practical, and experienced. Many of them have discovered remarkable alternatives to the long-accepted patterns of life and behavior. These discoveries are not only personal for themselves—they have demonstrated that they work for others, as well. The next few years will demonstrate a rapid coming together of these pioneers in understanding and awareness.

We shall see, concurrent with the prophecies of “doom and gloom,” a louder and clear voice of hope. Moving beyond despair and

inertia, those who choose to seek a new way of grace and courage, will find a growing company of committed fellow travelers who have found a way to release spiritual energy. A transformation in the way we live, think and experience life is not only likely—it is inevitable. It feels good to be involved in expressing hope and seeking to inspire courage. What better way is there to spend one's days?



IT SEEMS TO ME ... BECOMING A MATURE, FULLY-FUNCTIONING HUMAN BEING SHOULD BE A LOT SIMPLER THAN WE MAKE IT. It is estimated, by those who should know, that only a minute percentage of people who inhabit our planet ever reach the comfort of the simple self-acceptance that is available to every man! Somehow we seem destined to spend most of our lives trying “to get it right”—but nearly always believing we've missed the mark somehow.

There's a moving line in Dr. Leo Buscaglia's writings. He declares that: “We are *programmed* toward full personhood.” How sensible! Growth and change, maturity and actualization are not destinations but processes. Life is always an *active* state of being. What a change in direction and emphasis that makes for me when I believe it! In short: The answer is *inside* me—not “out there,” “up there,” or “somewhere else.”

In the corner of my office as I write, is a beautiful basket of blooming cymbidium orchids. What exquisite liveliness! It has been a daily enjoyment to watch their progress toward fulfillment. So slow and tedious it seems—but how sure it is that first the green stalk, then the leaf, then all the delicate glory of lavender, gold and white elegance comes on display. How does it do that? The answer is simple. Somewhere, hidden in its basic structure is a genetic “blueprint.” All it has to do—all it can do—is *become* a lovely cymbidium. Are we any less programmed? Not at all. In fact, we are more grandly and elegantly endowed! Hence, Christ's profound observation: “Consider the lilies of the field, *how they grow!*”

Perhaps when we can accept the simple formula for fulfillment that is really our *birthright*, we will have an easier and better time of it. It takes a lot of effort and energy to twist thwart, alienate and dwarf God's purpose in us. We're all good at it though. Wouldn't it be exciting if, finally, we could

comprehend how easy it is to allow ourselves to become what has *already* been designed within us to be! We might beat cymbidiums at their own game. We might become fully human after all!



IT SEEMS TO ME ... ALL PERSONAL SUCCESS IS BASED ON A PROPORTIONATE BETWEEN ATTITUDE AND ACTION. We live in a negatory world where much of the input, first to the conscious, then to the subconscious mind, is depressive.

The average individual begins most personal challenges from a negative position, generally having to work hard to convince himself of the positive. To realize an achievable goal one must define it positively. Someone has said, "Whatever we vividly imagine, ardently desire, and enthusiastically act upon must come to pass."

The realization of a dream—any dream provided it is feasible—is as easy as one, two three! (1) *Decide what you want, not what you wish.* (2) *Map a plan for its accomplishment.* (3) *Then do it!*

It is the work that makes it difficult, but that can be made easier by the reinforcement of a positive attitude of conviction and courage. Anyone with a fixed goal and a viable plan always before him causes his subconscious mind, thanks to its creative power, to release energy that will enable him to reach that goal with a minimum of time and effort.

Most humans quit too soon in life. Many seem to have, in one way or another, lost their dreams and settled for mediocrity. It is not too late to change! A new beginning—even oft repeated—is what life is all about. To prove it and to give us practice time, God has arranged a convenient recurring device: *A brand new day every 24 hours!*



IT SEEMS TO ME ... LAUGHTER IS A PHENOMENON OF LIFE THAT IS MARVELOUS TO BEHOLD AND GENERATIVE TO EXPERIENCE. In fact, for me, a day is lost without it. Of all the people I have met in my lifetime, I have always preferred those with a sense of humor. They seem to have a magnetic quality by not taking life, or themselves, too seriously.

Laughter, we are told, is a "potent stimulus to health." Doctors have been

known to prescribe laughter as a cure for ulcers and other stomach ailments. Norman Cousins, in his book, "Anatomy of an Illness," describes how he literally laughed his way out of a crippling illness.

Laughter is a power painkiller, whether the pain is physical or emotional in origin. Laughter is also a beauty aid. Have you ever noticed that the ability to laugh, freely and easily, can literally transform some ordinary people and make them attractive and desirable?

We all know that the serious countenance—the "worrier's face"—is unlovely and sometimes repellent. The mischievous twinkle in a small child's eye is one of the wonders of the world! Why have most of us lost ours?

Who knows—maybe in the future we staid, fussy, serious oldsters will allow ourselves the healing, life-giving therapy of being children again—at the level of laughter, at least!

Even dour, serious old Martin Luther made this comment: "If you're not allowed to laugh in heaven, I don't want to go there!"

The ability to laugh—especially at the things and times when we tend to be far too serious—just may be one of the great philosophies of life. Few will understand it. But, if you practice it, you'll live longer and better!



IT SEEMS TO ME ... THE SIMPLE CONCEPT "GOD FIRST—OTHERS SECOND—ME LAST" LEAVES SOMETHING TO BE DESIRED. The theory of self as God's object makes for beautiful sermons, stirring songs, and nice reading in books, but in general practice leaves one depersonalized ... a violation of what God intended at creation. I often wonder why there are so few self-contained, inwardly strong and personally comfortable people in the church, with all its positiveness and spiritual assistance! Do we draw the weak, frightened, and self-conscious ... or do we make them?

Somehow we need to make "natural" and "normal" into good, healthy words again. Committed believers need not be so fearful of "self-care," "self-help," or "self-worth" either. A religious system that produces so many internally angry and critical people, who are allowed so few good feelings about themselves, is in need of help. Liberating yourself from the bondage of having to deflate, deform or defeat yourself in order to "please God" is probably the

most profound personal spiritual experience you can ever have.

"A good self-image is the most valuable psychological possession of a human being" writes John Powell. The Apostle Paul goes one step better: "I can do all things through Christ which strengtheneth me!" That's "*self-reliance-plus!*"



IT SEEMS TO ME ... AREAS OF AGREEMENT FOR CHRISTIANS SHOULD BE MUCH GREATER THAN AREAS OF DISAGREEMENT! We often become myopic, unfortunately, because of our continuing association with those so much like ourselves. We scarcely can ever see—or feel—the Holy Spirit's activity in other people's lives and churches. We miss, then, the ecstatic joy of awareness that comes from observing the wide latitude of God's interest and action.

So often, I feel the surge of sheer delight to recognize a true child of God in (to me, at least) the most unlikely place.

PEACE FOR TODAY has given me a rare experience and privilege—an open door to hearts and lives of varied peoples from diverse creeds, cultures and life conditions.

Why not give yourself a treat and go visit someone else's church and look for the similarities? For once, close your eyes to the differences. It could be a big step for your own growth!

KENNETH HAYSTEAD,

Marriage and Family Counsellor 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 quarterly mailing piece, The Branch.

Letters from listeners ...

Dear Marge:

That was quite a year-end letter! I continue to marvel at what tenacity can accomplish. Your prolific giving has benefitted thousands, I'm sure.

I love to listen again to the tapes that help me. I never tire of your or Ken's voices. In fact, your voices themselves carry meaning apart from your words. They are full of strength and caring and gentleness. This content feeds my soul. God bless you always.

Julie M • Azusa, CA



Thank you so much for your lovely note that I received recently. I was so glad to hear all the hot news about the wonderful luncheon which, sadly, I could not attend.

Listen to PFT on the
internet at...

www.peacefortoday.org

KUSF • 90.3 FM • San Francisco

7:30-8:00 P.M. Wed.



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

Write to us at pft@pacbell.net

I enjoy hearing about all of those names of people that I have known over the years ... so glad they still continue to heavily support **PEACE FOR TODAY**. It still means a great deal to me and I keep reinforcing it with the tapes that I hear frequently, and they do uplift me so much.

I do hope that **PEACE FOR TODAY** continues on its happy way and gives the joy and pleasure to many, many more people. In this troubled world of today, everybody needs the inspiration and uplift daily in order to maintain an even balance.

Bless you, dear heart, for all you do for so many of us out here. Lovingly,

Ellen M • Woodland Hills, CA



It is nice to get your letters, and I am using the Community Partner Card when I go to Albertsons or Savon. The Albertsons gasoline station would not honor it. It seems that they should.

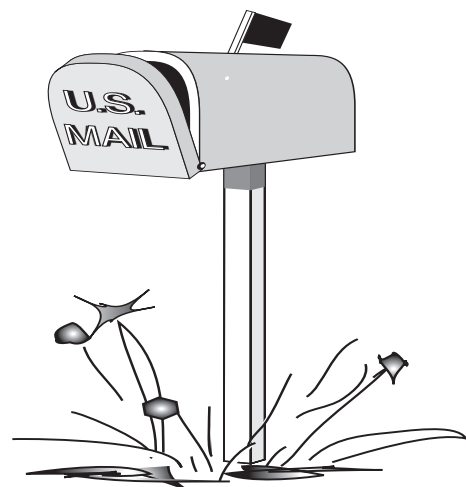
Your get-togethers sound enjoyable, but I do not always feel up to going distances. I hope you had a wonderful summer.

Lillian H • Carson, CA



Thanks for staying in touch. You are a true jewel! Best wishes for continuing your outreach. I know you're there just when a person needs you! Hope the enclosed check helps.

Betty D • Cypress, CA



Since I am no longer on a monthly check-writing schedule, I forget to write to those I hold dear. So, I have decided that the only way I will remember is to write you a check for the year, which is enclosed. I thought and prayed about withdrawing support from **PEACE FOR TODAY**, but then I remembered how charmed I was the first time I heard that "clinky" little tune on the radio. Perhaps my support to **PEACE FOR TODAY** will help to be the link to God, in a non-threatening way, that another person needs to start moving on a positive pathway.

Anonymous



Thanks for all your kind words and correspondence. Our family is doing well and happy to continue as **PEACE FOR TODAY** partners.

The museum celebration sounded great and we wish we could have come.

Thanks for continuing to be there for so many people. Much love ...

Randy J • Foster City, CA