



MESSAGE FROM ERIC MAGALLON, PRESIDENT, PEACE FOR TODAY

LIFE'S CHALLENGES ... Using the Tools God Gave Us



A poem by Rabindranath Tagore compares the course of human life to a great river which has a tendency to create new and uniform channels. These varied currents and unplanned changes are part of God's plan. While some may want to control every action within their lives and try to rework God's plan, the key is to successfully steer through the river of life which God created for us so that we may become a more fulfilled and grown person.



Eric Magallon

In other words, we must embrace and walk the paths that God has presented us with. How do we do this? We must have the ability to acknowledge and use the tools provided to us. Within our daily lives, being aware of these given tools is not always the easiest task.

According to Dietrich Bonhoeffer, people who allow themselves to be torn into fragments by events and problems have not passed the test for the present and the future. They can never achieve this whole-

ness on their own. It can only be acquired with the help of others who guide us to the tools that help us become a more fulfilled and grown person.

In my case, a good friend, Marge Lakes, was one such person who led me to **PEACE FOR TODAY**. By using the tools provided by **PEACE FOR TODAY**, you and I will not only grow personally, but expand that growth by sharing it with our family, friends, strangers ... and even enemies.

Without a doubt, the most important tool to become a more growing and fulfilled person is *love*. I have always believed that with all the challenges and difficulties affecting the human race, it may seem easy to sit back and hide from love. This way of thinking can be very destructive to oneself and the human race. We were created to interact and grow from each other in good times and in bad. Loving interaction is the key to growth that must not be taken lightly.

Everyone is unique and has something to offer. Every action touches the lives of others, and each one of us can make a difference in another person's life. The world we live in today requires us to reach out to one another, share our life experiences, and just be there for each other. In other words, just *LOVE*. We are all born with the capability of love, but for some, this ability is lost or buried under too many negative life experiences.

It is up to those who have never lost or have recently found this inner miracle to show others the way. Love is a powerful force and is what links us with others and our Creator.

Throughout the coming year, let us spend more quality time with our families, friends, and even our enemies in order to spread and nurture this love. We can help turn the present tide of violence, anger, and hopelessness and bring back cohesiveness and love.

Love and the benefits gained from **PEACE FOR TODAY** should not be taken for granted. So, let's spend this year spreading love, kindness and the **PEACE FOR TODAY** message to all.

Love and peace,

P.S. I would like for you to join Marge Lakes, John Price, Larry Cosgrove, PFT friends and me on Saturday, April 8th, at our Spring Luncheon. See page 3 for complete details.

We are pleased to have as our luncheon speaker **DR. WILLIAM K. LARKIN**. Dr. Larkin holds a degree from Yale, a doctorate from Harvard, and numerous awards for his radio and TV show, "Breakthrough with Dr. Larkin."

His specialty as a neuroscientist researcher has been in helping individuals and organizations find their strengths and talents and to build upon them, bringing happiness into their lives. When people know and use their strengths daily, rather than focusing on and trying to change their weaknesses, they can be happier and their overall well-being and life satisfaction increases.

Dr. Larkin presents proof that when strengths develop, weaknesses become easier to manage and lessen, because less energy and attention is given to them.

**WE NEED YOUR BEST PHOTO
EVOKING A FEELING OF
INNER PEACE ...**

Plans are underway for Ken Haystead's "IT SEEMS TO ME ..." essays to be published in book form and in newsletters.

We're 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.



A panel of judges will select several to be included in the printed book. *This contest will be launched at our April 8th luncheon*, so look over your photos and bring with you the best one, a description and contact information.

If you can't attend our Spring luncheon event in Los Angeles, send your entry to PEACE FOR TODAY, P.O. Box 17990, Irvine California 92623, Attention Photo Committee.

DONATE your Car, Truck, RV or Boat to PEACE FOR TODAY



and receive a tax donation for fair market value. Cars4Causes handles DMV paperwork and free towing. Call the PEACE FOR TODAY office at

(800) 350-4738 for more details.

**VOLUNTEERS
*** WANTED *****

You don't have to live near our office in Irvine to be a volunteer! If you are "computer-savvy," PEACE FOR TODAY has eight areas where we can use your expertise. This is your chance to share your talents and make a difference in our outreach.

E-mail the PEACE FOR TODAY office at pft@pacbell.net and someone will get back to you.

Opportunity ...

Here's an OPPORTUNITY to practice the PEACE FOR TODAY slogan, "Your day goes better when you start it right." We've been saying that for 41 years now, and it's true.

Also, in my estimation, there's nothing quite like a warm bran muffin to start your day—it's healthy, and makes the tummy happy.

I'm sharing a long-time family favorite of mine. Try it! I think you'll like it. It makes a huge amount, keeps in the 'fridge for at least a month. There's plenty to put in a container and give to neighbors or family, so they can bake their own.

Marge's



Marge Lakes

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MARGE'S RAISIN BRAN MUFFINS



- | | |
|--|------------------------------------|
| 1 package of Post™ Raisin Bran Flakes (15 oz. or 8 cups) | |
| 5 cups flour | |
| 2 cups sugar (or a little less) | 4 eggs, beaten |
| 5 tsp. baking soda | 1 cup cooking oil (I use canola) |
| 2 tsp. salt | 1 quart buttermilk (I use low fat) |
| 1 tbsp. cinnamon | |

Mix well. Store in covered bowl in refrigerator. *Do not stir after refrigeration.* Take out in spoonfuls and fill greased or lined muffin pans. Bake 15 to 20 minutes at 400 deg. F. You could add pecans—but it's good just this way.

Marge Lakes

Available on CD Format

The following PEACE FOR TODAY programs for the months of January, February, and March 2006 are available on CD format for a donation of \$12.50 each.

OPPORTUNITY

- W-016 A Climate for Opportunity
- W-026 Opportunities to Help
- W-036 Opportunities for Personal Growth
- W-046 Opportunities for Freedom
- W-056 Opportunities for Fulfillment

CHALLENGES

- W-066 The Challenge of Being Yourself
- W-076 The Challenge of Love
- W-086 The Challenge of Hurt
- W-096 The Challenge of "Really" Living

LIFE-CHANGING IDEAS

- W-106 Where to Begin
- W-116 You Make It Happen
- W-126 Seeking Opportunities
- W-136 Measuring Up



PEACE FOR TODAY SPRING 2006 LUNCHEON

IN THE SPRING, PEACE FOR TODAY TRADITIONALLY HOSTS A "DON'T-WANT-TO-MISS" LUNCHEON ... GREAT FOOD, A DYNAMIC MOTIVATIONAL SPEAKER, AND SOME OF THE BEST FRIENDS YOU WILL EVER KNOW. THE LOCATION IS EASY TO FIND, WITH FREE PARKING.

✓ PEACE FOR TODAY is very excited to have as our luncheon guest speaker

DR. WILLIAM KENT LARKIN, executive life coach, and neuroscience researcher.



Dr. Larkin's topic is "You Can Be Happier" by growing your strengths and talents. Dr. Larkin says, "Our weaknesses change only a little over a lifetime; however, our strengths can grow, creating great change, satisfaction and fulfillment."

✓ We'd like everyone to bring a meaningful photograph that mirrors our PEACE FOR TODAY outreach, along with a brief description of why the photo is one of your favorites.

Participation will entitle attendee to an entry into the special Participants' Door-Prize Drawing.

✓ Why not invite a tableful of friends and neighbors to come with you? Spread the word and introduce friends to the tools provided by PEACE FOR TODAY.

"IN THE SPRING"

WHEN: Sat., April 8, 2006

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

TIME: Doors open at 11:30 A.M.
Lunch served at noon followed by a special program by Dr. William K. Larkin

MENU

Tossed Salad

CHOICE OF ENTREÉ: (1) Barbecue Chicken,
(2) Yankee Pot Roast, or (3) Pasta Primavera

Seasonal Fresh Vegetables

Rolls Beverage Dessert

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

RESERVATION DEADLINE: Thurs., March 30, 2006

For more information, call Patti at (800) 350-4738

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

- The PEACE FOR TODAY Luncheon at the Los Angeles Mart on April 8, 2006 sounds great!
Enclosed is \$_____ (\$35 each) for my/our reservations or \$_____ (\$250) for table of eight
CHOICE OF ENTREÉ: ___BBQ Chicken ___Yankee Pot Roast ___Pasta Primavera
- Please charge my MasterCard/VISA for \$ _____
- Contact me regarding a door prize donation.



Name _____ Guest(s) _____
Address _____ Telephone _____
City _____ St. _____ ZIP _____

IT SEEMS TO ME ... THERE IS A REMARKABLE FORMULA FOR STRENGTH TO BE FOUND IN TWO SIMPLE AND BEAUTIFUL WORDS. What is more remarkable, this amazing formula has been known to man for centuries. An Old Testament promise states, "*In quietness and confidence shall be your strength.*" [Isaiah 30:15]

Quietness—there's an idea to reckon with! In a world that's becoming increasingly noisy we manage to find even more ways to let sound and motion penetrate nearly all of our waking consciousness. The real world is a quiet world, but we have created myriads of soundmakers, so that "peace and quiet" is a dreamed-of luxury for most of us. What's more, with more leisure time than any generation since man began, we are too busy to understand how wealthy we really are. We have a genius for clutter and clamor!

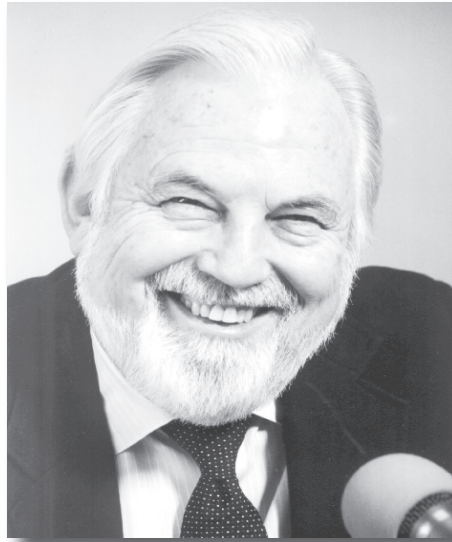
While once our birthright, quietness is now an illusive experience. For so many it is merely an illusion. We can and have become addicted to noise—so much so, that when it's truly quiet, it is "nervous time." Little do we realize how much learning to live and move in the quiet is indeed a source of strength. The human spirit is at its best and strongest when it can take advantage of frequent long spaces of quiet.

Then, there's *Confidence*—the other half of the formula. Confidence is an internal reaction. We sometimes call it self-esteem ... a good, strong, healthy core that deals honestly with life. In our world, we have concentrated so heavily on appearance that we have starved our own roots of reality. We live in a time when we seem to be afraid to be ourselves. We rather prefer a rigid and polished exterior to the reality of a genuine emotion. Sophistication is prized while sentiment is frowned upon. We have put a false face on so much in our lives, and we continually pay the high price for maintenance. We worship performance and acquisition—neither of which are important guidelines to our own worth or reality.

Quiet and Confidence equals Strength! God said it first. What a marvelous and revolutionary idea.



IT SEEMS TO ME ... WORRY HAS NEVER DONE THIS WORLD OR ANYBODY IN IT ANY GOOD. It has never solved a single problem. It has never helped



IT SEEMS TO ME ...

Inspirational Writings of
KENNETH HAYSTEAD,

Founder, PEACE FOR TODAY

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.

in any human situation anywhere, anytime. And, yet, we keep on doing it—like crazy! In fact, crazy is the only word that fits, for it is well-proven that worry causes all kinds of aches and pains and is responsible for many serious mental and physical disorders.

Why, then, do we worry? Probably

because we don't know that we don't have to. Most of us believe that worry is a normal function of being human. There is an alternative way—one that puts worry into proper perspective.

The first step, of course, is to genuinely acknowledge the uselessness and futility of worry. The time to do this is when you catch yourself worrying. Otherwise, it will become merely a nodding assent to a nice idea—which is what we do so often and easily. "Worry won't get it done" is a good set of words to keep on hand when you are pressured or troubled.

A second alternative action to worry is to do something constructive about the situation that causes the concern. This is a judicious use of your own emotional energy. To worry is like racing your motor in neutral. Much motion—no progress. Get in gear!

Recognise worry for the fruitless, debilitating activity that it is and put your energy to trusting that all will be well, and to working out the problem. Years may wrinkle the face, but worry wrinkles the soul and turns the growing spirit back into the dust.



IT SEEMS TO ME ... COMPASSION IS MUCH MORE POWERFUL THAN CRITICISM.

There's an old Aesop fable about the sun and the wind. Each was sure he was the strongest force, so a test of strength was agreed upon. A lonely traveler, wearing a heavy overcoat, was trudging along a country road. Object of test: to get the traveler to remove his coat!

The wind tried first. His gusts and blasts only resulted in the traveler pulling the coat tighter around himself. Then the sun shone, warmly and directly, and soon the pilgrim unbuttoned the coat. As the sun continued to shine, he finally shed it altogether and abandoned himself to the warmth.

It is my experience that a direct frontal attack of condemnation, judgment or criticism only causes a person to pull their protective cloak more tightly around them. All of us have cloaks that we use to lock ourselves in and shut others out. They don't come off easily. Only the steady, warm power of love, acceptance, sympathy and understanding can cause us to shed our protective and prohibitive shell.

Acceptance—there's a word to be reckoned with. In my opinion, it is the key to all human relationships. We need people to like

us, to accept us, the way we are so that we can become different and grow and change. As we change, the people who accept us the way we were, will like us just as much, or more, than before.

Do you want to be honestly close to someone? Then, be the sun—not the wind—and warm them with your acceptance and compassionate understanding. They'll change ... and so will you!



IT SEEMS TO ME ... YOU ARE VERY SPECIAL—IN FACT, YOU ARE NOTHING SHORT OF A MIRACLE.

I don't mean the mere fact of your birth—though that, in itself, is no trivial event. The process by which a human life is created is amazing and incredible. What I mean right now is that you—the singular, unique person that you are—are a walking, moving, living miracle. You are a special creature in our universe!

It is estimated that the DNA molecule that determines our inherited qualities can, theoretically, unite in combinations equivalent to ten carried to the two billion, four millionth power.

Wow! There is no way now, nor in the future, nor has there ever been in the past, the possibility of a genetic duplication of you. When you get that bored, dispirited feeling of tedium and sameness, go to the mirror and look yourself in the eye. What a miracle you are! An absolute original!

This sense of uniqueness is important if one is to be mentally and spiritually whole. The specialness that is you is like a treasure given in trust. This is your world's one chance to experience you in all the rare and singular ways that are the expressions of your personality. Don't strive to become the same as another—even though you may admire him a great deal. "The same as" is a deadly game of conformity that curtails and inhibits our development. It is a limiting goal. Push your uniqueness to its being—and discover what you can be!



IT SEEMS TO ME ... THE SECRET TO ENJOYMENT IN THIS WORLD LIES IN PAYING ATTENTION TO WHAT'S GOING ON AS IT HAPPENS. Life is rarely dull to the person whose senses are continually alert. Physically, the human body functions

by the split-second. Life is sustained and maintained by the beat of the heart. It is always "now" for that amazing organ. Nothing is more obsolete than the last heartbeat!

Staying alert is not easy, even if it is natural for us. Somehow we manage to trade most of our present moments for far less than the enjoyment they could give. Every minute of worry about the future, every moment of guilt and uneasiness about the past is time taken away from the very business of life itself—living it and enjoying the experience. And this can only be done in the immediate present.

The reason for this should be obvious. There is no life apart from energy, and there is only the present tense. There is no way we can touch the energy of the future. Tomorrow's strength does not yet exist. Nor can we reach back and bring some life from the past squanderings.

I have learned to call the enjoyment of a special moment as it happens a "NOW." A "NOW," as I see it, is a true moment of concentration and participation when having a pleasant, uplifting enjoyable or even exciting experience.

A smile of a friend; the dawn of a beautiful day; the laughter of a child; the beauty of a flower; the myriad sights and sounds of everyday life that happen so fast; the touch of love; the delight of a song ... all these are "NOWs."

They can only be experienced as they happen—'tho the memory can store them. But life was not intended to be lived in memory! When did you have your most recent "NOW"? How many do you expect to have today?



IT SEEMS TO ME ... SELF-DISCLOSURE IS A HEALTHY WAY TO LIVE. Unfortunately, it's not an easy way. All of us fear showing our real selves. What if I let you know what I really am and you don't like me? Or worse, what if you disapprove? There are many reasons for not being open and disclosive. You might think me weak, or you might not really care. You might understand, or understand too well and confront me with my need to change.

However, as John Powell says, "There is in each of us a deep and driving desire to be known and understood." Allowing another person into ourselves is a very natural experience. The more self-disclosive we allow

ourselves to be, the healthier we become.

When we are openly honest with others, we tend to become more authentic in our behavior. I have learned that as I allow my real self to be seen and acknowledged, I develop as a person. The more open and genuine I am, the more I can trust and believe in myself. It's a little like a vote of confidence for me.

Not everything in everyone's life needs to be shared. The past—especially the forgiven past—should remain as it is ... the past. Trivial things, confusions, discouragements are better not passed on. But honest things—true feelings and helpful experiences—are worth sharing.

Try risking some honest disclosure with another person. You may find a brand new friend for yourself.



IT SEEMS TO ME ... OUR STRENGTH IS IN DIRECT PROPORTION TO THE WAY EACH DAY IS EXPERIENCED. The Bible puts it this way: "As thy day, so shall thy strength be."

For a long time I thought that was a promise of longevity. I now know there is another, and better, meaning to those words. A day spent in worry is very tiring and debilitating. A day spent in anger and resentment saps energy and vitality. A day spent in confusion and motion destroys tranquility and makes peace of mind impossible. How important to learn the true value of a day!

Life is simply the process of making each successive day worthwhile. It's the way we spend our days that determines the value of the weeks, months and years that comprise our lives.

Contrary to most people's ideas about life, our days are our own workmanship. We have far more control over them than we are aware. To make a day really worthwhile, you must be in charge of it.

If you habitually allow some other "force" to plan and arrange your day, you will grow frustrated and resentful. Each day is *your* day.

Start it right! Plan and arrange it to get the most *out* if it—not *into* it! When you can learn to take charge of your day, you have learned to take charge of your life.

"As your day," ... what profound words! "So shall your strength be." What a secret for living! Sounds a bit like it's up to us, doesn't it?

Letters to Marge ...

Dear Marge:

PEACE FOR TODAY means so much to me. Even in the middle of the night when sleep evades me, your cheerful voices comfort and support—even John with his announcements! The CDs are so wonderful—great fidelity and easily stored.

God bless you and may the angels watch over you. Keep shining.

With love,

Nyda S • Los Angeles



Thank you for your dedication in continuing to give us Ken's messages. I can only guess how much work it is to get them into such interesting and inspirational topics. The messages give me an uplift and they fit the reality of daily living.

Jean M • Sunland



Would you please send me a few of the "Thought For The Day" booklets? I want to send one each to my nieces in Florida and Massachusetts. Appreciate it much!

Madeline P • Alhambra



Congratulations on your anniversary! You're doing a great job, as you have over the years to get Ken's message out. Those of us who heard him via radio really appreciate his "ministry" and friendship.

Lots of joy and understanding he provided and inspiration daily.

*Alice B • Los Angeles
(A listener since 1984)*

Thanks for continuing to send THE BRANCH. Reading Ken's "IT SEEMS TO ME..." brings back a lot of memories and gratitude for the influence he had on Paula and me early on as we were maturing.

I really liked the last piece on "areas of agreement"—that they should be much greater than areas of disagreement. We were so very much into "difference"—that we overlooked the former. Ah, how life can round off the corners!

Love and peace,

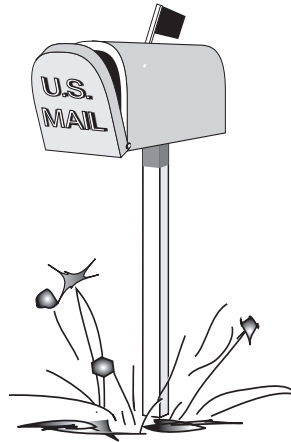
Paul S • Washington



Thank you so much for sending me THE BRANCH newsletter. Please keep me on your mailing list. These pages and messages in THE BRANCH are good, uplifting encouragement in a time of need. I want them to follow me all the days of my life.

This past year I lost my dad, my sister, and my nephew. When these things happened, I went to THE BRANCH pages for a word—threw a rope in, tied a knot at both ends and am hanging on. Thanks for your help.

Ruth T • Garden Grove



Memorial

In loving memory of

Louise Wykes

from family members:

daughter, *Diana Wykes* (Ariz.);
sister-in-law, *Mary Wykes* (Md.);
niece *Pam Armstrong* (Md.)

Louise was a longtime Partner and volunteer at PEACE FOR TODAY, and is missed by each of us.



Love, like paint, can make things beautiful when you spread it. But it simply dries up when you don't use it.



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at...



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PEACE FOR TODAY, INC.: "The Branch"

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Winter 2006

QUARTERLY NEWSLETTER FROM:

PEACE FOR TODAY, INC.

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