



Seek first the kingdom of God and his righteousness, and all these things will be given you besides.

Matthew 6:33

Helping Hands Healing Ministries, Inc.

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Quarterly Newsletter

March, 2005

GIVING

¹⁹Do not store up for yourselves treasures on earth, where moth and decay destroy, and thieves break in and steal. ²⁰But store up treasures in heaven, where neither moth nor decay destroys, nor thieves break in and steal. ²¹For where your treasure is, there also will your heart be. (*Mt 6:19-21*)

Planned giving is an area of philanthropy that is growing and there are numerous options on how the giving can be accomplished to suit an individual's needs and the purposes for his/her gift. Some of these types of giving are as follows:

- Various types of bequests can be made by will or living trust. Some of these bequests include: residual, specific amount, outright, contingent, and double duty.
- You can also make charitable gift annuities and deferred payment gift annuities. Your tax consultant or financial planner can give you the best advice on the benefits of these types of donations.
- Gifts can be made from IRAs and other retirement benefits as well as life insurance policies. Endowment gifts and gifts of stocks, bonds, and mutual funds are other forms of giving. Gifts can be made from charitable remainder trusts. Gifts of real estate and personal property are also possibilities.

These options listed are to help you consider some ways that you can make donations that will fit into your current budget and future needs. The possibilities to use your treasures to help others are limited only by your creativity and generosity.

Again, check with your tax consultant or financial planner for the best advice in your situation and circumstances and THANK YOU for your consideration!

“At the end of life we will not be judged by how many diplomas we have received, how much money we have made, how many great things we have done. We will be judged by, ‘I was hungry, and you gave me something to eat, I was naked and you clothed me. I was homeless, and you took me in.’ Hungry not only for bread – but hungry for love. Naked not only for clothing – but naked of human dignity and respect. Homeless not only for want of a home of bricks – but homeless because of rejection.” (*Mother Teresa of Calcutta*)

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Can I Get A Witness?

By Margie C. Sweeney

God is good! This year I was blessed to spend Easter week in Tanzania. I was additionally blessed to have my 16 year old daughter, Kelly accompany me on this trip. It was my third time visiting this country and Kelly's first trip.

We spent the week visiting old friends and making new friends. Kelly got to experience the people and their culture and now knows first hand why I love Africa! Poverty, while abundant, does not dampen their joy and enthusiasm for worship, nor their love for neighbor. The people I have met are warm, loving, joyous, generous, and Spirit-filled.

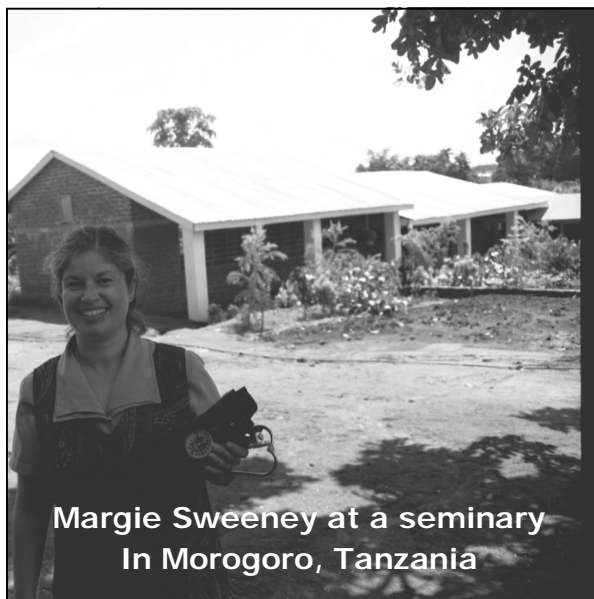
Our travels took us to Arusha in northern Tanzania near Mt. Kilimanjaro. We got the opportunity to visit a seminary at the Passionist Community of Njiro Parish and we visited a family in the jungle in Kilema! We also visited Morogoro which is near the capital city of Dar Es Salaam along the coast. Mgolole Convent and Orphanage was among the various stops we made in the Morogoro area. We also visited Kihonda Parish and St. Monika's Primary School where your donations to ***Helping Hands Healing Ministries, Inc.*** provided \$1,500 for student desks needed for the expansion of the school. We also visited several seminaries in the Dar Es Salaam and Morogoro dioceses.



**Passionist Community of Njiro Parish
In Arusha, Tanzania**



**Margie Sweeney with members of the Kessy family
In the jungle in Kilema, Tanzania**



**Margie Sweeney at a seminary
In Morogoro, Tanzania**



**Children at Mgolole Orphanage
In Morogoro, Tanzania**

(continued on page 7)

Current Outreach Needs

1. \$1,000 is still needed for tuition for 2 Brothers of the [Franciscan Missionaries of Hope Lyke Community](#) in Nairobi, Kenya.
2. Additional needs will be presented in the June, 2005 newsletter.



Project Completed in January

Money was disbursed in the amount of \$450.00 to *Sr. Laetitia* in Kenya for disbursement to *Angeline Ndungwe* in Nkubu, Meru, Kenya for her first year tuition for pharmacy training. (Requested in December, 2004)

Project Completed in March

Money was disbursed in the amount of \$3,000.00 to *Br. John R. Basiimwa* for tuition for a one-semester training course for 6 Brothers of the [Franciscan Missionaries of Hope Lyke Community](#) in Nairobi, Kenya. (Requested in October, 2004.)



A special thanks to *Albert Bissmeyer* for his donation of 60 shares of common stock with the value of \$2,253.00. The stock was converted to a 13-month certificate of deposit which will be the seed money for the fiscal year 2006. Thanks again, *AI*!



A special thanks to *Karen Davis* for sponsoring *Angeline Ndungwe's* pharmacy course tuition. Way to go, *Karen*!



And whoever receives one child such as this in my name receives me. (Matthew 18:5)

List of Donors

Cash Donations:

Vipin & Tara Amin
Anonymous/Miscellaneous Cash Donations
Jean Calvert
Debra Copeland
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Christine Day
Elizabeth Gingerich
Kathryn Holom & John Sweeney
Jim & Lee Kuchenbrod
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In Memory of Jane Mackenzie:

Michael & Anita McLaughlin

In Memory of Thomas M. Sweeney:

Patricia Cronin
Dana Franke
Bernard & Agnes Langenbacher

Community Programs:

The Heart of Jesus Prayer Group
Thorntons FundWorks

In-Kind Donations:

Publishers Press Inc.
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Michael & Margie Sweeney
The Marian Center, Inc.



Healing
Unforgiveness Is The Cause ...

By Fr. Al Lauer

"Forgive as the Lord has forgiven you." —Colossians 3:13

When I was first ordained a priest, I believed that over 50 percent of all problems were at least in part due to unforgiveness. After ten years in ministry, I revised my estimate and maintained 75 to 80 percent of all health, marital, family, and financial problems came from unforgiveness. Now, after more than twenty years in ministry, I have concluded that over 90 percent of all problems are rooted in unforgiveness.

THE NECESSITY OF FORGIVENESS

If most problems come from unforgiveness, we can understand why Jesus emphasizes forgiveness to an extreme degree. When Peter suggested to Jesus that we should forgive seven times, he was correct (Mt 18:21). "Seven" in the Bible stands for an indefinite number of times; so Peter was saying we should forgive indefinitely. This is the correct answer, but not the correct emphasis. Jesus proclaims we should forgive "seventy times seven," indefinitely times indefinitely (Mt 18:22). Jesus further emphasizes forgiveness by saying God's kingdom is a matter of forgiveness and those who do not forgive are handed over to torturers (Mt 18:23-34). And when the disciples asked Him to teach them how to pray, Jesus told them to pray that they be forgiven as they forgive (Mt 6:12). This means prayer will hurt rather than help us if we do not forgive. This is the only point in the Lord's prayer on which Jesus commented. He reiterated: "If you forgive the faults of others, your heavenly Father will forgive you yours. If you do not forgive others, neither will your Father forgive you" (Mt 6:14-15). Jesus insists on forgiveness. We must pass on the forgiveness He has given us by the shedding of His blood on Calvary.

THE POISON AND TORTURE OF UNFORGIVENESS

Why do we refuse to forgive? Are we controlling those who have hurt us by punishing them and thereby protecting ourselves from further harm? Not really. When we try to manipulate others through unforgiveness, they rebel. Our enemies suffer minimally from our unforgiveness compared with the damage we do to ourselves. The verdict we pass on others is passed on us (Mt 7:2). Unforgiveness is a fatal poison which cuts us off from forgiveness (Mt 6:12,15), healing (Sir 28:3), prayer (Mk 11:24-25), and worship (Mt 5:23-24).

Then, when we are separated from these graces, we are handed over to torturers (Mt 18:34). These torturers are not people, but worse. They are such experiences as fear, depression, frustration, anxiety, self-hatred, and loneliness. As these and other torturers work us over, we deteriorate to a level of existence which is characterized by fruitless, compulsive, escapist activities.

THE MIRACLE AND MIRAGE OF FORGIVENESS

We must forgive others and ourselves or destroy ourselves. Yet it is humanly impossible to forgive. "To err is human, to forgive is divine." Only God can forgive. To forgive another is more miraculous than healing someone in the most advanced stages of cancer. But God will do this miracle for us.

(continued on page 5)

However, many times we do not ask for the miracle of forgiveness because we are deceived by the devil into thinking we have already forgiven another. Many people help deceive themselves by re-defining forgiveness to be the control of hostile feelings instead of a merciful expression of love. Forgiveness is not a feeling but a decision to accept God's grace to let go of holding others sins against them. Forgiveness is to extend loving mercy to those who have offended us. The Lord calls us to forgive affectionately, generously and mercifully, as the father of the prodigal son did (Lk 15:20ff). The following diagnostic questions can help us know if we've deceived ourselves about forgiving others.

- 1) Am I conscious that God gave me the grace to forgive and that I did not do it myself? If you are not aware that God did it, He may not have.
- 2) Can I picture myself embracing the other person? (see Lk 15:20)
- 3) Do I appreciate Confession (the Sacrament of Reconciliation) and celebrate it frequently? If we are forgiving graciously and lovingly, we are being forgiven in this way. This would attract us to Confession.

While a "no" answer to one of these questions doesn't mean we've not forgiven, it's a bad sign.

FORGIVENESS AND MERCY

The essence of forgiveness by God's standards is the giving of mercy. Mercy means to treat others better than they deserve. When we extend mercy to those who have offended us, we kiss prodigal sons, give presents to offenders, and have special celebrations in honor of our enemies. These people don't deserve this, and that is what mercy is all about. We don't deserve the redemptive death of God's Son, the shedding of His blood, and eternal happiness. However, He has given them to us because of His mercy.

The Lord expects us to pass on to others the merciful forgiveness we have received from Him. We are reluctant to do this because of the high cost of extending mercy. Although Jesus has paid the price for mercy by His death on Calvary, He lets us share in His sufferings (see Col 1:24). For example, if someone hits your car, you can have mercy on them and pay for it yourself. That mercy may cost you \$800.00. That is some of the cheapest mercy you'll ever give. What if your husband told you that he had committed adultery but that he would never do it again? He wanted you to take him back and help put your marriage back together. If you have mercy on him, you will take a tremendous emotional, psychological, and spiritual loss. You will feel like making your husband pay for his adultery as much as possible because at first you don't have to pay for it as much if you take it out on him.

Mercy is so expensive that we don't want to think of it. Pope John Paul II taught: "The present day mentality, more perhaps than that of people in the past, seems opposed to a God of mercy, and in fact tends to exclude from life and to remove from the human heart the very idea of mercy. The word and the concept of 'mercy' seems to cause uneasiness in man" (*Rich In Mercy*, 2). In a world of gross injustices, we feel embarrassed to talk of mercy to victims of such gross injustices as violence, rape, abuse, and racism. However, when we have mercy, we are not condoning sin but loving sinners. In fact, the more we love sinners, the more we hate the sin that degrades them. We must follow the example of Jesus, the most victimized Person Who has ever lived. He said: "Father, forgive them; they do not know what they are doing" (Lk 23:34). Then

(continued on page 6)

He extended His mercy by promising the good thief that he would be in paradise that very day (Lk 23:43). Even as Jesus died, He poured forth the abundant stream of mercy.

In the Old Testament, the gold plate over the ark of the covenant was called the "propitiatory," or "mercy-seat." Here Yahweh sat in all His mercy. The New Testament fulfillment of the mercy-seat is the tabernacle. Come before the tabernacle, into the presence of the eucharistic Jesus. Ask for mercy to come to you and through you. You may even put out your hand and touch the tabernacle, the new mercy-seat. With that touch, you can receive what the hemorrhaging woman experienced when she touched the hem of Jesus' robe (see Lk 8:46). You will experience God's power and the miracle of mercy.

Sometimes, we are like the unforgiving brother of the prodigal son (Lk 15:28) or like Jonah in his hatred of the cruel, murderous Ninevites (Jon 3:10-4:1). If we see that we have not forgiven by extending God's mercy, we should repent and simply pray to be willing to forgive. God will give us the willingness. We should then celebrate this forgiveness in the Sacrament of Reconciliation.

THE EMBRACE OF FORGIVENESS

The sign of forgiveness is outstretched arms. The forgiving father threw his arms around the neck of the prodigal son and kissed him (Lk 15:20). Jesus received the embrace and kiss of Judas, and forgave him (Mk 14:45). Finally, Jesus stretched out His arms on the cross and would have embraced us all if we had not nailed His arms to the cross. Right now, imagine yourself embracing each one you need to forgive. By God's grace and in His mercy make the decision to forgive each person for each offense against you. Say audibly: "By God's grace, I decide to forgive (name of person) for (name of sin). Now go and embrace these people. If this is impossible, call or write them without delay. If they are aware of problems in their relationship with you, apologize to them and ask them to forgive you for not forgiving them. Then give them a gift (see Lk 15:22ff). Show the mercy of our forgiving Father. If those you need to forgive have died or are not able to be contacted, ask Jesus to contact them and pass on your forgiveness. Don't lose any time (Mt 5:25). Receive the miracle of forgiveness now!

Nihil obstat: Reverend Robert L. Hagedorn, May 25, 1996.

Imprimatur: † Most Reverend Carl K. Moeddel, Vicar General and Auxiliary Bishop of the Archdiocese of Cincinnati, May 29, 1996.

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The cost of this publication is a donation. Pray and ask the Holy Spirit what amount He would have you contribute.

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Amefufuka!

(He is risen!)

While on this trip new needs were identified and these will be further delineated in the next newsletter.

An update on the dairy farm your donations helped to establish at Mgeta Parish in Morogoro, Tanzania in June, 2004: Unfortunately, we did not have enough time on this trip to visit this parish in the Uruguru Mountains. However, I am happy to report that the project is going well. The enclosure built can house up to 30 cattle. They currently have one bull, two cows, and two calves. They have established milk production and the manure is being used as fertilizer. This project is helping a community of 6,000 which means that the cost of the project at \$4,242 has been an investment of less than \$1.00 per person! What an awesome example of good stewardship and how God is blessing this community through your acts of love.

Finally, we wish to thank *The Marian Center, Inc.* of Louisville, KY for their donation of various religious items for distribution in Tanzania.



President's Corner

Dear Brothers and Sisters,

My wishes for a Happy Easter Season to you. Jesus is risen and He is Lord!

This is the first newsletter of our third year in ministry. Time really does fly when you're having fun! We wish to thank all of you for your continued support and prayers. This ministry would not be possible without you. We also welcome all of you who are new to this ministry.

Good news continues to abound. We now have a website at <http://hhhm.net>! For your convenience, you can make donations online! Be aware, however, that JustGive.org does keep 3% of your donation for its administrative costs so if at all possible please consider making your donations via check mailed to *Helping Hands Healing Ministries, Inc.* to avoid this administrative charge. The address is: 4013 Deer Creek Dr. in Louisville, KY, 40241-1581.

By the time you receive this newsletter, the Easter Season will be upon us. While the article on unforgiveness as the major cause of lack of healing would have been especially timely during Lent, it is still timely all year round. God desires that we forgive one another so that we can receive His abundant mercy and healing! A hearty thank you to [Presentation Ministries](#) for allowing us to reprint their article in this newsletter.

You might notice that the order of items in this newsletter is somewhat different. This will hopefully increase your awareness of the more important items.

I have also heard from several of you that you have not always received your newsletters. Be assured that you are still on the mailing list. The quarterly newsletters are mailed in January, April, July, and October. If you are missing any newsletter(s) and would like to receive back copies or additional copies for friends and family, please let me know. We want to keep you informed!

God is good! I was blessed to travel to Tanzania during Easter week with my daughter *Kelly* and a friend, *Dr. Nanine Henderson*. We traveled with *Fr. John Judie* who has been ministering to our brothers and sisters in East Africa for the past ten years through [Fr. John Judie Ministries, Inc.](#) Learn more about our travels in "Can I Get A Witness?" on page two of this newsletter.

Yours in Christ,

Margie C. Sweeney, M.D





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Matthew 6:33

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In This Issue

<u>Subject</u>	<u>Page</u>
Giving	1
Can I Get A Witness?	2
Current Outreach Needs	3
Projects Completed in January and March	3
Special Thanks	3
List of Donors	3
Healing/Unforgiveness Is The Cause ...	4
President's Corner	7

We are now on the Internet at <http://hnhm.net>!

To save on postage, statements for receipt of donations made in 2005 will be mailed out in early January, 2006. If you require a receipt prior to that time, please let us know.