

February 1, 2012

To our Beloved Supporters of HHLM:

Some of this earth's finest offerings come from things that are crushed: wine from grapes, olive oil, pomegranate juice, lavender oil. Pressing with intensity releases flavor and fragrance. A similar process can also release the best in us, if we will yield ourselves to the hands of the One who created us, particularly when trouble hits.

No one likes **Adversity and Affliction**, the topic of our seventh lesson in **Resting in Jesus**; it is uncomfortable and painful. But since it is unavoidable, aren't we better off learning how to endure these times with minimal pain and damage, and maximum benefits and results? Would you like your life to emit a fine fragrance rather than a strong stench?

Probably the most important factors are our attitude and our belief about God. *The Lord is good, a refuge in times of trouble. He cares for those who trust in him (Nahum 1:7 NIV)*. If we believe he loves us and is for us, regardless of the circumstances, we will more easily accept the current adversity. That doesn't mean we have to like it, but acceptance goes a long way toward remaining peaceful in a crisis. This is when we most need to have a regular time of prayer and Scripture reading. Praise and worship are Spirit-strengthening habits, as well.

Jesus is our life-line and will provide the strength, wisdom, and direction we need, so it is vital that we remain close and connected to him. He will use even the most difficult of life's moments to teach us and reveal treasures of truth; nothing will be wasted. And when we emerge, we will have usefulness like the olive oil, flavor like the best wine, and fragrance like lavender.

♥ **Filming Running with Horses:** This will remain our big news for a few more months. Filming is now underway and we are excited about how it is coming together. Please consider helping us by:

- **Praying** for the many aspects of the project—my preparation and delivery of the lessons, for Deb Leach and her filming crew, for a full audience of 50 each week, good weather, good health, and tons of other details of which God is well aware.
- **Making financial contributions** toward the estimated \$47,000 in production costs. **Thank you to everyone who has so generously sent in donations so far! We're getting there!**
- **Helping us fill our audience quota of 50 each Saturday.** The taping will be at the Flying W Ranch every Saturday morning except February 25. To receive information about being in the audience, email [keetamiddleton@aol.com](mailto:keetamiddleton@aol.com) or call Keeta at 473-9573.

♥ **Boot Camps:** We aren't registering yet, but I have some dates for those of you hoping to attend our leadership training for the Healing Journey Class. **Tucson** on April 27-30, **Colorado Springs** on June 7-10, and **New Orleans** on June 22-25. If you would like to offer Boot Camp in your area, let me know.

**Your prayers for this ministry matter! Please pray for...**

† God's protection and provision for every aspect of filming Running with Horses.

† The Board of Directors. We had a great retreat in January and now are going forward in God's wisdom.

Blessings,

A handwritten signature in blue ink that reads "Cyndy Sherwood".

Cyndy Sherwood  
Founding Director

Email Cyndy: [Cyndy@hishealinglight.org](mailto:Cyndy@hishealinglight.org) | Email Stephanie: [Stephanie@hishealinglight.org](mailto:Stephanie@hishealinglight.org)

[hishealinglight.org](http://hishealinglight.org) | (719) 694-8394 | PO Box 7172 Colorado Springs, CO 80933-7172

A green button with a white border and a heart icon on the left, containing the text "DONATE NOW" in white capital letters.