



CLEAR VISION

CENTER FOR LIFE ENRICHMENT

*"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control."
- Galatians 5:22-23*

A Time to Love!

Soul Food

By Rich Blue

What could be more precious than love? Our addictions, both hard and soft, are simply analgesics numbing us from our hunger pain arising from our lack of love. Is there a word in our language of greater significance that is used more casually than love? We "love" our coffee, sex, our Nike's, our Ganache chocolate, 24, our Chicago Bears, our flat screen TV to mention just a few.

What's the answer to Tina Turner's question, "What's love got to do, got to do with it?" Everything! The master creator of the universe designed human beings to love. When we are not actively involved in loving we are not living. So much of what we worry and obsess about and com-

pulsively pursue has very little to do with love. When our lives are about loving we are not only being nourished but we are nourishing others at the same time.

What is love? Well the Apostle Paul, in the 13th chapter of 1 Corinthians, tells us what love is (patient & kind) and isn't (proud, rude, self-

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seeking, easily angered), doesn't do (envy, boast, keep record of wrongs, delight in evil or fail) and does do (rejoices with the truth, protects, trusts, hopes and perseveres). I think Paul's list is representative and not exhaustive. Paul wants his readers to think about

the principles underlying this list of characteristics.

Love is always about the business of promoting growth. The Apostle John, in the 15th chapter of his gospel, referred to this growth as fruit—the tangible product of the healthy vine. It is no accident that the first fruit of the Spirit mentioned in this list is love. Love is not always nice, comfortable or painless. *Often, some of the most loving acts are the hardest and most painful.*

One of Jesus' harshest rebukes was given to Peter, his most passionate disciple, immediately following his renowned profession of faith. Right after Peter had pronounced Jesus as the long awaited Messiah, he got scared and began to try and dissuade Jesus from returning to

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Upcoming Events

*Couples Retreat February 9-11, 2007
Competition to Collaboration*

*Men of Character - Challenged to Grow
Saturday March 10, 2007 7:30 - 10:30 am*

CLE would like to welcome Jenn Eaton to our team. She will be working with us on Monday mornings, Thursday 's 9:30—2:30 pm and Friday's 9:30-3:30 pm supporting our administrative needs. She can assist you with scheduling appointments for Rich, Gabriela and Jennifer, and answering questions regarding your payments. She recently relocated to Deerfield with her husband and two children from Dayton, Ohio. Jennifer has a Bachelor's Degree in Social Work. Her social work career has primarily focused on working with persons with developmental disabilities. While her husband attends Trinity Evangelical Divinity School, Jennifer divides her time between her roles as a wife and mom, coordinator of Trinity's Mom's Ministry, and CLE's administrative assistant. She is also involved in various ministries at North Suburban Evangelical Free Church. Jennifer brings valuable gifts to our office team and we look forward to everyone being able to meet her.



Valentine Myths

Every February, across the country, candy, flowers, and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint and why do we celebrate this holiday? The history of Valentine's Day -- and its patron saint -- is shrouded in mystery. But we do know that February has long been a month of romance. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. So, who was Saint Valentine and how did he become associated with this ancient rite? Today, the Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred.

One legend contends that Valentine was a priest who

served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men -- his crop of potential soldiers. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death.

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons where they were often beaten and tortured.

According to one legend, Valentine actually sent the first 'valentine' greeting himself. While in

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2007 Retreat Dates		
<u>Couples Retreat</u> Feb. 9 - 11th	<u>Spring Retreat</u> May 18 - 20th	<u>Fall Retreat</u> Nov. 2 - 4th



A Time for Everything

*There is a time for everything,
and a season for every activity
under heaven:*

*a time to be born and a time to
die, a time to plant and a time to
uproot,*

*a time to kill and a time to heal, a
time to tear down and a time to
build,*

*a time to weep and a time to
laugh, a time to mourn and a time
to dance,*

*a time to scatter stones and a time
to gather them, a time to embrace
and a time to refrain,*

*a time to search and a time to give
up, a time to keep and a time to
throw away,*

*a time to tear and a time to mend,
a time to be silent and a time to
speak,*

*a time to love and a time to hate, a
time for war and a time for peace.*

Ecclesiastes 3:1-8

Valentine Myths continued from page 2

prison, it is believed that Valentine fell in love with a young girl -- who may have been his jailor's daughter -- who visited him during his confinement. Before his death, it is alleged that he wrote her a letter, which he signed 'From your Valentine,' an expression that is still in use today. Although the

truth behind the Valentine legends is murky, the stories certainly emphasize his appeal as a sympathetic, heroic, and, most importantly, romantic figure. It's no surprise that by the Middle Ages, Valentine was one of the most popular saints in England and France.

Running/Walking Club

The CLE Running/Walking Club was started by Nancy Rollins, who is an avid runner. Her vision for the group is to use exercise as a metaphor for personal growth. Nancy views the training and striving necessary to succeed in running and walking as the same qualities needed to succeed in life. The Club offers people a tangible way to practice the skills necessary to reach their life goals. Running and walking are sports often characterized by individualism and isolation but Nancy's vision is for people to experience the benefits of belonging to a supportive community. Participants take on challenges, set goals and provide mutual encouragement and accountability. The Running Club meets the first Saturday of each month from 8:00-10:00 at the CLE office.



Groups

CLE has a variety of groups to choose from. Please contact Christina at (847) 272-3684 ext. 10 if you would like more information about a specific group.

Graduate
(4th Wed. of the month)

Assignment
(Mon. & Tues.)

Couples
(2nd Fri. of the month)

Career Enhancement
(every other Tuesday)

Men's
(Friday)

Mom's
(Tuesday)

Pastors
(every other Thursday)

Running Club
(1st Sat. of the month)

Sage Sisters
(3rd Sat. of the month)

Jerusalem because of the threats made on his life. In response, Jesus turned to him and said, "Get behind me Satan." Wow—how quickly we can slide from the top to the bottom. This comment was not nice but it was loving. As my mentor, Bob Wright, says, "Truth is love."

For Jesus to accomplish his mission and for the ultimate growth of the church, it was vital that Jesus return to Jerusalem and eventually be crucified. There may have been no more difficult temp-

A Time to Love!

tation that Jesus faced than when Peter suggested he bypass Jerusalem and avoid his death on the cross. This is why Jesus had to rebuke Peter with such strong language, because Peter's self-interest, although superficially caring, was not loving—it did not have Jesus' growth and harvest of fruit foremost in his mind.

Peter could not see beyond his own desire to protect Jesus from danger. Love is so much more than mere sentiment. It is a choice to act in a manner that promotes personal and spiritual growth. At times it can be kind

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and tender while at other times it needs to be firm and direct. A loving person, like a gardener, is one who acts in the overall best interest of the individual, ultimately seeking to empower others to do God's will. As Solomon said in the book of Ecclesiastes, "There is a time for everything and a season for every activity under heaven"—a time to plant, uproot, prune and harvest.



¹ Mathew 16:23

CENTER FOR LIFE ENRICHMENT



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