

**“FOCUS”**

By Diane Polingyuntewa, A RFL Member

The world is an unforgiving place,  
And acceptance is the key.  
Learn God’s ways and be tolerant,  
Be the very best that you can be.

Don’t let others attitudes  
Discourage you and bring you down.  
Just turn the other cheek and smile,  
In God’s blessings you will abound.

Don’t put yourself down or  
Worry what others may think of you.  
Just pray to God and be  
the very best you can be in everything you do.

Focus on God’s Word,  
On yourself and your life He will rearrange.  
And remember the most important thing  
It’s only yourself you need to change.

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**MAIN OFFICE**

1715 Highway 17 South | Bartow, Florida  
863.519.0000 | www.lelandfamilyministries.com

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# The Mustard Seed

Monthly Newsletter  
Leland Family Ministries  
March 2011 | Volume 2, Issue 3

## NEWSLETTER

### Recovery for Life Celebration!



As with any group of family and friends separated by distance, get-togethers are a must. Whether in the form of annual parties, reunions, or even bi-weekly meetings, its important to see the ones you love!

Well, here at Leland, we couldn’t agree more! Our quarterly Recovery Celebration is a time for recovery members and their families across central Florida to gather, fellowship and celebrate victories.

Our first Recovery Celebration for 2011 took place on Saturday January 22nd at the Revolution Church in Lakeland. Members from all 12 groups joined together for a meal, worship, encouragement through testimony, and message from Pastor Jonathan Malanowski. With over 50 recovery members and their families in attendance, 2011’s first Recovery Celebration was a success!

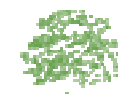
In an effort to encourage and recognize members who’s recovery is triumphant, a *Quarterly Recovery Award* is presented with a bible with their name on the cover. This quarters Recovery award was presented to our very own, Carla Rollins!

Carla has exemplified outstanding commitment in her recovery and continually strives to live for today. Carla is actively searching for a full-time job, and in the meantime, volunteering at Leland Family Ministries. We are so proud of you Carla and know the Lord has a full and beautiful plan for your new life!



**Come Visit Our  
NEW  
WEBSITE!**

There is a lot of information packed into our wonderful new website. Please stop by and browse around. You can subscribe to our newsletters, view our events calendar, and donate money securely through paypal! Visit at:  
[www.lelandfamilyministries.com](http://www.lelandfamilyministries.com)





# Handyman Outreach!

## Love in Action

LFM was excited about the opportunity to help a friend and his mother with a project that was perfect for our Handyman Ministry. Jim, a friend of Leland Family Ministries, lives and cares for his 90 year-old mother, Ms. J as well as their three acres of land in Ft. Meade.

Several weeks ago, Ms. J fell and broke both her hip and hand, and was admitted into a rehabilitation recovery center in Sebring. Since the accident, Jim travels three days a week to visit his mother during her recovery. Keeping up with the property has been difficult for Jim and became a challenge.

In an attempt to help Jim maintain this property, Leland's Handyman Outreach volunteers arrived at the property at 7:30 in the morning on Wednesday, March 16th. Volunteers cut and burned brush and trees, mowed, and weed-eated. After about 10 hours - I think the difference is obvious! Way to go guys!

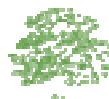
BEFORE

AFTER!



As with any ministry, LFM is always giving items away to people who are in need. Many of the communities LFM works with do not have a Salvation Army, Goodwill, or Lighthouse and rely on LFM to supply them with basic necessities. Help us help others—donate today!

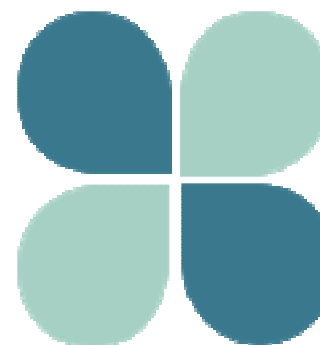
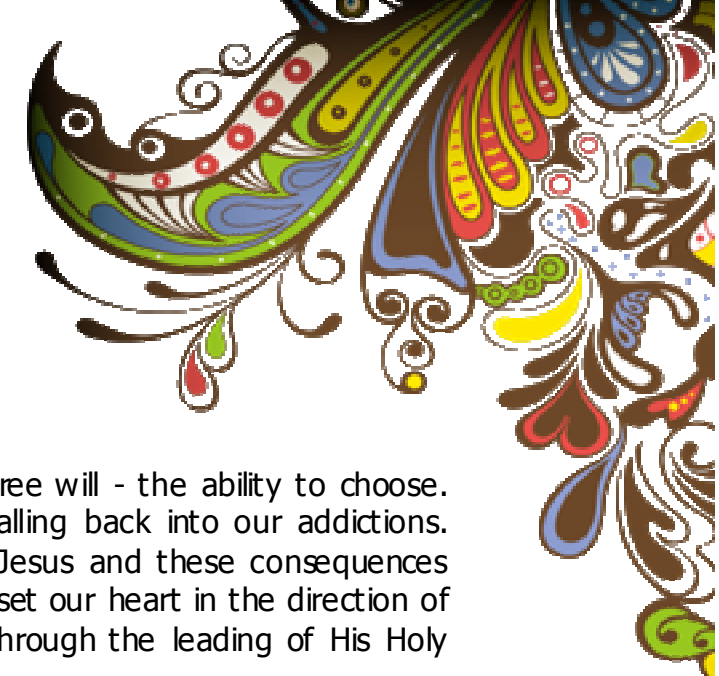
- Couches
- Tables
- Chairs
- Beds, Dressers
- Men, Women & Baby Clothing
- Shoes
- Pot & Pans
- Silverware
- Pillows
- Sheets
- Blankets for the winter
- Sleeping bags
- Toiletry items
- Personal hygiene items
- Casserole Dishes
- Cooking Items
- Appliances
- Stoves
- Refrigerator
- Deep Freezers



# Step 3

We made a decision to turn our will and our life over to the care of God.

We have all been created with the supreme privilege of free will - the ability to choose. When we are in recovery, we face the nagging lure of falling back into our addictions. There are consequences of choosing our addiction over Jesus and these consequences affect our life and lives of our children. We can choose to set our heart in the direction of life by turning our will and life over to the care of God through the leading of His Holy Spirit. Will you?



## THE UGLY TRUTH ABOUT FOOD ADDICTIONS

The most common types of food addiction are compulsive or binge eating and bulimia. Food addiction affects as many as 4 million American adults and is characterized by compulsive eating and an obsession with weight and body image.

### Compulsive Eating

Those suffering from Compulsive Eating, or Binge Eating, engage in frequent uncontrolled eating. They eat much more quickly than normal and continue to eat even past the point of being uncomfortably full. Binging is almost always followed by period of extreme guilt and depression. Unlike individuals who suffer from bulimia, compulsive eaters do not try to compensate their binging with purging behaviors such as fasting, laxatives or vomiting.

Compulsive eaters typically eat when they are not hungry and spend excessive amount of time secretly planning or fantasizing about eating alone. Those who struggle with compulsive eating are often obsessed with food or the act of eating, and like drug or alcohol addicts, food addicts are often consumed with *when* and *what* they will eat next. Compulsive eating almost always leads to weight

gain and obesity, but not everyone who is obese is a compulsive eater.

Left untreated, compulsive overeating can lead to serious medical conditions including high cholesterol, diabetes, heart disease, hypertension and clinical depression. Additional long-term side effects of the condition also include kidney disease, arthritis, bone deterioration and stroke.

### Bulimia Nervosa

Bulimia nervosa is characterized by episodes of excessive eating (binge eating) and feelings of guilt and humiliation, followed by inappropriate methods of weight loss (purging). Purging occurs in different forms such as vomiting, unsuitable use of laxatives, enemas, excessive physical exercise or fasting.

Binge eating is not a response to intense hunger but in response to depression, stress, or self-esteem. The binge-purge cycle becomes an obsession and is repeated often. For those suffering with Bulimia, their addiction is less about food and more related to psychological issues and a lack of control.

Treatment recommendations of food addictions are: nutritional and medical counseling, cognitive-behavioral therapy, individual and group therapy and self-help programs like Leland's **Recovery for Life!**

