Giving Thanks

And whatever you do, in word or deed do everything in the name of the Lord Jesus, giving thanks to God the Father through him. Colossians 3:17 ESV

November 2015

A message from the Administrator

It is easy to become discouraged.

Even Christians, perhaps especially Christians, can experience times or even seasons of discouragement. Sometimes the discouragement is the result of events that are beyond our control. Other times, discouragement comes from inside of us and can be the result of the way we view our situation or circumstance, or the way we view other people or the world.

With all the blessings in my life, and there are many, there are times when I feel deeply discouraged. Like most people, some of my discouragement is the result of situations that have affected me in which the events were beyond my control. Other times my discouragement has come because rather that choosing to focus on God’s promises, I have focused too long on the problem(s), and to be perfectly honest with you, in those moments the problem(s) felt insurmountable. Does this sound familiar in your own life?

Sometimes during my morning time with God I talk with Him about one discouragement or another and without exception He walks with me through the time of discouragement. This is an actual transformation that happens and while I have experienced this for many years I still get excited each time it happens.

As a Christian, you too have probably had a similar experience. I start the prayer time feeling very discouraged and at the end of that time it is as though a weight has been physically lifted off of me, my spirit feels light, my mind feels at peace. I am able to face the challenges of the day with a renewed attitude.

One would think that something this remarkable would surely make enough of an impression on my mind and spirit that it would remain with me, and transform my every thought from that day forward! And it does! But I am sorry to report that it is not a one-time act of asking and receiving. Most of the time I find I must ask for this amazing blessing nearly every day and occasionally more than once a (counted on page 2)

Paul the apostle wrote to the church in the town of Colossae to encourage them to be faithful to the teaching they had received when they first believed. He wanted them to do everything, both what they said and what they did in their daily behavior, to do it all for the Lord Jesus. He emphasized that what they did and said should reflect a heart of thankfulness. As we approach this Thanksgiving holiday my prayer is that you too will have this same attitude.

I had the amazing opportunity to do two things that I really love this past month. I am thankful that God has given me the opportunity to be involved in the training of pharmacy students. I also love to be able to use my profession to be a blessing to those that are underserved. I was able to combine those two as I went on medical mission trip to Ethiopia, with two of my students and a dozen other medical team members. God was able to use us to minister to nearly 2000 Ethiopians during the last two weeks of October. We were able to dispense about 4000 prescriptions and the team saw about 70 people who wanted to follow Christ.

It was a joy to see the students stretched outside of their comfort zone. They learned so much and were a blessing to many and God was able to use all that we did as team to His glory. We give Him thanks for all he did through us.

Thanks also to all who have been praying for our President, Fred Eckel, who had a knee replacement surgery this Fall. Our administrator has volunteered to write his note for this newsletter. The prayer chain was alerted and many have faithfully prayed and it is good to report that he has made some good progress. He has resumed many of his routine activities.

With a thankful heart
Ron Herman, CPFI Executive Director
SAVE THE DATE!

2016 CPFI Annual Conference & National Student Retreat

Springmaid Beach Resort
Myrtle Beach, South Carolina

National Student Retreat: June 8 to June 12, 2016
Annual Conference: June 9 to June 12, 2016
Theme: ‘Our security is (only) in Christ’

Jeremiah 9:23-24

“Let not the wise boast of their wisdom or the strong boast of their strength or the rich boast of their riches, but let the one who boasts boast about this: that they have the understanding to know me, that I am the Lord, who exercises kindness, justice and righteousness on earth, for in this I delight, declares the Lord.”

The full program and registration will be available on-line after December 1st, 2015.

Once again this was an amazing conference with over 2,500 in attendance and with over 100 exhibitors (including CPFI!). Our Fall Board meeting was held just before the conference started.

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day I must take the Savior’s hand when the ground below feels slippery and unsure. There is much in the Bible about discouragement and the people who experienced discouragement. Remember Job, Naomí, even Moses, to name a few. They were all acquainted with discouragement. Earlier this year I started reading a book titled “100 Bible Verses: everyone should know by heart” by Robert J. Morgan. The title may sound a little silly to some, perhaps it even sounds like it could be a book that kids might study in vacation Bible school, but Mr. Morgan believes (and so do I) that in the life of every believer we will all face seasons of trouble and must arm ourselves with an arsenal of scripture to help us arrive safely and victoriously on the other side of those sometimes bloody and heart wrenching battle fields.

In addition to committing God’s promises to memory, another great weapon against the enemy of discouragement is gratitude! The next time you begin to feel discouraged about your situation, whatever it might be, make a list of everything you have to be grateful for, from the food in your refrigerator and the running water and electricity in your home, to the bird you heard singing outside your window this morning. Your list can be a mental list or even a list you commit to paper. Often, being able to re-read a list is a very helpful tool in cultivating a spirit of gratitude.

Feeling grateful also helps with relationships! Gratefulness and humility are kindred spirits and are very attractive to those around us - to both Christians and non-Christians alike. We can even get creative with our gratitude lists! Perhaps list one or two things you are grateful for each day, meditating on each of those blessings throughout the day and thank God for them. Discouragement will no doubt continue to show up in all of our lives to one degree or another, but discouragement cannot thrive when our minds are focused on God’s promises and our hearts are focused on all the ways God has blessed our lives.

Rejoice in hope, be patient in tribulation, be constant in prayer. Romans12:22 (ESV)

Nena Lindrose
Administrative Director
We thank God for the leadership, service, and financial support of these and other faithful CPFI members.

The 1% Group
Jeffrey T. Copeland, Founding Member (since 2012)
Fred M. Eckel (since 2012)
Gregory C. Carlson (since 2012)
Daniel C. Spadaro (since 2012)
Keith W. Allhands (since 2012)
Wagdy W. Wahba (since 2012)
John E. Corkrean (since 2012)
Martin Dale Parker (since 2013)
Michael G. Merrick (since 2013)
Kellie Zentz (since 2014)
Herbert J. Hames (since 2014)
Daniel & Suzanne Hussar (since 2015)
Mark S. Johnson (since 2015)
Gene I. Erb (since 2015)
Daniel J. & Charlotte Wilson (since 2015)

Learn More and Join Now

Monthly Sustaining Gift
Earle P. Barton (since 2011)
Babajide O. Oguntimein (since 2011)
Bob Coulter (since 2012)

The Power Hour Gift Group Monthly Pledge
13 CPFI members have recently joined this group!

Just 1 hour of your monthly salary will help keep CPFI strong!

Learn More and Join

“For I can testify that they gave not only what they could afford, but far more. And they did it of their own free will.” II Corinthians 8:3(NLT)
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CPFI Welcome’s Articles with a Christian Focus. If you are interested in contributing an article for possible publication in our journal, Christianity & Pharmacy, please submit your manuscript directly to the CPFI office or to the editor. The deadlines for the journal: Spring Journal, December 1; Fall Journal, July 1.

CPFI is subject to Financial Accountability

CPFI is a registered 501(c)3 organization. We depend entirely on your tax-deductible gifts and membership dues for the financial support of our ministry. Gifts are tax-deductible to the full extent allowed by law. (Consult an accountant regarding tax deduction of dues.) We are grateful for the many members who make regular contributions beyond their dues to support this ministry.

Publication Contributions

CPFI partners with the Christian Medical and Dental Association, Nurses Christian Fellowship and the Fellowship of Christian Physician Assistants to send out short term medical teams through Global Health Outreach. The primary care teams are usually one or two weeks, and our goal is to have two pharmacists on each team. Below is a list of upcoming trips. For a complete list of the projects and dates, visit the GHO website which can be accessed from the CPFI website www.cpfi.org or the CMDA website www.cmda.org.

### Upcoming GHO Short Term Projects

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The GHO website provides a link for each trip, the name of each team leader, and the estimated cost of each trip. You may apply on-line to participate in the trip of your choice or e-mail Keith Allhands, the Missions Committee Chair, at kwallhands@gmail.com for additional information.