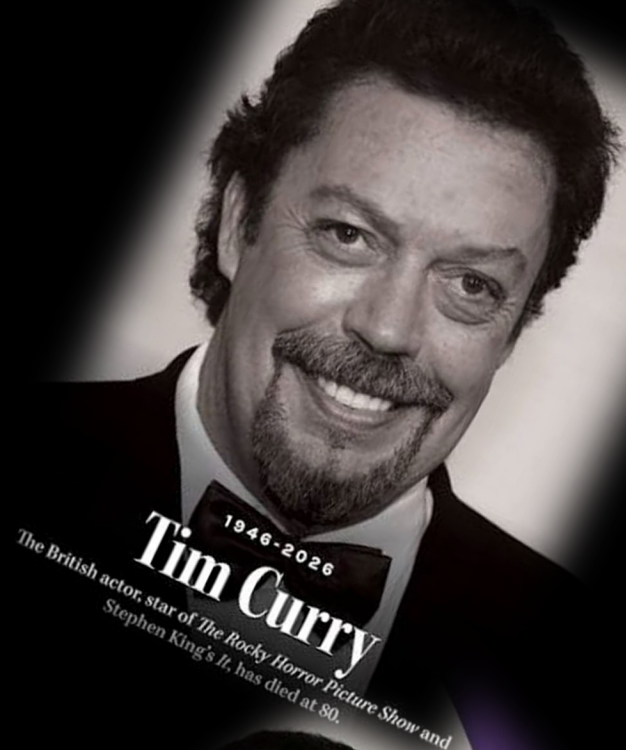




Dolly Parton
1946-2026



1946-2026

Tim Curry

The British actor, star of *The Rocky Horror Picture Show* and
Stephen King's *It*, has died at 80.



REST IN PEACE

PETER CULLEN
1941-2026

**WHERE DOES
YOUR FRUIT
COME FROM?**





Che'sdictionary.com

10 Things You Should Know About Codependency

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1. Codependency is a response to trauma.
2. Codependency feels shameful.
3. Codependency is an unhealthy focus on other people's problems, feelings, and needs.
4. Codependents are very sensitive to criticism.
5. Codependents are super responsible.
6. Codependents wall off their own feelings.
7. Codependents don't ask for what they need.
8. Codependents give, even when it hurts.
9. Codependency isn't a mental health diagnosis.
10. You can change your codependent patterns.

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The 4 Types of Codependency



THE CARETAKER (or RESCUER)

Feels responsible for others' emotions, problems, and wellbeing



THE CONTROLLER (or PERFECTIONIST)

Tries to manage situations and people to feel safe or in control



THE LOST SELF (or PASSIVE/DEPENDENT)

Avoids conflict and suppresses their own identity to maintain connection



THE ENABLER (or PEOPLE-PLEASER)

Protects others from facing consequences



Notice that the word "fear" is bracketed alongside the difficulties with Mr. Brown, Mrs. Jones, the employer, and the wife.

This short word somehow touches about every aspect of our lives. It was an evil and corroding thread; the fabric of our existence was shot through with it. It set in motion trains of circumstances which brought us misfortune we felt we didn't deserve. But did not we, ourselves, set the ball rolling? Sometimes we think fear ought to be classed with stealing. It seems to cause more trouble."

6 The woman saw that the tree was beautiful, that its fruit was good to eat, and that it would make her wise. So she took some of its fruit and ate it. She also gave some of the fruit to her husband who was

WITH her, and **HE** ate it.



(Just saying)

7 Then, it was as if their eyes were opened. They realized they were naked, so they sewed fig leaves together and made something to cover themselves.



The Example of Hagar and Sarah

21 Some of you still want to be under the law. Tell me, do you know what the law says? 22 The Scriptures say that Abraham had two sons. The mother of one son was a slave woman, and the mother of the other son was a free woman. 23 Abraham's son from the slave woman was born in the normal human way. But the son from the free woman was born because of the promise God made to Abraham.

24 This story teaches something else: The two women are like the two agreements between God and his people. One agreement is the law that God made on Mount Sinai,[a] and the people who are under this agreement are like slaves. The mother named Hagar is like that agreement.

2nd Corinthians 4:16
16 So we do not give up.
Our physical body is
becoming older and
weaker, but our spirit
inside us is made new
every day.

The old is gone, the new has come

The Old Creation



- * Spiritually dead
- * In the flesh
- * In the kingdom of darkness

God's New Creation



- * Spiritually alive
- * In the Spirit
- * In the Kingdom of God's dear Son

What You complete is completely done!!!



Matthew 9:17
Neither do people pour new wine into old wineskins. If they do, the skins will burst; the wine will run out and the wineskins will be ruined. No, they pour new wine into new wineskins, and both are preserved.”

Che'sdictionary.com



**Book of Galatians,
Circumcision-represents trying to earn
a relationship with God through human effort
and religious rules instead of
accepting it as a free gift
Through Faith in Jesus Christ.**

Keep Your Freedom

5 We have freedom now, because Christ made us free. So stand strong. Do not change and go back into the slavery of the law. 2 Listen, I Paul tell you that if you go back to the law by being circumcised, Christ does you no good.

6 When we are in Christ Jesus, it is not important if we are circumcised or not. The important thing is faith—the kind of faith that works through love.

7 You were running a good race. Who stopped you from following the true way? 8 This change did not come from the One who chose you.

13 My brothers and sisters, God called you to be free, but do not use your freedom as an excuse to do what pleases your sinful self. Serve each other with love. 14 The whole law is made complete in this one command: “Love your neighbor as you love yourself.” 15 If you go on hurting each other and tearing each other apart, be careful, or you will completely destroy each other.

16 So I tell you: Live by following the Spirit. Then you will not do what your sinful selves want. 17 Our sinful selves want what is against the Spirit, and the Spirit wants what is against our sinful selves. The two are against each other, so you cannot do just what you please. 18 But if the Spirit is leading you, you are not under the law.

19 The wrong things the sinful self does are clear: being sexually unfaithful, not being pure, taking part in sexual sins, 20 worshiping gods, doing witchcraft, hating, making trouble, being jealous, being angry, being selfish, making people angry with each other, causing divisions among people,

21 feeling envy, being drunk, having wild and wasteful parties, and doing other things like these. I warn you now as I warned you before: Those who do these things will not inherit God's kingdom. 22 But the Spirit produces the fruit of love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control. There is no law that says these things are wrong. 24 Those who belong to Christ Jesus have crucified their own sinful selves. They have given up their old selfish feelings and the evil things they wanted to do. 25 We get our new life from the Spirit, so we should follow the Spirit.

THE TWELVE STEPS

1. I can't
2. God can
3. Let God
4. Look within
5. Admit wrongs
6. Ready self for change
7. Seek God's help
8. Become willing
9. Make amends
10. Daily inventory
11. Pray and meditate
12. Give it away

THE TWELVE STEPS

1. We admitted we were powerless over alcohol - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Che'sdictionary.com



**Freedom is the power or right to speak, act, and live
without undue hindrance, control, or restraint.**

HEEHAW



CAPTAIN KANGAROO



DOLLY



In a world full
of Jolenes
Be a Dolly

A black and white portrait of Dolly Parton, showing her from the chest up. She has her signature blonde, feathered hair and is looking slightly to the left with a gentle smile. The background is dark and out of focus.

I will always love you.

Dolly