

November is National Family Caregivers Month. Cec offers helpful advice for caregivers in his book *When Someone You Love No Longer Remembers*.

At the end of each day, say two things aloud to yourself:

1) "Today I did the best I was capable of doing." That doesn't mean you were perfect, but you did what you could.

2) "All I can do is all I can do." Repeat the words until they calm you and help you realize that you can't do everything you want. You do only what you can.

Giving Others an Opportunity

I visited Charlie several times during the three months before he died. He always seemed in good spirits. One day he showed me a picture of himself as a college student. He had been a star football player for a southern university and graduated with honors in biology.

He spoke about "back then" and his limited ability now. "How do you stay so upbeat?" I asked.

"Back then, I didn't feel I needed people. I'm not sure I felt much of a need for God either. My weakness has become my gift to others."

Charlie, aware that I didn't understand, added, "My cancer humanized me."

He told me that he had been a highly self-sufficient man, to whom things came easily. "I was successful in everything I did." Then came the shattering news of inoperable tumors.

I hadn't known him before his diagnosis, so I was amazed at what he called his radical life change and his commitment to God. "I was strong and self-reliant, but now my weakness gives others an opportunity to do something for me," he said.

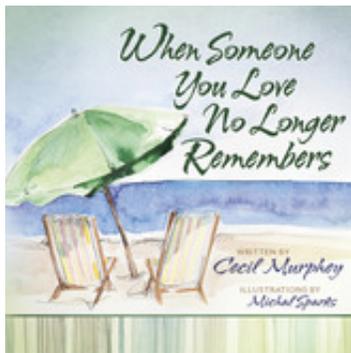
He paused for breath before he added, "I have one regret: I had to reach the stage of helplessness before I realized my need to let other people serve me. I cheated them."

For days after I left Charlie, his words kept coming back to me. Like Charlie, I had cheated others out of an opportunity to serve me. Charlie's words have helped me make changes.

Our pastor is also helping me, even though he probably doesn't realize it. About once a month at church, he asks us to talk to two or three people sitting near us. We're to tell them one thing for which we're thankful, and one prayer request. The first is easy; the second has been difficult. But I'm learning.

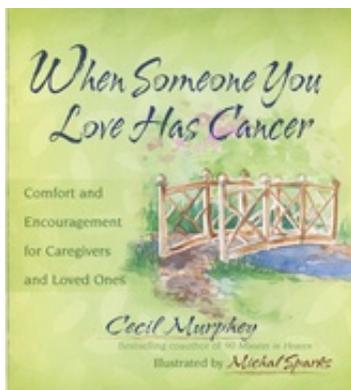
[Subscribe](#) to our email list

aren't the self-sufficient. The strong are those who are willing to face their weaknesses and



A prayer from *When Someone You Love Has Cancer*:

"Perfect God, help my friends realize that each of them is beautiful in your eyes. You created them to glorify you. Even when their outer bodies waste away, remind them that the inner beauty is still there."



Thank you, family caregivers!

The Promises of Ophelia Bennett, Cec's now-available novel, is a poignant and heart-warming story about a teacher's passionate calling to make learning easy and enjoyable.

say, "I need . . ."

When I face my weakness that's when I'm strong.

Personal News

- This is the time of year when my work slows down, and I can catch up on the things I've pushed aside. My friend David and I plan to do a 10-mile hike this month.
- The first week of this month, I expect to start a book on leadership styles with Bob Rodgers of Richmond Graduate University, Atlanta.
- On November 11, I'm scheduled to speak to a Stephen Ministry group at First UMC in Powder Springs, GA.
- I have two scheduled radio interviews.

The Twila Zone— Words from My Assistant, Twila Belk

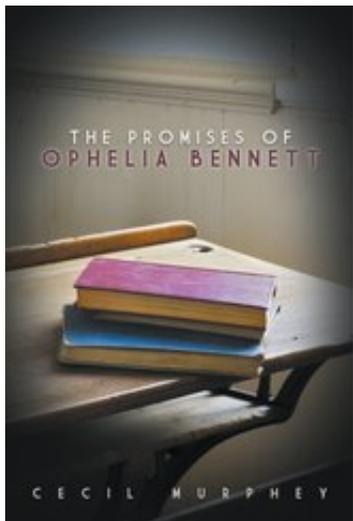
I'm thankful for sweet surprises. Cec and I recently learned of [a nice blog review](#) for our book [I Believe in Heaven](#), and I appreciated the reviewer's takeaway about how our life on earth has purpose. Even the seemingly insignificant things we do can make an eternal difference in others' lives. Thank you, Pat!



As I mentioned in the last newsletter, Cec has a new [Author/Speaker](#) page on Facebook in addition to the [Cec and Me Facebook](#) page. Now I do, too! ([The Gotta Tell Somebody Gal has been unleashed!](#)) Anyone who "likes" our pages before Thanksgiving will be included in a drawing to win a copy of [I Believe in Healing](#) and [I Believe in Heaven](#). We'll give away one package for each page. If you've already "liked" us, you'll be included in the drawing as well.

November is National Family Caregiver's Month. It's a time to acknowledge the important role that family, friends, and neighbors play in caring for those who need assistance. Cec's books [When Someone You Love Has Cancer](#), [When Someone You Love No Longer Remembers](#), and [Because You Care: Spiritual Encouragement for Caregivers](#) make nice gifts for the caregivers in your lives. Gail Smith administrates Facebook pages for each of those titles as well.

If you're a counselor, pastor, ministry leader, or someone who loves a survivor of sexual abuse, you might be interested in Cec's new article on the American Association of Christian Counselors blog—[Shattering the Silence: Helping Sexual Abuse Survivors Tell Their Stories](#).



Cec Links: (1) [Website](#), (2) [Blog for writers](#), (3) [Blog for male survivors of sexual abuse](#), (4) [Twitter](#), (5) [Facebook: Cecil Murphey Author/Speaker](#), (6) [Facebook: Cec and Me, with Cecil Murphey and Twila Belk](#), (7) [Facebook: Twila Belk. The Gotta Tell Somebody Gal](#), (8) [Twila's website](#), (9) [Twila's email](#)

Gotta Tell Somebody, Inc. | 5672 Appleton Road | Bettendorf, IA 52722

