



“... I have come that they may have life and that they may have it more abundantly.” ~John 10:10

Lots and Lots of Helpful Classes in 2017

New Creation Healing Center’s educational program has already seen several successful programs this year. The rest of the year promises to be equally as good. We hope you’ll take advantage of what we are offering.

BALANCED and COMPREHENSIVE

Do you remember the Indian proverb about the blind men and the elephant? The blind man who feels a leg says the elephant is like a pillar; the one who feels the tail says the elephant is like a rope; the one who feels the trunk says the elephant is like a tree branch; the one who feels the belly says the elephant is like a wall; and the one who feels the tusk says the elephant is like a solid pipe.



MaryEllen LaPointe about to enjoy one of the always-scrumptious lunches at a recent Lunch & Learn.

Each was right but each was only *partially* right. The “helping professions” are like that. Each has some knowledge but only partially so.

This is why we sometimes do not get the healing we need. At New Creation we understand body, soul and spirit all interact, so any approach to healing must take all of these things into account. The programs we’re offering in 2017 will address various needs from this “whole person” perspective.

“SEARCH FOR SIGNIFICANCE” Wednesday evenings, July 12, 19, 26; August 2, 9, 16. Cost: free will offering. Teacher: New Creation’s Marlene Weitemeyer. “Come learn how to find your true self worth based on the love, acceptance and forgiveness of Christ. Advance registration: Please let us know five days ahead if you plan on coming.

“DEPRESSION” Wednesday evenings, September 13, 20, 27, October 4, 11, 18. Cost: free will offering. Teachers: various members of the New Creation team. “Coping skills and pathways to healing. Advance registration:

Saturday Hours

For your convenience we are open from 10 a.m. to 4 p.m. on the first and third Saturdays of the month. We also have “sick call hours” most second and fourth Saturday mornings. “Sick call” Saturdays are not for scheduled appointments but for a sickness that suddenly popped up. We always say on our answering machine message when we will be back in the office.

Clean Up Day – Can You Help Us?

Many people have asked how they can say “Thanks” to New Creation Healing Center. One way is to help us on clean up day. This Spring it’s Saturday, April 8 from 9 to noon. There will be a variety of projects for people to do, suited to your strength and ability. Give the office a call and let us know you’re coming. We could use your help.

An Easter Present for Your Loved Ones

Easter is coming. Give your loved ones a healthy alternative in their baskets this year! Jenn is a Board Certified Massage Therapist and Certified Pediatric Massage Therapist and mother of a very active 4 year old boy.

Jenn received her training directly from Tina Allen who is sought out around the world for her expertise in Children's massage. Tina says children who receive massage therapy may experience the following benefits:

- *Decreased anxiety & stress hormones
- *Reduced aggressive behavior
- *Enhanced respiratory function
- *Increased body awareness (visual, tactile & proprioceptive input)
- *Improved muscle tone & muscle relaxation
- *Increased healthy sense of boundaries
- *Reduced hypersensitivity to tactile input
- *Increased quality & quantity of vocalization
- *Enhanced body image & self esteem
- *Increased bonding
- *Improved joint mobility

But you do not have to be a child to get the gift of massage. Massage is beneficial for most people. Call Jenn with questions or to set up an appointment today! (603) 642-6700.

The Gardens at New Creation

Gardening time is coming soon. We've got a special April series of five workshops that will give gardeners helpful insights and information:

(#1) "Feed your soil, not your plants," starts the series on Saturday, April 8th, 9:00-11:00. This workshop will focus on working with nature by understanding your soil and how to improve it for gardening. Our speaker is Patty Laughlin, manager and head gardener at Lorax Landscaping. This workshop will also include information about pollinators and beneficial insects, as well as how to understand your soil with a UNH soil analysis.

On April 15th we will have two workshops: (#2) "Perennials Our Garden Delights" (9 to 11 am) and (#3) "Herbs for Beauty and Health" (11 am-1 pm).

On April 29th we have (#4) "Sensory & Butterfly Gardens (9 to 11 am) and (#5) a presentation to aid those who have limited space for gardening on their porches and back yards. (11 am-1 pm)

Pre-registration is requested. The fee is \$5.00/workshop, or \$20 for the series of five. For more information and to register, please contact Dan Weaver at danvw@prodigy.net or call him at (603-502-6307).

Gathering the volunteers for another year

Also on Saturday, April 8th we will gather as volunteers and other interested persons as I present the Garden goals and volunteer needs for this year. We will continue to enhance The Formal Garden and we will, once again, work on The Giving Garden — a vegetable patch (and soon, a small orchard) to raise food for the local food bank. Please email me that you plan to attend. In addition, we will need a few persons to help with the workshops. Please let me know if you are available to help. Time is 11:00 on Saturday, April 8th.

What if I am Not Sure ...

... if God exists? One fundamental element of science is testing an idea to see if works. (Remember your high school science: formulate your hypothesis and then test it.) If you question whether God exists, let me give you this challenge. For the next month, read a chapter of the Bible and try to do what it says. (I suggest you start with one of the Gospels — Matthew, Mark, Luke or John.) Try it and see what happens. Most people who try this find that when they test God's book, He will show you Who He is and what He can do. What do you have to lose?
—Dr. Mary Pearson

Important Insurance Referral Information

We have increasingly received referral requests after the date of your appointment or while you are at your appointment. Be sure when you make your appointment that you call us at least *four to five days before* the appointment date. This allows us enough time to initiate the referral request. **THERE IS NO GUARANTEE THAT REFERRALS CAN BE BACK DATED.** If you don't get the referral to us in a timely manner, you may get a shock when the bill comes. If you are not sure that your insurance company requires a referral, please call the toll free number on the back of your Insurance Card. You will want to be sure the specialist accepts your insurance. If you have a PPO Plan, you never need to obtain a referral but the provider must be in your network. Thanks for your cooperation. (Please note — these are not our rules, but the rules of insurance companies.)
—Marlene Weitemeyer

News from the Billing Office

Just a reminder that not all procedures or services are covered by your insurance policy. There will be times, for example, when Dr. Mary or Nurse Judy will say, "You are due for a Tetanus Shot." Just so that you know, not all insurance plans — in particular Medicare — will cover the Tetanus Shot. There are times when they do, but it is not a guarantee. It is always best to call your insurance company ahead of time. Some insurance plans will cover some immunizations if you go to a pharmacy to receive it.

Please don't hesitate to call your insurance plan to get as much education on what is covered or not covered. It will avoid a surprise when you get a bill in the mail from us. —Terry Legare, Billing Coordinator

Direct Primary Care

What is Direct Primary Care? Direct Primary Care—DPC—is a subscription-based approach to family practice. The traditional model of family practice is this: once a year you have a physical. You pay for that visit or your insurance pays. When you get sick or need a follow-up visit for a chronic problem (like diabetes or high blood pressure) you go to the doctor and pay for the visit or the insurance pays.

In the DPC model, the patient pays a monthly fee (like a gym membership). You get your annual physical (which is covered by your membership) and you go to the doctor as often as you and the doctor think you need to be seen.

The advantage of this model is that both patient and doctor know what their costs (or income) will be. The insurance company is not the middleman. DPC cuts down on excessive administrative costs. DPC can be used as a cost-effective model for small businesses when used in conjunction with an HAS (Health Savings Account) or catastrophic plan. New Creation will be exploring this model and holding informational seminars in the future.
—Dr. Mary Pearson

Healing Services

We believe that God heals people physically and emotionally *scientifically* through medicine, nutrition, counseling, massage and the like AND *supernaturally* through prayer, the laying-on-of-hands and anointing with oil. We have been privileged on numbers of occasions to see God work miracles.

We offer a healing service once a month. It's not like the hyper, loud events you sometimes see on television. It's not a cult teaching of "throw away your medicines and just trust God." Our services are gentle services of Christian worship led by New Creation staff members and people from area churches. Come let us pray with you for your concerns and needs. **DAY AND TIME CHANGE to 4 p.m. the second Saturday of each month.**
Upcoming: April 8, May 13, June 10, July 8. All services held in The Meeting House next door.

NEW CREATION
HEALING CENTER

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If anyone is in Christ he / she is a new creation. The old has passed away. Behold, the new has come!

— Ephesians 5:17

We're on the web
www.newcreationhc.org

WORSHIP WITH US AT “THE MEETING HOUSE”

Several times a year, non-denominational worship services are held at “The Meeting House,” the yellow chapel next to the medical / counseling office. We invite you to these upcoming services. Notice that starting times vary.

- TENEBRAE. Monday, April 10 at 7:30 p.m. A beautiful candlelight service of music and Scripture readings about Jesus during Holy Week.
- GOOD FRIDAY. Friday, April 14, at 7:00 p.m. starts by the cross outside The Meeting House then continues inside.
- EASTER VIGIL. Saturday, April 15, at 8:00 p.m.



OTHER SERVICES



Trinity Church regularly worships in The Meeting House. It's the church of Canon Mark and Dr. Mary Pearson and several former and present New Creation staff members. They invite you to attend.

- PALM SUNDAY. April 9. Service is at 10:00 a.m. The historic Palm Sunday liturgy, special music, palms given to all in attendance. Dr. Mary will be the preacher.
- EASTER SUNDAY. April 16. Service is at 10:00 a.m. Celebration of Jesus' resurrection. Special music.