

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

Upcoming Conferences, Workshops, Lectures

“Lunch and Learn” Program

“**Breaking Free.**” 5 Wednesdays, February 21 to March 21, 12 noon to 1 p.m. \$10 each week in advance; \$12 at the door; \$45 for all 5 sessions payable in advance. This program will help you and your loved ones break the pattern of addiction and build healthy relationships.

Evening Courses

“**Finding Life in the Cross.**” 5 Tuesdays, February 20 to March 20, 7:00 to 8:30 p.m. Free will donation. Canon Mark will walk you through how the Cross of Jesus means freedom to live as God wants you to enjoy.

“**Depression: Hope for Healing.**” 6 Wednesdays, March 7 to April 18 (no program on March 28), 6:00 to 7:30 p.m. \$20 for the program. Examining physical, emotional and spiritual roots of depression and ways to overcome it. Members of the New Creation staff share in the teaching. *This program is underwritten in part by a generous gift from Pinnacle Physical Therapy, 95 Plaistow Road, Plaistow.*

“**Scientific Evidence for the Existence of God.**” Tuesday, April 17. 7:00 to 8:30 p.m. Many of you have said, “I’d like to believe, but I want proof!” Dr. Mary is offering the proof! A great evening for skeptics and inquirers and those who believe but would like to know more. Q & A at the end.

Single Day Seminar

“**Free to Be Me.**” Saturday, March 10 (snow date March 17), 9:00 a.m. to 4:00 p.m. \$40. Discounts for groups registering and paying in advance — see website.) Understanding your personality type and the personality types of others. Often such differences can cause difficulties at home and at work. Understanding our differences can enhance these relationships. Advanced registration by February 20 is **required**. Lunch is provided.

For more information email our Events Coordinator Fr. Bill Blomquist at fatherbill@newcreationhc.org or call him at (603) 642-6700 or go to the New Creation web site: www.newcreationhc.org.

Welcome to Our New Staff Member

Hi, I am Tamara O’Connell and I am excited to introduce myself to you as one of the newest members of the New Creation family! Though originally from California, I spent most of my life growing up in the Boston area until college in Haverhill. I just completed a degree in Theology and Biblical Studies at Northpoint Bible College, I am excited to put this to use as I work with the New Creation team to incorporate faith and prayer into the practice of medicine.



I am passionate about the health and wellbeing of the whole person: mind, body, soul, and spirit, and have been blessed to join a team who shares the same passion and endeavor. With a long-term goal of doing medical missions in Africa, I am enjoying the training that New Creation provides me, as I prepare to serve abroad. I look forward to meeting you as you come here!

Two Personal Testimonies

We've never published "letters to the Editor" in the eighteen years our newsletter has been existence but we wanted to share these two that came to us recently. Patients' names are abbreviated for confidentiality reasons.

I have been going to Dr. Pearson for fifteen years. Dr. Pearson is wonderful, very thorough, and caring. Her wealth of knowledge is unbelievable and she always seems to know exactly what to do or where to refer you. She is not only a wonderful doctor but also a very special person. — C.A.



Paula Oliveira at NCHC literally saved my life!! I came to her at a very difficult time of my life — the loss of employment due to chronic pain illness, I was severely depressed and feeling suicidal. At that time I also surrendered to alcoholism but Paula encouraged me to go to a 12-step program. She helped me to cope with my anxiety, depression and PTSD, and with life on life's terms. I honestly don't think I would be here without her! — D.E.

[Editor's note: See programs for anxiety and depression on page 1.]

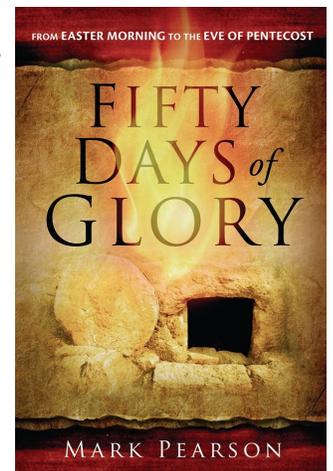
A Most Helpful Easter Book

Canon Mark Pearson, Dr. Mary's husband, has written a very helpful book for the Easter season. He states, "The Bible tells us that when Jesus rose from the dead that first Easter Morning He did not ascend back to heaven right away, but remained on earth for forty days, giving His followers additional teaching, working some miracles, forgiving His disciples who had denied Him, and proving, yes, He was actually alive. There are seven Sundays in the Easter Season and each has an important message.

"Over the years I sought help in sermon preparation but, honestly, other than the specific events of Easter morning, there was little available. I asked clergy friends for their suggestions and they reported the same scarcity of information. They encouraged me to write a book and it was published four years ago. It has proven quite popular with clergy and Bible study groups."

We're suggesting you buy one for yourself, and maybe also one for your pastor. Perhaps your church Bible study group would be interested in using it as many groups have.

Through a special arrangement with the publisher, we're making a \$16.99 book available for \$11.00 or five for \$8.00 each. You may pick them up at the window in the waiting room. *It's called Fifty Days of Glory.*



Very Special Services in our Chapel ("The Meeting House")

Dr. Mary and Canon Mark invite you to The Meeting House during the week just before Easter ("Holy Week):

- *Palm Sunday, March 25, 10:00 a.m. Special service of worship, palms given to each person in attendance. Sunday School—ages 9 and under.
- *Monday, March 26, 7:30 p.m. "Tenebrae." A deeply meaningful candlelight service with special music.
- *Good Friday, March 30, 7:00 p.m. Starts at the Cross near the road.
- *Easter Vigil, March 31, 7:30 p.m. Starts with darkness, then with candles. A very moving service.
- *Easter Day, April 1, 10:00 a.m. Festive Celebration of Jesus' Resurrection. Sunday School—ages 9 and under.

Some “Nuts and Bolts” from the New Creation Leaders and Staff

Saturday Office Hours / Sick Call

Office Hours for appointments: 10 a.m.—4 p.m.
Usually the first and third Saturdays.

Sick Call: 10 a.m.—12 noon. For last minute, “must be seen today” problems. 2nd and 4th Saturdays.

From “The Office Mary”

This is from the other Mary, office Mary Ebbett, the girl who is always asking you to check your Med list when you come in for an appointment.

Our practitioners have several wonderful medications they can prescribe for you. Although this is great news, many of these prescriptions can be very costly and may not be the first choice for payment by your insurance company. I may have to set up a prior authorization in order for your insurance company to consider payment for them.

For this reason I need to call the number on the back of your prescription card in order to submit a “prior authorization” for you.

This is why it is very helpful for me to have a copy of your Rx card if it is separate from your Health Insurance Card. (Patients that have Medicare insurance will have a separate Rx card, as will many others.)

So, please be sure to bring your Rx card with you so I can make a copy. This will make the prior authorization process more efficient.

Thank you

As you know, New Creation Healing Center is a 501 (c) (3) non-profit organization. Many of you responded to our recent financial appeal and made generous tax-deductible donations. From the appeal’s beginning to the present we received \$18,851. Our needs, so that we may continue to provide you quality service, continue and your help is needed.

Recently, as with many similar organizations, we started asking area businesses to help us by partially underwriting the costs of conferences and workshops. Pinnacle Physical Therapy of Plaistow is our first corporate sponsor. Might your company or business wish to do this? For more information email Canon Mark at canonpearson@yahoo.com

Special Times of Personal Prayer

We offer prayer after every office visit and many of you tell us how meaningful this is to you. We also offer prayer at additional times.

THURSDAYS. On the first, second, fourth and fifth Thursdays of the month we have a Communion service in The Meeting House from 12:30 p.m. to just after 1. As part of this service, we offer prayer and anointing for healing.

SUNDAYS. A trained, compassionate pair of “prayer warriors” is available after the 10:00 a.m. service of worship and would be happy to pray with you.

Gardening

Don’t let the cold and snow fool you. Spring will soon be here. We welcome you to join growing team working in The Gardens at New Creation. The gardeners have fun, learn much, and — through our Giving Garden — raise food for the area food bank. There are gardening days and educational programs, too. To learn more, contact Dan Weaver at (603) 502-6307 or danvw@prodigy.net.

Got Cartridges?

We will gladly take your empty ink or toner cartridges to recycle for you. We turn them in for rewards to help offset our expenses.

Do You Have the Winter Blahs?

Sometimes talking things out with a wise, sympathetic listener can help us through a tough time. Trained and licensed counselors Paula and Judy are here to help. They specialize in other issues as well. Paula specializes in counseling for women and the ageing. Judy specializes in adolescent and addiction counseling. Both do general adult counseling. Call the office (603) 642-6700 to find out more.

Lab or Imaging Test Results

You should always hear back from us regarding any lab or imaging that we order for you. If you don’t hear from us within a week or so after you’ve had a test, please call us! Sometimes we have not received the results.
—Dr. Mary Pearson

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HEALING CENTER

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*Finish then Thy new creation;
pure and spotless let us be;
let us see Thy great salvation
perfectly restored in Thee
— Charles Wesley*

We're on the web
www.newcreationhc.org

ICE or HEAT. WHICH IS BEST?

Ice or heat what is best? I often get this question when working with my massage clients. There is the "textbook" answer: If the injury

- * has occurred in the last 24-48 hours it is considered acute and should get cold
- * is over 48 hours old it is considered chronic and should get heat.

However, not every situation is "textbook". My advice is to ALWAYS start with cold. In applying cold you cannot do harm (unless you leave it on too long and get frostbite, which I don't think anyone would do). If you apply heat and the injured/pained area is already inflamed (which you may not be able to see), you could increase the inflammation and possibly do harm to the surrounding tissue. If you start with cold and follow the 20 minutes on, 20 minutes off rule and see no improvement after a couple of cycles, then wait two hours to allow the tissues to return to normal before trying heat. It is best to limit the amount of time you apply heat as to not damage healthy tissues.

And remember this winter: shoveling aches would just love a massage. May God bless your day greatly!
—Jennifer J. Jubinville, BCMT, CPMT

Our certified Massage Therapist Jennifer J. Jubinville has completed her Certified Pediatric Massage Therapist (CPMT) certification. This certification has prepared her to work with children, 3 to 18 years of age, with a respectful approach at their level and in regards to their personal space. Jenn has learned to work with healthy children, as well as children with special health care needs, those who are hospitalized, or have been diagnosed with a terminal illness in hospice care. Massage is beneficial to everyone, especially children! As a CPMT she has the special opportunity to impact children and their families for a lifetime. For more information or to book an appointment call Jenn at 603-642-6700.

