

iBlossom NEWSLETTER

Your Growth Continues Now



Hello Fellow Bloomers, We are pleased to welcome you to the latest issue of our Blossoming Place Bi-Monthly Newsletter. This issue has rich content and insights to help you reach your maximum potential. We hope you find these updates a nourishing addition to your journey.

Bi-Monthly Blog Updates

Trust, Communication and Relationship strategies:

When I was growing up, I often heard a song that featured the line "With Suspicious Minds." This line made me think about how dealing with suspicious-minded individuals can be quite challenging. Such people can make it difficult to develop healthy relationships, often creating obstacles to growth and understanding.

To help build trust, enhance communication, and foster strong relationships, here are some strategies to consider:

1. **Open Communication:** Promote open and honest dialogue. Actively listen and ask questions to understand their concerns.
2. **Be Transparent:** Clearly convey your intentions and motivations. Transparency can help reduce suspicion and build trust.
3. **Show Consistency:** Ensure that your actions and words align consistently. Over time, consistency helps establish reliability.
4. **Build Rapport:** Invest time in developing the relationship. Find common interests to create a sense of connection.
5. **Empathize:** Recognize their feelings and concerns. Demonstrating empathy can reduce defensiveness and encourage understanding.
6. **Provide Evidence:** When appropriate, offer facts or examples to support your position. Concrete evidence can help dispel doubts.
7. **Stay Calm:** Maintain a calm demeanor, even if the other person is emotional or defensive. Your calmness can help defuse tension.
8. **Set Boundaries:** While it's important to be understanding, set limits if their suspicion turns into unfounded accusations or negativity.
9. **Seek Common Goals:** Identify shared objectives to work toward. Focusing on mutual goals can help unite your efforts.
10. **Be Patient:** Building trust takes time. Be patient and allow the other person space to develop a more trusting perspective.

The ultimate goal is to create an environment where both parties feel heard and respected, gradually reducing suspicion over time.

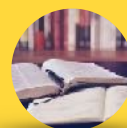
— By Dr. Paul A. Scavella. Remember: "Your Growth Continues Now."



SALE

Items For Sale?

Be the first to advertise in our Newsletter!



Biblical Coaching 101

Each Friday Night
at 7:00 P.M. EST.



Available:

Books, Polo Shirts, Book Markers, and more.

FAITH POWER MOVES

Explore the power of faith with today's 'Faith Power Move' #faith-power-move'. This power move will inspire and invigorate your spiritual journey.

Ephesians 4:2

"2 Be completely humble and gentle; be patient, bearing with one another in love.

FITNESS MATTERS

Your body is your temple. Our health and fitness updates provide effective workout routines, healthy recipes, and tips to maintain a balanced lifestyle.

Build a balanced fitness routine, continued:

Strength and resistance exercises

Don't neglect your muscles. Strength and resistance training has many benefits:

- ❖ It makes performing routine tasks easier
- ❖ It helps prevent certain types of injuries
- ❖ It boosts your metabolic rate, meaning you'll burn more calories

Lifting free weights or using a weight machine is one way to be strong. But you don't have to be pumping iron to strengthen your muscles. Pulling on stretchy resistance bands or taking yoga and Pilates classes are also options. You can even use your own body weight for resistance—good old-fashioned pushups and pull-ups will do the trick.

Aim to strength train twice each week. Give your muscles two days of rest in between workouts.

On two days each week, try to include one set of exercises for each muscle group, such as your legs, hips, back, abdomen, chest, shoulders and arms. A set of 8 to 12 repetitions of an exercise that works the muscles to fatigue will do the trick.

— Adventist Health



FUNDAMENTALS of Education

Career Personality Profile Test

<https://www.truity.com/test/career-personality-profiler-test>

Learning Styles Quiz

<https://learningstylequiz.com/quiz/start.php>

Understanding the principles that guide Adventist Christian Education is critical for spiritual growth. Dive deep into these fundamentals in our latest update.

An Effective Way for Students To Study the Bible:

In daily study the verse-by-verse method is often most helpful. Let the student take one verse, and concentrate the mind on ascertaining the thought that God has put into that verse for him, and then dwell upon the thought until it becomes his own. One passage thus studied until its significance is clear is of more value than the perusal of many chapters with no definite purpose in view and no positive instruction gained. (Education, p. 189)

— Ellen G. White / adventist.org





Strengthen your family bonds with our guidelines on Family Togetherness. Discover activities, shared goals, and traditions that foster love and unity.

Ways To Celebrate With Your Family, Continued:

- ❖ Discuss family rules/discipline strategies with older children
 - ❖ Family freeze tag
 - ❖ Try one new thing together for a week
- NAD Family Ministries



Financial Fitness

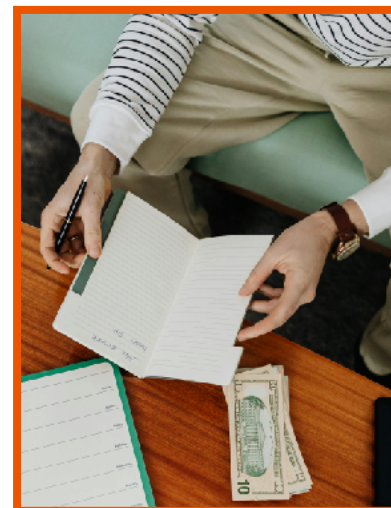
Learn effective money management, saving, and investment tips to secure financial health. It's time to take control of your financial future. It is more blessed to give than to receive. Receivers always give.

My Financial Practices, continued:

Rethinking Financial Practices.

To cultivate a more rational approach to our finances, we must first acknowledge these emotional pitfalls. Here are a few strategies to help reframe our financial practices:

1. **Set Clear Goals:** Establishing specific, measurable, achievable, relevant, and time-bound (SMART) goals can provide direction and motivation. Whether it's saving for a home, retirement, or a child's education, having clear objectives helps keep our focus.
2. **Educate Yourself:** Knowledge is power. Understanding the basics of personal finance, investment strategies, and market trends can empower us to make informed decisions rather than relying on gut feelings or popular opinion.
3. **Create a Budget:** A well-structured budget can act as a financial roadmap. Track your income and expenses to identify areas where you can save and allocate funds toward your goals.
4. **Practice Mindful Spending:** Before making a purchase, ask yourself if it aligns with your financial goals. This pause can help curb impulse buys and promote more thoughtful decision-making.
5. **Seek Professional Guidance:** Sometimes, it's beneficial to consult with a financial advisor who can provide expertise and an objective perspective on your financial situation.



Conclusion:

Rethinking our financial practices requires a commitment to rationality and self-discipline. By recognizing the irrational behaviors that can derail our financial well-being and implementing strategies to counteract them, we can pave the way for a more secure and prosperous future. Remember, just as we prioritize our physical health, it's essential to invest time and effort.

— By Dr. Paul on Call. Remember: "Your Growth Continues Now."



Laughter refreshes the soul. Enjoy our Christian #joke-of-the-day and share the joy with others.



"If you want to lift yourself up, lift up someone else."
— Booker T. Washington



They say you should exercise daily, but I walk with the Lord every day.



Draw strength and peace from our selection of powerful Bible prayers. Let them guide your prayer sessions.

Powerful Prayer of the Day

Psalm 91:1-4 (KJV)

"¹ He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. ² I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust. ³ Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence. ⁴ He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler"



Bible Trivia of the Day

Test your knowledge and enjoy some fun with our Biblia Trivia.

Trivia Questions

Which two tribes of Israel were not named after sons of Jacob?

Who was to be named Zacharias, after the name of his father, until his mother intervened?

Which tribe of Israel received no inheritance of land?



Upcoming Events

Join us for upcoming events that reconnect, enrich life's journeys, and foster healthy communities. Take a look at what's coming up.

April 4, 2025 – 7:00 p.m.

Discipleship Coaching 101 - Friday evenings live on our Blossoming Place YouTube and FB channels. Engaging Studies for New Disciples.

April 6, 2025 – 5:00 p.m.

Blossoming online Bible Class: Join us each Sunday. This week we continue to examine the Three Angels' messages.

April 9, 2025 – 7:15 p.m.

The Search for Truth Gospel Campaign continues every Wednesday night beginning at 7:15 p.m. Join us live on the Freeport Adventist Church YouTube channel.

April 27, 2025 – 6:00 a.m. EST

The Renew Prayer Journey continues. Please join us on the 4th Sunday each month. You will come away truly blessed! Sunday, April 27, our guest speaker is Pastor Eric Danny Clarke.

Weekdays (M-F) – 8:30 p.m.

Daily FB Live with *Dr Paul is on call*, Monday-Friday.

[SAMPLE Link](#)

Daily Life Coaching

Sessions are available; book your appointment today by visiting our website listed below.

COMING SOON - Bone Alignment Therapy (BAT) Blog/Podcast.

Join us on the Renew Prayer Journey, continued!

the 4th Sunday each Month
6:00 - 7:00 a.m. EST

Thank you for being part of our community. We look forward to bringing you more empowering resources in our next issue.

Please share this newsletter with anyone who might benefit from it. If you have any suggestions or comments, please write back to us.

Stay blessed,
Dr. Paul Scavella
Founder/Chairman
Blossoming Place

ON CALL
WITH
DR. PAUL

CONNECT



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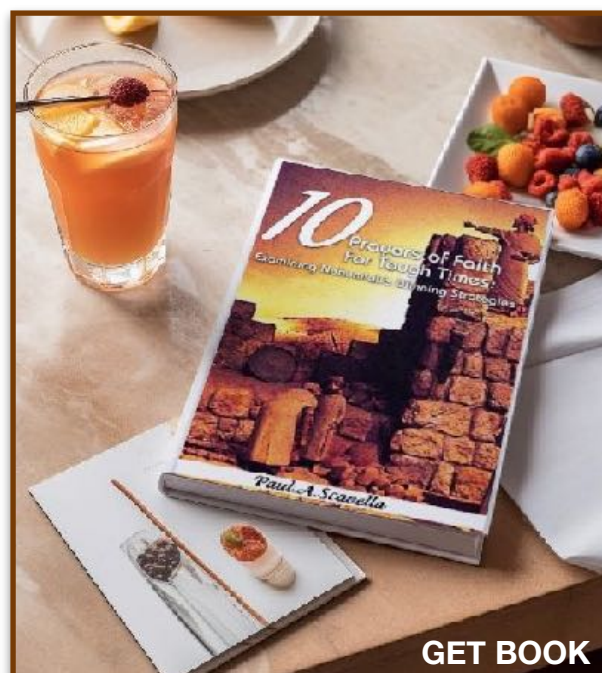
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