

# JENNIFER SILVERA

## ANNOUNCEMENT:

Next COPS meeting:

APRIL 10, 2011  
1pm

NEW BRIGHTON PUBLIC  
SAFETY BUILDING



6th Annual  
Shawn Silvera  
Memorial  
5K Run

Saturday, August  
27, 2011  
Long Lake Regional  
Park  
New Brighton, MN  
Run info

This year's charity  
is:  
Kids Against Hunger

## Journal Tip



Make a list of the  
top 5 things you are  
grateful for today!

## Note from Jennifer...



Hi Friends!

Lent is here. A time to observe the 40 days before Easter Sunday, a time to pursue faith. My two give-ups this year? Chocolate and Starbucks. I'm pursuing my health, a gift that deserves care. I'd love to have you join me!

- Jennifer

## Comfort Book

I am currently working on a second book titled, "Called to Comfort - Helping a Hurting Heart." The book's message speaks to those helping a friend through loss, struggle or hardship.

I need your input. What is the number one question you have when it comes to being there for a friend who is hurting?

Email your response to: [Jennifer@believenow.com](mailto:Jennifer@believenow.com)

## Negotiation

Our basement has been chilly ever since the first snowfall last November. One night I went downstairs to check on my kids before crawling in bed myself and found Jordan asleep, dressed in numerous pairs of pajamas. In the morning I asked, "How many pajamas did you have on last night?"

"Five," he told me.

"Were you too cold?" I asked, concerned that I'm training my kids to be miniature Eskimos.

"No, I wanted to get sick," he said.

"Oh," I said, "You wanted to wake up with a fever."

"Yeah," Jordan replied. "I also put my heating blanket on high. Please can I skip school today, Mom?" He then touched the back of his neck and added, "I have a really bad kink in my neck, too, and if I go to school and have to stretch my neck the teacher won't know what I'm doing and I'll get a time-out."

He is my clever gem. When Jordan discovered that he still had to go to school he sighed, "Well, can I at least have a waffle for breakfast with a great deal of butter on it?"

Nothing like negotiation.

I learn the best lessons in my life from my children. This short conversation with my son had me pondering all day. What in my life do I try to get out of? What do I run from? What will I negotiate? What is non-negotiable?

I can try to make excuses. I can try to hide. I can even put on five pairs of pajamas and try to get sick. But, in the end, I may have to admit that life is as good as I make it. I have to face it. So, I might as well sit up and enjoy a waffle (or the mommy version of breakfast--a protein shake!).

## Featured Resource of the Month



### Choosing to SEE

Chapman, wife to singer/songwriter Steven Curtis Chapman, tells the story of her life and loss in this tender memoir. As Chapman tells it, fame, travel, and adoption of children took this quiet woman out of her comfort zone more times than she cares to remember. In 2008, the tragic death of their five-year-old daughter, Maria, led to still more inner heartache. The Chapmans' story is harrowing and deeply sorrowful, yet the author finds a way to communicate their hope, faith, and love for a faithful God in every moment by grace-infused

moment.

## Closing Quote:

"Ninety-nine percent of the failures come from people who have the habit of making excuses."  
-George Washington

## Contact Info

Jennifer Silvera  
[www.believenow.com](http://www.believenow.com)  
[jennifer@believenow.com](mailto:jennifer@believenow.com)