



**A newsletter for all church leaders and members who live with and without disability and/or chronic illness.**

*But now, O Lord,  
you are our Father;  
we are the clay,  
and you are our potter;  
we are all the work  
of your hand.  
~Isaiah 64:8 (ESV)*

**Note from the Editor:**

The information in this newsletter is not meant as medical, legal or professional advice.

(c) 2003, Lois A. Denier.  
All rights reserved.

Please request permission to reprint any of the articles from this newsletter before using in other materials.

(ESV) refers to  
The Holy Bible: *English Standard Version*. 2001 (Electronic Edition)  
Wheaton: Good News Publishers.

(Footnote numbers refer to resources in the *Equipping the Saints* section.)

# JARS OF CLAY

## *A Grace Note from Lois*

*Living by God's precious gift of grace*

### **The Truth Will Set You Free** (John 8:32)

I am always amazed at the extent to which God will go to mold us into the image of His Son. But I should not be so surprised, given what I read in Scripture about God's relationship with His people Israel.

The incident that changed my life occurred when a co-worker, who was a wet alcoholic, assaulted me in 1987. I was working civil service at headquarters level, and an investigation determined that my boss set it up, probably because I refused to lie for him.

To the Lord, the assault was a means to an end. I could not deal with the difficulties at work, so I took a downgrade and went to work at an installation in the Pocono Mountains of Pennsylvania. But the problems followed me and became worse as I had to fight for handicapped access to my workplace. Then I discovered that my problems fit the pattern of post-traumatic stress disorder (PTSD).

I went into counseling and began "recovery" as an adult child of an alcoholic (ACOA). For some of us, denial runs so deep it takes

something traumatic to break that wall down. For me, the assault did just that. My recovery was a journey of learning to cope with all that I previously refused to face.

Early on, I learned about being **brutally honest** with first myself, then the Lord and others. No excuses, no games, no rationalizations. I discovered that Jesus is right—the truth sets me free. (John 8:32)

Then my recovery became a spiritual renewal. Brutal honesty revealed the darkness of my sin nature, and then the Lord showed me the greatness of His unearned, undeserved grace and mercy toward me.

I know it sounds strange but it is freeing to take responsibility for my sin. *How?* Seeing my sin for what it is, I can then take it to the Lord. Confessing and repenting my sin, I am set free to accept God's grace purchased for me by the death and resurrection of my Lord Jesus Christ. Jesus has set me free from trying to do it all myself, since none of us can cleanse ourselves from sin. This makes me dependent upon God to change my heart, as I

*Continued on page 9*



**BECAUSE I AM  
FEARFULLY  
&  
WONDERFULLY  
MADE**

Psalm 139:14

*...wonderful are  
your works;  
my soul knows  
it very well.*

~Psalm 139:14 (ESV)

*Calvin was, as he himself  
confessed, not free from  
impatience, passion, and  
anger, which were  
increased by his physical  
infirmities; but he was  
influenced by an honest  
zeal for the purity of the  
Church, and not by  
personal malice.*

~P. Schaff,  
*History of the Christian Church*

## ***Fearfully & Wonderfully Made***

*The medical facts  
to consider*

### **Anger, Part 2**

#### **Previously...**

This is the article on Anger, Part 2, which I promised in Issue 4. I will continue my discussion of the feeling of anger in all Christians, but especially in Christians who live with disabilities and chronic illnesses.

Remember, my purpose is to give an overview on the subject of anger. Studies that are more thorough fill volumes of books, many of which are far more eloquent than what follows.

My goal is to find a more godly way of dealing with this potentially dangerous feeling. My research for these articles has been especially painful, as I have had to face the sinful ways I have dealt with my own anger over the years. I also interviewed Dr. Cheryl Sanfaçon, a Christian psychiatrist who does a great deal of work with Christians who live with disabilities and chronic illnesses. She also reviewed this edition of *Jars of Clay* before publication.

It is important to remember the Christian life is about being “in process.” Sanctification is a journey. We must work through our anger and unforgiveness. (Note that both anger and unforgiveness are related.) There is no magic wand that

instantly cures us of our problem with anger or unforgiveness. Dealing with our unrighteous anger is like dealing with any sin in our life—it is a process; a part of our journey.

Whenever I try to deal with a difficult emotion such as anger, I find it helpful to use a journal to record my feelings and discoveries, and even my prayers. You would do well to use Shannon Rainey’s Bible study and discussion guide on anger, noted in the *Equipping the Saints* section. Professional help is required when we have not dealt with our anger for a prolonged period.

#### ***Two Types of Anger***

As I wrote in Issue 4, there are two types of anger: righteous anger and unrighteous anger.

Righteous anger is the anger God displays. When we are angry at those things that make God angry, we are then exhibiting righteous anger. We must be very careful. We may have righteous anger against an injustice, but we can sin in our response to it.

Most of our anger is unrighteous anger, because it has its roots in our self-centeredness. Dealing with our unrighteous anger is like dealing with any sin in our

*Continued on page 3*

Continued from page 2

life, it is a journey. My goal here is to find godly ways of dealing with a potentially dangerous feeling.

Note that we may often talk about “being angry,” but what we mean is that we “feel angry.” Why? Our feeling of anger is separate from who we are. I am not “anger” just as I am not “pain” or “grief.”

### **Things That Make People With Disabilities Angry**

1. **Abuse of Handicapped Parking** has always been a point that can set me off. As people with disabilities have discovered, some people do not understand (or care) what their actions, and inactions, do to us. And we get angry because, no matter what we say or do, thoughtless people will still park illegally in handicapped parking spots.

2. **Poorly planned handicapped access.** This is when building planners take the cheapest route and call it handicapped access. You see this in malls and large facilities where the handicapped parking is the farthest from the door and the curb cut is a block away in the other direction or is nonexistent. For this reason the disability community takes exception to the use of the term “handicapped access.” I agree with them

that “**equal access**” is a more suitable phrase.

3. **People with disabilities and chronic illness are real people.** We become angry when people treat us without respect and dignity. We are real people, created with the same needs and desires as everyone else. People with disabilities are not subhuman, nor unchristian, just because God has chosen not to heal us. We need to value all people equally.

4. **Problems with medical treatment access.** We have a hard time dealing with the conditions God has ordained for us, and we feel angry when we have to work to get satisfactory and proper medical treatment. Those of us who have to live on fixed incomes find it difficult to impossible to pay for the medications and treatments that would make life more bearable. And so, we get angry, especially at the bureaucracies that make our lives more difficult. Many of us haven’t the strength to fight decisions with appeals. Eventually we develop a fatalistic attitude and give up.

Our anger is appropriate when we are angry at injustice. The key is what we **do** with our anger. As I wrote in Issue 4, it matters a great deal about **how** we go about constructing the

*[God] is indeed long-suffering, patient, and slow to anger. In fact He is so slow to anger that when His anger does erupt we are shocked and offended by it. We forget rather quickly that God's patience is designed to lead us to repentance, to give us time to be redeemed. Instead of taking advantage of this patience by coming humbly to Him for forgiveness, we use this grace as an opportunity to become more bold in our sin. We delude ourselves into thinking that either God doesn't care about it or that He is powerless to punish us.*

~R. C. Sproul,  
*The Holiness of God*

changes necessary to make our lives, and the lives of others like us, less traumatic.

### **Am I Allowed To Be Angry At God?**

Within the church, anger and especially anger toward God, is difficult to admit. Those of us who live with suffering may resent God for what He has sovereignly done to us. Even when we are angry with others, covert anger toward God is usually deep underneath.

Dr. Robert D. Jones<sup>4</sup> points out that anger at God is sin, but in dealing with our anger against God, we cannot shut down communication with Him.

Continued on page 4

Continued from page 3

We need to deal openly with our doubts and questions. We deal dishonestly with our anger (and any other uncomfortable emotions) when we silently, stoically “stuff” our struggles.

Our **attitude** is important as we deal with our anger against God. Joni Eareckson Tada talks about approaching God in either of two ways:

1. ...With a **closed fist**: in defiance of Him. Please note that if we are defiant, setting ourselves up as judge and jury of God and His actions toward us, we place ourselves in dangerous spiritual territory. (Hebrew 10:26-27) OR

2. ...With an **open hand**: looking to Him for what He would have us to learn and what response He calls us to. We must not grieve the Holy Spirit, which means that we must listen to His promptings and respond as He directs us.

Shannon Rainey tells the story about “Jack” who could not talk to anyone in his church about his anger at God. As a result, Jack’s anger went underground and emerged in the form of a lack of energy for spiritual matters, as he distanced himself from the Lord and His people.<sup>2</sup>

## Wrong Ways of Dealing With Sin and Anger

We run into grave problems when we expect other people, and us, to be sin-free. Unfortunately, we play mental and emotional games to avoid dealing with our own sin:

◆ **Denial**: is refusing to admit our sin by burying it deep. This will only work for a limited amount of time.

◆ **Projection**: is refusing to accept that we have sinned and so we project it onto someone else.

◆ **Rationalization**: is when we somehow twist things around, to excuse our sin.

All of these are a refusal to take responsibility for our own sin. But God sees through every game we may try to play.

Our natural tendency is to handle our anger under our own power. Why not? We have functioned this way for years. When we are trying to deal with things under our own steam, we will cut off the only Source that can really help us.

Within the context of how we deal with our sin, we try to **control our anger** in either of two ways:

1. **We can repress our anger** by denying it’s existence, stuffing it down, putting it out of sight, and withdrawal. But if we do not deal with our anger it

*We must be careful what we bury in our heart. To bury something does not mean it is dead. It may simply mean we have buried something alive that will devour and destroy us from within.*

~Maxie Dunnam,  
from *Christianity Today*

will only smolder, and eventually come out, leaving behind a trail of hurt people.

Ms Rainey notes that, in families and churches, people learn “not to feel problem emotions such as anger, fear, or jealousy. This instruction produces pretense, personal problems, shallow relationships and lost opportunities for growth.”<sup>2</sup>

When we deny or stuff down our anger, we put on a sickeningly sweet facade; we start to avoid others; we may even take part in self-

Continued on page 5

*Have you noticed how often the psalmists express anger toward God? Wrestling with God in the face of our pain is one of the best ways to deal with anger. Another is to learn to be angry about what God is angry about. If you want to learn to master your anger, begin in the psalms. If you are experiencing deep hurt read Psalm 88, personalizing the parts that describe your situation.*

~R. C. Sproul

*In the face of a friend's suffering, it can be difficult to offer comfort. Often we do not want to hear about God's sovereignty amid painful loss. We would prefer to remain angry and self-centered. At such times we must act with great caution. To be angry at God is an affront to God's holiness. It is an unspoken declaration that God has done an injustice.*  
~R. C. Sproul

Continued from page 4

destructive behaviors such as the abuse of food, drugs and alcohol; sexual promiscuity; procrastination.

**2. We can express our anger.** Anger can come out *"as sarcasm, verbal outbursts, aggressive, malicious, and hostile behavior toward oneself and others; violence; and even murder."*<sup>2</sup> (Shannon B. Rainey)

We can express our anger at others (by gossiping, swearing at them, physical violence, or even killing them), or at ourselves (by using self-deprecating language, physically harming ourselves by cutting, self-mutilation, or even committing suicide).

Our tendency when we express our anger in wrong ways is to hurt and manipulate other people, to get them to meet our demands.

## **Dealing With Anger in a Scriptural and Godly Manner**

### **1. Prayer.**

When we deal with our anger biblically, whether it is righteous or unrighteous, we need to come to God on our knees. Our attitude must be of giving it all over to Him. He knows best about what we should do and not do. He knows our heart far better than we know our heart.

Prayer must be in submission to His authority in our life and heart. (David knew exactly how to express this; see Psalm 51.)

### **2. Brutal honesty.**

I call it "brutal honesty" because we do not want to see our heart as it really is. This level of honesty will show us the deepest darkness there is in us. Since we would rather cover up our sin, it is important that we keep being brutally honest foremost in our mind.

### **3. Obedience to God.**

Obedying God's command cannot be done on our own power. Only the work of the Holy Spirit can change our heart. God uses the means of grace, mentioned below, to change our heart and enable us to obey Him.

### **4. Deal constructively not destructively.**

Anger can be the fuel that

gives us the incentive to make necessary changes in our surroundings, in a godly manner. Our anger can lead us to work constructively toward equal access and equal treatment, but we need to be careful that we work with whatever authorities are responsible. As tempting as it may be, hitting them over the head with our cane, wheelchair or scooter will work against us.

### **5. Using the means of grace.**

God has graciously provided the means of grace to enable us to be in constant communication with Him as we work through our sin and anger:

a. **Corporate worship** and sitting under good, solid, God-centered Bible exposition and preaching, singing God's praises, corporate prayer and participating in the celebration of the Lord's Supper.

b. **Personal Bible study and prayer**, learning who God is and how He sees us. Being brutally honest with Him, that is, communicating to Him whatever we may be feeling and seeking His solution. Journaling our discoveries, feelings and prayers helps us to work through our feelings, especially when we are angry.

Continued on page 6

c. **Fellowship** with supportive and encouraging brothers and sisters in Christ. This may be more difficult for those of us with limited mobility and inadequate transportation. Isolation from other Christians stunts our relational and spiritual growth, making us self-centered in our relationships.

## 6. Other ways God has providentially provided for us to deal with our anger include:

a. **Books:** I praise God for the books that have helped me learn how to deal with various problems in my life, and have helped me to figure out what is going on inside me. I am often amazed at how God directs me to just the right book at just the right time. But we must be careful that we do not substitute books for getting the help we need from other sources.

b. **Pastoral counseling** will help you to see your situation from God's perspective.

c. **Professional counseling** is required to work through prolonged anger. I avoided counseling for years, under the philosophy that Jesus was my Counselor. It took me years of suffering alone

before God directed me into getting counseling, after the assault as mentioned in my *Grace Note*. I still see my counselor whenever I hit a hard spot that I cannot work through myself. Counseling has given me some useful coping skills and tools.

## 7. Scriptural Steps to Remember:

As Christians, the Bible guides on how we are to deal with our anger.<sup>1</sup>

*Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.*

~Ephesians 4:25-27 (ESV)

In this passage the apostle Paul provides several key principles to remember:

a. **Make prayer a part of the journey.** We need to pray for the Holy Spirit to work in our heart, to change it or to mold it as He wishes.

b. **Put away falsehood.** In other words, be truthful. This is important if we want to deal with our anger. Again, brutal honesty must occur, if there is going to be any lasting change. Being God's child frees us to learn how to become brutally honest, without which we

will fail when we try to control our anger.

c. **Be angry and do not sin.** God tells us that we are allowed to be angry! In fact, He created us to be angry. But, we cannot sin when we express our anger. Other people's anger against us does not give us a license to express our anger against them. Other times we may find that we are angry with ourselves, which may happen when we become angry with someone who is inaccessible, or when we become angry with some failure within ourselves. (Perfectionists beware!).

d. **Do not let the sun go down.** In other words, we are to deal with our anger immediately—today. When we do not deal with our anger, or deny our anger, "life increasingly takes on the character of pretense, maintaining an acceptable public and private image."<sup>1</sup> This is not a truthful image of ourselves. Integrity means that we are privately the way we are publicly.

Continued on page 7

*Sins are like circles in the water when a stone is thrown into it one produces another. When anger was in Cain's heart, murder was not far off.*  
~PHILIP HENRY

(from I. Thomas, *The Golden Treasury of Puritan Quotations*)

**8. Other Scriptural principles** we need to keep in mind:

**a. Jesus calls us to pray for our enemies.** Pray for Holy Spirit's work in the heart of the offender, if it is His will. (John 14:16&17; Galatians 5:16) R. C. Sproul notes that we err when we seek to get even instead of seeing the person who has offended us as a tool in God's hand to sanctify us. We need to pray for God to forgive our bitterness and anger, and to forgive the offender. *"Then make it a point to say a kind word to someone for whom you have harbored animosity."* (R. C. Sproul) We can also pray for the well-being of our enemy. Remember, forgiveness is a journey and we may forgive someone today, only to discover that in our hearts, we need to forgive again and again, days, months and years later. (Matthew 6:12-14)

**b. Leave God's vengeance in God's hands.** (John 14:16&17; Galatians 5:16) As tempting as it may be to see ourselves as the tool that God uses to obtain His vengeance, we need to leave it in God's hands. God's judgment is right and true. Only He knows the deep truth in our heart. He sees through every game we try to play.

### ***Another Perspective***

Dr. Larry Crabb proposes another perspective. He discusses how we deal with sinful problems, which tie us down, preventing us from godly behavior.

Crabb notes, *"We must be open to facing the pain and struggle in those events that shaped our beliefs."*<sup>3</sup> It takes courage to face the experiences that have shaped us, and then decide to enter whatever terrors come as the result of our experience.

Our thinking needs to change meaningfully *"when we feel the energy attached to our beliefs and are willing to evaluate the wisdom (or foolishness) of our beliefs while we are feeling the pain."*<sup>3</sup>

It is important to see that *"we are not hopelessly driven by forces set in motion by our dysfunctional backgrounds."*<sup>3</sup> We have a choice about how we are to respond, so we are responsible and accountable for those responses.

### ***What Happens If We Don't Deal With Our Anger In A Godly Manner?***

If we do not resolve our anger, even anger toward God, we will become bitter. Bitterness will cause much trouble for us, killing our relationships with others, and may even lead them away from the Lord. When we disguise our anger, it will

destroy our relationships—with God, with ourselves and with others. By holding onto our anger, we are saying that we have the right to judge and to take revenge. We are saying that we do not trust God to handle our concerns, when we hold onto anger against Him and others.

The only way to mend any broken relationship is to confess, repent and work toward reconciliation. No excuses. No rationalizations. More than likely the people we have harmed will not trust us because we have betrayed their trust, so now we must earn their trust.

As Christians, we need to work out our anger in a way that honors God and does not grieve the Holy Spirit. Within ourselves, we need to deal biblically with our anger. We need to use the "means of grace" which God provides, and it is only then that we will find His perfect peace and rest.

~lad





*Now you are  
the body of Christ  
and individually  
members of it.*

~1 Corinthians 12:27 (ESV)

## **One Body... Many Members**

*Serving one another in  
the Body of Christ*

ability to walk, hear, talk, read, etc. Use “handicap” to describe a situation or barrier imposed by society, the environment or oneself.

- ◆ If the disability isn’t germane to the story or conversation, don’t mention it.
- ◆ Remember, a person who has a disability isn’t necessarily chronically sick or unhealthy. He or she is often just disabled.
- ◆ A person is not a condition, so avoid describing a person in such a manner. Don’t present someone as an “epileptic” or “a post polio.” Say instead, “a person with epilepsy” or “person who has had polio.”

### **Common Courtesies**

- ◆ Don’t feel obligated to act as a caregiver to people with disabilities. It is all right to offer assistance to a person with a disability, but wait until your offer is accepted BEFORE you help. Listen to instructions the person may give.
- ◆ Leaning on a person’s wheelchair is similar to leaning or hanging on a person and is usually considered annoying and rude. The chair is a part

of one’s body space.

Don’t hang on it!

- ◆ Share the same social courtesies with people with disabilities that you would share with anyone else. If you shake hands with people you meet, offer your hand to everyone you meet, whether or not they are disabled. If the person with a disability is unable to shake your hand, he or she will tell you.
- ◆ When offering assistance to a person with a visual impairment, allow that person to take your arm. This will enable you to guide, rather than propel or lead the person. Use specific directions, such as “left one hundred feet” or “right two yards,” when directing a person with a visual impairment.
- ◆ When planning events which involve persons with disabilities, consider their needs before choosing a location. Even if people with disabilities will not attend, select an accessible spot. You wouldn’t think of holding an event where other minorities could not attend, so don’t exclude people with disabilities.

## **Disability Etiquette**

### **Basic Guidelines**

- ◆ Make reference to the person first, then the disability. Say “a person with a disability” rather than “a disabled person.”
- ◆ However, the latter is acceptable in the interest of conserving print space or saving announcing time.
- ◆ The term “handicapped” is derived from the image of a person standing on the corner with a cap in hand, begging for money. People with disabilities do not want to be recipients of charity. They want to participate equally with the rest of the community.
- ◆ A disability is a functional limitation that interferes with a person’s

*Continued on page 9*

### Conversation

- ◆ When speaking about people with disabilities, emphasize achievements, abilities and individual qualities. Portray them as they are in real life: as parents, employees, business owners, etc.
- ◆ When talking to a person who has a disability, speak directly to that person, not through a companion.
- ◆ Relax, don't be embarrassed if you use common expressions such as, "See ya later" or "Gotta run," that seem to relate to a person's disability.
- ◆ To get the attention of a person who has a hearing impairment, tap them on the shoulder or wave. Look directly at the person and speak



And if **anyone** gives even a cup of cold **water** to one of these **little ones...** he will **certainly** not lose his **reward.**  
Matthew 10:42

clearly, slowly and expressively to establish if they read lips. Not all people with hearing impairments can read lips.

- ◆ Those with hearing impairments who do read lips, rely on facial expressions and body language for understanding. Stay in the light and keep food, hands and other objects away from your mouth. Shouting won't help. Written notes will.
- ◆ When talking to a person in a wheelchair for more than a few minutes, place yourself at eye level with that person. This will spare both of you a sore neck.
- ◆ When greeting a person with a severe loss of vision, always identify yourself and others. For example say, "On my right is John Smith."
- ◆ Remember to identify persons to whom you are speaking. Speak in a normal tone of voice and indicate when the conversation is over. Let them know when you move from one place to another.

[This information is part of the information in the dealer's book for the GM Mobility Assistance Program for Persons with Disabilities. It is from "Words with Dignity" from PARAQUAD.]

listen to His Spirit within me. That is Good News!

I need to remember this is a lifelong journey and it starts with brutal honesty. The supreme purpose of this journey is to become more like Jesus. I need to remember, God is preparing me to spend eternity with Him.

This journey is also applicable to dealing with the sin of unrighteous anger. Be brutally honest, drop the games, be real and forgive, whether it is forgiving someone else or accepting forgiveness from someone else.

### Grace Grows Best In Winter

I praise God for the assault that brought me closer to my Lord and Savior. God will do whatever it takes to get our attention, to make us more like His Son, Jesus Christ.

Q: What is that one major point of growth the Lord has given you? How has He taught you to deal with your sin?

~lad





*For the ministry of this service is not only supplying the needs of the saints, but is also overflowing in many thanksgivings to God.  
~2 Corinthians 9:12 (ESV)*

Many of the following resources are repeated from Issue 4. But there are a few additions, which I pray will bless you on your journey. Books are not to be our sole source of help and books do not to take the place of getting professional help. If you are not on the internet to obtain these books, call your local or church bookstore.

**1. *Beyond Identity: Finding Your Self in the Image and Character of God***

By: Dick Keyes  
Published by: Servant Books, Ann Arbor, Michigan  
To obtain: Go to Christian Book Distributors at: [www.christianbook.com](http://www.christianbook.com)

**2. *Anger: An Institute of Biblical Counseling Discussion Guide***

By: Shannon B. Rainey  
Published by: NavPress, Colorado Springs, CO  
To obtain: Go to NavPress at: [www.navpress.com](http://www.navpress.com)

## ***Equipping the Saints***

*Resources to grow and minister*

**3. *Understanding Who You are: What Your Relationships Tell You About Yourself*** (Formerly *Who We Are and How We Relate*)

By: Dr. Larry Crabb  
Published by: NavPress, Colorado Springs, CO

To obtain: Go to Christian Book Distributors at: [www.christianbook.com](http://www.christianbook.com)  
Or go to NavPress at: [www.navpress.com](http://www.navpress.com)

**4. *Angry at God? Bring Him Your Doubts and Questions***

By: Robert D. Jones  
Published by: P&R Publishing, Phillipsburg, NJ; Resources for Changing Lives (RCL) Series  
To obtain: Go to Christian Counseling and Educational Foundation at: [www.ccef.org/index.html](http://www.ccef.org/index.html), then go to Resources for Changing Lives. Or go to [www.prpbooks.com](http://www.prpbooks.com)

**5. *The Anger Workbook: A 13-step interactive plan to help you: Understand how unmet needs can feed anger, realize how emotions can influence anger and find healthy ways to express and control your anger***

By: Les Carter & Dr. Frank Minirth  
Published by: Thomas Nelson Publishers, Nashville

To obtain: Discounted copies can be purchased at: [www.powells.com](http://www.powells.com)

Or through [www.amazon.com](http://www.amazon.com)

This book was recommended to me by Dr. Cheryl Sanfaçon.

**6. Other books and booklets recommended by *Jars of Clay* readers include the following:**

[NOTE: Some of these are out of print and can only be obtained as used books.]

***Anger: Escaping the Maze***  
by David Powlison, a booklet from the RCL series.

***How to Deal with Anger***  
by Dr. Larry Crabb, another booklet.

***The Anger Workbook***  
by Les Carter  
Used book  
Authors: Les Carter, Paul Meier, Frank Minirth  
Publisher: Thomas Nelson

***Good Women Get Angry: A Woman's Guide to Handling Her Anger, Depression, Anxiety, and Stress***

by Gary J. Oliver  
(c) 1995  
Author: Gary J. Oliver & H. Norman Wright  
Publisher: Vine Books/  
Servant Publications

Continued from page 10

**Women Facing Life's Demands: A Workbook for Handling the Pressure Points in Your Life**

by Gary J. Oliver  
Publisher: Moody Press

**When Anger Hits Home: Taking Care of Your Anger Without Taking It Out on Your Family**

by Gary J. Oliver & H. Norman Wright  
Publisher: Moody Publishers

Do you have a resource that has been helpful to you? Just list the name, author and publisher's name, and then tell how it helped you.

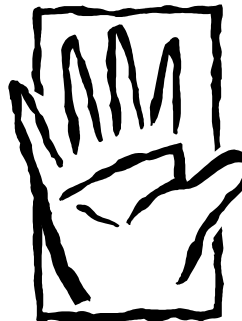
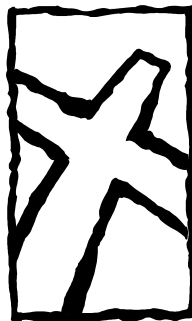
~lad

**An Invitation to Participate**

If you would like to share your story with others in *Jars of Clay*, write about your experience as a person with a chronic illness/disability. Please limit it to 700 words and submit to me at the address below. You could write a story about your day, how you live, or tell about your specific chronic illness, condition/disease.

this little child in my name welcomes me;

Whoever welcomes



& whoever welcomes

me welcomes the one who sent me.

Luke 9:48

Fill in below and forward to:

Lois A. Denier, 236 Drexel Ave., Lansdowne, PA 19050.

Please place me on your mailing list.

Name:	
Address:	

Please send me *Jars of Clay* by e-mail to:

I would like to donate toward the cost of producing and mailing *Jars of Clay*. Please make checks out to "Tenth Presbyterian Church" and put "*Jars of Clay*" on the memo line.

Mail to:  
Grace Ministry  
Tenth Presbyterian Church  
1701 Delancey Street  
Philadelphia, PA 19103

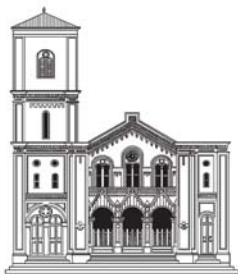
*Next time  
in Jars of Clay...  
Invisible Chronic Illness  
Holidays for lonely people*

*Jars of Clay* is part of the writing ministry of Lois A. Denier,  
with permission from Grace Ministry and with oversight from Tenth Presbyterian Church  
All issues of Jars of Clay are available at Tenth Church's website at:  
<http://www.tenth.org/grace/index.htm>

Any questions, comments, problems, or feedback are greatly appreciated!

 *Grace grows best in winter*

Mrs. Lois A. Denier  
236 Drexel Avenue  
Lansdowne, PA 19050  
610.284.5241  
[ladenier@comcast.net](mailto:ladenier@comcast.net)



**Tenth**  
Presbyterian  
Church

*1701 Delancey Street  
Philadelphia, PA 19103-6714*