



2014 Newsletter

Hope-Healing-Gratitude

Dr. Sherry Baker, Christian Life Coach, State Licensed Counselor

Weekly Newsletter

2014 Newsletter Update

Blessings everyone! Hope you made it through the holidays and have rested up. Life is moving along quite splendidly at God's pace and with His leading.

Alan: My son was given a blessing in June of 2013 and was released from Sears as it was rapidly letting store managers go. It was a very frightening and humbling month for him as he gathered his strength and went back to college, began working out daily, and reassessed his life. He was hired by Schafer Chevrolet in Pinconning by a wonderful Christian family who owns the dealership. It was one month of unemployment before this blessing was brought to him. Within sixty days they promoted him to Fixed Operations Manager and he is happier than he has been in years. He no longer works weekends or nights. He has a family life again. His family time is now a top priority. Alan says he can never again go back into retail work.

Lori: My daughter-in-law is now six years cancer free and we love watching her enjoy life. She works out five to six days a week at the Dow Bay Area Family Y. She is stronger and healthier than ever. She loves having her partner home more and smiles all the time.



Collin: My oldest grandson is a junior in high school and lives for basketball. He also is at the Dow Y every minute he gets. He is driving and received a gift from his mom and

dad of his first vehicle. He comes home from school, does all his homework and then heads to the Y for the basketball courts.

Corey: My youngest grandson is a freshman in high school and lives for skateboarding. He has competed very successfully all over Michigan. He currently has two sponsors who saw his talent and keep encouraging him.



Lexie: My grand dog continues her walks with me every morning no matter what the weather is. As far as the vet can tell, she will be 11 years old this year. She remains healthy and claims every stuffed toy as hers; even when the boys buy their girlfriends a stuffed teddy bear, she grabs it and runs off!



Jim: My oldest son Jim just had a condo built in Connecticut and says I have a bedroom waiting for me. Last month he grabbed some air while mountain biking a fast and technical descent, and the landing broke his arm near the wrist. After the doctor installed a plate and nine screws to keep his radius and ulna together, he is now out of his cast and healing. The injury forced him to take it easy and temporarily quit weight lifting, mountain biking, and many arm-intensive exercises. He has a new-found love for running and is putting in at least 10 miles each week and plans on doing a couple of half marathons in 2014. He remains vegan and health conscious, but is learning that moderation

and consistency is the best approach to both exercise and diet.

Tanya: My daughter-in-law continues to remain healthy, vegan, and loves her new kitchen in the condo. She works as a paralegal in a small law firm and is a big Doctor Who fan.

Megan: My oldest granddaughter graduated from high school in June and is currently enrolled at Manchester Community College. She has come into her own with a wonderful social life and loves college.



Sherry: I continue to remain healthy and 85% vegetarian. On good days I am 95% vegan. I can feel the difference by leaving animal products out of my diet. Cheese is still a very big challenge for me, but I only splurge on rare occasions. I have added Christian Life Coaching to my business and have a new website for coaching and coaching tips: www.drsherrybaker.com/ I will be adding coaching tips on a regular basis to the site, so please visit the site or follow me on www.facebook.com/sherry.baker.716.

Business Update: Terri Martinez is busy finishing her first leg of college and will soon graduate and move to Montana to get her Master's Degree in Social Work. As she stepped aside in the business, Bethel Luetzow replaced her last summer.



Bethel is a wonderful addition

to our team. Welcome Bethel! Cathy Rothfuss remains the ever-present fulltime secretary. Everyone loves her warm greeting and smiling face. God continues to bless our desire to serve, help those in distress, and offer hope.

Coaching tip: Think about what you are thinking about. What we think becomes what we say. Our spoken words become our reality. Thinking 'this will never get any better' becomes your words and then your reality as you draw that negativity toward you. Thinking 'I can do all things through Christ who strengthens me' becomes the words from our mouth and then our reality.

'Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things.'



Character tip: Have a positive outlook and attitude. Who wants to be around people who are negative, complain a lot, or have nothing good to say? In fact, most of us run when we see them coming. Instead, be the kind of upbeat person who lights up a room with your energy when you enter it. Do it by looking for the best in people and things. Smile more, spread good cheer, and enliven others with your presence. Be around people who practice these skills.

Blessings everyone,
Dr. Baker



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- ❖ One on One Christian Life Coaching
- ❖ Weekly Christian Groups
 - Substance Abuse
 - Anger Management
 - Life Skills and Relationship Coaching (Men, Women and Couples)