

Seed of the Month:

Ideals

Values & Models
of Excellence



*"O Lord, our Lord, how majestic is
your name in all the earth!
You have set your glory above
the heavens."*

– Psalm 8:1

Thoughts & Attitudes

- ◆ The heavens declare the glory of God!
- ◆ Focus on the beauty in the world.
- ◆ Look for positive traits in other people.
- ◆ Dwell on the Lord and His ways.

Words & Actions

- ◆ "I'm inspired by your high standards."
- ◆ "What's the best way to do this."
- ◆ Be careful in your choices of media.
- ◆ Share uplifting ideas, dreams and goals.

IDEALS lift our spirits, calling us to higher things. They give meaning and purpose to our lives. Ideals give us direction and inspire us, providing beauty for us to enjoy. They remind us of the excellence of the Lord and His handiwork. To discover more resources on the seed of Ideals, visit the [12 Seeds Leader Library](#).



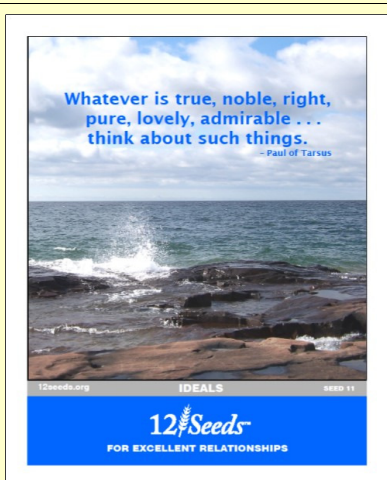
Connection Dinner at FreedomWorks: On October 5, Norm spoke at this event sponsored by FreedomWorks, a post-prison aftercare support center in north Minneapolis. The topic was Pardon (seed #12) and a good discussion followed. The concept of "baggage/transference" was also discussed. (See article below.)



Baggage/Transference: After an attendee at one of our classes said, *"You should write a book about this,"* we are doing more research on these concepts. We have found that baggage/transference, once we define the terms, are very common among people whether they are in recovery or not. *"Baggage"* refers to things we carry with us from the past, such as unforgiveness. *"Transference"* can include placing some of that baggage from the past onto people or relationships in the present. This can hinder current relationships because people in the present may have little or nothing to do with events in the past. If you have any experience in these areas, we would love to hear your insights.



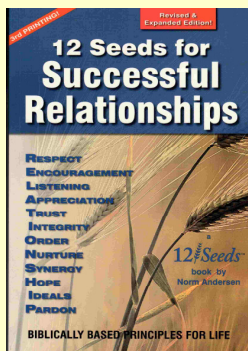
Five Habits for Success: On October 10, Norm spoke at Forgiven & Set Free, a recovery group in Duluth. The main topic was centered around the "Five Habits for Success" (see page 95 and following in the *12 Seeds* book.) To take action steps to start improving relationships, these five habits are practical ways to do that, with the Lord's help. Norm will speak again to this group in November. The topic will be Appreciation – grateful recognition of value – a good topic for Thanksgiving and all through the year.



[Click here](#) to download the full-color poster above from our website.



The quality of our relationships reflects the quality of our lives.



This 128-page book promotes healthy, successful relationships in all areas of life.

To order this book in English or Spanish, [click here](#)

Purpose of this newsletter:

To remind about 12 powerful Biblical principles for character development and relationship growth.



12 Seeds at Stillwater Prison Transitions Fair on October 18: The table assigned to the *12 Seeds* was in a location with good access and visibility allowing us steady traffic and interaction with the residents, as well as other ministry vendors and prison staff. As a result, we were blessed with many inquiries and opportunities to present relationship lifeskills for recovery to men in the process of re-entry. We also passed out materials to other interested vendors and even re-stocked a warden who sought out our table looking for more *12 Seeds* books and journal-workbooks. One of the highlights was meeting with a young resident who realized he had come to the table which might actually help him through his primary life crisis: his relationship with his wife. He exclaimed, "*The Lord made this happen!*" Praise God for a very blessed day! (This article was written by Russ Saulon, who accompanied Norm to Stillwater Prison.)



Shakopee Women's Prison: In October, Pamela Page started using the *12 Seeds* books and journal-workbooks at the Prison Fellowship Academy Community Meeting at Shakopee Women's Prison. She recently sent us an email, "*We love the 12 Seeds!*" Norm will be attending this class as a guest speaker on November 6.



Help Multiply the 12 Seeds! By focusing on equipping and encouraging leaders, we multiply the impact of the *12 Seeds!* Your gift to the [12 Seeds Ministry Fund](#) will enable us to equip and encourage more leaders who are working with people in recovery from addiction and crime. To view the ministries that have received grants from the *12 Seeds* Ministry Fund, [click here](#). Your tax-deductible donation goes directly to the *12 Seeds* Ministry Fund, administered by the National Christian Foundation.

Thank you for helping to plant and cultivate these life-changing seeds!



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