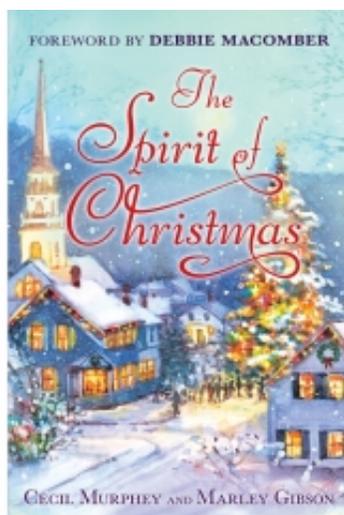


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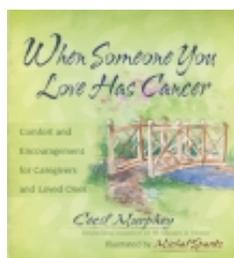
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Cecil Murphey
 WRITER * SPEAKER * TEACHER * SURVIVOR

Can you believe that Christmas is only 11 weeks away? This beautiful book filled with stories about the spirit of Christmas will be available this month.



October is National Breast Cancer Awareness Month.

IMPORTANT ANNOUNCEMENT

Got an angel story? Go to www.heavenlycompanybook.com for submission guidelines.

We expect to have submission information for a second compilation book in the next newsletter.

Masks and Images

People wear masks—we hear that often. For me, it means we "put on" a persona that's not our true selves, or at best it's only a small portion of our personality. We're usually aware of trying to relate to others by becoming whom we think they want us to be.

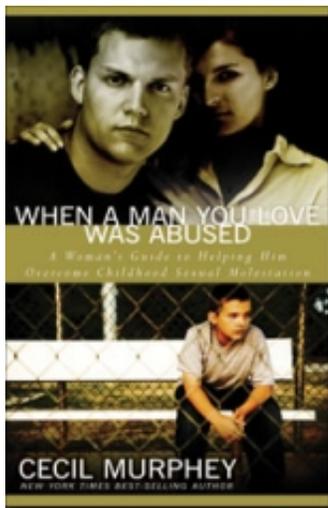
A self-image, however, is unconscious, but just as untrue a full self-portrait. The two may show themselves in the same way, but the motivation is different.

For example, many times I've heard, "You're so vigorous and never seem to run out of energy." That's largely true. God gave me an abundance of vitality, but not an endless supply. Because it's partially true and I like being perceived and admired that way, I *unconsciously* absorbed those words and before long that self-image determined my behavior.

When Someone You Love Has Cancer is a nice gift for mates, families, and friends who love someone with cancer.



The "When Someone You Love Was Abused" one-day seminar will be held October 15 in the Atlanta area. For details and registration info, click on the logo above.



Save 50% on any quantity of *When a Man You Love Was Abused* at www.kregel.com/AACC until October 31. Enter code AACC when ordering.

From then on, the high-intensity label allowed that perception to control my life. Thus my self-image insisted I must always be upbeat, indefatigable, and never acknowledge weariness. The more unflagging my zeal, the more people praised me and the more my self-image built on those words.

As a result, I chided myself for feeling tired at times and whipped myself into action. It's not the self-chastising that bothers me as much my zeal to protect that image of perpetual vigor. Twenty years ago I fortified that image with a dozen cups of coffee. I no longer go to that extreme, but the image persisted and I refused to admit even to myself that I wasn't as robust as my image said I was.

One of my self-goals and daily prayers is to be transparent with God. (I hope that's not creating another false image.) The first step to win over this relentless self-perception is to say to myself and to others, "Sometimes I run out of energy." It's all right because I don't have to be vibrantly alive every second I'm awake.

Perhaps this sounds easy; it certainly hasn't been for me. It's taken an immense amount of daily prayer and kindly rebukes from a friend, but now the truth is out: Like everyone else, Cec Murphey has a limited amount of daily energy. With God's help, he's trying to use it more wisely.

*I don't want to let an image control my life;
I want to live with a realistic self-perception.*

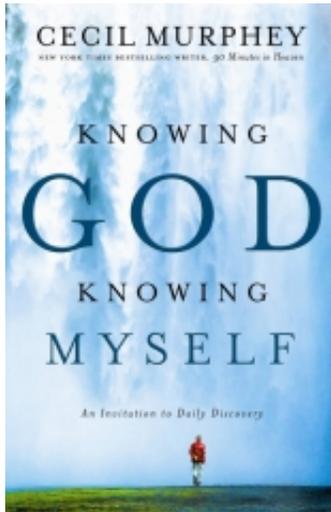
Personal News

I'm home in Atlanta most of the month, although I speak to a Kiwanis group in Gainesville, GA, on October 11.

On Saturday, October 15, Dawn Jones and I will hold a one-day seminar called ["When Someone You Love Was Abused"](#) in Johns Creek, GA.

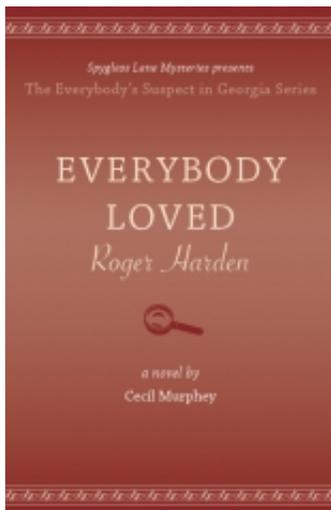
I'll fly to Shreveport on October 25 to speak at the [East Texas Baptist University Christian Writers Conference](#) in Marshall, TX, and speak/teach for the university and area churches.

On Saturday, November 12, I'll be the speaker at the first prayer breakfast for [Voice Today](#) in Marietta, GA.



Right now Regal Publishing is offering a special promotional discount on Cec's books.

Save 25% for the combo of *Knowing God, Knowing Myself* and *When God Turned Off the Lights*. Enter CEMU25 when ordering.



Everybody Loved Roger Harden--the first of Cec's three cozy mysteries--is now available for e-readers.

I'm excited that my grandson Michael Hege and I will visit Kenya for 8 days beginning November 27. He wants to see where his mother lived when she was younger. It's been six years since I was there and I'm eager to return.

The Twila Zone—Words from My Assistant, Twila Belk

Two of Cec's publishers are offering a special AACC (American Association of Christian Counselors) world conference discount on his books. Kregel's promo is a 50% discount on [When a Man You Love Was Abused](#). Go to www.kregel.com/AACC and enter promo code AACC when you check out. The special is good until October 31 for any quantity of books purchased. Regal's offer is a 25% discount on the combo of [Knowing God, Knowing Myself and When God Turned Off the Lights](#). Click [here](#) and enter promo code CEMU25.

Are you a *Murder She Wrote* fan? Do you have an e-reader? Then good news for you! Cec's cozy mysteries will soon be available in e-book format. [Everybody Loved Roger Harden](#) will be available this Thursday, October 6, at Amazon.com and is now available at Smashwords.com. The *Everybody Wanted Room 623* e-book will release in January and *Everybody Called Her a Saint* will be available in May.

For a fun interview with Cec about his cozy mysteries, visit the [Spyglass Lane Mysteries blog](#).

October is National Breast Cancer Awareness Month. Consider purchasing Cec's gift book [When Someone You Love Has Cancer](#) and donating it to a friend, organization, or doctor's office. Most books about cancer address survivors. Cec wanted to speak to the mates, families, and friends who love those with cancer. Along with his warm writing, he offers a number of simple, practical things people can do for those with cancer.

Do you have a friend or loved one diagnosed with cancer? [Here are some practical things you can do to help.](#)

Christmas is 11 weeks away and Cec's new book, [The Spirit of Christmas](#), is available this month. His editor at St. Martin's Press said, "It's one of the prettiest books I've ever seen, truly."

On Saturday, October 15, 9 a.m.-3 p.m., at Mount Pisgah United Methodist Church in Johns Creek, GA, Cec and Pastor Dawn Scott

Jones will join forces for their [“When Someone You Love Was Abused” one-day seminar](#). Admission is free, but a love offering will be taken. The seminar includes two main sessions, practical workshops, and community resources. For more information, or to register for the seminar, [click here](#).

Links of Interest:

[Cec's website](#)

[Cec's blog for writers](#)

[Cec's blog for male survivors of sexual abuse](#)

[The Cec and Me radio show](#)

[Follow Cec on Twitter](#)

[Contact Twila](#)

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