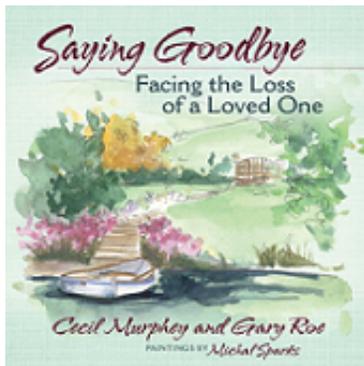


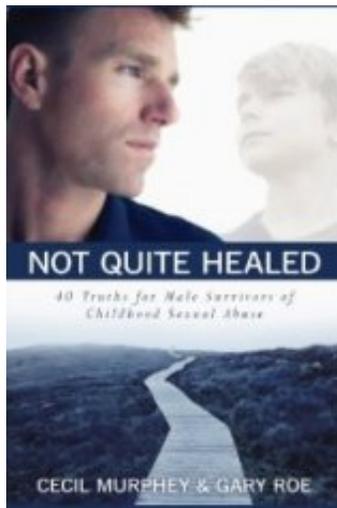


Cecil Murphey

WRITER * SPEAKER * TEACHER * SURVIVOR

Do you know someone facing the loss of a loved one? This comforting gift book is now available.



Not Quite Healed is Cec's newest resource for male survivors of sexual abuse. Kregel Publications will release it in a few weeks.

Excusing and Condemning

About a month ago I moved over to the left-turn lane to get on the ramp for I-85. Just then, a Lexus pulled ahead of my Honda and I had to hit my brake to avoid hitting that car.

A few days ago I was driving north in downtown Atlanta where two expressways split. It was one of those tricky situations where I had less than half a mile to move two lanes to the left to get on I-85. The traffic was heavy behind me and the only way I could figure out how to do that was to hit the gas pedal and pull in front of a car.

The man gave me a long blast on his horn. I gestured to say I was sorry but I don't know if it did any good.

As I drove along, I started to laugh. When someone cut me off, I became upset and grumbled about people who didn't look ahead. When I did it, I knew my reasons and excused myself.

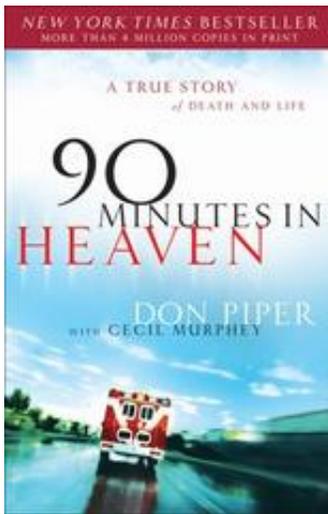
By contrast, when I do something unkind or mean-spirited, I castigate myself for days. "I knew better." I pray and know God forgives me, but I'm not always compassionate toward myself.

And yet a friend recently offended me by an extremely critical remark. Afterward I thought about it, and said to myself, "That's just his way. He didn't mean to hurt my feelings." I forgave him.

Odd, isn't it? It shows me my contradictory nature, but I'm also learning. When a driver cuts me off, I say, "He must be late for an appointment or maybe she's having a bad day."

My problem is forgiving myself when I do something contrary to my own values. I'm learning to say, "I forgive you, Cec. That's just the way you are, but you're going to change and not do it again."

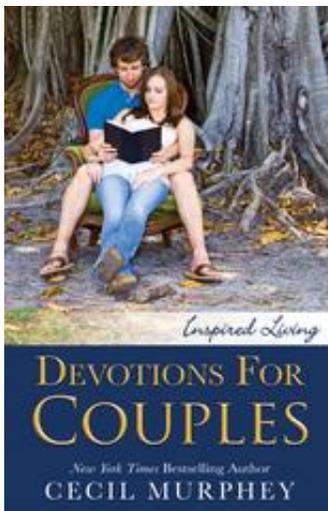
Personal News



Do you have any Hungarian friends? *90 Minutes in Heaven* is now available in their language.



Word choices is the hot topic at Cec's blog for writers right now. Check it out. You might find the answers you need for your long list of questions.



Valentine's Day is coming up. How about a couple's devotional for your e-reader? Don't forget to add the chocolate.

Thanks for continuing to ask about and to pray for my wife, Shirley. On February 11, the pain clinic is going to try steroid injections for the pain.

A number of you participated in the subterfuge and sent a surprise birthday message. Twila put them together in a spiral-bound book for me. I've also downloaded those that came to me by email. Thank you for your kind gestures.

[90 Minutes in Heaven](#) has just been published in Hungarian. I've lost count of the languages, but I think it's around 30.

Gary Roe and I are excited that our first book together is now available. [Saying Goodbye: Facing the Loss of a Loved One](#) is a beautiful illustrated gift book.

This month I'm going to speak for Stephen Ministry for Mountain Park UMC on February 9 for a program called "It's Not Love" and at St. Martin of the Fields Episcopal Church February 26.

On February 4, I'll talk about heaven to a gathering of the Buford Presbyterian Church, Buford, GA. Twila Belk and I have a book coming out in late spring called *I Believe in Heaven*.

The Twila Zone—Words from My Assistant, Twila Belk

Are you a writer? Do you struggle with word choices? Does the difference between its and it's confuse you? What about the reason why and starting sentences with hopefully? If these questions leave you discombobulated (that's Twila's word choice), you might enjoy Cec's current series on his blog for writers: www.cecwritertowriter.com.

Cec's first book of the year is off the presses and available for purchase. [Saying Goodbye: Facing the Loss of a Loved One](#) is an encouraging gift book with beautiful, soothing illustrations provided by artist Michal Sparks. Cec's co-writer is hospice chaplain Gary Roe.

Do you know a man who has been abused? Maybe you are one. Cec cares, and he has resources to help. Check out his blog [Shattering the Silence](#). His new book, [Not Quite Healed: 40 Truths for Male Survivors of Childhood Sexual Abuse](#), will release within the next few weeks. It's the follow-up book to [When a Man You Love Was Abused](#).

A big thanks to those of you who sent special messages for Cec's 80th birthday. He wants me to inform everyone that he has stopped aging.



Who will win the toboggan race, Cec or Twila? Click on the picture to find out.

Cec Links: (1) [Website](#) (2) [Blog for writers](#), (3) [Blog for male survivors of sexual abuse](#), (4) [Twitter](#), (5) [YouTube](#), (6) [Facebook—Cec and Me, with Cecil Murphey and Twila Belk](#), (7) [Facebook—Because You Care: Spiritual Encouragement for Caregivers](#), (8) [Facebook—When Someone You Love No Longer Remembers](#), (9) [Facebook—When Someone You Love Has Cancer](#), (10) [Facebook—Christmas Miracles](#), (11) [Facebook—Men Shattering the Silence](#), (12) [Twila's website](#), (13) [Twila's email](#)

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