

# Turning a New Leaf



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- Promoting healthy relationships and personal growth from a Christian perspective -

Summer 2017

## You, Me... and She

by Angie Cerniglia, MS, LMFT - Marriage & Family Therapist



**Y**ou may not even know that she's there; in fact, you probably don't. She lurks in the shadows of your home, your car, your purse; watching you, listening to you, and playing a vital role in your marriage. She slowly but surely manages to find ways to divide you and your partner until you feel less close, less intimate, and more like a second choice to her seductive power and captivating presence. She manages to do this without your realizing it; the dynamics of your relationship bend to her will, slowly and steadily creating an invisible wall between you and your partner. She is none other than... Siri.

The idea that a phone can disconnect you from your

partner is not new, it is not even life altering, but it is, in fact, a reality. When you are on your phone, it puts a shield up between you and your partner. While getting a false sense of connection to others through our phones, we are putting a halting stop to any real connection with our spouses. Our phones fill the gap so easily that it's hard to realize how often it happens on a daily basis. Rather than coping and connecting in a healthy way, Siri convinces us she is the better one to spend time with. After a long day, she whispers, "Don't talk to your spouse to unwind, play with my apps (games, social media, and internet sites)." When in a tough discussion or argument, she gives you an easy shield most use completely

unintentionally rather than dealing with the issue at hand – phones up equals shields up.

The solution seems simple: don't use your phone as much. Surprisingly, research shows that simply not being on your phone is not enough. Shalini Misra, a psychology professor at Virginia Tech University, has completed a research study on the relationship between the presence of mobile devices and the quality of real-life-in-person social interactions. Her finds, entitled, "The iPhone Effect," were published in the Journal of Environment and Behavior. In the article, Misra reported part of her finds as such, "Even without active use, the presence of mobile technologies has the potential to divert individuals from face-to-face exchanges, hereby undermining the character and depth of these connections."

What Misra has discovered is that even the presence of a phone can distract from true connection. When first reading these results, I was shocked. This meant that every dinner out when my husband and I consciously chose not to look at our phones, just having one on the table had the ability to keep us from being fully

present. That saucy minx Siri had way more power than I realized.

With all of this said, it's important to note that while not physically together, our phones can be a helpful tool of connection in our relationships; a flirty text, funny meme, or well-played gif can help build love and intimacy while apart. We are busier than ever in our culture, so being able to stay connected in our relationships, whether you're working long hours or managing

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## Recommended Reading



**12 Ways Your Phone is Changing You**

**TONY REINKE**  
Crossway

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## Our Mission

**New Leaf Resources promotes healthy relationships and personal growth through counseling, education, and consultation from a Christian perspective.**

# Thank You, New Leaf!



*A few years ago, I was in the midst of marital counseling at New Leaf Resources. Although my marriage did not end on a positive note of restoration, please know I am grateful for the hope, personal growth, and encouragement received.*

*What drew me to New Leaf Resources was your Christ-centered focus – the mission, the philosophy, and the wide range of services offered – provided by your staff.*

*May God continue to bless New Leaf Resources as you serve those in need.*

*Thank you, again, for everything...*

*Thanks and praise for His love and grace,*

*Kristy*

## Speakers Available

**N**eed a speaker for your next group or church function? New Leaf therapists are available to address groups of any size and age on a variety of topics such as addictions, depression, grief, stress, and many others.

Call Lisa at New Leaf at (708) 895-7310 for more information.



## What Legacy Will You Leave?

**Y**ou can create a beautiful memory in honor of someone you love while changing the lives of individuals traveling through difficult days by giving a memorial gift to New Leaf Resources. Memorial gifts help families celebrate the lives of their loved ones, remember special times, and help facilitate the grieving process.

When you give a memorial gift to New Leaf Resources, an acknowledgement will be sent to a designated family member alerting them of the honorarium gift. They will be comforted to know their loved one's memory is still impacting lives in a positive way.

Before you make a memorial gift, consider these factors:

**Purpose:** Memorials honor

the lives of friends or loved ones. You can make a gift to New Leaf Resources without restrictions, or the gift can support a particular event or program.

**Timing:** Your gift may be given to us today to help support our most immediate needs, or you can include a gift in your will or living trust, stating that a specific asset, certain dollar amount or percentage of your estate will pass to us after your lifetime in honor of your loved one.

**Type:** Cash is a popular and easy way to make a gift, but you can also use securities or other assets. Like all charitable donations, a memorial gift can offer tax benefits.

**Amount:** No matter the size of your gift, you can be certain your support will

make a lasting impact.

If New Leaf Resources was influential in your life or the life of a loved one, please contact me to discuss ways that you can make a gift in honor of a special person. I'd be happy to work with you to create a gift that properly honors his or her memory. Reach me directly at (708) 895-7310 or email me at [connie@newleafresources.org](mailto:connie@newleafresources.org).



## You, Me... and She

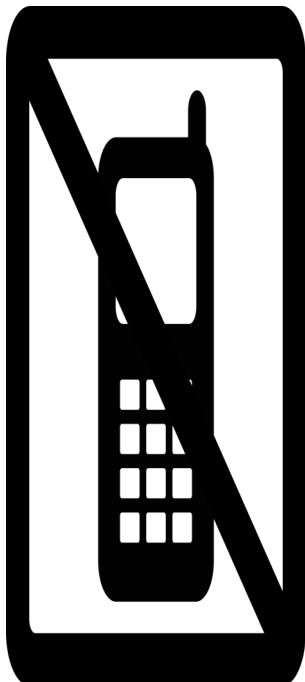
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busy family schedules, is critical. However, virtual connection cannot replace the intimacy you build when you spend time with your partner. Siri may be tough, but she gets her power from you, meaning you can take it away at any time. Next time she tries to be the third wheel in your marriage, find satisfaction in pushing that button that shuts her up, turns her off, and then lock her in a drawer, so at the end of the day, she is the only one left feeling lonely.

Angie Cerniglia  
works in New  
Leaf Resources'  
Crown Point,  
IN office



A huge thanks to everyone who joined us for a night of great food, music, and community at New Leaf's Fresh Start BBQ on June 13 at Pentwater Barn in Crown Point, IN. So grateful to all who came and partnered generously in providing Christian counseling for individuals traveling through difficult days!

## Do You Need to Disconnect?



**W**hat did we do before the age of smart phones? Email, photos, games, apps... it's all good in moderation. But, cell phones can create barriers or become dangerous! Consider the following statistics:

- **95%** - The number of Americans who now own a cell phone. 77% of Americans own a smart phone, up from 35% in 2011.
- **85,000**—The number of times we check our cell phones every year!
- **67%** of Americans use their phone to share pictures, videos, or commentary about events happening in their community, with 35% doing so frequently.
- **23 times** more likely—We are 23 times more likely to get in a car accident if we are texting and driving
- Almost **one in five children** have reported seeing something on their device that has upset them.
- Excessive exposure to the use of smart phones at an early age can weaken a child's **eyesight** and affect **brain development**.

Experts warn about the negative impact smart phones make on our relationships. Loss of communication, mindfulness, stress, and even cell phone "separation anxiety" are real issues. Try putting that phone away sometimes and treasure the special moments and people right in front of you!



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## Support New Leaf Today!

Are you a person that found hope at New Leaf Resources? Do you have a friend or family member who experienced healing through New Leaf's counseling services?

Many of our clients require financial assistance. Will you consider blessing them through a life-changing gift?

Simply return your gift in the enclosed envelope or visit [www.NewLeafResources.org](http://www.NewLeafResources.org) to impact a life today!

## New Leaf Resources is...

A **professional mental health agency** which provides counseling and consultation services to individuals, families, couples, children, churches, schools, and businesses.

A **ministry** which brings the best possible care to those we serve, striving to reflect God's grace and love to all who seek help.

A **community resource** offering educational services, prevention programs, training, support, and coaching.