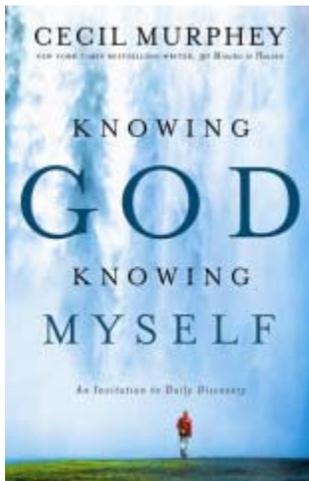




Cec always feels lighter and happier after talking with certain people.



Interested in receiving a free copy of this book? Read Cec's personal news to find out how.

## Conversations and Relationships

After Sunday school, Tim Fenbert and I spoke for perhaps five minutes. I don't remember anything specific that he said. He didn't give me any words of encouragement or add any knowledge to my life, but I left feeling uplifted just from being with him.

Later in the day "Dan" and I talked for almost an hour. I could write a two-page summary of our conversation. After we parted, however, I realized I left with about the same emotional temperature with which we began. That's not a complaint, and it's typical of many conversations.

When I went to bed, I thought again of Tim and our brief time together. I don't remember what he said; I can't forget how he made me feel.

That's the difference in my relationships. The best ones don't occur when we impart the most information to each other; the best ones take place when both of us leave feeling better.

As I pondered the two conversations, I thought of three examples. David Morgan and I try to meet weekly for at least an hour. Our only agenda is to be open and honest with each other. We've been doing this for nearly 30 years and he knows more about me than any other friend. I trust him and know I can tell him anything.

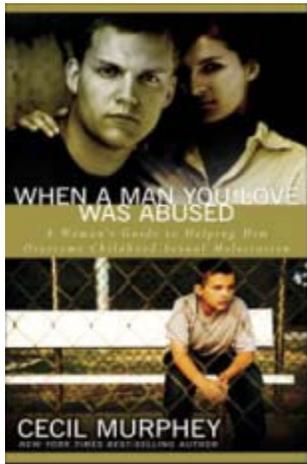
But that's only part of the reason for the ongoing relationship: After we talk, I always feel lighter and happier.

Second, I meet with my literary agent for lunch a few times a year. What we discuss isn't nearly as important as my emotional level by the time I arrive home. I'm pumped. Excited. Just being with Deidre Knight and exchanging ideas excites me.

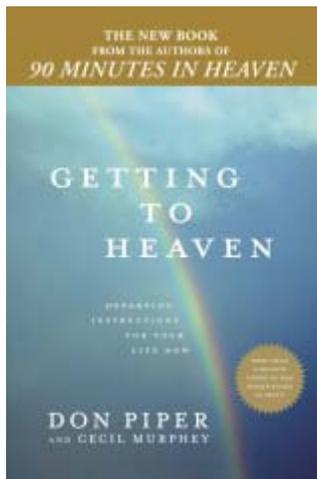
The other example involves my Sunday school teacher, Marie Garbie. I was in her class for only a few months, and she wasn't a particularly good teacher. Nothing she taught stayed with me. But eleven years later, when I was open enough to turn to God, I wanted to share my conversion experience with her.

I smile as I think of the reason. I don't remember anything she said; I can't forget how she made me feel.

That's the kind of impact I want to make on people.



We're celebrating the second printing of this important book.



This much-anticipated book will finally be available March 1. It's available for pre-order now.



Podcasts of past *Cec and Me* shows are available at the *Cec and Me* website.

## Personal News

—Would you like a free copy of my new book, [\*Knowing God, Knowing Myself?\*](#) I enjoy writing short, pithy sayings (aphorisms) and that's what this book contains. I try to share my heart as deeply as I know how. If you would like a copy, please email me: [cec.murp@comcast.net](mailto:cec.murp@comcast.net).

—My most exciting news is that [\*When a Man You Love Was Abused\*](#) has now gone into its second printing. That's the book no publisher wanted.

—March 1 is the official release date of the fourth book by Don Piper and me, [\*Getting to Heaven: Departing Instructions for Your Life Now\*](#). [Amazon.com](#) and bookstores are already taking advance orders.

## The Twila Zone—Words from My Assistant, Twila Belk

—If you've wanted to invite Cec to speak for your church, Celebrate Recovery group, or organization, and you live in the following areas, now's your opportunity. He's available for the dates right before or after the dates shown.

Denver, CO – April 8-9

Quad Cities (IA/IL) – September 23-24

Contact me at [twilabelk@mchsi.com](mailto:twilabelk@mchsi.com) if you're interested in knowing more.

—Not only is Cec's newest book, [\*Knowing God, Knowing Myself\*](#), a great book for personal study, groups, and sermon material, but it can be used for one-on-one, iron-sharpens-iron type meetings as well. We've developed a list of questions that can be used with every chapter. If you're interested in getting the questions, e-mail me at [twilabelk@mchsi.com](mailto:twilabelk@mchsi.com).

—Did you know that you can listen to podcasts of past *Cec and Me* shows from the *Cec and Me* website? Visit [www.toginet.com/shows/cecandme](http://www.toginet.com/shows/cecandme). Shows are also available through iTunes. The *Cec and Me* show airs live every Tuesday night, 7 CT/8 ET. We'd love for you to listen and call in with your comments or questions.

--Are you looking for a warm and welcoming writers conference that will help you learn the writing craft or hone your skills? Check out the [Quad-Cities Christian Writers Conference](#) that takes place in Eldridge, IA on April 8-9. Cec and I co-founded the conference in 2004. Cec is a sponsor and I'm the director.



Looking for a great conference  
in the Midwest? Cec and Twila  
co-founded the QCCWC in  
2004.

## **Links of Interest**

[Cec's website](#)

[Cec's blog for writers](#)

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

[Survivor Helps](#)

[The \*Cec and Me\* radio show](#)

[Quad-Cities Christian Writers Conference](#)