



Fellowship of Companies for Christ International
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**Fellowship of Companies for Christ
Greater Hartford Chapter
Mitchell's Coffee House
April 21, 2010**

- Opening prayer
- Introductions
- Praise reports
- "Popcorn" testimony

- Today's Topic: **How Do You Vent?**



Matthew 17:17 *Then Jesus answered and said, O faithless and perverse generation, **how long** shall I be with you? How long shall I suffer you? Bring him hither to me.*

Mark 9:19 *He answereth him, and saith, O faithless generation, **how long** shall I be with you? **How long** shall I suffer you? Bring him unto me.*

Luke 9:41 *And Jesus answering said, O faithless and perverse generation, **how long** shall I be with you, and suffer you? Bring thy son hither. John 14:9 Jesus saith unto him, Have I been **so long time** with you, and yet hast thou not known me, Philip? He that hath seen me hath seen the Father; and how sayest thou then, Show us the Father?*

In my 30+ year career in marketing, one of the industries in which I have significant experience is "valves," including various types of pressure relief valves. There are times when life—and leading a business—can become so high-temperature and high-pressure that you need to "blow off some steam." Sometimes your blow-off can be like a home water heater, other times like the Iceland volcano!

—In our imperfect human condition, everyone has limits. Sometimes we get emotionally, mentally, physically, financially and spiritually exhausted. The question of today is, internally and externally, how do you "vent" your exasperations, irritations and frustrations without blowing your stack and causing harmful collateral damage in your relationships?

—Are there times when, in "righteous anger," you should blow your stack?

—What should you do you do after you blow your stack?

—What are the pressure points that really get under your skin? How can you better recognize and minimize the pressures building within you?

—How should you respond when others blow their stack at you, specifically or generally?

- Next FCCI meeting here on Wednesday, May 5 @ 7:30 am.
- Upcoming news/events
- Closing prayer