



Insights & Connections

U N C E N S O R E D

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HOME AWAY FROM HOME



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"Sound of Freedom": An inescapably painful film

In the new Alejandro Monteverde movie, "Sound of Freedom", star Jim Caviezel portrays real-life hero Tim Ballard, a U.S. government agent who sought to reunite a Honduran father with his two children, both kidnapped and turned into sex slaves.

The sobering facts detailed in the story are that paedophilia and human trafficking are rampant--worse than ever before in human history. Today, the +\$150 billion human trafficking industry earns money from slavery: 22 million women, men and children EACH YEAR. To watch even this short dramatization of it on the big screen is gut-wrenching. The fact that A-list stars such as Caviezel and co-star Mira Sorvina (an Academy Award winner) headline the movie adds to its impact, but it's the child actors who really evoke the raw emotions here.

This powerful cinematic experience captures a glimpse of the trickery and horrors employed by paedophiles everywhere to prey on the weak and powerless. Don't kid yourself that online pornography doesn't hide the ugliest of truths.

Visit ourrescue.org/sound-of-freedom for details.

EUREKA!

Not everyone who disagrees with you...

- hates you
- is a bigot
- has a phobia
- is toxic
- is oppressive
- is intolerant
- is dangerous
- is abusing you
- is crazy
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What Really Matters

...[the article starts online]...

It's time for parents to seriously consider the role of critical thinking in the education of their children. It isn't just about asking questions in the classroom or even at home but asking the right kinds of questions and encouraging children to do so. It's about encouraging children to question their parents and the assumptions they hold about the above topics and many others.

Mainstream schools have lost their way when it comes to developing critical thinking skills in our children. It's not only seen as unimportant: it flies in the face of much that students are being taught today in this era of political correctness, cancel culture and "safe spaces".

After the Prague Spring of 1968, in which tens of thousands of Czech and Slovak students walked out of their schools and started to openly question their government, the Communist authorities not only violently cracked down on the protests but on the education system itself. Critical thinking was wiped from the curriculum; questioning anything about official policy became reason to suspend, expel or even arrest any student. In Canada, we have not gone that far yet; we merely coddle children that ask difficult questions and placate their parents by reassuring them that we have the best education system in the world, all the while hiring teachers not on the basis of merit but on whether they hold the same "correct" beliefs as the administrators downtown.

Our children, in short, are being over-schooled and under-educated.

Dear Readers! At a time when outside opinions are increasingly being silenced or excluded from the mainstream media, there is a greater need than ever to ensure the public has a forum in which to share thoughts, debate opposing points of view and therefore better understand those from all sides of the socio-political realms. Insights & Connections values free speech and the exchange of ideas, even if some readers may find the views expressed herein challenging if only because of who is speaking. Simply put, all opinions and viewpoints matter. When we dismiss or disregard others' words –however challenging they may be–we are, *ispo facto*, placing limits on our own speech and right to speak freely. The views expressed by the writers are entirely their own and do not necessarily reflect the views and opinions of the advertisers or this publication. Respectfully, Dominika <3



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We all need critical thinking skills: to understand whether a call centre in India actually has access to our income tax files, to thoughtfully assess whether what's being presented in the media as "truth" or "acceptable", and even to read history books with an eye towards what really happened and what was left out (as they say, Truth is written by the victors.) As parents, we have a responsibility to do more than just read to our children at bedtime when they are young. We need to have them consider serious topics at every age, though couched in language they can understand. It's not about scaring them but about showing them how to view the world in different ways and not blindly accepting whatever it is others tell them.

Submitted by a Father

K-9 AT HOME

DOGcation for your 4-legged companions



Location: Our home

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Deb & Nathan

BRAIN T(E)ASER

Amy, Bob, Cat, Dom, and Eve are having a five-way staring contest, and anyone who blinks is eliminated.

- Dom blinks before Amy but wasn't the first to blink.
- Eve blinks before Cat does, but after Bob has already been eliminated.
- Eve blinks later than Amy.

Who blinked first and who is the winner?

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WHOLE HEARTS MATTER - \$80 worth!**

REALationships & TWOgetherness

Why does attachment matter so much even in adulthood?

Connection is a feeling of closeness and safety, a sharing of selves. Even during conflict, partners can learn to maintain connection. Even when your partner is acting out of fear, you can still do your part to maintain connection. Even when you are acting out of fear, your partner can still do their part to maintain connection. How do you connect? Listening, validation, empathy, understanding, co-regulation, setting healthy boundaries, communicating your wants and needs with connection in mind, and responding to your partner's wants and needs with connection in mind. Attachment theory is so much more than knowing your attachment style - it's a theory about learning to connect and using the power of connection as a way for partners to reach each other; secure attachment is about maximizing connection and every interaction between partners, even the smallest. Insecure attachment represents a lack of connection to self the difficulty connecting to your partner. Let me rewind a little bit and start from the original theory of attachment developed by a British psychologist John Bowlby who described attachment as a "lasting psychological connectedness between human beings". The central theme of attachment theory is that primary caregivers who are available and responsive to an infant's needs allow the child to develop a sense of security. The infant learns that the caregiver is dependable, which creates a secure base for the child to then explore the world.

So how does that apply to relationships in adulthood? Psychologist Mary Ainsworth expanded upon Bowlby's original work and revealed the profound effects of attachment on behavior throughout our entire lives. There are 4 main attachment styles that have been developed: **ambivalent/anxious** - marked by a deep fear of abandonment: people tend to be very insecure about their relationships, often worrying that their partner will leave them and thus are always hungry for validation; **avoidant** - marked by a fear of intimacy: people tend to have trouble getting close to others or trusting others in relationships, because they ultimately don't believe their needs can get met in a relationship, people typically maintain some distance from their partners or are largely emotionally unavailable, they may even find relationships suffocating and avoid them completely, preferring to be independent and rely on themselves; **disorganized** - both desperately crave affection AND want to avoid it at all costs at the same time, they're reluctant to develop a close romantic relationship, yet at the same time, they feel a dire need to feel loved by others; **secure** - the ability to form secure, loving relationships with others, people are able to trust others and be trusted, love and accept love, and become close to others with relative ease. They're not afraid of intimacy, nor do they feel panicked when their partners need time or space away from them. They're able to depend on others without becoming totally dependent.

by Dominika



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Truth, Trust, and Vulnerability

Currently, in 2023, trust between the two genders has diminished greatly. And it is not unsubstantiated as to why this has happened. Unfortunately, because of the sinful nature of our world and a progression of sin, it has overcomplicated how people relate to one another, especially when it comes to marriage and family. God makes the nature of the family setting simple, while Satan is

causing confusion in this realm while implanting narcissistic behaviours in people. This narcissistic behaviour is causing unrest in marriages because a narcissistic person creates an environment demanding perfection in a person that cannot exist. For people who are of God and of the Holy Spirit, if their marriage is unequally yoked, this creates the typical dynamic of a narcissist and codependent (empath) scenario. Men and women prioritize their earthly security differently in some ways. Women are more predisposed to care about their emotions, whereas men are more predisposed to logic and their thinking side. As a result of this, it is important that men and women learn to appreciate the differences between each other



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and also find out where they have common ground. Most of North American culture has lost sight of the issue of building integrity into our character as a people. Instead, we have traded our eternal security of character in terms of where we stand with Jesus Christ and God for a worldly security of Satan that will never truly satisfy the God-shaped space inside of us. Types of worldly security we start putting our trust in include our income, our house, other people, and our material possessions in general. Many people have traded the idea of a family for a relationship fantasy. The question people need to ask themselves is, "Do I want a relationship based on an idealized fantasy or the reality of a loving, caring family?" And the attitude we often see people in is that as soon as the relationship no longer suits their fancy, they break off the relationship and run to find a new person to be with... [cont.online]

Submitted by Aaron Carter
aaroncarter0001@protonmail.com

**Lap Steel/ Weissenborn
playing workshop
w/ Paddy Burgin of
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Musician /luthier
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Manitou Beach
concert 8pm**

**TO READ FULL ARTICLES,
KEEP SCROLLING**

When a Picture is not Just a Picture: My struggles as a porn addict

The first time I saw pictures of naked women, at five, left me rather overwhelmed. The Playboy magazine in my dad's nightstand drawer corrupted my mind like those of many others like me with images of scantily clad and nude women.

Looking at those photos excited something in me and left an indelible scar on my psyche. Those gratuitous representations of women I had no connection with stirred something primordial in me, connecting my heterosexual mind with false images of what feminine sexuality and consent meant.

Worst of all, I wanted more. Sneaking looks at women in this way gave me a rush that became attached to my sexuality and pervaded all my thoughts about the reason for relations with the opposite sex.

Over the years, I had access to "men's" magazines, able to view increasingly lurid photos of women with little or no clothing, with no context for my understanding of "sex" other than the "theme" suggested by the photographer. I came to associate certain articles of clothing or places with sex, and certain looks implied consent or unbridled desire (which for a growing, hormone-addled boy kept me emotionally off-balance).

As an addict, I would steal, lie or hide to fuel my addiction. Back then, men's magazines were only available in certain stores, and even then only in particular sections of those stores. I remember as a 12-year-old standing among grown men, taking a magazine off the shelf that I could not legally purchase and growing increasingly excited at the pictures to the point where I had to have them. Almost getting caught once for shoplifting wasn't enough to stop me; it only stayed my hand for a while. In high school, I started watching "adult" movies. I stole one such movie from a house at which I babysat, the couple just happening to have VHS tapes of several old pornographic films. My addiction quickly grew after that.

Fast-forward 20 years and, as an office worker in the late 2000s, I would watch porn (sites or videos) sent to or suggested to me. I spent entire days at the desk or in the evening at home watching mostly short clips that didn't even have the "plot" or "character development" of the earlier films. Instead, these newer videos (which are ubiquitous today) showed just a few minutes of some "actress" having sex in various positions with a male "actor", the scenarios often showing the woman being introduced to the man, they remove their clothes and begin having sex.

At some point last year with my new partner, I learned how hurtful and debased pornography truly is. I tried to walk away from it, but at first I couldn't. The sexualization of all those women left me looking for lesser versions of the same thing—anything showing some part of the female anatomy removed from the context of healthy, consensual human relations; a fetish.

What had pornography done to me? In the simplest terms, it scarred me, emotionally and mentally. It left me valuing women more by their physical appearance than by their interactions with me: did my heart warm in their presence? Did their place in my life make me feel closer to whole? Or was I just looking to satisfy a craving? Once I dug deeper, the reality hit me: I was seeking something inside myself I didn't have, namely self-love. Worse still, I didn't see pornography as wrong. The media portray it likewise—glamorize it even—and that's what makes it so pernicious.

I came to genuinely believe that since these videos involved consenting adults, they can do what they want as they want. What I didn't realize was that seeing naked women as sex objects left me regarding them (and myself) as one-dimensional—as not needing love but seeking an empty orgasm devoid of love or human connection. I dreamt of living a hedonistic lifestyle instead of being who I am. Instead of wanting to have an honest, loving relationship with a woman who is beautiful, sexy, desirable and who wishes to have an intimate connection with me, exploring and pursuing fantasies together, I was pulling away from her, trying to satisfy myself with an image instead of the real thing.

Until recently, I remained trapped by my addiction. That is, until I admitted my problem. I am working at getting better: I want my partner to feel comfortable in my presence, to feel loved and respected knowing that I am not seeking something or someone else. I am working at being honest with myself and sharing my insecurities with her. It has not been easy (recovery seldom is), but I remain hopeful that with my higher power to guide me, I will overcome this challenge and be restored to sanity.

By Anonymous

Teachers Aren't the Only Ones Who Need to Educate Your Children - it starts at home

If the past three years have taught me anything, it's that children (and adults) need critical thinking skills.

The media bombard us daily with information that sounds credible enough, only it turns out that slick PR agencies have the reach and pull to be able to get journalists (and their editors) at major news outlets turn their press releases into news articles.

Cheerios are good for you because they contain oats. Drinking a glass of red wine a day can reduce the risk of heart disease.

Covid vaccines for children under 18 are a good prophylactic against a deadly pathogen.

What each of these news items has in common is that they all started out as talking points created by PR agencies to boost sales or uptake of a product. They were foisted on the public over the past few decades with some very important information missing—the kind of information that people with critical thinking skills will openly question and debate before accepting anything as gospel truth.

While oats might be good for you, the company that produces them—General Mills (a subsidiary of global food giant Nestle)—also gets their oats from crops heavily sprayed with glyphosate, a substance that is toxic to humans. Traces of glyphosate can be found in virtually every major breakfast cereal marketed in Canada and the US today.

Everyone knows that alcohol is a poison, so how can drinking it relieve heart disease? It actually doesn't: the study used to promote this idea showed that the French drink more red wine on average than Americans and have half the rates of heart disease. We all know that alcohol is a poison, and the study didn't say that the French die of liver failure at about the same rate as Americans. What it did show was that drinking red wine wasn't what reduced the incidence of heart disease in France—it was eating whole foods, and avoiding processed foods containing hydrogenated vegetable oils and artificial preservatives typical of the American diet.

As for Covid vaccines, what the media didn't tell you was that 99.96 percent of all Covid deaths were of people who were over the age of life expectancy (in Canada, Italy and everywhere else they studied) AND had multiple comorbidities such as diabetes, heart disease, dementia or the like.

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It's time for parents to seriously consider the role of critical thinking in the education of their children. It isn't just about asking questions in the classroom or even at home but asking the right kinds of questions and encouraging children to do so. It's about encouraging children to question their parents and the assumptions they hold about the above topics and many others.

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God makes the nature of the family setting simple, while Satan is causing confusion in this realm while implanting narcissistic behaviours in people. This narcissistic behaviour is causing unrest in marriages because a narcissistic person creates an environment demanding perfection in a person that cannot exist. For people who are of God and of the Holy Spirit, if their marriage is unequally yoked, this creates the typical dynamic of a narcissist and codependent (empath) scenario.

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Most of North American culture has lost sight of the issue of building integrity into our character as a people. Instead, we have traded our eternal security of character in terms of where we stand with Jesus Christ and God for a worldly security of Satan that will never truly satisfy the God-shaped space inside of us. Types of worldly security we start putting our trust in include our income, our house, other people, and our material possessions in general. Many people have traded the idea of a family for a relationship fantasy. The question people need to ask themselves is, "Do I want a relationship based on an idealized fantasy or the reality of a loving, caring family?" And the attitude we often see people in is that as soon as the relationship no longer suits their fancy, they break off the relationship and run to find a new person to be with. When a culture has been influenced for 30+ years that our greatest endeavour in life should be to work hard, build wealth, and be a consumer of worldly possessions, we start to treat our relationships with people in the same way. When a relationship no longer works, we don't try to figure out what went wrong, build each other up and continue forward with that person. People sadly become objectified, become discarded, and it's easier to just "find a new person" that we hope will fulfill all our fantasies and desires.

We cannot build loving, nurturing relationships without God in our midst because it's God's forgiveness and accountability that give us the ability to move forward in good times, but especially when He catches us in sin. We have lost the ability to forgive one another because, if we do not have God's forgiveness, we don't have the ability to forgive others when they trespass against us either. Without forgiveness, we cannot love our neighbour and especially our spouse unconditionally.

To elaborate on the issue of marriage and relationships in 2023, many Godly people find themselves in the position of searching for a partner who will value the idea of family at the same level they do. Unfortunately, with a culture that has distanced itself from God, it is hard to establish a secure partnership with someone because they will often break off the relationship due to some sense of unhappiness and unfulfilment they expect from their partner. By doing this, however, they are prioritizing those earthly wants and needs above the relationship, resulting in conflict. This leads to the road of narcissism, and the person in question will exhibit an attitude of condemnation. They will expect and demand things rather than showing an attitude of appreciation and gratitude towards their spouse. When you cannot make your spouse feel loved and appreciated in the relationship, this will create insecurity. After a while, both parties will feel unhappy in the arrangement; they often separate, which sadly leads to divorce.

However, the opposite, healthy way of getting through these struggles is to focus on God and His wisdom to create simplicity in the relationship. The simplicity that God wants us to establish in a marriage is very important because those should things should be our primary objective: to establish security in terms of our happiness, safety, and our ability to be loved and show love towards our spouse. All the rest of the blessings that God adds to our lives after that fact should be met with an attitude of thanksgiving. There are responsibilities that we need to meet in our relationships as well, though it's important to establish an attitude of thankfulness as much as possible. The reason we need to establish responsibility is because we need to know our spouse can be dependable. And this ultimately is at the heart of being able to forgive each other, because when you can forgive your neighbour, you're giving them the chance to correct their past sinful behaviour, which leads to a Godly, victorious path. When our spouse does not come through for us, we need to understand what went wrong, build them up, and hope they do better next time rather than condemn them.

The Way We Meet

When forming a partnership, the ideal is to become interdependent with each other. You don't want to become dependent on each other, though you should be able to have confidence in knowing that you both can be dependable towards one another. And one of the greatest challenges in building trust in this day and age is that both men and women often have become hyper-independent of each other. This has resulted in creating a barrier to the formation of a normal, healthy bond between genders, even just as friends. (Genesis 2:18: "And the LORD God said, *It is* not good that the man should be alone; I will make a helper suitable for him.") In order to establish natural and normal trust and vulnerability, it has to be done in person. With internet and cell phones, we have relied too much on text messaging and impersonal communication. Also, online gaming and video games have created impersonal interactions as well. All these things do not allow us to create normal bonding mechanisms between people.

The only way we are really going to establish healthy marriages and relationships again is to encourage people to start meeting in real life again, doing real life activities like we did decades ago. These things are important because they establish normal, emotional security between people the way God intended it. As a result of this, true TRUST can be established between people.

As for women, emotional security takes longer to establish with someone than it does for a man. If any trauma in their lives has existed, it takes longer for that person to establish trust with someone. This is similar behaviour to rescue dogs when they are mistreated. It takes rescue dogs a much longer time to establish trust in people again if they have been mistreated by their previous owners. And once we start respecting men and women as to how they build boundaries, trust and security in other people, putting God at the centre of our lives, we will begin to see our communities and families thrive, be happy, healthy, and live fully the way God intended.

When a man and woman establish a partnership together in a healthy way, they draw closer to each other, which results in their boundaries enmeshing with each other. The real focus is they want to share their lives with each other intimately, and they focus on wanting and establishing a family. This is an institution of God that God celebrates but which the world despises and wants to corrupt. These are normal, healthy things God has created for our enjoyment. When you enmesh your boundaries, the result is that you want to share life with each other, edify and build one another up. However, someone who is a narcissist will exploit the other person rather than forgive and encourage the other person when things go wrong.

Many people are afraid to be vulnerable for fear of being exploited, and it is not an unsubstantiated fear in the current era in which we live. That said, you cannot help and build someone up to be a better person either unless they are willing to trust you and be vulnerable.

Submitted by Aaron Carter
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