

ANGERBUSTERS

The Center for Anger Resolution, Inc.



THINGS TO REMEMBER

WHEN ANGRY, ACT THE OPPOSITE TO HOW YOU FEEL!

"...FRIENDLINESS IN REACTION TO TRESPASS LOWERS BLOOD PRESSURE."

--Martin E. P. Seligman

"ANGER IS ONE LETTER SHORT OF DANGER."

--Author Unknown

"YESTERDAY I WAS CLEVER, SO I WANTED TO CHANGE THE WORLD. TODAY I AM WISE, SO I AM CHANGING MYSELF."

--Rumi

a note from Newton..

Hate Torture and Murder (across the backyard fence)

Pastor Charles Worley: "Put Gays And Lesbians In Electrified Pen To Kill Them Off" 5.21.2012

The video is available on YouTube [here](#) and is worth a look.

Hate Torture and Murder (Across the backyard fence)

Fifth Year Anniversary: In Memory of Kenneth L. Cummings, Jr. (September 11, 1960 – June 4, 2007)

What follows is a story of extreme distortion of spiritual values that allow anger and hate to flourish. This act was born of the idea that it is: "My job to punish."

Pearland, Texas has a population of 70,000. It is a suburb just south of Houston where many who work in the Texas Medical Center find moderate home prices and can be in the Medical

Center in ten minutes. There is a little subdivision named Southdown right off the freeway with a 100 homes built in the early 1980's and 100 more built in 2000 that are nicer.

I live in a home on the last street of the 1980's homes on Oxford Drive. Kenneth L. Cummings, Jr. lived right behind me in the newer part of the sub-division in the 1100 block of Sussex. We shared a back yard fence. We only met a few times, when my little dogs would dig out and end up in his yard. He was cordial and friendly, but that



is all I knew about him until the 10 O' Clock News carried a story on June 5, 2007 of a disappearance of a 46-year-old airline flight attendant with blood found in his house on June 5, 2007 in the subdivision of Southdown in Pearland.

Terry Mark Mangum stalked Ken Cummings and fatally attacked him in his own home. "Sexual perversion is the worst sin," Terry Magnum said. "I planned on sending him to hell."

Terry Mark Mangum, the man who tortured and murdered my neighbor, Ken Cummings, lived in Cypress, Texas another suburb of Houston on the northwest side. Ironically, this is where my daughter, son-in-law and three granddaughters live.

The factors that play into an act like this are many. Perhaps psychosis, fundamentalist religion and not the least of which is the idea that "... it is my job to punish those who do wrong."

Those of us who are "righteous ragers" and see our jobs to "teach people a lesson," whether they are the drivers on the freeway who cut in front of us or our spouse who bounced a check, can take a pause to see how this idea may be fundamentally wrong for us.

The way I can work on my righteous rage is to resign the job of punishing others.

Here is my "Resignation Letter to God" which I wrote a few years back:

God, I have lived the first half of my life thinking it was my job to punish people in my family and in my community to make sure they suffered when they did wrong and would do the "right thing" in the future. I have succeeded in only humiliating family and friends and estranging people from me. I hereby resign my job to punish those that think, act and believe differently than I do. I am truly better off being wrong because when I am right I am dangerous. This

doesn't mean that I will not stand up for what I believe is right, by voting, demonstrating, writing and saying it.

Just for me, for the rest of my life, I am going to leave the righteous indignation and punishing to others. I will focus on love, tolerance, compliments and empathy.

Hoping to better serve Thee in the second half of my life,

Newton

"If we use anger at injustice as the source of our energy, we may do something harmful, something that we will later regret. Compassion is the only source of energy that is safe. With compassion, your energy is born from insight; it is not blind energy." – Thich Nhat Hanh, Vietnamese Buddhist Zen Master, nominated by Martin Luther King for the Nobel Peace Prize in 1968

On the role of fundamentalist Christian Leaders:

"The death of Ken Cummings is just one more smoking gun found at the scene of another crime caused directly by fundamentalist Christian leaders whose obsessive anti-homosexual campaign leads to tragic consequences they will not admit."

-Reverend Dr. Mel White, Soulforce founder.

Sources:

The Pearland Journal, June 14, 2007. Front Page Banner
Headline: "Cypress man faces murder charge"

Unfinished Lives, Reviving the Memories of LGBTQ Hate Crime Victims, by Stephen V. Sprinkle, Resources Publications, Eugene, OR, 2011. Pgs. 22 – 44.

Organizations and Websites

Faith in America, <http://www.faithinamerica.org>

Human Rights Campaign Foundation Religion and Faith Program, <http://www.hrc.org/issues/religion.asp>

**SoulForce, <http://www.soulforce.org>

Unfinished Lives Project, <http://www.unfinishedlivesblog.com>

**Start Here!

NEWTON HIGHTOWER WILL BE PRESENTING AT THE HOUSTON JUNG CENTER JULY 14, 2012

TITLE: "Taming Anger's Beast: Healing The Wounds of Betrayal" (both presenters will use film clips to bring to life the issues)

Saturday, July 14, 2012

9:00 AM – 1:00 PM (Registration at 8:30 AM)

Professionals receive 4 CEU's

Co-Presenter: Karen Magee, MA, LMFT, Jungian Analyst

Jung Center

5200 Montrose - Houston, Tx 77006 - 713.524.8253

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MEN'S GROUP OPENINGS

We now have a few openings in both our Tuesday and Wednesday night Men's groups. They meet weekly from 6-8pm.

Men, DISCOVER:

- How to save your marriage.
- How to enhance your relationship.
- Techniques that will stop your raging TODAY.
- How to communicate in a way your wife will LOVE!

If you are interested in finding out more about our groups click [here](#) for more details.

TELEPHONE COACHING AVAILABLE

Call 1.877.NO.ANGER (662-6437) to schedule an appointment. By telephone or skype.