

# connections

Offering a beacon of hope to the church and the community

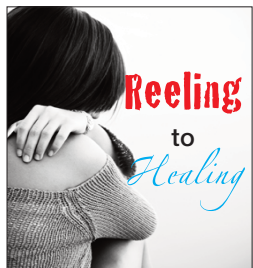
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## Resolve to Change in 2011

By Leslie Marshall, MA, PCC,  
Center Director

*Do you make an annual new year's resolution?*

Typically, with each new year comes hope for change...joining a gym, reading the Bible daily, starting monthly date nights with the spouse, starting a budget, and the list goes on. Whatever the resolution is, it typically involves a thought that "change will make things better." Results will involve less lethargy, more energy, reduced loneliness, improved relationships, etc.

Often, as February rolls around, we become less goal-oriented, and sometimes even resistant to the changes because we only know what is familiar. This is called homeostasis – the concept that when change gets uncomfortable, our mind, body and spirit wants to regulate to what it knows best in order to maintain a sense of stability. As you embrace 2011, let's look at 10 ways to stay the course and benefit from the changes we have set for ourselves:

### 1. Be open to new ideas.

Listen for the voice of God and be open to His leadership and guidance. Say yes to things you may have avoided in the past.

### 2. Envision your future.

Create a dream board or simply begin a journal, but make sure you seek accountability from a trusted source.

### 3. Invite God In.

See yourself being successful with your changes and then picture where God would be in that new picture. Meditating on God's presence in your life helps you press on toward the goal and recognize Him in the process.

### 4. Set goals and targets.

Set yourself up for success by developing realistic and specific goals with target completion dates.



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Before You Say

*I Do*



## *Do you know someone who is getting married soon?*

Do you plan to attend the wedding and buy a gift for them that could end up being returned? Why not consider buying the gift that will last a lifetime... a priceless, loving gift of admission to our pre-marital workshop:

### **Before You Say 'I Do'.**

Topics include: communication skills, speaking the truth in love, understanding love languages, healthy sexuality, apologies and forgiveness. Personality testing is also included as part of the workshop.

*\$150.00 covers the classes, materials, and handouts. Classes start January 15, so call today to sign up. For more information contact Leslie at 614-865-0513 x175 or email her at [lesliemarshall@ccpc.us](mailto:lesliemarshall@ccpc.us).*

Too often planning the perfect wedding takes precedence over planning a successful marriage.



## *Do you, or someone you know, face cancer or another life-threatening illness?*

Do you struggle with how to talk about the illness or how to pray about the circumstances? These topics, as well as many others, will be discussed at the “**Our Journey of Hope**” Seminar held at Central College Presbyterian Church on Saturday, January 22, from 8:30 am to 5:00 pm, and includes lunch.

The goal of this seminar is to equip people to reach out and support cancer patients and their families by understanding the special needs, what cancer is and isn't, do's and don'ts of conversations, and self-care tips. Participants will learn how the faith factor, fear, anger and control, as well as spirituality, can affect health and healing.

*To register for this free seminar, please e-mail [amyttaylor@ccpc.us](mailto:amyttaylor@ccpc.us) with the names of the attendees.*

OUR JOURNEY OF HOPE<sup>®</sup>

#### TIP

Log onto [www.ourjourneyofhope.com](http://www.ourjourneyofhope.com) to find helpful Scriptures that offer hope and strength.



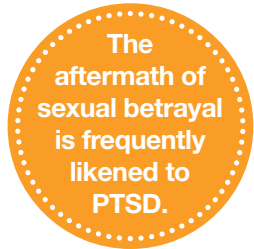
## From **Reeling** to *Healing*

The devastating effects of sexual betrayal has been shown to parallel post-traumatic stress disorder with intense emotions that vacillate between rage toward the participating partner and inward feelings of shame, depression, victimization, abandonment and overwhelming powerlessness.

On **January 10**, Brenda Smith will lead From **Reeling to Healing**, a 10 week support group that will take place on **Monday evenings**. The group is designed to help women identify and work through the effects

of sexual betrayal due to their significant other's affair, pornography addiction, or same-sex attraction.

*The cost is \$20/week and pre-registration is required. Partial scholarships are available if necessary. For more information or to register for this group, please contact Brenda at 614-865-0513 x190 or email her at bsmith@ccpc.us.*



## **Grief is complicated and is handled differently by each person.**



Going through the process alone can be a challenge.

**GriefShare**, a 13 week seminar/support group for people grieving the death of someone close, will be held from 6:30 – 8 p.m. on **Thursdays evenings** between **February 3 and April 28**.

In addition to sharing and listening, participants gain access to valuable resources to help them grieve effectively and look forward to rebuilding their life. Videos are presented by national experts in grief recovery on topics such as “**The Effects of Grief**” and “**God’s Prescription for Grief**.” Participants then discuss the information presented during the videos and relate it to their own situation to help them through the healing process.

*The cost is a one-time fee of \$20 which will cover the cost of your workbook. For more information, or to reserve space, call 614-865-0513 x190.*



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### 5. “Baby step it”:

Evaluate your progress regularly and reward small achievements. Manage your resistance by choosing one small part of the goal and attacking it today.

### 6. Disprove your disempowering beliefs.

Write down negative beliefs that keep you from succeeding and consider how those beliefs make you feel.

Then, meditate on what God would say to dispute those

beliefs, for example: “I have never succeeded in keeping a budget, why try now?” could be replaced with, “Scripture says ‘with God, all things are possible’.”

### 7. Recognize where your strength comes from.

In the book *Lose It For Life*, authors Arteburn and Mintle remind us that “although we are limited by our weaknesses, God is not. By acknowledging that He alone has the power to change our lives, we surrender to Him.”

### 8. Take responsibility for what you want.

Look for signs that you are blaming your situation on others or not admitting past mistakes. *Acknowledge* them in the rear view mirror, but *focus* on the road ahead.

### 9. Seek like-minded people.

Set appropriate boundaries with people who create tension and improve relationships with those people who have similar or deeper faith, a healthy lifestyle and are grounded.

### 10. Look for lessons.

Remind yourself that experiences are not good or bad; they are simply lessons.



Sometimes it makes sense to find professional help to work through the change process. Here are some ways to know when that would be appropriate:

1. You've tried several things but you still struggle to make the changes permanent.
2. You want to make the changes sooner rather than later and need guidance from an unbiased person.
3. You have thoughts of harming yourself or others.
4. You have symptoms of depression, anxiety, or impulsivity and they are interfering with your daily functioning and quality of life, ie: you have lost time from work, your relationships have been harmed, or your health is suffering.

*If you would like to consider counseling, please contact us at 614-865-0513 or via the internet: [www.ccchristiancounseling.com](http://www.ccchristiancounseling.com) to book an appointment. Most insurance plans are accepted or benevolence funds are available to support your counseling.*

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