

Message from the Board | William T. Wood, Chairman

I am pleased to report that 2004 was a great year for Trinity Counseling. Our mission is being accomplished every day, as people from all walks of life are receiving excellent counsel, care and nurture for their mental and emotional health, even when they cannot afford it.

Thank you for your generosity as over 600 individuals and families were served by our counselors and in excess of \$80,000 in counseling assistance was provided by Trinity for their counseling needs.

We continue to receive countless requests from our community for help regarding a wide variety of life-issues, and so, we continue to ask your help in providing assistance for those who are in need.

Please continue to pray for our wonderful counselors as they work in the trenches of life.

Points to Ponder ...

Legend has it that a contest was held whose purpose was to find the most caring child.

The winner was a four-year-old child whose next-door neighbor was an elderly gentleman who had recently lost his wife. Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there. When his Mother asked what he had said to the neighbor, the little boy said, "Nothing, I just helped him cry"

When there is nothing left but God that is when you find out that God is all you need.

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For more information on services and programs, forward inquiries to:
Trinity Counseling • 1025 Montgomery Highway, Suite 214 • Birmingham, Alabama 35216
Phone: 205.822.2730 Fax: 205.822.2732

Trinity Counseling

1025 Montgomery Highway, Suite 214
Birmingham, Alabama 35216



the COMPASS

A NEWSLETTER OF TRINITY COUNSELING, A NONPROFIT ORGANIZATION

SUMMER 2005

A WORD FROM DON | Don Richards, M.Div., M.S., LPC



*Beloved,
These words, written by one of us, speak to the heart of our purpose at Trinity Counseling. What a beautiful metaphor about "life from both sides", and we are always ever, in this life, on **both sides**, are we not? - Bless you all! †*

OH CITY!

Oh City, I walk away again thinking I've shed my last tear for you. But somehow, you find a way to crush me still and pull me back.

There is an innocence in your hardness. Out of my abhorrence for what you are comes a love for you that I do not understand.

You take, you unashamedly expect again and again while I would be too proud. But then, when I'm hungry I do not need to find someone to unlock my cupboard door. My needs are met on every side. But still I cry and I suffer pain for this empty space inside of me.

What a match we make, On City,

I love you and you love me - I do not understand.
But I do understand that what I give - It makes me what I am.
And what I do not give - It makes me what I am.

~ B.W. ~

First Annual William Barber Bancroft English Scholarship



Student, Christina Jackson, was the recipient of the first annual William Barber Bancroft English Scholarship, presented to the most outstanding senior English student at the recent graduation exercises for Restoration

Academy. Christina is extremely appreciative of the scholarship provided by Trinity Counseling, which will aid her in her plans to attend Samford University in the fall.

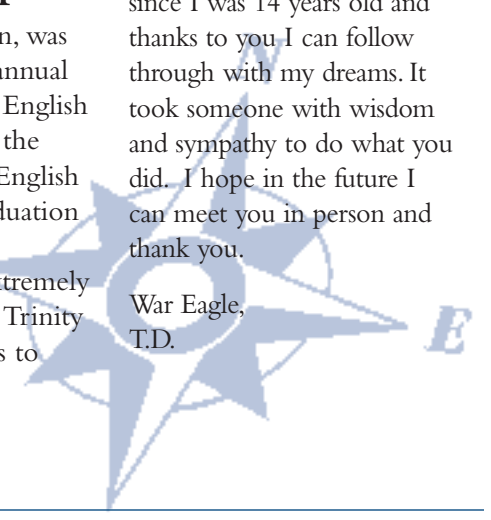
Letters of Thanks...

The following 2 letters are from a young man, an "at risk youth in the Fairfield area", that we at Trinity Counseling have mentored for the past several years. His maturity, diligence, hard work and responsibility have continued to develop as we have watched God's hand in his life. We were thrilled when we were able to be a conduit to help him attain transportation which will enable him to maintain a job and attend college. His thank you to the original owner of the vehicle and to Trinity Counseling are to you as well ... for your donations have enabled us to help him.

Dear Sir,

My name is T.D. and I just wanted to thank you for donating your car to Trinity Counseling. I've had the dream to attend Auburn University since I was 14 years old and thanks to you I can follow through with my dreams. It took someone with wisdom and sympathy to do what you did. I hope in the future I can meet you in person and thank you.

War Eagle,
T.D.





LETTERS OF THANKS continued

Dear Trinity,
Thanks for everything! Because of the staff and Trinity Counseling I can fulfill my dreams to go to Auburn University. I've had this dream since I attended my first AU football game. I have worked hard in the classroom and earned a spot in the greatest college on earth! Thanks to you passing this car on to me I am able to go.

War Eagle,
T.D.



Do you feel led to share your anonymous experience with others? If so please e-mail Arden at: ardentc@bellsouth.net.

Brennan Manning
Willie Juan Ministries
October 21-23



Brennan Manning speaks for those of us who are "bedraggled, beat-up, and burnt-out ... for the sorely burdened who are still shifting the heavy suitcase from one hand to the other ... for the wobbly and weak-kneed who know they don't have it altogether and are too proud to accept the hand-out of amazing grace ... for inconsistent, unsteady disciples whose cheese is falling off their cracker ... for poor, weak, sinful men and women with hereditary faults and limited talents ... for earthen vessels who shuffle along on feet of clay ... for the bent and the bruised who feel that their lives are a grave disappointment to God ... for smart people who know they are stupid and honest disciples who admit they are scalavags ... for anyone who has grown weary and discouraged along the Way."

We at Trinity Counseling are honored to sponsor Mr. Manning's appearing in Birmingham this October 21st-23rd. The conference is available to everyone.

Location and cost will be announced. Limited seating, so please pre-register early. Call Greg Evans at Trinity Counseling at (205) 394-3555 or email at GregEvans@actualink.com for more information.

Imposter or Super Hero

Greg Evans, M. Div, MA, ALC



Take me to you, imprison me, for I, Except you enthrall me, never shall be free, Nor ever chaste, except you ravish me.

- JOHN DONNE

Mondays I exit my office at Trinity Counseling as therapist, and enter Don's office next door as counseling supervisee, then back again as therapist one hour later. (Picture Clark Kent, if you will, running into a phone booth and emerging as Superman.) Illusions of my false identity as "expert" or "the professional" literally "go out the door," and I am left to face myself as I am ... broken, struggling, sinful, tired, sick, angry, disappointed, insecure.

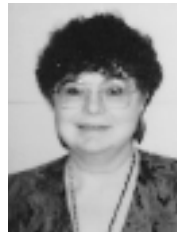
Brennan Manning, in his book *Abba's Child*, says that "The decision to come out of hiding is our initiation rite into the healing ministry of Jesus Christ." If "Greg Evans, M. Div, MA, NCC, ALC, therapist, expert, priest" is Clark Kent, the Imposter, then who is Superman? Superman is me, Greg Evans, beloved son of God, just as I am. As the Imposter, I have nothing to offer my clients or the world. As Beloved, all the power and glory and truth of God emanate from me. As John Eagan says, "God is asking me, the unworthy, to forget my unworthiness and that of my brothers, and dare to advance in the love which has redeemed and renewed us all in God's likeness ... and to laugh, after all, at the preposterous ideas of 'worthiness'".

I am coming out of hiding, and it is peace. I expect less from myself, but trust

Him more. God loves me. I am accepted forever. He delights in my presence. And entering into this rest, I am free to be a Super Hero.

Counseling from the Word

Delores Baber



"How long, O Lord? Will you forget me forever? How long will you hide your face from me?"

How long must I wrestle with my thoughts and every day have sorrow in my heart?"

What would you say to the man who cried out these words? He's obviously in pain. He feels abandoned. He's even feels God has forgotten him. Well here are some things he **doesn't** need to hear:

- "Pull yourself together, man!"
- "Snap out of it! Don't say things like that."
- "You shouldn't feel that way."
- "Don't worry, things are bound to get better."
- "Your problem is that you worry too much."



Maybe you've heard some of these "jewels" of advice. Trouble is, they don't work! They don't even help. As phrases go, these fall into a group of remarks that I call MCC's [miserable comforter comments]. I suspect Job called them that also. These are comments you will not hear from the counselors at Trinity. But they will listen. They will enter with you into your struggle and help you come to the place that the man above came to. Who was that man who cried out in his pain? It was King David, a man after God's own heart. His words are found in the beginning of Psalm 13.

How did his point of view change when he had had time to explore his circumstances in light of the totality of his experience? His perspective became 20/20. What conclusion did he reach?

"But I trust in your unfailing love, my heart rejoices in your salvation. I will sing to the Lord, for he has been good to me." Psalm 13:5, 6

You don't have to struggle alone. Let an experienced counselor come alongside and walk with you till you can share with David as he comes to the place where he exchanges words such as: "forgotten", "wrestling" and "sorrow" for: "trust," "rejoicing" and "singing."

Have you lost your desire to sing; even your ability? Are you in the place of struggle? Come and let our counselors help you make the journey from verses 1-2 of Psalm 13 to verses 5-6. Would you like to exchange your sorrow for a song; your wrestling for rejoicing? Come.

Imagine • Hope • Believe

Susan L. Hart, MA, LPC, NCC

In January, a friend observed these words printed on the cover of a blank diary in a local bookstore. Though they are only three simple words, the ideas have had a profound impact on me this year. I believe these concepts represent a 3-step plan to enhancing fulfillment. They are the keys to increased happiness, emotional healing, and deeper faith.



Imagination empowers us to see through the eyes of our minds. The Encarta dictionary adds that it allows us to envision, "things never seen or never experienced directly." It is the fuel of faith. Ultimately, we all conform to what we believe is true - for better or for worse.

Proverb 23:7 says, "... as a [person] thinks within himself, so he is."

Psychological gravity tends to sink an imagination into a spiral of haunting doubts, harsh criticisms, and delusional fears. Redeemed imagination, however, is like a seed. Planting a seed in fertile soil and nurturing it activates a truly miraculous process. That which is essentially 'dead' comes alive and grows. Imagination is like that. It creatively energizes new possibilities, and this vision has the miraculous potential to inspire personal transformation. Constructive imagination gazes past the constraints of ordinary circumstances toward what **can** be. It sees old dead seeds and visualizes an orchard full of luscious fruit. It is a joy-generator, an expectancy-builder, and a blueprint for miracles. Over the past few months I have noticed that the counseling process is all about learning to use imagination as a tool for restoration. I believe that God designed our imaginations to link us to His presence.

To be continued...

MEMORIALS & HONORARIUMS

Contributions have been made to Trinity Counseling in memory and honor of the following family members, friends and loved ones in recent months:

MEMORIALS:

- HOUSTON BRICE
- CHARLES LAMAR
- VIRGINIA JOHNSTON NOBLE
- HARLEY E. RAGLAND, JR.
- MARY E. SMITH
- By Mr. and Mrs. Dean Coates

WILLIAM BARBER BANCROFT
By Mr. and Mrs. Rod Scott

HONORARIUM:
HAROLD LOWRANCE
By Mrs. Pamela Lowrance Borland

