

Points to Ponder ...

Handling Stress

A young lady confidently walked around the room while leading and explaining stress management to an audience; with a raised glass of water, and everyone knew she was going to ask the ultimate question, 'half empty or half full?'. She fooled them all... "How heavy is this glass of water?" she inquired with a smile.

Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes, and that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down or give it to **Someone** else for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time practiced. So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night... pick them up tomorrow.

Whatever burdens you're carrying now, let them down for a moment, or better yet, let **Someone** else carry them. He has offered ... "His yoke is easy and His burden is light". Relax; pick them up later after you've rested. Life is short; you are meant to enjoy it! †

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the COMPASS

A NEWSLETTER OF TRINITY COUNSELING, A NONPROFIT ORGANIZATION

SUMMER 2011

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



Blessed Individuality

The following words from C. S. Lewis are perspective-giving reference points for all of us. His vantage points always seem to be from "on High". Feast upon them, Beloved.

"Be sure that the ins and outs of your individuality are no mystery to Him; and one day they will no longer be a mystery to you. The mould in which a key is made would be a strange thing, if you had never seen a key; and the key itself a strange thing if you had never seen a lock. Your soul has a curious shape because it is a hollow, made to fit a particular swelling in the infinite contours of the divine substance, or a key

"Your place in heaven will seem to be made for you and you alone..."

to unlock one of the doors in the house with many mansions. For it is not humanity in the abstract that is to be saved, but you - you, the individual reader, John Stubbs or Janet Smith. Blessed and fortunate creature, your eyes shall behold Him and not another's. All that you are, sins apart, is destined, if you will let God have His good way, to utter satisfaction. ... God will look to every soul like its first love because He is its first

love. Your place in heaven will seem to be made for you and you alone, because you were made for it - made for it stitch by stitch as a glove is made for a hand."

Be encouraged ... be His! †

2011 William Barber Bancroft Outstanding English Student Scholarship

Through generous donors, Trinity Counseling is pleased to be able to offer a yearly scholarship, named for its dear friend and English professor, Dr. Barber Bancroft, to an outstanding senior English student at Restoration Academy. Restoration is a private urban Christian school located in Fairfield, Alabama, that ministers to and in the midst of many at risk youth in that area of Birmingham. The 2011 recipient is Dachele McElrath.

Dachele has been a student at Restoration Academy for five years. During her time here she has been a hard worker who has been a



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"Bancroft Scholarship" continued

consistent member of the A - B honor roll. She has served on Restoration Academy's student leadership team for two years as well as the girl's varsity basketball team for four years. She is an industrious and focused student who has made the most of her education. She plans to attend the University of Alabama in the fall.

Congratulations Dachele!!!

CLIENT REFLECTIONS

The ministry that Trinity provides as well as its scholarships for counseling, make an authenticated difference in individual lives, relationships, families and consequently to the community at large. The following are reflections on things learned as well as letters of thanks from some of those who have received the scholarships that your gifts have enabled! We pray that as you read them, you will be moved to continue your support of this valuable ministry.

Thank you so very much for being a Christian Mentor, Counselor and Accountability Partner for me!! ~DH~

I hope all is well in Alabama. We are having a great experience in [our new state] and I think of you often ... about how supernatural your ministry is. I often felt like you were speaking the Word of the Lord over my life - as opposed to just giving good advice. We regularly tell people about our experience with you and how helpful it was. It is truly amazing what God has done in our relationship. We are so in love, and we love growing together in this [new] environment. ~WSH~

We are so grateful for you and Trinity Counseling's ministry. It is an honor to

partner with y'all to help others find the healing and freedom that we have received by you speaking God's truth and grace over our lives. Thank you so much! God bless you brother! ~BLM~

Sometimes we are really blessed financially and sometimes He allows us to stumble in the desert. Keep us on your mailing list and depending on where we are we will help. Sometimes, the most fruitful place to be, is stumbling on in the desert. I seem to learn quicker in the desert. ~CHP~



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

Let Us Not Forget | Susan L. Hart, MA, LPC, NCC



I came out of it pretty well. The early tornados on April 27th blew trees and limbs all around my home, but being deprived of electricity for a few days was the worst part of my suffering. Compared to the devastation others felt that day, *it was really nothing.*

The day of the storms I was stranded at home. Unearthed trees and exposed power lines blocked the way out. As the day dawned, I wandered around my neighborhood, stunned in the aftermath of such sudden and violent destruction. Giant trees crushed houses and cars all around. I was in awe.

The next day, when I realized I could exit by driving over curbs and gravel yards, I was finally able to emerge from my tattered neighborhood and return to work.

About a half mile from where I live, I felt distressed when I noticed there were no trees littering yards or debris covering the ground. At that moment I could hardly detect evidence of the violent storm that devastated my neighborhood the day before. It struck me that the people in these homes had no earthly idea what had happened right around the corner from where they live. In that instant I felt a sharp twinge of discouraged alienation.

Reflecting on worldwide traumatic events lately - earthquake and cholera outbreak that decimated Haiti, the tsunami that devastated Japan, tornados battered Alabama and Missouri (just to name a few) - I wonder if our neighbors here and abroad may feel something like I did that morning. For many of us, the cleanup is complete. Life goes on. There are, however, mothers and brothers, sisters and babies who will never recover from their sorrows and losses. Let us not forget to Love our neighbors who are still suffering. There's still a lot that needs to be done. *"Love others as well as you love yourself."* †

"I felt a sharp twinge of discouraged alienation."



Best Aunt in the World!



Graduation



Dear Friends



Memorial/Veteran's Day/
Thank You for Your Service

HONOR A *Loved One ...*

Life is filled with celebrations and times of remembrance. A gift to Trinity Counseling in Honor or Memory of an individual is a unique and meaningful way to honor someone special in your life or to remember cherished family members or friends.

A heartfelt acknowledgment is sent to the person of your choice. Gifts are quickly processed and acknowledged and 100% directly benefit the programs and those in need at Trinity Counseling.

For more information, or to make an Honor or Memorial Gift, call 205-822-2730.



Father's Day



Cherished Teacher

A Message from the Board

William T. Wood, Chairman

Thank you for your generosity! Trinity Counseling continues to walk out its mission, which is being accomplished every day, as people from all walks of life are receiving counsel, care and nurture for their mental and emotional health, even when they cannot afford it. Much of this need is being met **because of your sacrifices!**

The needs are great. As our community struggles to get back on its feet due to losses of jobs or homes or family we will continue to provide assistance for those who are in need and a way for them to see the light at the end of the tunnel.

We are so grateful for all you continue to provide through your prayers and financial support. Please continue to pray for our wonderful counselors as they work in the trenches of life. Bless you all! †

MEMORIALS AND HONORARIUMS

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

In Memory of:
COL. T. ST. JOHN ARNOLD, USA (RET)
By Mr. & Mrs. Ren Fortier

GABRIELLE
Love, Mom

In Honor of:
MRS. PEGGY FORTIER
By Mrs. Mary Jane Willis

DELORES
For all your support, prayers and encouragement
Anonymous