

## Thoughts from the Board | William T. Wood, Chairman

*Your gifts have truly supported our clients...*

The Stock Market is uncertain at best, the housing market is down, people have lost jobs, we are at war with terrorism and each of us is being inundated with appeals for charity ... certainly a time of great uncertainty and a time to carefully manage one's resources. "So, even though I believe in what they are doing, I have many requests on my desk, why should I give a gift to Trinity Counseling this year?"

**Your tax-deductible gifts enable** Trinity to ensure that no request for counsel is denied because of lack of funds. In these tough times, we have seen a greater demand for our services and programs. Trinity Counseling is **very effective** at what it does. Those that come here for help report a very **high satisfaction** rate for the counsel they receive. Trinity is **well run**. It **stretches every dollar** received and **keeps its expenses down** without compromising its services.

*Your gifts ... ensure that no request for counsel is denied because of lack of funds.*

Would you consider a tax-deductible gift for the 2009 year or a pledge for 2010? If so, please put a note to that effect in the enclosed envelope and drop it in the mail to us.

**We thank you** in advance and pray God's abundant blessings on you and your families this joyous and blessed holiday season.

## Points to Ponder

A Jesuit, who possessed keen insight and a quiet wisdom, often shared his insight in short stories. This story has a unique application to recent events.



*Pestilence was on its way to Damascus and sped by a chief's caravan in the desert. "Where are you speeding to?" asked the chief. "To Damascus. I mean to take a thousand lives."*

*On its way back from Damascus, Pestilence passed by the caravan again. The chief said, "It was fifty thousand lives you took, not a thousand." "No," said Pestilence. "I took a thousand. It was fear that took the rest."*

Perhaps we should be as vigilant to the demons of our own making as we are to the demons visited upon us.

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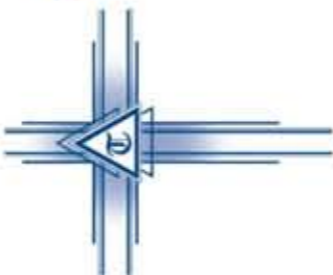
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Trinity Counseling

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# the COMPASS

A NEWSLETTER OF TRINITY COUNSELING, A NONPROFIT ORGANIZATION

WINTER 2009

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



Beloved,  
Recently, someone described this year as "the worst recession since the great depression". Not being an expert in such matters, I cannot say if this is an accurate assessment or not but it does seem to describe the days in which we live. The struggles go on-and-on and they are taking a toll on many. Such times call us to a higher and more solid place.

Let us be people who encourage one another, pull each other up, return bad with good, and always give better than we are getting. These struggles which are full of God's wondrous refinement remind me of the words of C.S. Lewis: "It may be hard for an egg to turn into a bird: it would be a jolly sight harder for it to learn to fly while remaining an egg. We are like eggs at present, and you cannot go on indefinitely being just an ordinary, decent egg. We must be hatched or go bad."

May we be determined to hatch in these difficult days!

And now, may the blessings of God Almighty, the Father, the Son and the Holy Spirit fill and encourage your lives and families in this blessed, holy season!

*Let us be people who encourage one another, pull each other up, return bad with good, and always give better than we are getting.*

## 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.*



· I give thanks for you! Knowing you are always there for me is such a comfort and a blessing. You are what Thanksgiving is all about!! ~LC~

· What a blessing you have been to my family!! God has used you in so many ways to make a difference in every member of our family. May He bless you and keep you, may His light continue to shine upon you! ~TB~

· I am deeply touched by the great delight you have shown in my gratitude for your gift. That you would want to bless us, in & of itself, is a generous offering; to delight in its blessing as you have, completely amazes me! Thank you for faithfully being a conduit of Living Water to my thirsty soul. Because of you - "His grace still amazes me; His love is still a mystery." ~KT~

Be sure to visit our website: [www.trinitycounselinginc.org](http://www.trinitycounselinginc.org)



Client Reflections (continued)

I want to thank you for everything! You have no idea of how much you have helped me through some almost unbearable times. THANK YOU, THANK YOU, THANK YOU! -ER-

Through a year of counseling and several scholarships, the counsel and kindness from you and your staff has contributed to a wealth of healing in my life. Thank you, Trinity, for your investment! -PW-

Thus far in 2009, Trinity Counseling has provided 200+ individuals and families over \$53,000 in scholarship counseling sessions.

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:

MR. FELIX M. DRENNEN  
MRS. FRANCES COLE  
By Mrs. L. Dean Coates

MRS. JANIS KREBS  
MRS. BETTY ANN HUGER  
By Mr. L.R. Fortier

MR. LYMAN L. FISHBURN  
MR. HENRY PIELAET  
By Mr. & Mrs. Ren Fortier

In Honor Of:

MR. L. RENSHAW FORTIER  
MRS. TIMOTHY MICHAEL CONWAY, JR.  
By Mr. & Mrs. T. Michael Conway, III

Two are better than one because they have a good return for their labor. For if either of them falls, the one will lift up his companion.  
Ecclesiastes 4:9-10a

A Gratitude Report from Fairfield's Restoration Academy

Did you know that Trinity Counseling provides a counselor (free of charge) to Restoration Academy, a private Christian school serving many at risk children in the Fairfield area? Below is a gratitude report for this service from its principal.

"We are a small private school that serves lower-income families just outside of Birmingham, Alabama. The majority of our children come from single-parent households, and many of our students are exposed to hardships that come from living in unstable homes and an unstable community.

Providing a counselor for children is a must in all schools. Unfortunately for many small private schools as our own, a counselor is a luxury most cannot afford. We have been very grateful to Trinity Counseling for providing the services of a counselor to us and our students. Several young people are encouraged to have a counselor here who is engaged in their lives....

As an administrator here at the school I have seen the fruit of Trinity's impact on our students, and I hope that Trinity will be able to continue this involvement with us here at Restoration Academy. It is a much needed component in impacting the kids at our school and in our community."

Sincerely,  
Mr. Ben Sciacca, Principal



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

ADDITIONS AND OFFERINGS | About & from the Staff

We are pleased to introduce to you Ms. Paulette Rowe. This wonderful and gifted woman has 22 years experience working with youth. Paulette is thrilled to be working with the students and staff at Restoration Academy on behalf of Trinity Counseling. Paulette has a B.S. in Human Resource Development from Samford University, a Masters in Marriage and Family Therapy from Ambridge University and is currently working on a Ph.D. in Family Studies and Intervention Strategies. Trinity Counseling is delighted to have her join our staff. Welcome, Paulette!!



MEDITATIONS BY DR. SAM | Samuel A. Saxon, Ph.D. Licensed Clinical Psychologist



"But God is perfect!" the counselee said.

"So that's why you try so hard?" the counselor replied.

"Sure!"

Friends, God is **complete** and He is **all** we need. And He does specify right from wrong. Not so much as to whip us into shape but to let us become aware of our helplessness to always do good and show mercy to one another regardless. While we might always desire to do good, the world, the flesh and the devil are always afoot to spoil our best efforts. Otherwise, what need was there for our Savior to bear the consequences of our misdoings! Our best efforts are often nothing more than our will to whiten our own sepulcher! This is, of course, idolatry or will worship. (David Foster)

Much of our shame and guilt is psychological, not forensic. Work on letting it go. Yes, we've all transgressed; yes, we've all followed the ways of the world and rules of the Kingdom of the world like Paul says in Ephesians. Then he adds: "**But God**, rich in mercy..." poured your shame, hate, fear, guilt on Christ so that you can leave that dungeon of despair and become alive in the freedom of Christ. Be ye glad. Anyway, what are you worried about? Christ says, "If you know me, you have (not will have) eternal life." Let's all enjoy the preamble of that material world God has given us. Enjoy the taste, sounds, smells, texture and friendship of **now** in preparation for the world to come, where taste, smell, texture and friendship will be unimaginably greater.



TRUE LOVING - THE ULTIMATE LIFE ADVENTURE

Susan L. Hart, M.A., L.P.C., N.C.C.



I'm really excited. I am about to embark on a new adventure. To most people, my newest goal won't seem as sensational as living in a third-world country, climbing 14,000-foot peaks, or capturing a live alligator with my bare hands (yes - I've done all of these things). Even so, I believe my current exploration may actually become one of the most gratifying endeavors of my life!

For the past couple of years I have been searching for a way to help couples find enduring relational relief and true healing. Counseling offices across the country are filled

... individuals genuinely need to maintain a safe, loving connection with one or two significant people through the course of their lives.

with people who share tortured narratives of frustration, sorrow, and excruciating pain from irresolvable conflicts. Fifty percent of these couples may not find the solutions that can keep their relationships together. Emotionally Focused Therapy (EFT) seems to offer a way to genuinely recreate secure bonds of intimacy. Research findings indicate that over 90% of those who participate in this type of counseling improve the quality of their relationships. More than 70% fully recover. Even more impressive - very few couples appear to relapse.

The core premise of EFT is that individuals genuinely need to maintain a safe, loving connection with one or two significant people throughout the course of their lives. In an ideal world, we start our existence with a warm, protected attachment formed with our parents soon after we are born. According to EFT, we don't grow out of this fundamental need to experience a profound trusting bond. At the heart of our desire to fall in love and marry is the yearning to find 'home' in the uninhibited mutual embrace of an intimate lover-friend. The craving for this loving ideal is not a weakness, as some have believed. Instead, we are actually designed to thrive in the tenderness of an infinitely safe and satisfying compatibility.

I truly believe that every aspect of our existence can provide us with divinely inspired clues about who God is and how we're supposed to respond to Him. Since God is love, the essence of Reality is Love. The very same relationship dynamics that draw us closer to one other can guide us to a deeper and more authentic connection with the Spirit of God (and vice-versa). This supernatural love relationship helps us make sense of our lives, purpose, and faith. When we learn to love effectively and consistently, the power of Love can "make all things new." During 2010 I am planning to become certified in EFT. Every day I am growing more eager to see how God will recreate intimate bonds and restore broken relationships. What an exciting adventure!

HELP!!! WE NEED E-MAIL ADDRESSES!

Would you like to be on our email list to receive "The Compass" and other information about upcoming events... including our 10 Year Anniversary Celebration?

If so, please take a few seconds and email Arden at ardentc@bellsouth.net with a subject line: Yes - email The Compass to me! Thank you!