



Ecclesia Christian Counseling News

Where the Spirit of the Lord is, there is freedom.

August 2009

Join Us!... for Speaker's Night

Thursday, September 24th ...6:30 to 8:00PM

Joseph P. Serio, R.P.H. of Westminster Pharmacy natural drugstore in Westminster, MA, is one of only four compounding pharmacists in this region. He will speak on a holistic approach to health including farming and food source, biochemistry balance, and plant medicines.

Please call 978-874-5700 to confirm attendance.

Why Ecclesia?

In the New Testament, the term, ἐκκλησία, also *ekklesia* (Latinized as *ecclesia*), meaning church or assembly, is used in a universal sense to mean all believers. It is the intent of Ecclesia Christian Counseling to minister to the whole body of believers by offering Biblically sound and professionally trained counseling to brothers and sisters in Christ.

The word "counseling" can have multiple meanings, including offering advice and encouragement, sharing wisdom and skills, setting goals, resolving conflict, etc. Counselors usually probe the past (whether the problem happened a week ago or during childhood) in an attempt to repair the present. Sometimes we explore possible affects of physical and chemical imbalances that can cause physiological problems.

A major part of counseling is resolving and restoring conflicts between people with a desire to help people overcome their problems, to find meaning and joy in life, and become healthy and well-adjusted individuals, both mentally and emotionally.

We see the Bible as the source of all truth. *2 Timothy 3:16-17* says, "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work." "For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart" (Hebrews 4:12). *Psalm 119:24* says, "Your statutes are my delight; they are my counselors." "His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness (2 Peter 1:3).

Ecclesia's counselors' major strategy is to help our clients substitute biblical truth for error as they go about their day-to-day lives. We know that the truth, when known, believed, and obeyed, sets people free. When people are set free, they are fulfilling their true calling. "Then you will know the truth, and the truth will set you free" (John 8:32).



Sleepytime Rituals for Kids

Hat Full of Dreams



Materials: slips of paper; pen; hat or sock

Ask you child what he'd like to dream about tonight.

1. Share ideas with your child on what would make a lovely dream. Remind him that you can be and do anything you want in a dream.
2. Make a note of the child's favorite ideas and write them on slips of paper.
3. Store the slips of paper in an upturned hat, a baseball cap, or even an odd sock.
4. If the child isn't sure what he'd like to dream about one night, pull out the hat and choose a pleasant dream at random.



Counselor to Take BC/BS



Beth Henrickson, LMHC, has recently become a Blue Cross/ Blue Shield provider. Beth specializes in treatment with children and teens as well as adult depression and anxiety. She will begin accepting BC/BS clients immediately.

Ready for School?

Here are some tips to help you get back into a routine, and the kids excited about school.

Involve your child as much as possible in the preparing for school process. Have kids help pick out school supplies, prepare their lunch, pack their school bag, and pick out their outfit for the first day!

Together, set up a study area. The more input from the kids, the more interested they will be in using it to study.

Start to wake up and go to bed on the school schedule a week before school starts. One morning, take a trip to school so that your little ones will know what to expect.

2 Narrows Road, Suite C-1
Westminster, MA 01473
www.eccounseling.org

Phone: 978-874-5700
Fax: 978-874-5701
E-mail: help@eccounseling.org

211 Fore Street, Oxford, ME 04270

Phone: 207-890-1380 Fax: 207-743-0305