



Ecclesia Christian Counseling News

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

February 2009

Mother's Retreat Workshop

Our first Mother's Retreat Workshop will be offered on Saturday, March 28 from 9AM to 12:30PM. This workshop is designed to help moms learn to cope with the everyday stressors of motherhood through teaching techniques to manage stress, explore parenting styles, understand how our beliefs and values impact us and learn way to manage and organize time.

If the shrills and screams of fighting children, the never ending laundry pile, the demands for dinner, and the feeling of being out of control seem to resemble your life, you may find this workshop an asset for you and your family. Fee is \$50. Mass site only. Call for information.

I came to Ecclesia Christian Counseling with very little hope and very few expectations. I had been to counselors before and none had ever seemed to make a difference. From the beginning I knew it would be different. The first day to end our session we prayed. Every small, tiny little step in a good direction was met with a smile. I would go back in heartbeat if I feel the need to. At Ecclesia Christian Counseling I received hope and a new beginning centered around our loving God.

JP



Balloon Breathing

This exercise is great for kids to use when they feel worried, stressed, or too excited. Balloon breathing helps calm the body quickly and effectively. Here's how. Take a nice deep breath—not too fast. Now SLOWLY exhale. Breathe in again but this time, picture a balloon getting filled with air. What color is your balloon? Red? Yellow? Purple? And slowly exhale, and imagine as the balloon deflates, your stresses deflate with the balloon. Keep on breathing calmly and picturing your balloon getting filled with air, and then deflating until you feel calm and relaxed.

Two Offices, One Purpose

With the recent creation of Ecclesia Christian Counseling, persons seeking mental health counseling practiced by licensed therapists who view behavior from a Biblical understanding can be helped both in Maine and Massachusetts. Fran White, LICSW, Clinical Director, works out of Oxford ME, while Rose Marie Jackson, LCSW and Beth Henrickson, LMHC, have offices in Westminster, MA. Providing a full range of counseling services, ECC has a primary mission to serve the body of Christ, it's Pastors and servants.



Caring for the Critically Ill?

Whether you are a medical professional or personal care provider for the critically ill, Meeting the Spiritual Needs of Patients, will assist with

providing a framework for spiritual care, reviewing professional standards, identifying barriers to care and developing care plans. This two hour presentation is offered upon request to groups of 4 to 8 participants. Call to find out more information.

Four Step Biblical Approach to Quieting the Heart

1. Pray—make your requests known to God from a repentant heart. (*Php 4:6 Never worry about anything, but tell God all your desires of every kind in prayer and petition with thanksgiving.*)
2. Worship—give praise to God our Creator and Lover of our souls (*Ps 29:2 Give the LORD the glory due to his name, adore the LORD in the splendor of holiness.*)
3. Meditate—read and rest in Scripture (*Ps 131:2 I have stilled and quieted my soul like a weaned child with its mother, like a weaned child is my soul within me.*)
4. Regulate—make this approach a daily habit (*Ps 5:2 To you I pray, LORD. At daybreak you hear my voice; at daybreak I lay my case before you and fix my eyes on you.*)

Voices of Truth; Faith Overcoming Abuse • Biblical group studies in a safe, confidential and supportive environment for those harmed by abusive relationships. Call 978-230-6446

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