

cascade



The circle of healing cascades towards wholeness by the power of God

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New Beginning and a Changing Landscape

by Elaine Binnema

If you told me, a year ago, that I would be Director of Cascade Christian Counselling I would not have believed you. It amazes me when God decides something is going to happen how evident His presence is. I am so excited, pleased, humbled, and hopeful at the opportunity to service the Christian community through Cascade Christian Counselling.

I feel very blessed to be entrusted by Dick Farenhorst and the board of directors with this position and am excited to see what God has in store. My passion truly is for the Christian community of believers. I believe that clinical counselling provides a special relationship between therapist and client that God uses to unlock strongholds in Christians' lives.

I believe every individual can be in need of a therapeutic approach to deal with regular life struggles. The old idea that counselling is only for people that have *real psychological problems* is just not true. Many years ago, I attended Christian counselling for about a year. Even though I had been praying for revelation and change in my life, I could not seem to get *unstuck* from what felt like an oppressive, difficult situation. Christian counselling was the tool that God used to renew my mind and weed out the destructive thinking that had crept in over many years.

I was just talking with a client that was hesitant to go to Christian counselling because she believed that somehow she was not faithful or spiritual enough to let God redeem her perpetual issues. To go to counselling meant that she failed in her ability to give her life over to God. I want to speak against this perception because I believe it is Satan's way of keeping individuals from getting help. God has placed us within a community of

believers for a reason. We are the body of Christ and serve each other so we can all produce the fruit that is so needed. The therapeutic relationship is one type of relationship that helps in our Christian walk, within the Christian community.

“Christian counselling was the tool that God used to renew my mind and weed out the destructive thinking that had crept in over many years.”

You may wonder what the difference between Christian and secular counselling is. It is a good question because Christian counselling tends to be defined differently depending on whom you talk to. For Cascade, we define Christian counselling as counselling that is rooted in evidence-based therapeutic approaches that includes the Christian faith through the therapist's dedication as a Christian, the use of prayer for clients inside or outside the therapy room, and any client directed use of scripture and faith based discussion. It is important to use the truth of God in counselling, which is pulled from the truth of God's work and God's Word. The truth of God's work (our evidence from the world) is found in evidence-based therapeutic approaches and the truth of God's Word is found in the Bible and the work of the Holy Spirit, through Jesus Christ. The power of Christ is present to heal and produce lasting change.

When I think of my position in the body of Christ, I just smile. God called me and continues to equip me to walk along side others in times of change and difficulty. I feel so blessed and privileged to meet people in this place. Thank you for your support and continued prayer for Cascade Christian Counselling.

Dick Farenhorst Retires

It was on the 5th of April 1982 that Dr. Dick Farenhorst attended his first board meeting as the new Executive Director/Therapist for Cascade Christian Counselling Association. And, it was 30 years 2 months later on the 12th of June 2012 that Dick attended his last board meeting.

When Dick applied for the position at CCCA, attached to his resume was a document titled, "Reflections on Myself as a Christian Counsellor". In this document Dick wrote, *"I believe that as a Christian counsellor I am a servant of God, sent to do kingdom work through the provision of emotional healing to those who are needy in this area of their overall functioning."* And, *"Finally, I find it helpful to be instructed by the example of Jesus. Jesus spent a great deal of time with the burdened, possessed or sick. I believe He did this for a number of reasons, among them being: to establish an example for the rest of us; to demonstrate His concern and care for those who are hurting; to indicate He was concerned about all of our being, not just our "spiritual life", and thus, to make possible a new, whole relationship with God; to reflect the power and glory of the Father. As a Christian counsellor, I feel I must proceed in my work with this same motivation."*

For many of us who are serving and have in the past served on the board of CCCA as well as the thousands of clients who have been helped by Dick, we all have experienced this same motivation as mentioned above. Dick would always mention to us board members how blessed he was to be able to serve and conduct this ministry of mercy. As Dick has now retired from CCCA, it is my honour on behalf of present and past board members and staff, association members and supporters and the many clients involved with CCCA to be able to say THANK YOU for your years of dedicated service to this association .

It should also be noted that in the past 30 years as CCCA went through its various struggles, be it financial or difficult decision-making, Dick was always a calming influence at our board meetings, ready to give sound advice and encouragement when needed.

Although Dick has retired from CCCA, he does not plan to stop "working". As a professional counsellor, Dick will remain active in his church by serving his congregation as an ordained Elder.

We wish Dick all the best and strength in supporting his wife Jan and their two children. It is our pray that Dick may continue to serve his Heavenly Father as a *"servant of God, sent to do kingdom work through the provision of emotional healing to those who are needy in this area of their overall functioning."*

Casey Dehaas – Board chairman

Membership and Donation Drive

Our annual membership and donation drive is held each year in October. We rely on the financial support from individuals and churches as it enables us to offer help to people and provide a sliding fee scale, based on income level. We appreciate all donations large or small. If you were not contacted and would like to make a donation, please contact our office.

DID YOU KNOW we offer complimentary 15-minute consultations with our therapist? You can discuss your current situation and receive concrete answers to questions, such as:

How will counselling help me?
How long will counselling last?
What would be expected of me?

Cascade Christian Counselling Association

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