

SPRING 2013



**cascade**  
Christian Counselling Association

## ALL WE HAVE IS NOW

by Elaine Binnema

How often do you find yourself living either in the past or in the future? This happens to me all the time. Sometimes when I really want something to come, like a vacation or something enjoyable, the anticipation is overwhelming. That age old phrase, “the joys of anticipation are better than the joys of realization”, is true for me but is this a good thing?

The scripture does warn us about thinking too much about the future, specifically worrying about it. Matthew 6:34 says, “Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” What I am wondering about is how do we make our experience of the present as fulfilling and good as it possibly can be? Certainly worrying about the future is not helpful because it takes us out of the present and occupies our time with doing something that is completely unhelpful. I want to be clear that it is great to be excited and expectant of the future but we don’t want this to overtake us to the point that it steals the present away from us.

The same is true regarding ruminating on the past. I think memories are good and necessary for us to know where we have come from and to learn from our experiences. To try to *erase* those memories or experiences would be very dishonoring to our journey. However, when we start to *live* in the past

that is when it starts robbing us of the potential in the present.

I want to give you a few tools that I call *practicing being present*. If you find yourself ruminating about the future or the past and it is robbing you of experiencing the present this is what you can do. The first tool is to be aware of everything that is around you with all your senses. Examine the world around you and start to list in your mind the things you see, smell, feel, and hear. For example, if you were sitting in a waiting room, you could start to list the books you see on the table, notice the feeling of the chair beneath you. Another good way of being present is to narrate what you are doing. For example if you are washing dishes you would narrate in your mind, “I am picking up a dish, I am putting it in the water, and I am putting my hand over the dish with a cloth...”

I know this sounds somewhat absurd but they are good tools for getting you back into the present! From there hopefully you will engage in what is happening in your life at the moment, rather than ruminating on things you can’t change or a future that you can’t predict. I really want your experience of the present to be as full and meaningful as possible because, truly, all we have is now.

## WHAT DOES OUR NEW LOGO STAND FOR?

Our Name and Logo have symbolic meaning for the process of change in counselling. The name Cascade evokes a picture of moving water cascading along a brook or river. Healing change requires movement and progression. The three rings in the logo have a wave depicting this movement and they symbolize the importance of the Trinity: Father, Son, and the Holy Spirit. Water is also symbolic of the Holy Spirit who guides us in our endeavours to walk through the healing process. The green and blue colours are symbolic of the truth of God’s work in the world (green for the earth), and the truth of God’s Word from the Holy Spirit (symbolized by the colour blue).

## **DO YOU LIKE TO GOLF?**



### **Cascade Christian Counselling Golf Tournament**

ROYALWOOD GOLF COURSE –Chilliwack, BC

**Friday, May 10, 2013 at 1pm**

**Check-in at noon**

Come join us for a great afternoon of golf, dinner  
and door prizes and help support  
Cascade Christian Counselling.

Individual player fee: \$135, Foursome: \$500

Space is limited, call soon to reserve your spot!

### **ANNUAL GENERAL MEETING**

**May 23, 2013 at 7:30 PM**

**The Oasis Building at Elim Village**

Presentation by Elaine Binnema

Director and clinical counsellor at Cascade

**Topic: “Can We Talk”**

Communication & Conflict Resolution

Come join us!

### **SMITHERS CONNECTION**

By Jan Bryant

When I first met Elaine and she told me of the contract working two days a month in Smithers I was excited. The opportunity to provide counselling services at Bulkley Valley Christian School and to the community of Smithers seemed a good match for me. I travel through Smithers four times a year on my trips up north and I love this community, the landscape, the fresh air and the people.

I have been a counsellor at Christian schools for 12 years, have a private practice working with teens and adults, and teach and speak publicly on a variety of topics. It is my mission to help people understand themselves, solve problems, learn skills, and to live a life blessed by walking closely with God and being aware of His constant presence, love and support.

Flying in to Smithers for the first time in January 2013 I could see frozen lakes with houses around the edge and ice rinks shoveled off in front of a few of the houses. It made me so happy to know that children were coming home from school, lacing up their skates and playing “the good old hockey game” in true Canadian style.

I was asked to introduce myself to the High School students at chapel on my first day, then asked to also give a talk on Mental illness. I spoke about the teenage brain, what’s going on developmentally, and how to keep your brain and your friend’s brains, healthy. I thoroughly enjoyed the experience and I have been told that students are still talking about it.

In March I gave a Positive Parenting talk with a Christian perspective, in the evening at the school attended by about 40 parents.

Churches in the area support the provision of a Christian counsellor in their community and refer clients. The Baptist church provides a welcoming counselling space. I am grateful for the warm welcome and support of the church and school communities and feel truly blessed to be able to serve in Northern BC.

CASCADE CHRISTIAN COUNSELLING ASSOCIATION

#201 – 14980 – 104<sup>th</sup> Avenue, Surrey, BC V3R 1M9

SURREY: Phone 604-585-1411 Fax 604-585-1413 ABBOTSFORD: 604-854-5413 TOLL FREE: 1-877-585-1411

website [www.cascadechristiancounselling.com](http://www.cascadechristiancounselling.com)

email: [info@cascadechristiancounselling.com](mailto:info@cascadechristiancounselling.com)