

FALL 2013



cascade

Christian Counselling Association

SEASONS

by Elaine Binnema

All the signs of fall are here with the falling of leaves and the crisp weather. Soon enough we will see the first morning of snow-covered trees on the mountains making the mountains look so beautiful and different from the spring and summer. In God's creation, we see this principle of change and seasons. In the same way, our lives have seasons. Whatever the change or season is, we find the ending of some things and the beginnings of others.

It is with mixed feelings that I am leaving Cascade at the end of December. When I look back on the season of Cascade, it has been a challenging and wonderful part of my life. What a blessing to work with the clients I have and to have such a wonderful and supportive workplace. I can only thank both the administrator, Marion, and all the board members for their support and generosity. It has been such a pleasure. For all those reasons, I will miss working at Cascade greatly.

The future is exciting, as my husband I move to Campbell River to start new positions. My husband, Gerry, will be pastoring at a local

church and I will be starting a private practice to serve Campbell River and the Comox Valley. As we sell our house here and build a house there, the pending season change is all the more real. This change is exciting, scary, exhilarating, exhausting, and challenging all at the same time.

As you read this, I ask for your prayers as we seek to be a light and ministry in a very special corner of the world. We are thankful to be called to minister in this area and feel God's hand and blessing as we go forward. If you are a supporter, client, or friend of Cascade, I thank you for your prayers, support and connection to the organization.

We are so pleased to have Penny Armstrong as the new Director/Therapist of Cascade. Penny brings many years' experience in ministering as a Pastor and excellent counselling skills to the organization. God's blessing to Penny and Cascade as they go forward in a new season. Thank you again for a wonderful year.

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).

Penny Armstrong

Sometimes it is when we least expect it and aren't particularly looking for something new, that a wonderful opportunity finds us and brings to our life another layer of joy. This has been my experience these past months as I have been introduced to Cascade Christian Counselling, hired as a contract counsellor in Abbotsford and more recently accepted the position of Director.



My name is Penny Armstrong and I have been working with people for the past 30 years. I had a short career as a registered Nurse, followed by almost 30 years of being a Pastor. It was while I was in ministry, several years ago now, that I decided to go back to school again to receive a Masters degree in Counselling and added to my role, that of Therapist. The truth is, I love being with people. I am keenly interested in life stories and I consider it a privilege to journey alongside. I have learned the lesson many times over in my life the benefit of traveling the road with others, especially when the way is unclear or just plain tough going.

I think Brene Brown says it well in her book *The Gifts of Imperfection*:

"One of the greatest barriers to connection is the cultural importance we place on 'going it alone'. Somehow we've come to equate success with not needing anyone. Many of us are willing to extend a helping hand, but we're very reluctant to reach out for help when we need it ourselves. It's as if we've divided the world into 'those who offer help' and 'those who need help'. The truth is that we are both."

I like to think that I am a good therapist because I have been a good client. We all have our baggage to unpack and oh the joy of moving forward with a lighter load!

I look forward to meeting and working with Board members, staff, clients and friends of Cascade Christian Counselling Association. By virtue of its name, Cascade offers a safe place where psychology and theology intersect, affording clients the opportunity to explore, grow, and change and heal.

Farewell Elaine, Hello Penny

As you no doubt have noticed in the two articles appearing in this newsletter, changes are occurring at Cascade Christian Counselling. It was only a short while ago that Elaine took over as Director and Therapist here at Cascade, and now after sixteen months she will be leaving us. Although we would have loved to see her stay, her leaving is understandable. On behalf of the board of Cascade and the many clients that Elaine has had an opportunity to work with, we take this opportunity to thank her for the time she spent with us here at Cascade and wish her and her husband the Lord's guidance on their new tasks on Vancouver Island.

At the same time, we welcome the new Director/Therapist Penny Armstrong. Penny has been working for us as a contract counsellor in our Abbotsford office and we extend a warm welcome to her as she takes on the new role here at Cascade. Welcome Penny.

Casey Dehaas – Board Chairman

Membership and Donation Drive

Our annual membership and donation drive is held each year in the fall. 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 would like to make a donation, please contact our office.

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