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**cascade**  
Christian Counselling Association

## Fall Newsletter 2025

### Fundraising

Cascade is having it's Annual Fundraising Drive this fall and we depend on the generosity of the larger church community in order to continue to provide affordable Christian counselling on a sliding scale based on family income. If you would like to donate to Cascade Please visit our website at:  
[www.cascadechristiancounselling.com](http://www.cascadechristiancounselling.com)  
or call the office at 604-585-1411 (Surrey)



We're delighted to have Whitney join our Cascade Team. She's now working with clients in Abbotsford and has settled in wonderfully. We're so excited to have her with us!

### The Mental Health Practice of Seeing.

"It is still the first few weeks of Fall, and I've got great plans. I've been thinking about seeing. There are lots of things to see, unwrapped gifts and free surprise." I love this line by Annie Dillard in her chapter title "Seeing" in her famous book, *Pilgrim at Tinker Creek*

When I face stress or begin a day with unexplained heaviness, I am often moved toward going outside and engaging in the practice of treasuring small and singular things. Take this leaf, I noticed while walking in my back yard just yesterday, it drew me in, arrested my attention and assisted me in being present and grounded, it helped me be in my body and not in my discursive, whirling mind.

It was a moment of "sense foraging" a term coined by [Dr. Norman Farb](#) and co-authored in his book [Better in Every Sense](#). It is the practice of intentionally engaging with and gathering information from our senses to foster greater awareness, resilience, and well-being. It counteracts the common tendency to block out sensory experiences during stress, using the senses of sight, sound, smell, taste, and touch to escape rigid mental habits, connect with the present, and rebalance mental states.

It also aligns nicely with the Instructions for living a life, found in the poem "Sometimes" by American poet and [Pulitzer Prize](#) winner *Mary Oliver*.

*Pay attention.*

*Be astonished.*

*Tell about it.*

In many ways it feels like the ancient advice and prescription by Jesus to help us not stay stuck in worry and fear by considering, (taking in with our senses) the crows, the wild lilies, and the grass growing, (Luke 12:21-32). Such simple, common things but they aid in reminding you of your value, worth and special place in the family of things. I view this kind of seeing and sense forging as a mental health practice, a practice I get to enjoy and value weekly if not daily, a practice that contributes to my well-being. So, what have you been seeing recently, what small things have you been noticing, photographing and treasuring? The suggestions Jesus gave are just samples, beginning places, there is no end of what you can pay attention to. Where might you start in your journey and invitation to seeing, your mental health practice, would it be clouds or rocks and shells while beachcombing, or your pet or a favourite place by a local riverbank?

**By: Brent Unrau MA, RCC**



**ALL of our therapists offer ONLINE Counselling sessions. We are finding more often clients are wishing for online sessions as life gets even busier. For some it is because they don't have a local Christian counsellor available to them, for others it is the convenience of being able to meet anytime, anywhere.**

## The Hard Work of Waiting

We live in an instant culture, where change often feels like it's happening at warp speed — information is available at the click of a button or a voice command, packages arrive the next day (or even the same day), and entertainment is downloaded instantly. Waiting is often seen as something to eliminate — a waste of time. As a result, we may find ourselves growing increasingly impatient or even surprised that we must wait at all.

Yet waiting is an unavoidable part of life. It's fair to say that we're almost always waiting for something — news from a loved one, an upcoming event, medical test results, a relationship to improve, or perhaps just for the other shoe to drop.

How do we feel about waiting? Opinions vary: "Waiting is just part of life," "Waiting is bad," "Waiting is good."

Interestingly, the Bible references waiting quite frequently — the words "wait," "waiting," and "waited" appear nearly 150 times (depending on the translation), acknowledging the common experience of waiting in our lives here on Earth.

Waiting also comes up often in the counselling space, where it's clear just how difficult it can be. As author Mark Vroegop notes, "*we have an internal sense of how long things should take. When this is challenged or when our expectations aren't met, we soon discover a rising level of tension.*" (Vroegop, *Waiting Isn't a Waste*, 2024). That tension often gives rise to emotions like anger, sadness, and worry — all of which can be difficult to manage if left unacknowledged.

We humans generally like to feel in control — to predict what's coming. Waiting challenges that, often confronting us with uncertainty and feeling a loss of control. It can feel destabilizing, even vulnerable, as if we're at the mercy of forces outside ourselves.

Sometimes, the waiting involves real delays and disappointments. In some Bible translations, the word "hope" is used in place of "wait" — highlighting how closely the two are connected. Waiting can wear on us deeply: "*Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.*" (Proverbs 13:12, NIV).

What can we do when the waiting becomes hard?

A helpful place to start is by remembering that waiting is normal — a common, if sometimes unwelcome, part of life. If you're waiting, you're not alone. It's part of our shared human experience. Waiting in life is not an "if" but a "when." So the question then becomes: *how* do we wait?

Rather than seeing waiting only as wasted time, we might ask: are there any benefits to it? Patience, after all, is listed as the fourth virtue in the fruit of the Spirit (Galatians 5:22, ESV). Other translations use words like "forbearance" or "longsuffering," which paint a vivid picture of how demanding — and formative — waiting can be. While it's rarely easy or enjoyable, gently shifting how we view it can make a difference. As Jen Wilkin reflects: "We have much to learn from plotlines that are slow to resolve, from dissonance that settles in like dense fog, from circumstances that take longer, and we expect and ask more than we can bear." (in Vroegop, 2024)

Waiting can also be an opportunity to reflect on our expectations. We all carry them — sometimes without even realizing it — and they can quietly influence how we feel and respond. Naming those expectations (e.g., "I shouldn't still be struggling with this") can help bring hidden thoughts and emotions into the open, along with insight and clarity.

And waiting doesn't have to be done alone. It's normal to feel sadness, anger, frustration, anxiety, or even hopelessness amid seasons of waiting. The questions we carry — "When will things get better? Will they ever get better?" — are deeply human ones.

Having someone to share our concerns with — someone who will listen, validate, and hold space — can be incredibly sustaining. Whether it's a trusted friend, a group of others facing similar challenges, or a counsellor, letting someone in can make waiting more manageable. It can turn an isolating experience into one marked by presence and support.

Waiting can be very hard. But we don't have to do it alone. And maybe, in the waiting, we can discover not just patience — but something deeper, too: hope.

**By: Jacoba Leyenhorst MA, RCC**