



CHRISTIAN
COUNSELLING
OTTAWA

December 2016 Newsletter

Founder's Corner

Roger Moyer

A Metaphor of Hope

A chilling breeze sweeps over the autumn landscape as Daylight bows to Darkness in the battle for supremacy. Shrubs, vines and flowering bushes in the parks and gardens of the city have shed their royal vestments exposing their gnarly undergarments of twigs and branches. Stately trees stand exposed in stark, naked relief against the gray of a late November sky. The carefree days of summer are but a distant memory. Nature is cold and dormant.

Then it happens! Just as winter has successfully forced the life of Nature underground, a cosmic event is recalled. Creation quivers in its sleep. Something contagious is in the air. Even those who know nothing of the meaning of the occasion feel it. For a brief moment, we come out of ourselves – out of our slumber, so to speak. We greet one another. We connect. We give gifts. We pronounce blessings . . . It's Christmas!

Emmanuel! . . . God with us! . . . The long-awaited Saviour makes his appearance.

A Harbinger of Spring in the dead of Winter! . . . Finally!

Then . . . crippling shock! Hope dies on a rugged, Roman cross beam.

So much for Spring! . . . So much for Hope!

Just as despair once again begins its numbing descent, it is met by a disturbing rumour.

Another false alarm? . . . Another cruel joke?

Not this time. In fact, not the last time either.

Winter? . . . Tragedy? . . . Death?

Not what they first appear to be.

Not endings! Not finalities! But Passages!

Hope? . . . Really? . . . Yes!

“I am the resurrection and the life!”

Christmas Campaign 2016



CCO launched its annual Christmas Campaign on 16 November 2016. Already many have responded. However, we are far from meeting our **Campaign Goal of \$15,000**, representing approximately 300 subsidized sessions (the average subsidy is about \$50.00) or a third of our expected need for subsidies in 2017.

Based on the average client need, a gift of **\$100.00** could help an individual or family to move one or two sessions closer to resolving the challenges they face. A gift of **\$500** could provide enough sessions for two clients to move through a particular difficulty.

As the Christmas season unfolds, we are much aware that the need for psychotherapeutic counselling is large and growing. Many of our friends, neighbours and acquaintances are suffering – often in silence, as they try to deal with anxiety, depression, abuse, trauma (including PTSD) broken relationships, addictions and other issues.

While Christmas toys and turkeys may bring short lived happiness, the gift of mental health will continue throughout the year. As you consider your year-end charitable giving, we would ask that you help us to continue to bring peace to hearts and homes by donating to the CCO Subsidy Fund.

To make a donation, go to [our website](#) or send your **cheque** to:

Christian Counselling Ottawa
Suite 303, 63 Glencoe Street
Ottawa, ON, K2H 8S5



Donate Now to the Christmas Campaign!

Board Business

Welcome New Director!

The CCO Board of Directors is pleased to announce the appointment of **Ron Kaden** as its newest director. Ron is a retired public servant and Human Resources consultant with extensive experience managing employee health and benefits programs and workplace health issues. He has served as a board member and president of NGO volunteer organizations and public sector organizations. He attends

Cedarview Alliance and serves as a volunteer with **Compassion Canada, Christians Against Poverty** and **Jericho Road Ministries**. His life-long goal is to be engaged in issues that affect people in the workplace and programs that support child and youth development.

Current CCO Board of Directors

Chair: Dennis Nazarenko
Vice Chair: Rosanne Wall
Secretary: Stuart Morrison

Director: Roger Moyer
Director: Jon Fish
Director: Ron Kaden

3rd Annual Trivia Fun Night Ground Hog Edition



On **Saturday, February 4 from 7-10:00 pm** at **Cedarview Alliance Church**, 2784 Cedarview Rd, Nepean, ON K2J 4J2, join Christian Counselling Ottawa (CCO) for our **Third Annual Trivia Fun Night** as we host an evening of team trivia. You can form your own team or sign up as an individual, and we will place you on a team. Teams are encouraged to adopt a team name and theme. Dress up in your chosen theme for even greater impact!

All ages are welcome to attend. We have at least one team of teenagers who have already entered their team into the mix and who are committed to showing what Generation Alpha can do. Are the other age cohorts ready for this challenge?

Individual tickets are available for **\$15.00** and can be purchased through Eventbrite or through the CCO Main Office at Suite 303 63 Glencoe Street (**613-729-8454** and **intake@ccottawa.ca**) or from individual Board Members.

Proceeds will go to the **CCO Subsidy Fund** to help those who can't afford counselling

get the counselling they need!

There will also be a silent auction and prizes. Each player who brings a donated item for the silent auction (suggested minimum value \$10) will be awarded bonus points for their team!

Snacks will be available for purchase. An opportunity to donate to CCO will also be available.

We look forward to you joining us for this fun event in support of a worthy cause!



Triumphant Quartet Returns in 2017!

For Triumphant Quartet Fans and Soon-to-be Fans

The Triumphant Quartet will return to Ottawa on **Friday 22 September 2017**. Join us at Cedarview Alliance Church at 6:45 – in just 10 months time.

Three Unique Christmas Gifts

Do you have someone on your Christmas list who is difficult to buy for or for whom you would like a special unique gift? Why not consider:

1. Gift tickets to the CCO Trivia Night to be held on Saturday 4 February 2017 at Cedarview Alliance Church
2. Gift Tickets to the Third Annual Ottawa Triumphant Quartet Concert to be held 22 September 2017 at Cedarview Alliance Church; Tickets can be purchased on line through Eventbrite.ca or call the CCO Office at 613-729-8454 to purchase special Christmas design tickets.
3. The gift of mental health – Make a donation in the name of your Gift recipient. Call CCO to arrange special cards to acknowledge the gift and to confirm to whom receipts should be sent.

CCO Therapists

Congratulations to Carlyne and Cally who received their Certificates of Registration with the College of Registered Psychotherapists of Ontario and now have the right to use the post nominal RP (Registered Psychotherapist).

Congratulations to Sandra and Elizabeth on completing Phase 1 training in “Brainspotting”, an evolving therapy which is proving effective in resolving issues related to deep brain trauma such as that experienced in cases of Post Traumatic Stress Disorder (PTSD).

Thanks to Church and Ministry Partners

We are grateful to all of our church partners and would say a specific thank you this month to:

Arlington Woods Free Methodist Church
Barrhaven Fellowship Christian Reformed Church
Cedarview Alliance Church

CCO Pembroke Divisional Office

Daniel Parker serves Pembroke and area clients at our Christian Counselling Ottawa office located within the Robbie Dean Centre, 715 MacKay St., Pembroke, Ontario.

Pembroke Subsidy Fund

Churches and individuals who wish to donate funds to help Pembroke and area individuals requiring subsidies to access CCO services may do so by making donations to Christian Counselling Ottawa. **Please designate your donation "For Pembroke clients"**. Charitable receipts will be issued and funds will be designated for use in the Pembroke area.

Prayer Partners

Please pray for our clients, therapists, support staff, the CCO Board, other volunteers, donors and other partners in ministry.

How Can I Help?

- **Donate to the Christmas Campaign**
- Sponsor a client
- Be a Prayer Partner
- Join the Board of Directors
- Be a volunteer
- Help reduce mailing costs by sending us your email address

The CCO Subsidy Fund: Four Ways to Donate *for Christmas!*

1. Use our secure online site: christiancounselinggottawa.ca - go to the **Donate** tab and follow the instructions
2. Mail cheques to Christian Counselling Ottawa, 63 Glencoe Street, Suite 303, Ottawa, ON, K2H 8S5
3. Use www.CanadaHelps.org. CCO is a participant in this e-giving mechanism. *There is a special opportunity to make your donation in memory or in honour of a loved one!*
4. Donate through the **United Way**: your United Way pledge form must specifically designate Christian Counselling Ottawa and provide the charitable registration number 10780 5806 RR0001

Donate Now to the Christmas Campaign!

Spread the Word!

Do you know someone who would like to receive our newsletter?

Tell your friends that they too can receive free newsletters to help them keep up with CCO happenings! Contact CCO today to subscribe to the Newsletter. You can unsubscribe at any time.