



CHRISTIAN
COUNSELLING
OTTAWA

Newsletters

September 2019 Newsletter



Founder's Corner

Roger Moyer

The Carousel: A Metaphor of Repetition

Round and round it goes, ever encircling the mind-numbing, cacophonous sounds of the Kalliope. A perfect example of motion going nowhere

From the perspective of the carousel, life can sometimes feel like that ... a repetitive cycle of sameness – same daily routines; same holidays; same celebrations; same events in endless, monotonous repetitions. The year-long yearning for spring that dogs our steps through the slush and snow of winter, finally gives way to a long-anticipated spring and summer before fading into the mists of autumn ... then winter once again. The carousel never stops.

But, dare to step off the carousel. Now, in this semi-stationary environment, consider the spiritual values you espouse? What motivates you? What gives direction to your life? Whether you are aware of it or not, these high-level values and motivations produce consequences in the lower levels of your daily routines. If, for example you say you love God (high level), does your talk show

it when you speak of someone who hurt you (low level)? An honest conversation between values and behaviour will reveal new insights and new behaviours, provided you are willing to examine the values and learn from their lower-level implications. It's an inside out process. It's the Word becoming flesh – the process of the replication of God's nature in ours. This kind of evaluation will never occur on the carousel.

So it's time to get off the merry-go-round. Fall is approaching with its myriad challenges and opportunities. It's time to ask yourself some important questions. How will you structure your time in order to avoid the carousel? With church and community programs starting up, what service might you offer? To what might you have to say "no?" If you are recently retired, how will you fill those now-free hours? Retirees have many transferrable skills to offer the church and the young. To what particular, neglected quality of the Spirit will you direct your attention? How will you schedule quality time with your children? They will soon be back in school learning many new and exciting things, some of which will require serious conversations at home to provide perspective. *Never forget*, we live in a world governed by secular values. Its messages *must be evaluated*.

The carousel will continue to turn, but it will slow sufficiently to allow the larger events to find their proper place in the months, weeks, days and moments of daily living. The moments are of particular importance, for they are the miniature playing fields on which the Spirit wrestles with our spirits in engagements of transformation until that day when, in the presence of God, we finally get it right.



Triumphant Quartet 2019

ONLY 17 Days until our Annual Triumphant Quartet Concert which takes place will take place on **Saturday**, 21 September 2019 at 6:30 at Cedarview Alliance Church, 784 Cedarview Rd, Nepean, ON. Doors open at 6:00 pm. Come early to ensure full seat selection and an opportunity to shop for the latest Triumphant Quartet recordings and memorabilia.

In 2018, the Triumphant Quartet ministry and fundraising Concert provided enough funds after all expenses to deliver 275 – 300 subsidized sessions for those who would not otherwise have been able to afford the mental health support through psychotherapy they needed. This significant contribution to the mental health of members of our various communities of interest produced priceless results.

We know that many of our clients have come through difficult times to again thrive. Families and other relationships have been restored. Couples have seen their once loving relationships put back on track. These are good news stories. But..... not all the news is good. Many clients continue to struggle under an intense burden as they

work through the healing process. Growing numbers of members of the community at large are waiting to start this healing process. The need is great.

Tickets for the 2019 Concert are available on Eventbrite or by connecting from the Christian Counselling Ottawa website: christiancounsellingottawa.ca at a cost of \$30 each. This year we are providing a buy 4-Get-8 offer. This special offer allows you to easily (and economically) invite your friends to join you for what we expect to be a great ministry event and the best TQ Concert yet!

The Ottawa Concert features:

Eric Bennett – Bass Singer	David Sutton – Tenor Singer
Clayton Inman – Lead Singer	Scotty Inman – Baritone Singer
With: Aaron Dishman - Piano	Adam Bradford – Sound Engineer

All supported by:

Jamie Bramlett – Bus Driver and Shari Pickel – Office Manager

Plan to join us for this amazing ministry and musical treat.

2019 Trivia Night – The All Saints Day Edition

Plan to attend our fifth annual **Trivia Fun Night – the All Saints Edition** on Friday, 1 November 2019 at Chapel Ridge Free Methodist Church, 5660 Flewellyn Road, Stittsville, ON, K2S 1B6.

As in the past, Trivia Teams eight (8) players will test their knowledge as they enjoy fun, fellowship, Trivia snacks and feisty competition. The cost is \$15/player. You can register as a Team of eight or come prepared to join others in making up a Team. Tickets are available at the door or through Eventbrite.

Doors open at 6:30 and the games begin at 7:00.

The evening will consist of three rounds of 20 questions each. Bonus points will be awarded to teams that bring and register at least four items (minimum \$10.00 each) for the Silent Auction, for team spirit, sportsperson like conduct and originality in team names (you select your own team name and costumes are always welcome). There will be door prizes, snacks for purchase and some guaranteed fun.

If you plan to bring Silent Auction items, please contact Rosanne at wall.rosanne@gmail.com. While it is helpful to have Silent Auction items registered in advance, you can bring items on the night of the event.

The Therapists' Corner

Welcome: to our new Placement students:

- Lori Pinksen, Yorkville University
- Sara Tawadros, Tyndale University College
- Lindsay Malleck, Saint Paul University

Board News

Wanted - New Directors: The Board's continuity plan calls for recruiting at least two additional directors in 2019 and will require two more new directors to fill expected vacancies in 2020. If you are a practicing Christian; have financial, organizational planning, communications or business experience; have a desire to serve in the Christian mental health arena; and have an average of five hours a month that could be dedicated to CCO, please consider joining our Board of Directors. To start the process, send a short resume to ed@cottawa.ca.

While the Board is busy preparing for the Triumphant Quartet Concert on 21 September, our Strategic Planning session in October and the Trivia fundraiser in November, thanks to the many volunteers who help with fundraisers, the board is able to concentrate on setting the direction for the organization. Hopefully our new directors will be in place in time for the October planning session.



Thank You to Our Church 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
Calvary Christian Reformed Church
Kanata Community Christian Reformed Church
St. Peter and St. Paul's Anglican Church

Sponsor a Client

Did you know that you can pay to directly assist specific individuals with the cost of therapy?

Go to christiancounsellingottawa.ca and click the Donors and Sponsor tab for details. Please note that payments for named individuals are considered gifts and do not qualify as charitable donations.

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

- Sponsor a client
- Be a Prayer Partner
- Join the Board of Directors
- Be a volunteer
- Help reduce mailing costs by sending us your e-mail address

The CCO Subsidy Fund: Four Ways to Donate

1. Use our secure on line site: christiancounsellingottawa.ca - go to the Donate Tab and follow the instructions.
2. Mail cheques to Christian Counselling Ottawa, 63 Glencoe Street, Suite 303, Ottawa, ON, K2YH 8S5.
3. Use www.CanadaHelps.org. CCO is a participant in this e-giving mechanism.
4. Donate through the United Way: Your United Way pledge form must specifically designate Christian Counselling Ottawa and provide the charitable registration #10780 5806 RR0001.



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 the keep with CCO happenings. Contact CCO today to subscribe to the Newsletter. You can unsubscribe at any time

Next Newsletter: October 2019

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