



CHRISTIAN  
COUNSELLING  
OTTAWA

Newsletters

## ***Happy Easter from Christian Counselling Ottawa!***



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***Founder's Corner Roger Moyer***

*Easter: God's Answer to Good Friday*

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*It seems particularly fitting for us who live near the 45<sup>th</sup> parallel north that Good*

*Friday and Easter show up on the calendar when they do. Heavy outerwear, having fulfilled its annual service is stored in closets and winter boots no longer clutter entryways. The frozen earth has loosened its grip on dormant life allowing it to awaken once again. From front yard gardens and walkways, tulip, daffodil and iris greet passersby, and the anticipation of family gatherings on sunny backyard decks and beachfronts create visions of an impending, eternal summer. For me, spring has always brought with it a sense of cheer, gladness and renewal.*

*In Christendom, we know the story well: Jesus' sacrificial death abrogated the law that demanded the death penalty for our rebellion and sin. His resurrection abolished the stranglehold of death, insuring that though our mortal bodies die, we shall one day, with new bodies live again.*

*That's the narrative. We hear it every year. For most of us, it's a familiar story with comforting words, but whose profound significance is easily missed.*



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**Friday: Devastation**

Horror ... Grief ... Despair

A friend. A son. A presumed saviour

**Sunday: Death Defeated**

Astonishment ... Wonder ...

Exhilaration

is nailed to a rugged crossbeam and left to die.

The physical suffering was excruciating. Think of it: spikes driven through your feet and hands. Why would God allow that? Though there is more that we don't know than there is that we do, we can surmise two things: first, God's love for his human creation is immense. Second, it appears that there was no other way to atone for our sin.

### **Sin and Death**

Jesus died to break the stranglehold of evil – that deep-rooted, rebellious nature or principle that drives our resistance to God's sovereignty. His sacrifice was a paid-in-full act that forever satisfies the requirement of blood for the remission of sin (note the prophetic message of Isaiah 53:6). The penalty for the commission of sins past, present and future has been paid. It is a gift offered to all who will receive it. The full meaning of Friday becomes clearer and more personal when we recognize the depth of our own unworthiness *as measured by the immensity of Jesus' suffering*. The Holy One who knew no sin was contaminated by the very sin for which he came to atone. He, on our behalf suffers its penalty. That, as I understand it is the bare bones meaning of Friday.

### **Saturday: Disorientation**

The stone that guarded the entrance has been moved revealing an empty tomb.

Friday was a dark, somber day; Saturday was disorienting, but the dawning of Sunday sent shock waves through the small community of disciples. First reports by Mary and the other women created a kind of hopeful disbelief that drove Peter to the tomb to see for himself. What he found was exactly as reported. The stone guarding the tomb was moved away from the entrance. The linen grave clothes lay limp and vacant on the stone slab, and Jesus was nowhere in sight.

Then the report of the Emmaus Road disciples, Mary's encounter with Jesus at the tomb and his several appearance to other believers settled the matter for all but Thomas. His earlier words make sense now. He has risen just as he said.

Christ's resurrection comes with an invitation and a promise: an invitation to believe and follow, and the promise of eternal life on the new earth, the experience of which will tax the capacities of every sensory portal. Imagine: myriad expressions of beauty and pleasure ever new; work without weariness; self-expression without inhibition, and exposure without fear thanks to our risen Lord. What is Easter's answer

Confusion ... Disappointment ...  
Despair

We thought you were the Christ.  
Why? How? What now?

What were they to think? The one in whom they had placed their trust, whom they had confessed as the Christ, in whom they had fixed their hope for the redemption of Israel, now lay embalmed on a stone slab in the company of the millions who died before him. No difference. No dramatic rescue. No kingdom.

Three years of close contact with Jesus whom they had come to believe was the true Son of God. Three years of observing miraculous deliverances from disease, blindness and death. Three years of friendship. Three years of anticipation.

Saturday was cloaked in disorientation and disappointment.

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to Good Friday? Just this: Grace has embraced Justice and given wings to hope.

*I am the resurrection and the life!  
He that believes in me will live, even though he dies; and  
whoever lives and believes in me will never die.*

- Jesus



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## Triumphant Quartet 2019

Our Annual Triumphant Quartet Concert will take place at 6:30 on Saturday, September 21, 2019 at Cedarview Alliance Church, 784 Cedarview Rd, Nepean, ON.

In 2018, this CCO fundraiser provided enough funds after all expenses to provide 275 subsidized sessions for those who would not otherwise have been able to afford the mental health support through psychotherapy they needed.

Tickets for the 2019 Concert are now available on Eventbrite or by connecting from the Christian Counselling Ottawa website: [www.christiancounselinggottawa.ca](http://www.christiancounselinggottawa.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 the best performance yet!

The Ottawa Concert features:

Eric Bennett – Bass Singer  
Clayton Inman – Lead Singer

David Sutton – Tenor 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.**

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### *The Therapists' Corner*

**Farewells:** This month we say farewell to our three placement students, Margie, Brandi and Alexia. All three have completed requirements for receiving a Masters in Counselling and Spiritually from St Paul University.

**Welcome New Therapists:** We are pleased to welcome to our Team, two new therapists: Brandi and Alexia – yes, the very same Brandi and Alexia who just completed requirements for their Masters degrees. The two are in the process of registering with the College of Registered Psychotherapists of Ontario and will be working with individuals, children and couples commencing 1 May 2019.

### **Congratulations**

Congratulations go to Jen on moving from Registered (Qualifying) to full registration with the College of Registered Psychotherapists (CRPO).

Congratulations to Joanne on assuming the role of Clinical Director. Joanne has been with CCO for almost 20 years and over her career has continued to hone her skills and understanding of psychotherapy.

As we say congratulations, we would also recognize our outgoing Clinical Director, Elizabeth. Elizabeth has over 20 years with CCO as a therapist and has ably filled the Clinical Director's position for the past five years. Elizabeth decided the time was right to cut back on her working hours so rather than seeing fewer clients decided to step back from her supervisory duties.

## Welcome New Director

The Board of Directors is pleased to welcome its newest member, Karen Fishwick.

Karen currently works for IBM in Ottawa and has filled multiple roles with the company over the past 10 Years. Prior to joining IBM, she did a variety of jobs with different companies in the Ottawa area. She spent the majority of her career as a software trainer and consultant and has always worked for technology companies. Outside of work she is a wife and mom of twins. She enjoys skiing, cycling, hiking, camping, travelling, gardening and volunteering with church and community organizations. Karen and her husband and children live in Osgoode and attend Trinity Bible Church of Ottawa (TBCO).

## Board News

The Board “Bench Strength” is growing. In addition to welcoming Karen to the Board the directors are pleased that Alexander (Sandy) Davidson has agreed to continue to serve as an advisor. Sandy has a long history with the Board and brings both the historical perspective and an outstanding knowledge of governance and charities to the table.

As well, the Board is happy that the dynamic duo of Paul Hill and David McKendry are continuing their efforts as fundraisers as they work to organize the Triumphant Quartet Concert planned for 21 September 2019 and to create an even bigger multi group Concert in 2020.

**More Directors:** The Board’s continuity plan calls for recruiting at least two more directors in 2019 and will require two additional directors to fill planned vacancies in 2020. If you are a practicing Christian, have financial, organizational planning, communications or business experience; a desire to serve in the Christian mental health arena; and 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 CV to [ed@ccottawa.ca](mailto:ed@ccottawa.ca).

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## **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  
Barrhaven Fellowship Christian Reformed Church  
Christian Reformed Church of Williamsburg  
Parkdale United Church  
St. Peter & St. Paul's Anglican Church  
Vankleek Hill Baptist Church

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## **Sponsor a Client**

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

Go to [christiancounsellingottawa.ca](http://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](http://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](http://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.
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### **Spread the Word**

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

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**Next Newsletter:** June 2019

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