



VALLEY CHRISTIAN
COUNSELING CENTER INC.

A Journey for Grace & Healing.

August, 2014

*"Our counselor
helped us realize
those attractions
were still there, they
just needed to be
uncovered."*

August 2014 Inside This Issue:

No Selfies. No Kittens. Just Encouragement.	2
Conversations Worth Having	2
Upcoming Events	2
Breaking the Silence	3
Celebration of Music	3
Golf Tips for 2014	4

Nothing To Save. An Anonymous Testimony

About seven years ago my whole world changed with the appearance of another woman in my life. A relationship ensued that eventually was uncovered by my wife. This resulted in our separation.

I had convinced myself it would never work again with my wife. I felt that my kids would be fine, that I was still their Dad and our relationship would not change. My mind was made up and there was no turning back.

About four months into the separation a couple of respected men from my church suggested that before I made a final decision I should attend some counseling sessions at Valley Christian Counseling Center. In my mind it was to just seal the deal that it would never work between my wife and me. Based on that belief, I agreed to go with my wife to see a counselor at Valley.

My intent was to show that there was nothing to save. Given this I still agreed to come back for another session. Then another session and another.

Over time I learned many things about both of us and what led to our separation. "I never went looking for someone" I learned is very common. What happens is two people grow apart because of kids, how we treat each other, and losing that attraction from years before because of daily life. Then someone else is right there and she fills the void that no longer is being provided by our spouse.

The counselor helped us see how we had begun to drift apart. Then

she began to not only show why but how to move back closer than ever before.

We were taught by the counselor that men need respect from their wives and women need love from their husbands. She instructed us to spend one hour per week meeting over coffee, a meal, or a beer to talk and spend time together. As time went on, this was not an hour but entire evenings spent out together.

I was starting to remember why we were attracted to one another when we first began dating. These nights out went from one a week to two to three. To this day we continue to have a night out once a week. The counselor was instrumental in getting us to see why we had started dating many years ago and helped us realize those attractions were still there, they just needed to be uncovered.

Our counselor saved our marriage by being persistent, praying with us, and inspiring us to do what is right. I went from having no interest in resolving our differences to moving back in with my family after about six months of separation. To this day we continue to try to give each other what we need – love and respect, the principles our counselor shared with us. We at times fall short but marriage is not a destination, it is a journey; a journey worth living together."

No Kittens. No Selfies. Just Encouragement.

Upcoming Events

Golfing For Grace & Hope.

2014 Tournament

Friday, Sept. 12
Moorhead Country Club

The Silas Initiative

Sunday, Sept 24
Calvary United Methodist Church

Celebration of Music;

A Hymn Sing
October, 19th
Calvary Church at Village Green

Music on Mondays, talks about teens on Tuesdays, wedded bliss on Wednesdays, and unfortunately that is where the alliteration ends. However, our Facebook posts continue for the entire week.

Fill your Facebook homepage with inspiring quotes and articles that discuss issues, struggles, and challenges that we all face. On Thursdays you can find out about how your mental and physical health go hand in hand and on Friday you can find encouragement from the scriptures. On Saturdays we look for you to join in on the conversations!

The layers of stigmas that surround mental health are slowly being removed, but it continues to feel a bit taboo. Our belief is that there should be no shame or guilt tied to mental illness. These are not problems that should be swept under the rug or spoken about in hushed tones.



It is always your right to keep a struggle private and only share with a trusted few, but no one should ever feel like they have to keep it quiet due to shame or fear.

We want to make mental health easier to talk about. This is why our Facebook page is place of helpful conversation and encouragement.

Make sure to visit our Facebook page and together we can form a community of health and healing.

[Facebook.com/ValleyChristianCounselingCenter](https://www.facebook.com/ValleyChristianCounselingCenter)

Conversations Worth Having.

What do post partum depression, the death cycle of a marriage, male depression, and talking to your kids about sex have in common? They have all been topics that counselor Heather Bjur has discussed while on ND Today.

Two of her recent talks were about having “the talk”. On May 20th she joined Chris and Andrea on a discussion about talking to your kids about sex, and later on June 5th she talked specifically about talking to your teens.

Some of her advice is to set the bar high. Our teens are achievers and if you set a big goal they will strive to reach it.



There is no “unrealistic” goal and abstinence is a reality. She also shares with us a study by MTV to see who had the most affect on how teens viewed sex. MTV believed that celebrities would be the number one influencer, but after running the survey twice they found that parents ranked first and teachers were second.

You can watch Heather's conversations on ND Today's website, under their list of daily segments. Her latest talk was on July 9th.

Infertility, post-partum depression, abortion recovery, anxiety, and depression are on Heather's areas of interest. You can find out more about Heather and all of our amazing counselors on our website.

Breaking the Silence.

Lorelee Benz is a former board member of VCCC and she shared a part of her story in our previous newsletter. She knows the pain of losing a loved one to suicide and she has turned this pain into a passion for helping others.

"Paul and Silas were praying and singing hymns to God...Suddenly there was an earthquake, so violent that the foundations of the prison were shaken; and immediately all the doors were opened and everyone's chains were unfastened." – Acts 16:25-26 (NRSV)

A community-wide service of worship and prayer for persons who have been affected by suicide will be held Sunday, September 14, at 7:00 p.m. at Calvary United Methodist Church, 4575 45th Street South in Fargo.

The event is organized by the Silas Initiative, a local effort to mobilize churches to fast and pray during National Suicide Prevention Week, September 8-14.

"Suicide has been described as a 'silent epidemic,'" said Lorelee Benz, the Silas Initiative's founder. "Many people are uncomfortable talking about it because they're not sure what to say or how others will react. This prayer service is an attempt to break the silence."

We hope to give people a safe place to grieve, and at the same time raise awareness among churches and encourage them to support those who have been touched by suicide with prayer and compassion."

Benz will provide daily devotions and suggested prayer points during National Suicide Prevention Week for anyone who would like to join the campaign to pray throughout that week.

For more information, email her at silas.initiative@gmail.com or visit their Facebook page at www.Facebook.com/SilasInitiative.

The Silas Initiative



Celebration of Music.

"Life is like a piano: the white keys represent happiness, the black keys show sadness. But as you go through life's journey, remember that the black keys make music too."

— Anonymous

There is a power behind music. It can help us through the good times and bad times. It can give us hope and lift our spirits. Music is even more powerful when it is about our all-powerful God.

Come and celebrate with us the power of music on Sunday, October 19 at 4:00 p.m.. It will be a time for you to lift your voice and sing as well as sit and enjoy music performed by One Fine Day with Taunya Todd, Radio Starts Duo

with Merryl Piepkorn, Pete Erickson, and other talented artists. The event will take place at Calvary Church at Village Green.

There will be refreshments and a time of fellowship to follow.

For more information please feel free to contact VCCC at 701.232.6224 or email us at VCCC.Contact@gmail.com.



VALLEY CHRISTIAN
COUNSELING CENTER INC.

509 25th Ave N
Fargo, ND 58102



VALLEY CHRISTIAN
COUNSELING CENTER INC.

Golf Tips for Your 2014 Season

"Golf is a fascinating game. It has taken me nearly 40 years to discover that I can't play it."
-Ted Ray

"The most important shot in golf is the next one."
- Ben Hogan

"The more I practice, the luckier I get."
- Gary Player

"Don't play too much golf. Two rounds a day are plenty."
-Harry Vadron

"The worst club in my bag is my brain."
- Chris Perry

"It is good sportsmanship not to pick up lost balls while they are still rolling."
- Mark Twain

"I have a tip that can take five strokes off anyone's golf game: It's called an eraser."
- Arnold Palmer

"There is no better round of golf than one played at Moorhead Country Club on September 12, 2014 and all to support a great cause. *Golfing for Grace and Hope* golf tournament. I will see you there!"
- Dan Borsheim

To request more information about the 2014 *Golfing for Grace & Hope* event you can email Kristin at VCCC.Kristin@gmail.com or call our office at 701.232.6224 and leave your name and contact information.