



VALLEY CHRISTIAN
COUNSELING CENTER INC.

A New Year of Grace & Healing

March 2015

We Wondered “How?” You Answered “Me.”

Last year as we saw our client base grow. We wondered how we could help them all. Your support makes a difference.

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Upcoming Events

**Mental Health
Awareness Month**
May, 2015

May Event
May, 2015
(More information to
come!)

**Golfing For Grace
& Hope**
September, 2015

In 2014 we watched as God’s children came through our doors searching for healing. We had months where we were busier than we ever imagined possible. Last year we saw 6,439 appointments, our highest yet.

We wondered how we would be able to help so many. On average, Valley loses \$10 per appointment.

VCCC. We see them as a partner in caring for the greater community and are so thankful for God’s provision of the gifted staff of Christian counselors.”

Thank you to everyone who gave in 2014. The support you provided throughout the year blessed us immensely. You help us provide financial assistance to those who would otherwise

“Twenty-Five years ago a pastor of a larger church called and asked me if I knew of a good Christian counselor. The closest one was in Fergus Falls, an hour away.”

In 2014 we saw people hurting, but we also saw God’s blessings. **Your support made it possible** for us to provide a place of grace and healing for so many. Your year end gifts of \$26,360 in December will help us bring God’s healing through 264 counseling sessions.

Pastor Jeff Seaver of Triumph Lutheran recently shared with us his thoughts on having a Christian counseling center right here in Fargo. *“Over 25 years ago a pastor of a larger church called and asked me if I knew of a good Christian counselor. The closest one was in Fergus Falls, an hour away. How grateful I am today that we can refer with confidence to*

never afford counseling. It is because of you that we do not have to turn people away.

Pastor Jonus Bundy of Bethel Church said, *“I regularly meet people who are looking for hope in life’s dark valleys. I know when I refer a person to VCCC they will find hope and peace in the person of Jesus.”*

If you would like to learn more about how your gifts of \$10 or more helps our mission, please contact us.

Our CEO, Dan Borhseim, and our Fundraising Coordinator, Kristin Fraser can both be reached at 701.232.6224. You can also email Kristin at vccc.Kristin@gmail.com

Giving Hearts Are Giving Life

Giving Hearts Day was a day of fun and health, but more importantly it was a day that will impact the lives around us.

The second leading cause of death for 15 to 24 year olds is suicide. This February through Giving Hearts Day you provided 3,109 chances for healing and hope to conquer depression and darkness.

“The first thing I wrote today was my stepson’s obituary. Exactly one week before his 24th birthday, Rory calmly and determinedly carried out a plan to end his life.

Rory could not see the beauty others so easily identified in his soul. He did not believe he was worthy of the love and care that so many extended to him.”

This testimony was shared with us over a year ago. However, the pain and tragedy of losing a loved one to suicide is as relevant as ever. Helping people through their depression, anxiety, and self harm is one of the reasons we are here.

You are the reason we can help so many escape from the darkness that this world is crushing them with. Your support through events, such as Giving Hearts Day, allows us to be a safe place of grace and healing.

We were overwhelmed with your blessings on February 12. Your gifts on Giving Hearts Day totaled \$31,091 (including our \$15,000 match). Every \$10 you give, helps us to provide a counseling session. That equals 3,109 hours of our counselors pouring love and wisdom into the lives of those who may need it the most.

The testimony continued and the writer expressed a message that we here at Valley hope to communicate to every hurting soul. *“What I wish I could still say to Rory, I say now to anyone who will listen: God loves you. He created you with infinite care and intention. He is delighted that you are his child.”*

If you gave online during Giving Hearts Day, thank you, thank you, thank you. If you did not have time to give on February 12, your gift is always welcome and will give healing to someone who desperately needs to hear a message of love.

Your giving heart can give someone new life.



Our staff, counselors, and friends took over a treadmill at Courts Plus on February 12 for 12 hours to raise awareness for mental health. Pictured above is CEO Dan Borsheim, Ivan the Joggler, and Mark Knutson.

If you are reading this you have probably realized that we here at Valley Christian Counseling Center have sent you a newsletter. Last year we decided that we wanted to have more conversations with you, our supporters and friends. You have also probably realized that these newsletters appear to arrive in your mailbox rather infrequently. Let us explain!

In 2015 you can look for a newsletter in March (this one!), April, October, and November. You may be thinking, “Wait a minute. That is a unique schedule for newsletters. Why not space it out evenly?”

First off, thank you for thinking we are unique! What a compliment. Secondly, we started this schedule so we can communicate with you during the most exciting times of our year. Your time is important and we strive to never inundate you with newsletters.

Your March and April newsletters will let you know how the new year is going and how you helped us through last year’s giving and *Giving Hearts Day*. In October and November we can let you know how you blessed us through our golf tournament and *Celebration of Music* events. It will also allow us to catch up with you as the year is coming to a close.

Thank you for joining us in this conversation! We think you are pretty unique too.

Communicating Grace & Love

Our schedules were filling up fast. We are excited to welcome a new counselor!

“Give yourself grace.” That is the advice that our newest counselor Shannon Heick likes to give to people. When we give ourselves permission to mess up, to be less than perfect, we do ourselves a huge favor. God loves us unconditionally and gives us all the grace we need. Do we tend to deny ourselves these things?

We are excited to welcome Shannon into our family of counselors here at Valley. We talked about some of our growing pains and concerns before; one of them was finding counselors for those seeking marital counseling and help for their younger children.

Our current counselor’s schedules were looking full, but our phones were still ringing with those looking for a safe place to find guidance. Shannon could not have come to us at a more perfect time. She works with kids ages 6 and up as well as adults and married couples.

***“Be an encourager.
That is the best advice
I have ever received.”***

-Shannon Heick

One of the books she finds helpful is “One Thousand Gifts” by Ann Voskamp. This book is not a happily ever after as Ann writes about a hard and broken life and her experience of “daring to live fully right where you are.” Shannon also suggests “How To Talk So Your Kids Will Listen & Listen So Your Kids Will Talk” by Adele Faber.

When I asked her what her favorite Bible verse is she said it was **Eph 3:16-19** as **it talks about how wide and long and high and deep the love of Christ is for us.** She loves to communicate love to the people that she meets with.



You can learn more about Shannon and all of our amazing counselors at our website www.ValleyChristianCounselingCenter.com.

The Gray Fog of Negativity

Our positive thoughts can help us, and others, overcome darkness.

“Above all, be careful what you think because your thoughts control your life.” Proverbs 4:23

Negativity can often feel like a magnet drawing you in. Thoughts of anger, despair, and low self worth can be easy to fall into. When we allow harmful thoughts to continually enter into our minds we are headed for a downward spiral.

Your thoughts become your words. Your words become your behavior. Your behavior becomes your habits and negative habits can lead to a downturn in your mental health, your self esteem, or your marriage.

The other day I had someone call who was desperate to schedule with a counselor. He admitted that he really needed to have seen a counselor “like yesterday.” We often wait for things to build and fester. Then we look back and realize that we should have done something sooner.

Thinking a negative thought does not mean you are doomed to negative thinking. We are human after all.

Our thoughts may control our lives, but we can control our thoughts. Our past, our mistakes, or our illness, none of these things define us. What defines us is that we are the children of God and He is the great Healer.

Here at Valley we place our value in the grace and healing that our God gives us. Our mission is to break into the darkness that can settle like a fog on our lives.

If you feel that fog of negativity entering into your life or into your marriage, do not wait until it has taken over your behavior and habits. If you see your friend’s values start to change, it may be time to give them some encouragement and lift them up in prayer.

You can help us bring some brightness back into the gray that seeps into peoples’ lives. Please, pray for us in our ministry.

- Kristin Fraser





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Impacting Lives

Life is short. That short life is sometimes cut even shorter. While some people live to be over one hundred, there many are young lives that are lost every day.



Do you know what the second leading cause of death is for 15 - 24 year olds?

You can make a difference. You can help to bring life and light to someone who is facing dark times.

You can learn more by reading the *Giving Hearts Are Giving Life* article and testimony found inside this newsletter.

