



A Place of Grace & Healing



To our supporters,
Thank You for helping to build
strong and healthy families.

Over 1,630 people found help at
Valley last year. Marriage,
Child, Teen, and Family
counseling are all crucial
services that we offer.

Your generosity in
response to our
May newsletter is
providing healing to
over 26 people.
Thank you!

INSIDE:

Driving Forward for
Mental Health

Celebration of
Music

3 Tips From
Ephesians 4

Unplugged by Pastor Ron & Jodi Van Peurse

When this family took a week away from phones, TV, and ipods, they found freedom, laughter, and healthy relationships.

My wife, our four kids (ages 10-17) and I just returned home from a week long stay at a remote cabin located on the grounds of a summer camp. We called it a week unplugged.

A LOT of board games!

This was a week we were all really looked forward to it but at the same time, we were uncertain how this week would turn out. A whole week without technology?

As the week progressed, the freedom to be ourselves, truly ourselves, progressed.

It was a week without our cell phones, TV screens, iPods, iPads or even music playing in the background. It was a week of just us, our puzzles, books, coloring books, puzzle books and board games. And when I say board games, I mean

Without the games on our phones that we play to fill our time? Without contact with the outside world? Without noise?

Could we really go a whole week without these items? . . .

(Continued on back)

Driving Forward for Mental Health

Your support through our golf event will help our neighbors people find counseling at Valley. Thank you to our golfers, donors, and supporters for this amazing day.

Your divots made a difference. Scratch that - You made a difference.

To our golfers, sponsors, and donors - thank you. The need for counseling in our community is silently and yet rapidly growing.

This year 59 golfers came out to support our ministry of grace and hope as well as enjoy a day of comradery and competition.

The generosity of our golfers and sponsors raised over \$9,300!

We hear it here at Valley's office. The phones ringing, the clients checking in, parents making appointments for their kids, spouses making time to work on their marriage. We hear and see the growth every day.

We see the needs, the hurts, the health concerns. Our clients are growing, but fortunately, our donors are growing as well.

What does this mean for the health of our community?

Last year over 1,630 people came to Valley to find their way their health concerns and life struggles. When left to struggle alone, these real hurts can damage jobs, families, relationships, and lives. Without a place to turn to for mental health services - our community would suffer.

We want to give a big shout out to our business sponsors who made this day a huge success. You, our FM area business leaders drive forward the movement of providing accessible counseling services in our community.

Together we can make the Red River Valley a healthier place to live.

Thank you to our sponsors!



Member FDIC



Joel D. Johnson
Attorney at Law



Thank you for making a difference.

Blessings,
Dan Borsheim, CEO
Kris Fraser,
Development Coordinator



When you give, he receives a place to become the husband & father he wants to be.

Last year over 230 men came to Valley for counseling for the first time.

Your gift of \$40 or more will impact the lives of men, marriages, families, and the workplaces of our community.

Come and experience the healing power of music as you bring power and healing to those who are hurting.

Join us for a free concert featuring three amazing groups and a mission worth supporting.

Free will offering will be collected.



VALLEY CHRISTIAN
COUNSELING CENTER INC.

**SAVE
THE
DATE**

**October 22, 2017
4:00pm**

**Calvary Church at
Village Green**

www.ValleyChristianCounselingCenter.com



3 Tips for Communication

Three tips for healthy communication straight from Ephesians 4:29.

When it comes to advice and knowledge there are plenty of resources to draw from. As any college student knows the knowledge found in text books can quickly go out of date and updated versions are needed frequently.

How great is it to draw from a book that never becomes outdated, never needs a “new edition.” We can draw so much from the same words over and over again.

With that, here are three tips for healthy communicating straight from Ephesians 4:29.

1) Be respectful. Do not use hurtful words and avoid humor if it is at their expense. Be kind and forgiving in your relationships. Make sure your words are respectful, even when you are hurt or angry.

2) Use words that will encourage and build the other person up. Proverbs has many verses about the power of words to bring healing. Ephesians 4 also goes on to say that it “grieves the Holy Spirit” when we use words that hurt.

3) Listen. If we are only listening so we can respond, we are not truly listening. Hearing and understanding what the other person is saying is the best way to understand their needs. When you understand their needs in that moment you will be able to extend grace and healing.

Use your words to bless others!

Blessings,

Dan Borsheim, CEO



“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”

Ephesians 4:29

(continued from front)

We did NOT get bored! We played games, colored, read, and fixed puzzles **together**. Our family spent time in the camp game room playing ping pong, carpet ball, foosball and pool **together**.

We enjoyed the outdoors and bumped a volleyball around, shot hoops, and threw the football **together**. We enjoyed the aroma of the outdoor campfire while roasting hotdogs and marshmallows **together**.

As you can see, this was a week where we truly spent time, TOGETHER. No distractions taking us away from truly being together.

What we found as the week progressed was comfort in the noiseless environment, freedom from the pressures of the world and an incredible opportunity to be 100% completely ourselves.

We had a great week of fun and games, but more importantly, we learned a lot about ourselves, about each other, about our family. As our week progressed, the freedom to be ourselves, truly ourselves, progressed.

We found the freedom to talk about things that challenge us, and about things that we didn't agree about. We found the freedom to dance like no one was watching.

We found the freedom to laugh deep contagious belly laughs, the kind that make you think you are going to suffocate. We found freedom to talk about the things that made us cry, to talk about our feelings, and to talk about Jesus.

We found the freedom to sing when we felt like singing (But remember, we had no music). We found the freedom to hug just because we were close to one another. We found the freedom to be silly and giggly. We found the freedom to be clever and creative.

Most importantly, we had the freedom to learn from each other. We learned how to

encourage each other, to speak truth to each other, to build each other up, to challenge and support each other. We saw each other's uniqueness, and loved it!

Reflecting on our week, I marvel at the many priceless moments we had together. The little snapshots of someone giggling and the look of pure joy on their face. The memories of family sitting around the card table working together on a puzzle. The vision of everyone sitting around the room, snuggled up in blankets as my wife read to us.

Parents are the first and primary influence in our children's lives, which affects their belief system, about who they believe they are and shapes them into the adults they will become.

The marriage relationship was created as a reflection of Jesus with His bride, the Church. We have an enemy in this world who has come to kill, steal, and destroy. Relationships are a target of his destruction.

Our kids are the world changers of the future. Our enemy trembles when he sees them growing in their identity in Christ, surrounded by the love of a marriage that is grounded in Jesus.

We should not be surprised that these relationships are under attack. This attack can come in many ways and the quiet attack of distraction has snuck into our culture, not allowing us to be truly present in our relationships.

Therefore, I would encourage you to put your phone out of sight in a drawer, turn off the TV, the radio and just talk to one another. Give it time and see where God leads. Last of all, if you have a chance, sneak away for a few days or a week and live "life unplugged". Prioritize it! The benefits are worth it!



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