



# A Legacy of Grace & Healing

October, 2014

## Becoming A Masterpiece

Testimony by Taunya Todd

**“God works wonders  
in and through  
brokenness. And the  
glorious part is that  
He never stops.”**

*“He heals the brokenhearted and binds up their wounds.”* Psalm 147:3

Several years ago, I found myself in a very gray place. I was a stay-at-home mom raising our three kids. My husband worked nights, which left me to care for the kids alone during their most energetic hours.

My energy was zapped from taking care of our kids and I was stressed by trying to figure out how to balance everything in life: how to be a good mom, the wife my husband needed, a good friend, the daughter and sister my family wanted...and then there was the church.

I felt like everybody needed or wanted something from me, but I could not live up to the standards I had set for myself. On top of it all, I had been fighting chronic stomach pain for years. I was worn out. The stresses of life had taken a toll on me.

I felt like I was failing at everything and all I wanted to do was crawl in my bed and sleep. Sleep away the exhaustion, sleep away the physical pain, sleep to escape. I felt broken...physically, emotionally and spiritually.

In my mind, I felt like my life was shattered into pieces. There were days all I could pray was "Help me!" I didn't have a clue how to make any of the pain I was feeling go away. I needed help! I could not do this on my own. I surrendered my broken life to God and asked Him to take control.

At my yearly physical appointment God gave me the courage to tell the nurse what was going on, not only physically but emotionally, and to ask for help. That's how I came to know Valley Christian Counseling Center. There I was given tools to manage my emotions and they helped direct me to the hope and healing only God can give.

It's been several years since that time. I've seen many doctors over the years for my physical pain and even underwent surgery at Mayo Clinic. I am thankful to say these things helped me gain control of my physical pain. But I still struggled with emotional pain.

My father-in-law, Dr. David Todd, faced this dilemma with his patients. He was helping to physically heal people with all of his medical knowledge, but he saw the emotional struggles that came along with the physical pain.

He heard stories from his patients and their families trying to cope with broken hearts. Dr. Todd knew that he could only do so much in his own power, but with God there was so much more hope for them.

Through his prayers and those of many FM Christian leaders, Valley Christian Counseling Center was birthed to offer the hope and healing only Jesus Christ can give. My father-in-law passed away before Valley Christian opened their doors, but his legacy to offer hope lives on through the center.

I am so very grateful for that legacy. Through the help I received at Valley and by the grace of God, today my brokenness is being healed.

Through it all, I have learned that God works wonders in and through brokenness. And the glorious part is that He never stops. No matter how much brokenness life creates, he keeps working...if we let Him. We are each a masterpiece in progress as long as we live on this earth.

I am looking forward to the day I stand before the Lord fully healed in every sense of the word, but until then I will sing to the glory of His name. I will sing of his love and his grace, but closest to my heart--I will sing of his power to heal the broken.

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## Make a Joyful Noise

"Music speaks what cannot be expressed, soothes the mind and gives it rest. It heals the heart and makes it whole, flows from Heaven to the soul."

Music has a unique kind of power. One that can reach deep into us and stir the soul. It can uplift us in a way that spoken words cannot.

Did you know that listening to music can improve your language skills, creativity, and happiness? It can help decrease anxiety, increase optimism, and increase healing. Music is a gift from God that adds color, joy, and depth to life. It is only fitting that we turn around and use music to glorify Him.

Come and find a song that speaks to you. Come and find a song that you enjoy singing to your Creator, the one who created you to experience love and joy.

A crew of wonderful women and our director Dan Borsheim are bringing us the third annual *Celebration of Music*. It is a time of worship and enjoyment. Come and listen to talented musicians and lend your voice to the joyful noise.

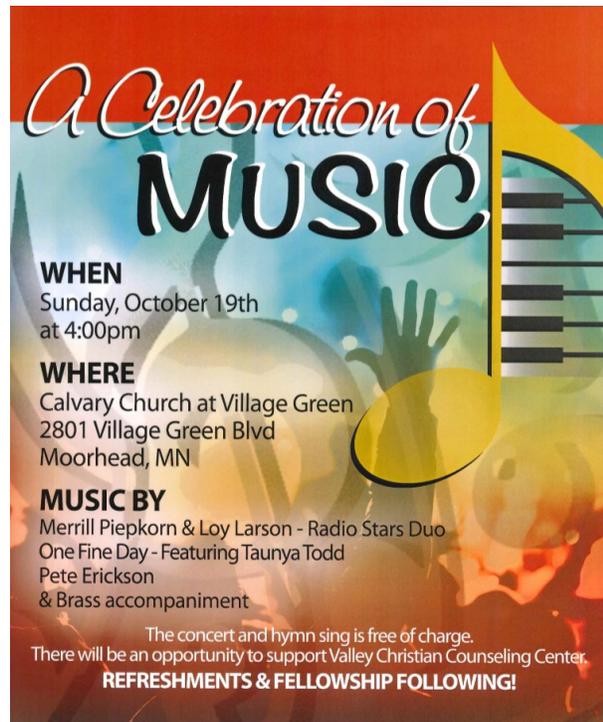
### Upcoming Events

#### Celebration of Music; A Hymn Sing

October 19  
Calvary Church at  
Village Green

#### Giving Hearts Day

February 12, 2015  
*More Information To Come!*



*A Celebration of*  
**MUSIC**

**WHEN**  
Sunday, October 19th  
at 4:00pm

**WHERE**  
Calvary Church at Village Green  
2801 Village Green Blvd  
Moorhead, MN

**MUSIC BY**  
Merrill Piepkorn & Loy Larson - Radio Stars Duo  
One Fine Day - Featuring Taunya Todd  
Pete Erickson  
& Brass accompaniment

The concert and hymn sing is free of charge.  
There will be an opportunity to support Valley Christian Counseling Center.

**REFRESHMENTS & FELLOWSHIP FOLLOWING!**



10 • 19 • 14

"Sing and make music from your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ."

**Ephesians 5:19b-20**

[www.valleychristiancounselingcenter.com](http://www.valleychristiancounselingcenter.com)  
or 701.232.6224 for more info

## Grace & Hope

Driving a mission forward is no small task. We cannot just putter around and wait for something to happen. We have to get a grip on the situation, stay out of the traps that might hinder us, and give it our best shot.

Did I get enough golf puns in there for you? I cannot help it. We are still thinking about the amazing day we had at our second annual *Golfing for Grace & Hope* golf tournament. We had forty-four golfers join us at the Moorhead Country Club for a day of

competition and support.

Even before the actual tournament began we enjoyed some friendly competition during a putting contest. Our golfers could purchase a chance to make a 10 foot putt and if they made it, their name went into our raffle. Sinking a putt meant the possibility of a prize, and missing meant a friendly ribbing from others. It was a great opening to an amazing day.

Together, with the generous support of our sponsors and main sponsors, Liberty Business Systems and Cole Papers, inc., we raised over \$6,300 toward providing affordable faith-based counseling.

Thank you to those who golfed, gave, and supported. You can see more pictures of this amazing day on our Facebook page.

[www.Facebook.com/ValleyChristianCounselingCenter](http://www.Facebook.com/ValleyChristianCounselingCenter)



## You are Continuing the Legacy

What if you had the amazing power to instantly heal a broken leg, but not a broken arm? What if you had the ability to restore sight, but the people who came to you were blind and deaf?

You would be able to do a great amount of good with these powers. You would be able to heal a great number of people. However, you would not be able to bring complete healing to everyone. If someone came to you with a broken leg and a broken arm, they would be able to leave partially healed, but not wholly healed.

This is the frustration that Dr. David Todd felt time and time again. Not that he could only repair a leg and not an arm, but he could only help mend the physical hurts and not the emotional hurts with which his patients were struggling. Through her testimony that Taunya Todd shared with us how Dr. Todd wanted to see God bring complete healing to those who were seeking relief from their emotional battles.

Dr. Todd and a group of local pastors gathered and prayed and planned. They looked around and saw that the need for counseling in our community was becoming so great that our pastors and churches could no longer provide spiritual counseling and guidance to everyone in their congregations. There were hurts that the pastors were not equipped to handle and many people went without healing.

With the growing cry for faith-based counseling in our community, pastors were overwhelmed by the demands. Many people with real hurts were not receiving the care they so greatly needed.

Valley Christian Counseling Center is the legacy that Dr. Todd has left to us. A place of grace and healing. A place where people can find emotional and spiritual healing. A place where your neighbors, your family, your friends, and maybe even yourself can find a healing that brings a peace that passes all understanding.

We are still continually blessed by Dr. Todd's family as Gunnie Todd has been supporting Valley through her love of music. On Sunday, October 19

you can join us as we have *A Celebration of Music*. Gunnie shared with us a glimpse of the importance music has had in their lives and in the lives of their family. "Music has always been a big part of our family's life and still is, as talented grandchildren add to our gatherings. My husband, Dave, played the trombone since high school, and I played the piano, often in church. We added our children and enjoyed many of our own 'family concerts!'" She also shared her memories on how God had laid a compassion for the hurting on Dr. Todd's heart.

"During Dave's years of medical practice in Fargo, he was frequently asked for his recommendation regarding sources of spiritual counseling help. It became such a heavy concern for him, he met with our pastor. They prayed, seeking God's wisdom, and enlisted the counsel of the Fargo/Moorhead Evangelical Ministerial Association. After meeting together, praying, and researching for two years, Valley Christian Counseling Center opened its doors in August 1991."

Dr. Todd was one of the reasons that VCCC opened its doors and now you, with your gifts of prayer and financial assistance, are one of the reasons why those doors can stay open.

When someone has a broken arm that is not healed, they are still a whole person, they themselves are not broken. However, even if the rest of their body is completely healthy, they will not feel wholly healed.

Our mission is to help people feel whole emotionally, mentally, and spiritually. You are the person who makes that mission possible. You are the reason why a legacy of grace and healing can continue.





VALLEY CHRISTIAN  
COUNSELING CENTER INC.

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## You can Break Down the Barriers

When someone thinks about coming into counseling, they are surrounded with misconceptions and unknowns. The stigmas that surround mental health need to be broken. We hope that we can break some stigmas for you today and maybe you can use these words to help encourage those in your life who are thinking of seeking counseling.

Your counselor does not think you are “crazy.” They will see you as amazingly unique and will be trying to see things from your point of view and understand your world. No one is perfect, not even your counselor! Change requires trial and error. You should always feel free to make mistakes and then learn from them.

A counselor’s job is not necessarily to psychoanalyze you. They will ask questions, be curious, and help you draw out your own thoughts and understanding. A good therapist will not claim to have all the answers, but they will have some great ideas that

they will enjoy sharing with you.

Life is difficult for all of us, but there is happiness to be found. Joy is not something that only certain “good people” can experience. Regrets are a part of life and everyone experiences hurt. Wounds can be healed into happiness.

That being said, your counselor cannot give you an easy fix for life’s problems. They can help you gain

clarity and understanding. They can help you make a plan of action, but the work is not always easy. You are in charge of making the changes. However, your counselor will be there every step of the way to help you.

It is time to break down the barriers that keep our hurting friends and neighbors from seeking healing. It is time for us to re-learn what mental health is and what a counselor can help us achieve. We can do this together.

