



A Place of Grace & Healing

You Provide a Place



A Marriage Renewed

“The grief of losing my dream profession led me to a severe depression. My wife was gone with work a lot and our marriage began to fall apart. During this time our life together was upside down. I didn’t care. I felt like I had nowhere to go.

Our pastor referred us to Valley Christian Counseling Center. In the weeks and months that followed our counseling led us both to receive Jesus into our lives and begin a whole new journey. . .

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. . . as a couple and as new creations in Christ. Our counselor at Valley saved our marriage and enhanced our lives. When we recently expressed that feeling to our counselor, the reply we received was ‘No, God did that! He just let me participate in what He was doing.’ Thank you Valley, for participating in God’s plan.”

-David*

**Name changed for privacy*

Your generosity provides a place for your brothers and sisters in Christ to start a new journey.

3 Tips for Flourishing in Fall

*Food. Fun. Festivities. These are the three categories we will be looking at infusing with health this fall. **This month, fun.***

This autumn season we wanted to take some time to look at how we can continue to flourish as nature prepares for hibernation. Maybe you are someone who notices your mood dip during the winter months or maybe you have no problem with the changing of the seasons. Either way, we can all benefit from new ideas on fun, family friendly ideas to keep us active and healthy. Here are our three tips for having fun this fall.

Get outside! Did you know that raking leaves for 30 minutes can burn around 150 calories? Fill some pumpkin bags or find some old clothes and make a leaf “scarecrow” to greet your fall visitors! You can find directions at www.EHow.com on “How to Make a Sitting Scarecrow” and use leaves instead of straw. Try your hand at Frisbee golf at Woodlawn Park in Moorhead, Rendezvous Park in West Fargo, or Iwen Park in Fargo. If nothing else, they will make a beautiful fall walk.

Get out, but stay indoors. Find something that inspires and uplifts you. Take time to visit the Plains Art Museum, take in the ballet, the opera, a theater production, or the symphony orchestra. Limited by budget? Find a hobby or a passion you want to pursue at home. Cook a meal or bake some goodies to give away. Activate your mind and your emotions through something that brings you joy!

Get in and out. And no, we do not mean a burger. Fire up that Google search engine or Pinterest page and find some fall crafts that first require a scavenger hunt for supplies. Grab family or friends and go out for a walk to gather leaves, pinecones, and twigs to make your own autumn wreath for your door. Make a pinecone bird feeder. Paint acorns. Autumn mason jars. All of these things I found in a five minute Google search. So go out, gather your supplies and head back in to get crafty with your spouse, your kids, your friends, or yourself!

Your Giving Update—A Plan for Counselors

17 counselors would have been considered a big dream when Valley opened its doors 27 years ago. But now, we dream about inviting even more professional, Christian counselors to join our team.

In fact, we desperately need to. **Currently, 52% of those seeking marital counseling at Valley wait a month or more to see a counselor. This is a long time to wait for a first appointment.**

It is your support that allows Valley to provide our growing communities with the finest counselors and the affordable counseling that they need. **45% of our annual giving goal has been raised by generous donors like you. Thank you!** It is only through this support that we can plan our growth for the future.

Our logo here is 45% uncovered; showing both the amazing work that you have been doing and the battles that can still be won. There are people waiting to receive hope and healing.

Will you generously provide a place for healing to grow today?





As 2018 continues to see growth, your support continues to be a crucial part of our ministry.

Your gift of \$10 or more can provide a place of grace and healing to thousands.

Will you provide a place for those battling grief and marriage conflict?

From Dan's Desk

"There is a time for everything and a season for every activity under heaven..." Ecclesiastes 3:1

Here we are at the end of summer and beginning of fall. I tend to grieve the end of summer a bit and have all of my life. It means that winter is on its way, and winter in North Dakota seems to last an eternity. I should have grown up in California! It also meant as a younger person, that school was starting and I didn't look forward to that

with a promise of hope, future and to prosper. (Jeremiah 29:11) If we trust in God and allow the change to grow us into becoming more like Jesus, he will change our hearts and bring forth new fruit in our lives.

So as you look forward to this fall, (which is actually an awesome time of year), trust God. Trust is

Trust is the opposite of fear. He has a plan and is in control. Look forward with excitement to the beauty of change in nature and also in yourself.

either as a new grade, a new teacher and new lessons in school and life awaited.

But change is an essential part of life. There seems to be a guarantee in life that change will happen whether we like it or not. Change is something we tend to fear and become anxious about because we no longer feel in control of our own lives. The good news is that God has a plan for your life

the opposite of fear. He has a plan and is in control. Look forward with excitement to the beauty of change in nature and also in yourself.

-Dan Borsheim, CEO



Facing Our Sufferings

Counselor Heather Bjur takes a look at how facing struggles provided her with two valuable life lessons.

For years, my husband struggled with depression, something we were both rather unaware of. But it eroded our marriage like waves against the shore, continually beating us up.

But in the midst of living through the ebb and flow of hope and disappointment, Jesus whispered love to my heart. In the midst of turmoil and struggle, He taught me some of the most valuable lessons of my life.

1. Suffering → Perseverance → Character → Hope

Paul's meaty words in Romans 5 reverberate in my heart, because one of the things I long most for in this life is proven character.

"...we also glory in our sufferings, because we

2. Hebrews 11:4-16, emphasis on 13-16 (ESV) "These all died in faith, not having received the things promised, but **having seen them and greeted them from afar, having acknowledged that they were strangers and exiles on the earth...Therefore **God is not ashamed to be called their God**, for He has prepared for them a city."**

God is not ashamed to be called their God!? **My steadfastness in clinging to Him in the darkness is so pleasing to Him.** In our weakness, He makes us strong, but not with our own strength. Think of the folks that are named in that Hebrews passage above — Noah, Abraham, Sarah — they endured YEARS of waiting, YEARS of ark-building in the face of

"The messages we hear are, *escape the pain, do for yourself whatever you can . . .* I learned that facing your suffering rather than running from it is the only way to move through it."

know that suffering produces perseverance; perseverance, character, and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us." (Romans 5:3-5 NIV)

Are "glory" and "sufferings" two words that we often hear in the same sentence? Right. The messages we hear are, *escape the pain, do for yourself whatever you can to eke out some sort of life, don't let anyone get in your way...* I learned that facing your suffering rather than running from it is the only way to move through it. **HE is in it.** And it's only HIM who can bring about change in our lives. All we have to be is willing.

The gold is this: God can accomplish far more in our weakness, frailty, and suffering, than at any other point in our journey. If we don't have a good theology of suffering, our faith will die from disappointment and anger.

ridicule. But they pressed on, as best as flawed and impatient humans can do.

And that's just like the rest of us. These folks didn't wait perfectly. They didn't enjoy their trials. And you can be honest with Him about that. Sometimes all we can do is put one foot in front of the other and say, "God, here I am again, I don't get this, and I don't like it, but I trust You're good and You *work all things together for the good of those who love you.* My definition of good usually isn't the same definition as yours. Allow my eyes to see even a glimpse from your perspective. Keep my heart soft. And if it be your will, please take this cup from me." Amen.



- Heather Bjur
Counselor