



NEW HOPE

Community Life Ministry

Embracing Hope • Transforming Lives

248-A Maple Avenue, Quarryville, PA 17566

December 2011

What's Happening at NEW HOPE?

- We have a new Executive Director!! **Neil Uniacke** joined our staff on October 31. Neil and his wife Katy live in Wakefield. Check out our website to learn more about him.
- Our **Friendship Counseling Class** was a huge success. We had over 30 participants and the feedback was very positive. Check out the article below to learn more about it.
- Our office received a much needed facelift with the installation of **new carpet** in three of our counseling rooms and our conference room.
- Each Monday we update our **blog** on our website. Our counselors and staff take turns writing it and it makes for interesting reading. Remember to check it out weekly!

We Offer Counseling for:

- Marriage and parenting
- Depression and anxiety
- Grief and loss
- Substance abuse (thru Naaman)
- Teenagers and children
- Separated/Divorced
- Money Management
- Women's Issues
- Anger Management
- Spiritual Issues
- Career Issues
- Family Issues

A Note from our Director....Neil Uniacke

The community we live, work, and play in – this southern end of Lancaster County is beautiful and bountiful in many ways, and for that we can all give thanks. Some of us were born here, following many generations of our family. Others have been attracted to this area by jobs, low costs, or the sheer beauty of our countryside surroundings and the friendliness of our local folks. At any given time, however, there are times of trial and difficulty we face alone, or with very few loved ones. We know that we need more support, but we struggle with trusting anyone, except maybe those that already know what is going on. Fear (whether real or perceived) of judgment, ridicule, and rejection may block us from receiving the help we really need.



No matter what our background or how we feel, when we struggle we have to break through these fears and talk to someone, so we get the help we desperately need. Jesus told us that He is with us always, and He will strengthen us if we look to Him and lean on Him. He will help us take that first step to ask for help. Our helpers need our permission to tell someone else such as a pastor, teacher, counselor or our doctor. If anyone is not ready or able to share in this way, another possibility is to pick up the phone and call New Hope. Our promise to you is that you will be heard. We will help to the best of our ability or direct you toward someone better able to serve your needs. One way or another, breaking out of being alone in our pain and struggles will bring the hope and help we need to rise above them.

New Hope for the New Year- Equip Your Church and Your People in 2012

Happy New Year!

- Sunday Morning Presentations
- Single Night Lectures
- Seminars in a One-Day Format
- Seminars in Evening or Daytime Sessions
- Semester-Style Courses
- Support Groups at your church or New Hope

Call the New Hope Office for More Information – 717.786.2802

FRIENDSHIP COUNSELING

Imagine a lovely home with an amazing "right-out-of-a-magazine" garden to its side. This garden is lush with intense colors and perfectly manicured lawns and shrubs. The trees and plants are vibrant and healthy. This garden is watered by the spouting system of the home. All the gutters run into one main spouting that is then used to irrigate the garden so every corner is watered well.

Now imagine the gutters and spouting themselves...each part is connected together with no holes or gaps. Each part is connected to the other to do its job of running the life-giving water to the garden. Imagine what would happen to the garden if one spouting part was disconnected from the whole system. The garden wouldn't receive all that it needed for life.

This illustration is a picture of what happens when the Body of Christ works together in unison and connection. As each part does its job, the world is a better place. Unfortunately, we've all seen how the Church is disconnected and not everyone is doing the work of ministry.

The truth is pastors, professional Christian counselors, or any type of "paid" minister cannot possibly meet all the needs of the church or world. God put us in the Body of Christ to support, grow and build each other up (Eph.4:16). We need

each other to "do the work", not wait for our ministers to do the work for us.

In my counseling office, I meet with clients who are lonely, depressed, anxious and suffering. I believe that many of them would not need me (as a paid counselor) if someone from their church would intentionally be-friend and lift them up. Some folks need mentored; others need a listening ear; and all need prayer warriors to "fight for them in the heavenly realms."

Over two years ago, our former Executive Director, Ginger Holler, and I began to brainstorm what a lay counseling course could look like. We both saw the huge need for church-attendees in the Solanco area to have friends and fellow congregants come along side each other to support, encourage and challenge one another in their faith and emotional/mental health. Out of those brainstorming sessions, our six-week **Friendship Counseling Training** course developed.

Each evening, New Hope counselors shared their wisdom and expertise to answer questions and teach on a variety of counseling topics. Using Dr. Kevin Huggins, *Friendship Counseling* book as a text, I facilitated conversations about the role of suffering, how to use "life-words," and a four-part prayer model that addresses a person's relationship with Christ, the

problems in their world and heart and their relationships with other.

Over 30 adults gathered on Monday evenings this Fall to learn how to use their gifts and passions to minister hope and healing to their friends and loved ones. From many denominations and walks of life, these participants connected with a mutual interest in helping others. I personally believe that out of their willingness to serve, the Solanco "garden" is going to flourish. ~ Shannon Shertzer, MS, NCC

Comments from Course Participants:

- "The teaching was excellent."
- "The entire experience was challenging and had value I didn't expect."
- "The book is refreshingly straight forward."
- "More people need to take this!"
- "It was an exceptional course and well worth the time."

Look for this course and others to be offered again in the near future! Continue to check our website for information and updates.

The Closet Corner



Hours

Mon, Tues, Wed: 10 am – 5 pm

Thurs, Fri: 10 am – 7 pm

Sat: 10 am – 3 pm

2011 Highlights

- **April Fashion Show** – Over 200 ladies enjoyed a wonderful evening of food, fellowship and laughter as models showed off fashions that were put together from clothes that were donated to the Closet.
- **8th Anniversary Sale in May** – Everything in the store was ½ price for the day!
- **Bag Sale** – Always a BIG hit! Customers love to see how much clothing can be stuffed in a bag!
- **Volunteer Picnic, Lunch & Learn, Christmas Breakfast** - Fun events that show the volunteers how much we appreciate them!
- **Small Business Saturday** – NEW this year! Customers brought in up to 5 canned items and received ½ price off on up to 5 items.
- **Christmas Tree Lighting** – December 16 at the TownsEdge Shopping Center. The store will be open late. Stop in and shop!
- **Midnight Madness** – December 23. Shop from 3 – 10. Everything will be 1/2 price!

How to Contact Us

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Web Site:

www.newhopeministry.info

New Hope Churches:

Andrews Bridge Christian
Ascension Lutheran
Bethany Presbyterian - Oxford
Bethesda United Methodist
Chestnut Level Presbyterian
Faith Reformed Presbyterian
Little Britain Presbyterian
Memorial United Methodist
Middle Octorara Presbyterian
Mt. Eden Lutheran
Mt. Vernon Mennonite
New Providence Church of God
Refton Brethren in Christ
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St. Paul's Church
Timberline Church
Union Presbyterian
Wesley United Methodist

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E-Bay designation. Did you know that when you sell on eBay you can opt to donate a portion of your sale to the charity of your choice? We are listed as a nonprofit under eBay Giving Works. Select New Hope and then enter the percent you want to donate to our ministry. This is a great way to support us!

Pray for our Counselors: Elaine Campbell, Ann Gantt, Tom Horst, and Shannon Shertzer; Money Management Counselor – Elaine Bero; The Naaman Center counselors, Frank, Samuel and Gene, who see those struggling with chemical abuse and dependency.

Volunteer at the Community Closet! We can always use more volunteers—pick a “day” and join a “team.”

Thank You for Supporting our Ministry!

Communication Tip

Listening with respect is the most important element of communication. Respect causes us to give the other person a chance to share and know they have been truly heard. We do this by slowing down our need to prepare a response, instead taking in the words and meanings of our partner. Listening is the silent partner to clearly and lovingly sharing our thoughts and feelings. If two or more people are doing both, great communication flows and good things can happen.

The purpose of **New Hope** is to promote the healing and abundant life of individuals and families through Christ; and mobilize resources of the church and community to strengthen relationships.

New Hope is a 501(C)3 non-profit organization. Donations are tax-deductible according to the IRS code.

If you wish to receive this newsletter by email or be removed from our mailing list, please phone 717.786.2802.

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