



NEW HOPE

Community Life Ministry

Embracing Hope • Transforming Lives

248-A Maple Avenue, Quarryville, PA 17566

May 2011

What's Happening at NEW HOPE?

- The Community Closet Fashion Show was on April 7 at Refton Brethren in Christ Church. Over 200 people attended this fun-filled evening. See the Closet Corner for some great pictures!
- *Strengthening Families Program*, was offered at Solanco High School from March 22 – May 3. This event was well attended and the families loved it. The program will run again in the Fall.
- **Lay counseling** class coming this fall! Call our office and we will give you more details as this six-week class is developed.
- We added a blog to our website at www.newhopeministry.info. Check it out! We will post updates often.

We Offer Counseling for:

- Marriage and parenting
- Depression and anxiety
- Grief and loss
- Substance abuse (thru Naaman)
- Teenagers and children
- Separated/Divorced
- Money Management

A Note from our Director...Ginger Holler

I am very thankful for what God has done through the ministry of New Hope. Our counselors have seen and helped many people in this community who have had multiple stressors in their lives. Loss of jobs, spouses who have been abusive physically or emotionally, children who have made unwise choices of friends or activities, health problems—all these things can weigh heavy in our lives. In addition, when faced with adversity, we often add to that our own imperfect choices which often lead to more pain, and the cycle continues.

We all have been hurt, and we all have been hurt by others. The question is: what do we do with this pain?

We need to realize that God invites us to "come to Him, all of us who are weary and burdened, and HE will give us rest" (Matt. 11:28). There will still be many specific issues that need to be dealt with in our lives, and many choices we need to make. However, when we admit that we have made mistakes before Him and we turn ourselves over to Him, we no longer have to "fix" everything. We can take life a day at a time. We can live in the midst of the suffering and still choose to rejoice.



Why You Should Ride for New Hope in Dream Ride 2011 July 23, 2011 – Donegal Middle School



- Exercise!
- Enjoy God's creation in the rolling hills of Lancaster County.
- Meet other people.
- Feel good about yourself.
- 100% of the money you raise goes directly to New Hope to help cover counseling costs.

Call 786-2802 to Register!

*Check our website for more information and for training guides for 10, 20, 30, 60 or 100 miles.

"FRED"

"Fred" had lost all hope. He realized that he had failed many, many times as a husband. Now his wife had left him and he knew he didn't have any reason to believe that she would come back, but he desperately longed for her to return. He couldn't live without her but she wouldn't return his phone calls, even though he persisted in calling her several times a day

Fred felt that he no longer had anything to live for. He had no hope that anything would ever get better. He couldn't sleep; he ate all the time. He cried, he couldn't work, and when friends tried to comfort him, he drove them away. The entire world was covered by a black cloud that would never go away.

"It is technically called depression, but it can't be captured by a word. You feel numb, yet your head hurts; empty, yet inside there are screams; fatigue, yet fears abound. Things that were once pleasures now barely hold your attention. Your brain feels like it is in a fog...Every day is the same. There is no rhythm of rising anticipation, satisfaction, then rest. Each day is a dreadful monotony...The flatness of life feels like it is killing you. Sleep? It's a mess. You can't get enough. You don't remember what it feels like to wake up refreshed" (Ed Welch, *Depression*, p. 1)

In his desperation, Fred tried to take his life. After that, he was hospitalized for a time and then he came to New Hope. His counselor gave him *new hope*, as week after week, she encouraged him and helped him to see that God loves him and forgives him. Fred learned that he had choices, and that he could choose to ask forgiveness from God and from his ex-wife. He had the choice to take a day at a time, seeking to take one step at a time. He learned that he also could choose to be thankful for what he did have instead of constantly being filled with regrets, remorse and guilt.

Fred learned to believe and act on what God says, rather than acting on his feelings. He learned to feel and recognize his feelings and learned to express his feelings to others when appropriate. Another thing Fred learned was that often we just have to do the next right thing even when we don't feel like it. Gradually, Fred set goals to take care of himself, to get out with a friend, to take a walk. Once again he learned to do things that brought him joy. Over time, the pleasurable feelings returned.

Fred learned that others did care. He had driven people away before, but now he knew that he needed others and he accepted their support and friendship.

If you or someone you know is struggling with depression, please realize that you don't have to do it alone. There is hope, from friends, pastors or counselors. They can help you to see that you always have a friend who cares. Jesus says, "Never will I leave you; never will I forsake you" (Hebrews 13:5). ~ gh

What can you do if you are depressed?

- Find someone to talk to—a close friend, or a pastor or Christian counselor. Allow yourself to become accountable to him or her.
- Choose to do something once or twice a week that would normally bring you pleasure, such as watching a show or reading a book.
- Resist your desire to isolate—force yourself to call a friend or meet for coffee or a meal.
- Set realistic goals to get exercise, perhaps to walk around the block 2 or 3 days this week. Exercise is a "natural anti-depressant" by the hormones it releases!

If you feel suicidal, call a pastor or 911 right away!!!!

The Closet Corner



Hours

Mon, Tues, Wed: 10 am – 5 pm

Thurs, Fri: 10 am – 7 pm

Sat: 10 am – 3 pm

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Are you a United Way donor? You can give to New Hope through United Way by designating New Hope as your Donor Choice Gift.

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, Glenford Kauffman, and Shannon Shertzer; Money Management Counselor – Elaine Bero; The Naaman Center counselors, Frank, Samuel and June, 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

Stay focused. Sometimes it's tempting to bring up past seemingly related conflicts when dealing with current ones. Unfortunately, this often clouds the issue and makes finding mutual understanding and a solution to the current issue less likely, and makes the whole discussion more taxing and even confusing. Try not to bring up past hurts or other topics. Stay focused on the present, your feelings, understanding one another and finding a solution.

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
St. Michael Lutheran
St. Paul's Church
Timberline Church
Union Presbyterian
Wesley United Methodist

The purpose of NEW HOPE is to promote the healing of individuals so that they may have an abundant life from a Christian perspective. Resources of the church and community are brought together to fulfill this purpose.

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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