

TRINITY CENTER TIMES

DEALING WITH LIFE TRANSITIONS

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What's New at Trinity Center!

Congratulations to Brad and Kelly (Hogan) Simpson on the birth of their daughter, Eva Catherine, on July 2! Congratulations to Kim and Nick Bowers on the birth of their daughter, Alyson Riley, on August 3! Parents and babies are doing great!

Welcome Beth Harper, our newest staff counselor, who will also serve as our church relations liaison. Welcome also to Katie Thompson who will be working with children and their parents. See more about Beth and Katie on page 4.

Thank you to some extraordinary volunteers and their work at Trinity Center. Lauren Corbett, Patricia Strickland and Carolyn McCallum, professionals from WFU's Z Smith Reynolds Library, continuing work to get our library of donated and professional books categorized and registered on-line. Paul Fisher's Eagle Scout project of cleaning and staining the backyard fencing, repairing a step, trimming some trees, and lining the parking lot. Mike Edens' repair of a large break in the fence.

Thanks to Julie Coppage, Beth Harper and Stephani Byerly for anchoring the front desk during Kim's absence.

Congratulations to Jackson Sutton, Cindy's son, and David Allen, Elizabeth's son for beginning at UNC-CH; and to Pat's daughter Katie for graduating from Virginia Commonwealth.

Transitions are times of crossing or traveling from something old and familiar to something new and unfamiliar. Some transitions are small and pass by almost unnoticed. Others, however, involve major disruptions in routines and force us to re-examine values and lifestyle. Life transitions can be challenging because they force us to let go of the familiar and face the future with a feeling of vulnerability. On the positive side, these transitions provide a chance to learn about strengths, and to explore what we really want out of life. This time of reflection can result in a sense of renewal, stability and new equilibrium.

A life transition can be positive or negative, planned or unexpected. Some transitions happen without warning and can be quite difficult, as in the case of accidents, death, or divorce. Other life transitions come from positive experiences such as getting married, starting a new job, or giving birth to a child. Even though these events are usually planned and anticipated, they can be just as life altering as the unexpected events. Life transitions cause us to leave behind the familiar and adjust to a different way of doing things. We may feel completely unprepared and experience a personal crisis.

Examples of life transitions:

- Accidents
- Buying or selling a house
- Changing jobs/starting a career
- Divorce
- Getting married
- Having a baby
- Leaving for college
- Retirement
- Serious illness
- Significant loss (of a person, job, pet)
- Financial reverses or windfalls



For some, their faith journey or theology leads them to believe that as long as they are walking with God, they will not experience the kind of difficulties we are describing, or that if they do, maybe they made the wrong decision, or that

God is unhappy with them or that they are at fault. These beliefs can make these transitions even more lonely and difficult.

When dealing with these life transitions, too often we rush to start a new beginning. We plunge into a new situation only to find ourselves frustrated, lonely, tired, resentful or preoccupied with unfinished business from the past. We sometimes fail to recognize that we need closure on the past — a true appreciation on the life lessons we have gained from our histories— before we can continue with a productive transition.

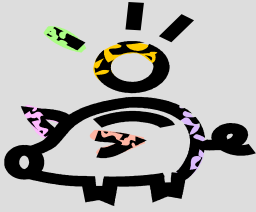
Stages of Transition

Successfully moving through life transitions, especially negative ones, can be easier if you view without judgment the difficulties that arise and their effects on you, and you are aware of the different stages you may go through:

1. The first stage is one of confusion and emotional discomfort along with shock if the loss is unexpected or severe.
2. The second stage is a period of sadness or despair, often alternating with relief and positive feelings. In a divorce, for example, you may experience feelings of sadness over the end of the relationship, but also relief that the conflict and ambiguity are lessened.
3. Unless the loss is severe, the next stage is a short period of stabilization. Defense mechanisms like rationalization, denial, and fantasy are mobilized. But this stabilization stage usually ends as awareness of fears for the future and anger at the transition emerge.
4. As fear and anger emerge, self esteem falls and feelings of sadness, dread or depression take over. The length of this stage depends on the severity of the loss, availability of coping resources, and attitudes about the appropriate length of grieving.
5. The fifth stage is where you begin to let go and accept the change. Acceptance of the future and taking hold of a new object or relationship usually begins to occur as well.

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Donations to Trinity Center



You can help us through different kinds of donations. We can take donations by MasterCard, Visa, AM EX and Discover .

Consider donating cars and trucks for us to sell to generate funds or donating appreciated stock to avoid capital gains tax.

Although we are not a United Way Agency, you can designate your contribution to Trinity Center by using the code 2144 on the United Way contribution form.

Keep in mind that companies like Bank of America will provide a matching gift with your donation.

Please encourage your church, civic group or employer to consider Trinity Center in their community support efforts.

NEW WAY TO DONATE:

Register your MVP card with Food Lion shop & share program at www.foodlion.com. Be sure to put Trinity Center as the recipient!

Trinity Center Times is published by Trinity Center, Inc. to provide program information and updates for those in our community and others who are interested in our work & mission.

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6. The last stage is one of renewal where you regain self-confidence and self esteem. The future is viewed with optimism and hope.

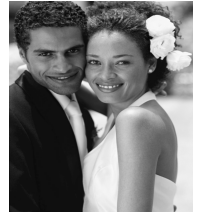
It is important to understand the stage you are in. You need different types of help and encouragement at different stages. In the first stage, for instance, significant support is needed to help get you through the initial shock and the disruption of your life. It is important to note that the process of moving through a transition does not always proceed in order. People usually move through the process in different ways, often cycling back and forth among the stages.

Strategies for a successful transition

1. **Accept that change is a normal part of life**-seeing changes as negative makes them more difficult to navigate and less personally productive.
2. **Develop support relationships at work and home**-people with friends to rely on during stressful times experience fewer of the negative effects of high stress levels.
3. **Take time to take good care of yourself. Eat a balanced diet. Exercise. Get plenty of rest.**-A high rate of change often means extra stress and strain on your body. Pay attention-what does your body/mind/soul need now?
4. **Learn to identify and express your feelings**-it's normal to try and push away feelings of fear and anxiety. But if you acknowledge them by writing them down and talking about them, these feelings will have less power over you.
5. **Build self esteem**-make a list of what you

like best about yourself. Encouraging others to feel good about themselves is a great way to feel good about yourself.

5. **Don't be in a rush**-take time to adjust to the new reality. Expect to feel uncomfortable during a transition. Try to avoid starting new activities too soon, before you have a chance to reflect and think about what is best for you.
6. **Keep your "sunny side" up**-concentrate on the good things in life. Don't dwell on negative thoughts. A positive attitude helps you feel good about yourself.
7. **Keep some things consistent**-it is helpful to keep as much of your daily routine consistent as you can.
8. **Take one step at a time**-to regain a sense of power, find one small thing you can control right now. Then break it down into small, specific, concrete steps. Write the steps down and post them so you can cross off each step as you accomplish it.
9. **Explore what your ideal life would look like**-reflect on the hopes and dreams you once had but forgot about. Take this time to write about them in a journal or talk about them with a trusted friend or therapist. Now is a good time to take advantage of the fork in the road.
10. **Consider meeting with a professional**-time spent with a counselor, life coach or spiritual director can assist your journey and increase your insight through this transition.



Resources: NABBW.COM,
Lifeesteem.org, Mental-health-matters.com,

Trinity Center Needs Your Help!

In addition to financial support, there are other ways to contribute to Trinity Center. Here is a list of things we need help with that may be the perfect project for a civic group, Sunday school class or talented individual:

- Deck repair and staining
- Yard work-pruning, trimming, mulch or pine needles, planting flowers and bushes.
- Ongoing Library support-entering books, making sure books are still under correct categories.

- Technical support for website-uploading PDF files, re-writing code, adding new pages.
- Front porch sanding and painting.

Tackling any of these projects would be very beneficial to Trinity Center and its clients. Please contact us with questions about how you can be a part of these projects.



*Hello!
I hope your summer has been filled with life-giving moments. This newsletter is designed to enlighten and assist you in the transitions that are normal, yet often surprise us with the ways they impact us.*

It has been a summer of great celebration for us with Kelly's and Kim's new babies, Beth

and Katie joining our staff, and the delight of working alongside my college-aged daughter, Julie.

The transitions many of you are in the midst of may feel much less celebrative. Our prayers are with you as you move through them. We hope this newsletter will be a help.

Blessings, Ann

Women's Therapy Group

This group is accepting new members who are active or previously active clients of Trinity Center. This group is focused on helping women work through the many challenges of living authentic and fulfilling lives. The purpose of this group is to increase awareness and social comfort, allow exploration of new behaviors, provide support, develop skills, and promote more genuine interactions. The group will cover issues of self-image, codependency, relationships and other issues that arise during the therapeutic process.

Dates: Tuesday, every other week, starting September 15, 2009

Time: 6:15 – 7:45pm

Location: Trinity Center

Fee: Cost for this 90 minute group is the same as you currently pay for a 45-50 minute session with your counselor. Financial aid and insurance will be applied as appropriate.

Facilitators: Co-leaders June Foss and Karen John

June is a pastoral counselor and marriage and family therapist who works with individuals, couples and families on issues relating to marriage and family problems, divorce, grief, depression and life transitions. Karen is a counselor in the process of becoming licensed. She also works with individuals, couples, and families and enjoys facilitating groups. Karen has conducted conflict resolution/anger management groups for adolescents, parenting and women's groups.

Social Skills Groups for Children

There will be three groups for children ages 5-7, 8-10 and 11-12 who have difficulties making and keeping friendships because of inappropriate social skills. These social skills groups will offer nurturing and effective guidance for children with concerns including, but not limited to: Attention Deficit Disorder, Behavior problems, Conduct Disorder, teasing by peers, learning disabilities, social anxiety and bossiness to peers.

Dates: Will vary based on age group starting September 15th for five weeks, call for information

Time: 5:00-6:00 pm

Location: Trinity Center

Fee: Cost for this 1-hour group is \$80. Financial aid and insurance will be applied as appropriate.

Facilitators: Co-Leaders Mike Nesser, Karen John and Katie Thompson

Mike is a licensed school and professional counselor. He works with students dealing with school anxiety, coping issues and other social and academic concerns. Mike also works with individuals, couples, families and groups. Karen is a counselor in the process of becoming licensed. She works with individuals, couples, and families and enjoys facilitating groups. Karen has conducted conflict resolution/anger management groups for adolescents, parenting and women's groups. Katie has worked with a diverse population of children and adolescents on issues such as grief, social skills, family changes, anxiety, anger, and learning differences. She is a licensed school and professional Counselor.



Registration

Unless otherwise noted, please register for classes **two weeks** prior to the start date. You can register by:

Calling Trinity Center
at 725-3999

E-mailing us at:
trinitycenterinc@bellsouth.net

Payment

Payment for groups/workshops is required at the time of service.

Financial Aid

Payment plans and financial assistance are available for all programs. Call Trinity Center at 725-3999 for more information.

Bring a friend to any group or workshop and both you and your friend will receive 25% off the total cost. You must register by the deadline

FRIEND BRING A FRIEND SAVINGS... 25%!

MEET OUR NEWEST STAFF MEMBERS

Beth Summerlin Harper joined Trinity Center in June after graduating with an MA in counseling from Wake Forest. She has a BA in history from Davidson College and a master's in Theological Studies from Union Theological Seminary in Richmond, VA. She is a National Board Certified Counselor. Beth is working full time at Trinity Center, seeing clients, visiting churches and working in the front office during Kim's maternity leave. She comes to counseling from an interest in how people grow and develop and enjoys counseling adults and adolescents. She uses her counseling skills to help clients with a variety of concerns including relationships, depression, anxiety, anger, perfectionism, stress, personal growth, spirituality, sexual orientation, self-esteem, grief, and disordered eating.

Katie Thompson has worked in the public school system for six years. She has a BA in Psychology and an MAEd Counseling, both from WFU. She is a Licensed Professional Counselor, a National Board Certified Counselor, a National Board Certified School Counselor, and a National Board for Professional Teaching Standards Certified School Counselor. Katie has worked as a counselor in public schools for 6 years. Her experience allows her to work with clients individually, in small groups and with families. She has worked with a diverse population of children and adolescents on issues such as grief and loss, social skills development, family changes, anxiety, behavior, anger, learning differences, and attention concerns. She will be working with children and their parents.

The Value of the Whole

Trinity Center seeks to be a resource for people desiring to grow and develop as whole people -- mind, body, and spirit. Many of you comment from time to time that we function very differently from other places you have been. This article is designed to help you understand why.

The non-competitive cooperation, respect, and mutuality of the holy Trinity serves as the inspiration of our relationships to each other as staff, to professionals in the community outside of Trinity Center, to our clients, and to ourselves. We believe that this kind of respect and cooperation occurs through the movement of God's Spirit who holds all things. Wholeness occurs as we are becoming more integrated, more the people we are designed to be. A human problem is that, unlike God, we find it difficult to function out of all parts of ourselves simultaneously (mind, body, spirit). This results in a tendency to emphasize one or two parts of ourselves and overlook or ignore the others, thus helping us prioritize and focus. This compartmentalized way of functioning is helpful in emergencies, but it puts undue stress on us when it continues over time. Over time, the parts of ourselves that are untended begin to break down and things in our lives won't work quite as well. The way this is manifested in our lives varies from person to person. Some of us become irritable, impatient, or stubborn, so our relationships suffer. Some of us are more susceptible to colds, flu, muscle or body pain. Some of us have trouble sleeping. Some of us lose a sense of God's presence.

Trinity Center offers assistance in any or all of these ways. Our Clinicians, Spiritual Directors, Physicians, and Educators work together to develop and provide resources that address these and other issues in a variety of ways. Individual counseling or spiritual direction are helpful to some. Others benefit from family or couple counseling. Some benefit from educational programming or spiritual retreats. Others meet with our physicians to aid the healing process and to provide the most accurate diagnosis for filing health insurance and cooperating with primary care physicians.

We know that seeking services for counseling or spiritual direction often requires determination and courage and there is dignity in desiring to be more whole. We have found over the years that people are helped through this combination of services in ways that would not have been possible in settings that did not incorporate so many aspects of healing in one place. We are grateful to be part of Trinity Center. We hope you are also benefiting from your connection with us as well.

PUNCH DRUNK AT 26

Life transitions are difficult. I have some experience with them. In 1978, I had some seminary credit from both Duke Divinity School and Southeastern Baptist Theological Seminary, but I was no longer enrolled in either. My vocational direction was simply unclear to me, and so, in the spirit of the Psalms and Genesis 32:22-32, I had to cry out to God, in this poem.

David Fouche, M.Div., Spiritual Director

PUNCH DRUNK AT 26

I've stood a few rounds
But still I can't
Quite comprehend
Why it is
I'm alive
And struggling
For a blessing,
A new name,
A mission
By God's grace,

Yet only
A pompous speck
In a dust storm of souls
Settled and stirring
On this enigmatic
Colored ball
Spinning and cycling
In seemingly
Endless, lonely space.

I still presume,
I must presume
To question
Even the Creator
Who gave me
The consciousness
Causing these lines.
I'm still
At Penuel*
Yet to cross
The Jabbok.**

*Penuel (Hebrew פְּנִיֵּאל), also known as the "face of God"[1], is a place not far from Succoth, on the east of the Jordan and north of the river Jabbok. It is also called "Peniel" meaning "I have seen a divine being face to face, yet my life is preserved." Here Jacob wrestled (Gen. 32:24-32) "with a man" ("the angel", Hos. 12:4. Jacob says of him, "I have seen God face to face") "till the break of day." http://en.wikipedia.org/wiki/Zarqa_River

**The Zarqa River is identified with the biblical river Jabbok[3] (Hebrew: יַבְבֹּק). Jacob crossed the Jabbok on his way back to Israel...and [Jabbock] is mentioned in connection with the struggle of Jacob with the angel (Genesis 32:23 et seq.). <http://en.wikipedia.org/wiki/Penuel>

Jacob Wrestles With God

Genesis 32:24-32

So Jacob was left alone, and a man wrestled with him till daybreak. ²⁵ When the man saw that he could not overpower him, he touched the socket of Jacob's hip so that his hip was wrenched as he wrestled with the man. ²⁶ Then the man said, "Let me go, for it is daybreak."

But Jacob replied, "I will not let you go unless you bless me."

²⁷ The man asked him, "What is your name?"

"Jacob," he answered.

²⁸ Then the man said, "Your name will no longer be Jacob, but Israel, ^a because you have struggled with God and with men and have overcome."

²⁹ Jacob said, "Please tell me your name."

But he replied, "Why do you ask my name?" Then he blessed him there.

³⁰ So Jacob called the place Peniel, ^b saying, "It is because I saw God face to face, and yet my life was spared."

³¹ The sun rose above him as he passed Peniel, ^c and he was limping because of his hip.

Our Spiritual Directors, David Fouche, Patty Suggs and Tim Auman are available by appointment to meet with anyone desiring to deepen his/her spiritual life, have support on the journey of faith, wrestle with God, or explore prayer. If you have questions or would like to make an appointment, please call us at 725-3999.

HELP FOR YOUR SCHOOL AGE CHILD



As school begins, there is a lot of anxiety for both parents and child. How will our child perform, will he/she make friends, keep up with classmates in terms of academics, and feel good about the school year? As the first quarter progresses, there may be issues that surface that require counseling or psychological intervention. If that is the case, Trinity Center can help!

We have several professionals who work with children and adolescents. The issues of self esteem, mood and behavior management, family stress and grief, divorce, depression, anxiety and coping with ADHD are some of the issues addressed in these sessions

Trinity Center also has a staff psychologist who administers a battery of tests that can help identify cognitive or learning disorders that affect children and how they perform in school.

Neuropsychological testing assesses the health of the brain and central nervous system by measuring intelligence, memory, and personality functioning. Results from a neuropsychological evaluation can be used to diagnose Attention Deficit Disorder, Cognitive Processing Disorder, Seizure Disorders, Learning Disabilities, Pervasive Developmental Disorders (Autism, Asperger's Syndrome), Developmental Delay in Cognitive Skills and many other disorders.

When a child is tested, recommendations will be made for medication and therapy as well as educational planning. This includes classification in the public school system and the development of an individual educational plan.

For more information on counseling or neuropsychological testing, contact us at 725-3999.

Trinity Center, Inc.
exists to foster
healing and
wholeness
through
counseling,
spiritual formation
& education.

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