



Ecclesia Christian Counseling News

Where the Spirit of the Lord is, there is freedom.

July 2009

Chicken or the Egg Depression

There is a running debate as to whether people are depressed due to what's going on in their lives ("situational depression"), or whether it's simply a matter of brain chemicals ("endogenous depression"). Ultimately, it works both ways. Our situations and how we perceive them and emotions, which in turn lead to an imbalance in brain chemicals. And an imbalance in brain chemicals leads to feelings and emotions, which in turn effect the situations we put ourselves in. You see the way they feed off each other. You see how it can form a vicious cycle.



To break the cycle and maintain health, you can:

- Take herbal, nutritional or pharmaceutical anti-depressants
- Eat a balanced whole foods diet (hugely important!)
- Stay away from sugars and artificial sweeteners
- Do at least 3 to 4 hours of moderate exercise per week
- Give time to other people or organizations
- Spend time reading God's love letter to you

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."

Jeremiah 29:11

See You in September ...for *Speaker's Night* with Joseph Serio, RPH of Westminster Pharmacy, natural drug-store. Mr. Serio, one of only four compounding pharmacists in this region, will speak on a holistic approach to health including farming and food source, biochemistry balance, and plant medicines. From 6:30 PM to 8:00 PM, date TBA.

Married for the Love of It

A two day workshop for married couples, or those soon intending to be, will be held on :

Tuesday 21st and Thursday the 23rd of July

from 6 PM to 8 PM at the Westminster office

This study looks at men and women as uniquely created individuals who are called into a seemingly impossible task, that of becoming one unit which demonstrates on earth the love of the Triune God for his creation.

We will look at lies we tell each other about the 'other' sex, errors about roles and even the role of sex in marriage and provide a framework from which husbands and wives can choose to make choices of love.

The program fee is \$120 per couple. Due to limited seating, the workshop is limited to five couples. Please contact the office at 978-874-5700 to register.

Hot Fun in the Summertime

Or, How to Stay Sane and Cool With the Children Home

≈ Establish structure for sleep times with normal bedtimes and reasonable rise and shine times. Keep the children's internal clock synchronized to prevent meltdown and give adults some quiet time alone.

≈ Maintain a quiet time for the children in the middle of the day to rest, read a book, sketch....no electronics or phones; continual stimulation leads to crankiness and burnout.

≈ Prepare healthy snacks in advance to take on the go, fast food will be less tempting for money and nutrition sake.

≈ Spend time planning activities together so children are invested in the event and happy with expectation.

≈ Family devotional times are more effective in the morning hours before "the plans" begin. Feed their hearts and minds daily with God's word of forgiveness and love.

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