



Ecclesia Christian Counseling News

Where the Spirit of the Lord is, there is freedom. March 2009

Bad Guilt vs. Good Guilt

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|--------------------------|--|
| General | Specific |
| "I do everything wrong" | "I sinned" |
| Condemns | Convicts |
| "I'm not worth anything" | "I matter so much that God wants repentance." |
| Blames | Confesses |
| "It's their fault" | "I'm sorry" |
| Points Inward | Points Upward |
| "All about my failings" | "All about God's mercy" |

God, Why Am I So Angry?

Is anger right or wrong?

Be angry, but don't sin.



Anger hurts..what can I do?

A study on anger is being offered on Saturday, April 25th from 8:30 AM to 2:30PM including a break for lunch. Through Biblical study and discussion we will look at righteous versus harmful anger, its affect on our lives and means of responding. The \$50 fee includes workbook and registration. Call for information and register by April 7th. Seating is limited. ("Wow!, this was an excellent study ,thank you so much."..MS)

Approved Clinical Supervisor



Frances M. Cosentino White, LICSW, ACS, partner and clinical supervisor of Ecclesia Christian Counseling, has successfully met professional supervision standards established by the Center for Credentialing and Education, Inc. and in so doing has earned national recognition as an Approved Clinical Supervisor.

Speakers Evening

Last summer, Ecclesia began hosting a monthly Speaker's Evening to consider issues of human experience in the faith community. Joe Morrell, of L'Abri Fellowship in Southbridge presented 'Dealing With Grief' and Dr. William Schmitt, Headmaster of Trivium School in Lancaster spoke to 'The Arts as an Image of God'. This spring we are offering 'What do you say to the Dying?' and 'Living Clearly in the Menopausal Haze'. The Evenings, with light refreshments, are free and open to all. Dates for the upcoming speakers will be announced on our website.

A Time for Everything

- ¹ There is a time for everything,
and a season for every activity under heaven:
- ² a time to be born and a time to die,
a time to plant and a time to uproot,
- ³ a time to kill and a time to heal,
a time to tear down and a time to build,
- ⁴ a time to weep and a time to laugh,
a time to mourn and a time to dance,
- ⁵ a time to scatter stones and a time to gather them,
a time to embrace and a time to refrain,
- ⁶ a time to search and a time to give up,
a time to keep and a time to throw away,
- ⁷ a time to tear and a time to mend,
a time to be silent and a time to speak,
- ⁸ a time to love and a time to hate,
a time for war and a time for peace.

Ecclesiastes 3

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