

Summer 2008

This issue has been revised several times due to M's accident

- Personal Up-Date?
- It's Summer...
- The Year in Review
- From the Director's Desk



SOUL CARE

CROSS ROADS SOUL CARE, INC.,
P O BOX 2299, OAK RIDGE, NJ 07438
Gordon & Emily Goutremout

Personal UP-date?

Our Christmas holiday was interrupted by M's freak fall down the staircase. We are thankful that no bones were broken however she spent the majority of the winter "down" with major soft tissue injuries to her left knee. Consequently, I (Gordon) have been re-vamping our laundry room into a dual purpose room adding a compact office to the first floor of our home; in addition to being M's helpmeet, driver to the doctors appointments, encourager, and stair climber! With assistance and support of many family members, co-workers, church & even our clients; who provided meals, shopping, company and encouragement for the 9 weeks while she was out of commission, life is slowly getting back to normal .

M is back to work fulltime; while she continues the healing process with physical therapy 3 times a week; we'd ask for continued prayer as she is under the doctor's care along with a rheumatologist, and cardiologist for other testing. Truly God was watching over her as the accident could have been so much worse. However the day to day logistics of life have slowed her down considerably which is evidenced by the delay in the mailing. We have found it difficult to communicate as often as we wanted to since M is the agent on this portion of the ministry. We realize the importance of seeing that our supporters are kept in the loop and yet ...

Please bombard the gates of heaven with your daily prayers for us so the ministry can go forward. If you recall last year I had a car accident that also put me down for a bit. Truly a spiritual battle (through our physical bodies) is raging as we seek to serve the Lord through biblical counseling, only prayer will protect us!

God is sovereign over all and we ask you to continue to stand with us as you have in the past.

*Lane,
Gordon and Emily*

THE YEAR IN REVIEW (a bit delayed)

It's hard to believe that the year 2007 has gone — AND that we've just completed 1/2 of 2008! There were significant milestones at Cross Roads that we would like to highlight.

God has been at work in so many ways as we look back at 2007!

- ◆ 277 Clients have been seen this year!
- ◆ The web site has been enhanced to archive our newsletters!
- ◆ Over 1,000 Visits to the site were logged!
- ◆ The IRS gave permanent status to Cross Roads as a non profit organization!
- ◆ People's lives have been transformed because of Jesus Christ!

The question continues as to when we should launch the ministry fulltime. We are weighing carefully our daily needs and desire, seeking wisdom from the Lord. We think of our personal responsibilities and see the need of the ministry and right now the support level does not meet our budget, so we will continue to serve Him as we are until such time as the Lord directs otherwise.

It's Summer—give yourself a break!



Taking time away from the stresses of daily life can give us the break we need is called a vacation. After a rest we can return to our lives refreshed and better equipped to handle whatever comes.

Vacationing can help us to reconnect with ourselves.

Workers who take regular time to relax are less likely to experience burnout, allowing them to be more creative and productive than their overworked, under-rested coworkers.

Taking regular time off to recharge your batteries keeps stress levels lower and can keep you healthier.

Just check out the web and read the 6/7/08 article "Vacations Are Good for You, Medically Speaking" by Alina Tugend in [The New York Times](#) .

Spending time with loved one enjoying life can keep relationships strong. The Dept of Health & Human Services in Arizona found that women who took vacations were more satisfied with their marriages.

Scripture is replete with references to the necessity for rest. Exodus 20:9-11; Mark 6:32 and so many more. If the Lord rested after creating the world and Jesus himself took time away from ministry to rest and refocus who are we to think we don't need to? Whether it's a couple of weeks or a couple of days, take the time and come apart from the daily stresses of life,

Remember come apart and rest; or you will come apart.

CROSS ROADS SOUL CARE, INC.

P. O. BOX 2299
OAK RIDGE, NJ 07438
973-697-9636

We are a government approved non profit organization. All gifts are tax deductible to the extent allowed by law.

Cross Roads exists to support the community with professional counseling using biblical principles to help individuals at life's cross roads. Counseling at Cross Roads can be a life changing experience as clients seek to rebuild their lives after difficult experiences. Will you join as one of Cross Road's supporters? Your help is so needed. Clients would not be able to receive our help without you. The cost of each client's visit is supplemented by the assistance you give so that they are able to continue to meet their normal expenses (rent/mortgage, utilities, food and clothing) while seeking this help.

YOU are the answer to making professional biblical based counseling available. Have you received help through Cross Roads; — can you now assist others to receive that same help? Please ask the Lord what your part in the ministry will be. We need you today to pray and give so that the ministry can continue to make a difference in your church, your community and the tri-state area. We need many of you to join our team today. Thank you!

www.crossroadssoulcare.org

From the Director's Desk

About Focus!



FOCUS Webster's Dictionary defines it this way:

"a center of activity, attraction or attention; a point of concentration"

When a new client comes into the office for their **Initial Consultation** we ask them to fill out a **Personal Data Inventory** which covers a multitude of basic information; the last few questions are where I focus my attention. The questions are:

What problem brings you here?

What have you done about it?

What do you want us to do?

Is there any other information we should know?

As a client ponders these questions and I probe a bit deeper during the consultation; we have the opportunity to share together what the **focus** of their counseling sessions will be about. Sometimes clients have a difficult time zeroing in on just what is bothering them and then it takes a few more sessions to work out the details which brought them to this process of life. This is a journey that many people

do not want to venture on, even though they may be in crisis.

The fear is exposing the pain, shame or guilt that brought them here in the first place, but without acknowledging these arenas there may never be a resolution. The struggles which they are facing are made evident through their emotional state. The problem however is not necessarily one that is emotional in nature. It may be that there simply is a lack of information and some teaching is all that is required. Or it may be spiritual in nature, they perhaps are in some type of conflict with another person or even with themselves or maybe there is great conflict with God and sin in their life. The circumstances that brought about this bump in the road were developed over a period of time and just a few moments and questions are not going to release this information.

Nevertheless the need is to readjust and communicate openly becoming vulnerable so the process can develop **focus**. When this readjustment is achieved the counselor and counselee can begin to travel the road together to bring resolution to the issues in life that need realignment.