

The Monthly Heartbeat

The Hope in Christ Church Newsletter

July 2019 Issue

Understanding Mental Health Diagnosis

By Pastor Scott



Is mental health diagnosis the same as medical diagnosis? In the eyes of many people, the two are identical – I go to a professional who is board certified, tell him my symptoms, and the professional in turn writes a prescription that ‘solves’ my problem. But there are some drastic differences in medical and mental health diagnosis.

Let me try to explain: Medical diagnosis is backed up by scientifically verifiable tests. Medical diagnosis is grounded in the core belief that the body’s physical tissue is damaged or under attack and needs remedy to be ‘normal.’ When a bone is broken, an x-ray is performed to see the nature of the break and based on those results a cast or operation is ordered and the bone is set and restored, i.e. ‘cured.’ When an infection occurs, the lab can examine some blood, or other fluid and via a culture determine the exact type of infection in order for an antibiotic to be prescribed to fight it. When a heart is faulty, stress tests, EKG’s and other tests can pinpoint the problem and the surgeon can determine if a new part is required to fix the issue. Each of these is objectively verifiable, and though mistakes are made, and our understanding of the human body is imperfect, a direct link between cause and effect is often understood.

This is not the case with mental health diagnosis. Unlike a medical diagnosis, people in this camp are given labels based on their thoughts, emotions, and behaviors. The DSM-4, which is the bible of the psychological/psychiatric world, clearly concedes this point with these words, “a diagnosis does not carry any necessary implications regarding the causes of the individual’s mental disorder or its associated impairments.” The admission that psychological labelling has nothing to do with causation but rather relates strictly to presentation of symptoms is fundamental in understanding the difference between medical and mental health diagnosis. In medicine the disease creates the symptom, but in mental health the symptom creates the disease.

So why does all this matter? As Christians seeking to provide sound biblical counsel to those around us, understanding this difference can be very useful in helping others. If our thoughts, emotions and behaviors can be changed, then according to the mental health world, our label disappears. (I want to be very careful here, never should a biblical counselor encourage someone to stop taking prescribed medicines. We must legally leave that to the doctor and the patient to determine, but we can work towards helping those with mental health diagnosis to find new patterns of life that will likely change and remove their diagnosis.) So, what must we do?

First, ask your counselee if he or she understands the process used to make the diagnosis. And then share the differences between medical and mental health diagnosis. Second, ask him or her if it is okay to use biblical terminology in place of secular words and labels. For

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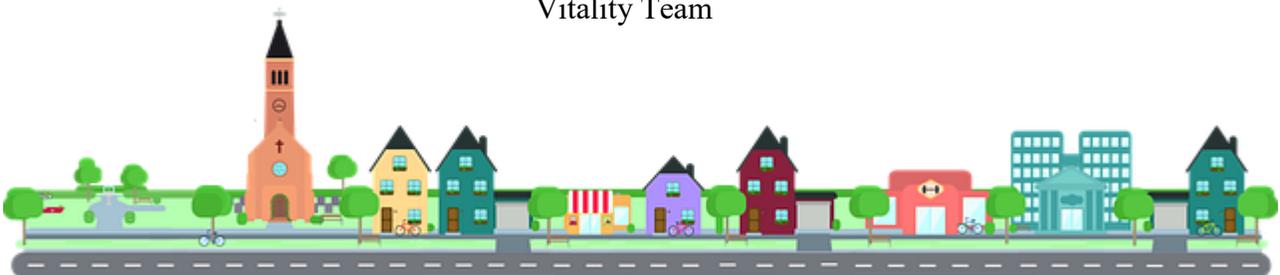
example, anxiety is called fear and worry in the Scriptures, OCD would be called control, alcoholism is called drunkenness, etc. Third, ask this question: “If the medication works so well, why are you still seeking help?” Fourth, understand that the concept of ‘chemical imbalance’ is a new theory without any objectively verifiable way of proving it. Science knows very little about the brain and the known balance points of the chemicals at work in it. Science is able to measure levels of chemicals in the blood but not at the synapse and not on the other side of the blood-brain barrier where these chemicals are at work. We must understand that when chemical abnormalities in the body are able to be measured, then a medical disease/diagnosis replaces the mental health label. Fifth, ask “What tests were run to prove a physical problem is present? How was it proven that the physical condition is the cause of the emotional/behavioral action? How can it be proven that the recommended medication corrects the physical problem?” All these steps are aimed and leading the person to this final place where we can speak about the counselee’s heart and life issues that are ushering forth in damaging actions, emotions and feelings. Help them to wrestle with the root causes and to find their hope primarily in the gospel - Why are they feeling afraid? What does the word of God say about overcoming fear? etc.

I know this is a very short and cursory treatment of the topic at hand, but I hope it helps as you seek to provide counsel and hope to those in your life.

SUNNYLAND STOMP 2019

The Vitality Team has chosen for Hope in Christ to be a sponsor for the 2019 Sunnyland Stomp. The Stomp is held for one day each summer and this year the date is Saturday, July 13th from 3:00-8:00 p.m. For a small donation our church will be included in the Stomp map and in all their printed materials. As a sponsor we will be offering free parking in our lots and will have signs up at both entrances. Come and join in the fun of walking around the Sunnyland neighborhood and visiting the many various artisans, food vendors and businesses who participate. This is a fun way to support our church community.

Thanks,
Vitality Team



Rebekah Roberts’ Family Promise Story

I was called by Ali Laninga; she needed some help with dinner at the church Family Promise was in for the week. There were about five moms and probably ten kids. After dinner Ali and I took the kids outside to play in the grass and get some of their energy out before bed. I was tired after a long day of work, but the kids had so much energy it kind of just rubbed off. The older kids were playing soccer and I was chasing the little kids around being the “tickle monster.” They thought it was so much fun and getting to see the smiles on their faces made me happy.

There is one encounter I had with one of the children that I wasn’t expecting. I have a cross necklace that I wear all the time. One of the little girls was interested in it. She kept on coming back over and over just to look at it and hold it. She finally asked me what it was and when I told her it was a cross she got incredibly excited and started looking around frantically. When she finally found what she was looking for a big smile came across her face as she pointed to the roof of the church where a cross was mounted.

I asked the girl if she knew what it meant. She didn’t, so I told her an abbreviated version of the Salvation Story. At the end I told her that it means God loves her. She looked me in the eyes and repeated, “God loves me?” It was as if the idea was too wonderful, as if there was no way it could actually be true. So I told her that God loved her more than anything else in the world. The fact that there was someone who loved her so much that they were willing to die for her was amazing for this little girl. After that she kept on coming up to me and would touch my necklace and say, “Cross...God loves me so much.”

-Rebekah Roberts



Family Promise

By Ali Laninga

A huge thank-you to all who served during our last Family Promise Week. We had a full house with five moms and ten children! Just a quick update on the five families we served: three of the families have moved into transitional or permanent housing. What a blessing for these families as they strive to return to a more stable and permanent living situation.

Bekah Roberts was one of our helpers who came and interacted with the children on a sunny evening. She shared her story with me and I asked her to write it out so we could share it with all of you.

Ali Laninga, Volunteer Coordinator
Lorraine Brouwer and Herman Laninga,
Assistant Coordinators.

Deacons Digest

By Elaine Snapper

Our *Shower Connect* project has been in operation for a few weeks. We are now collecting underwear for both men and women. Items can be brought to the church, and they will be distributed to needy parties through the Lighthouse Mission.

New officers were selected for the deacons as follows:

- Chairman: Rockelle Ruitter
- Secretary: Ruth Stadt
- Treasurer: Tena Vander Pol
- Special Events: Jennifer Boer
- Heartbeat/Bulletin Communications: Elaine Snapper

It was voted to give financial support to Rev. Kim for his work in Viet Nam. He is there to equip men to serve in the ministry. A motion was made and passed to give \$1,000 to him.

A representative from the Gideons will be in our church on Sunday, June 30. A second offering will be taken for the Gideons.

Giving in May 2019

| | <u>May</u> | <u>Year-to-Date</u> |
|--|-------------------|---------------------|
| Designated Fund Offerings: | \$ 2,212 | \$ 19,526 |
| General Fund Offerings | \$21,310 | \$127,765 |
| Rent / Utilities Income | 1,536 | 14,754 |
| Interest Income - Undesignated | <u>57</u> | <u>192</u> |
| Total Undesignated Income | 22,903 | 142,711 |
| General Fund Expenses | <u>(28,777)</u> | <u>(124,234)</u> |
| Income Over(Under) Expenses | <u>\$ (5,874)</u> | <u>\$ 18,477</u> |
| Total 2019 budget, including ministry quotas | | \$ 234,133 |
| Year-to-Date Budget for 12 months | | \$ 117,067 |
| Total Undesignated Income | | 142,711 |
| Income Over (Under) Budget | | <u>\$ 25,644</u> |

Loan Balances:

Classis: \$ 15,000

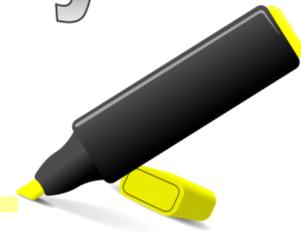
Items of Interest from June's Council Meeting

By Jerry Hop

1. Vitality Team: The round table discussion on June 9th regarding sharing our faith went well, but there is still opportunity to give input if you could not attend or have more to contribute. The team also questioned whether the communication seminar should be offered again for new members/attenders and anyone unable to attend in the past. The team's work will end in August. It is still being determined what the next steps in this process will be.
2. Worship: The Pentecost service was very much appreciated by those who attended and there was a more diverse participation this year as well. More volunteers are still welcome to join the worship ministry.
3. Hospitality: Connie K has replaced Denise D on the team.
4. Bldg./Maintenance: The ministry house has new windows, siding and is being painted.
5. Shower Connect: Participation has been lower than expected. We will staff with volunteers thru June per our agreement with Lighthouse Mission. Our future commitment is still undecided.
6. Council is still working on the next topic/series after we finish *Believe* later this year.
7. The elders have taken some steps toward development of a plan/vision for the future.
8. The Abees are excited about working with the highschoolers and considering various activities this summer and beyond.

Whatcom Community News

Service Opportunities



URGENT NEED FOR MISSIONARIES: How is God calling you to spread the gospel? Resonate has an urgent need for people to step into ministry in North America and throughout the world. You might be surprised by how God can use your knowledge, skills, and abilities to expand His kingdom. Explore volunteer and career opportunities by visiting resonateglobalmission.org/go

SHORT-TERM VOLUNTEERS: World Renew's Global Volunteer Program provides opportunities for 18- to 24-year-olds to live, work, eat, and play in an international community while exploring how God wants to use your talents and skills for His purpose. For more information, contact Andrew at globalvolunteer@worldrenew.net.

YWAM OFFERING SUMMER PROGRAMS: Youth With A Mission (YWAM) North Cascades in Lynden is offering Discipleship Training School (DTS) programs. Electives include Adventure DTS, Music and Worship DTS, and Barista DTS. For more information, call (360) 220-5954 or visit www.ywamnorthcascades.com.

VOLUNTEERS NEEDED TO RESHINGLE: The Christian Hope Association is in need of volunteers high school-age and older to assist with the immediate re-shingling of a significant part of the facility. Three members of the community are spearheading the project, but support is needed. Any amount of time will be helpful – days, evenings, even Saturdays. To help or for more information, call the New Way office at (360) 354-9930.

SPECIAL HELPER NEEDED: A 33-year-old Christian woman from Everson challenged by injuries from an accident needs female companion(s) to assist her from 7 a.m. to 10 p.m. daily with transportation, playing games, practice speaking, household chores and laundry, meal preparation, and other everyday tasks. Training is provided. Being patient and dependable is a must, as is the physical ability to lift and push. There is flexibility with duty preferences and work schedule. Pay is in the \$15-an-hour range. If you are a non-smoker 18 to 45 years old who is interested, call Debbie at (360) 354-1194 or (360) 319-9310 or Sunrise Baptist Church at (360) 366-5700.

NEW WAY FAMILIES IN NEED OF VEHICLES: The families at New Way Ministries are truly in need of reliable vehicles to help them in their move toward greater independence. Your kind donations will help the residents travel to work, school, appointments, and errands. If you have a vehicle to donate, please call Don Kok at (360) 354-4673 or Suzanne Olson at (360) 354-9930. A contribution receipt (and a big thank you) will be provided.

SEAFARERS' PRAYER AND CARE: Please remember the lonely seafarers and their families. The Seafarers ministry needs good and Christian magazines, CDs and DVDs. They also are looking for more sponsors to fund the mission. To help or for more information, please contact the chaplain, Pastor John, at (561) 351-1239, (206) 778-1523 or pastorvanhemert@gmail.com.

SEA MAR NEEDS HELP WITH TRANSPORTATION: Sea Mar Everson wants to connect with local churches to build a large volunteer base that will provide transportation for pregnant mothers. The clinic is part of a community-based organization committed to providing comprehensive health, human, housing, education, and cultural services to diverse communities regardless of ability to pay. Many migrant farm workers in the area do not have access to transportation. In particular, pregnant mothers have been unable to receive prenatal care, which is crucial for the prevention of many avoidable complications. If your congregation is interested, please contact Daniel Lee at (503) 453-0013 or ddylee@uw.edu

HOUSING NEEDED FOR WOMEN: Engedi Refuge is looking for housing options for clients who have moved through the program and are working to reintegrate into the community. Engedi Refuge is a local ministry providing a restorative residential program for women who have survived sexual exploitation and trafficking. The housing needs vary from apartment rentals to renting a room or basement suite in a safe and loving home environment. If you or someone you know owns rentals or is willing to rent a room in your house, please contact Engedi at (360) 922-7600 or engedi.refuge@gmail.com.

Getting to Know Our Church Family

By Elaine Snapper

This month I am going to feature our new intern, Joshua Currey. I thought it might be interesting for our church family to know a little more about him.

Joshua was born in Buffalo, New York. He has three siblings: an older sister and two younger sisters. Josh said he learned a lot from only having sisters. His mother was a piano teacher, and his father is a pastor. Three years after he was born his parents moved to Kansas. He goes back to New York to see his grandmother, who was a tour guide at Niagara Falls. In Kansas he attended Heritage Christian Academy. The church he attended provided Bible teachers. He is currently attending Moody Bible College. He said it is practical and hands-on, and he has many assignments. There are always lots of things to do outside of class. He has to talk to people and witness to people. Josh said before he attended Moody Bible College, he tried a lot of other things. He was interested in being a lawyer and took law classes, was an engineer, was into robotics, journalism, and theater. He was a director at a theater and made short films. Although his father is a pastor, he never pushed Josh into anything. The reason why he tried all these other things was that he didn't want to seek going to Bible college for the wrong reasons. He needed to try other occupations to affirm his call to the ministry.

When I asked what brought him to the Lord, he responded that he didn't have an "aha" moment. He was raised in the church, and his parents always treated his siblings and him as if they were saved.

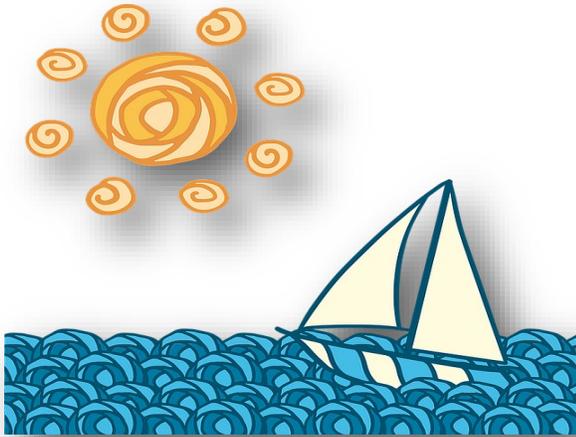
They wanted them to feel what it was like to be in a Christian community.

For hobbies he loves whatever can satiate his creative outlet. He played soccer for 12 years, but he claims he wasn't any good. He enjoys reading, and he enjoys well-made movies that have at least one element that resonates with him.

He has done a bit of traveling to see family, who live in New York, Pennsylvania, Connecticut, Georgia, Florida, and Maryland. He had never been to the west coast before, but he says it has been great—a diverse nature, so different from Kansas. There are different trees, plants, foliage, bugs, flowers and critters.

Josh, we're glad you came out west. If you haven't met this likable young man, be sure to introduce yourself to him.





July 2019

Sermons

- 7 Pastor Scott: The Lord Saves- Psalm 3
- 14 Joshua Currey: 1 Samuel 3:1-21
- 21 Pastor Scott: Falsely Accused– Psalm 4
- 28 Joshua Currey: 2 Corinthians 9:6-15

Offerings

- 7 Kingdom Advancement Fund
- 14 Kingdom Advancement Fund
- 21 Outreach Fund
- 28 Kingdom Advancement Fund

Prayer Room

- 7 Jay K
- 14 Lorraine B
- 21 Lou K
- 28 Ali L

*Not Able to Serve When Scheduled?
Please call someone on the list and
make a plan to trade dates.
Thank you for your help!*

Greeters

- 7 Faye & Jerry H
- 14 Karen S & Chris P
- 21 Don & Tena V
- 28 Del & Pat B

Cookies

- 7 Christine S, Ruth S
- 14 Barb Z, Megan S
- 21 Jennifer B, Pat B
- 28 Alice B, Helen B

Ushers/*Foyer monitor

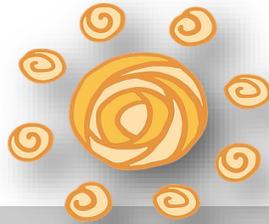
- 7 Barb & *Joe Z
- 14 Helen B, *Joe P
- 21 Ken W, *Lou K
- 28 Hildred & *Clair A

Serving Assistants

- 7 Mattea, Maggie, Zeke
- 14 Clara, Kylie, Abee
- 21 Brenna, Amber, Caleb
- 28 Michal, Chantel, Faith

Would you like to serve in one of these areas, but have not been added to the list yet? Please call the church office at 360-733-6177 and let us know. It would be great to add you in! If your name is not on the birthday list for your month, please let us know that as well. Our desire is to include everyone who attends regularly, so please help us to keep our lists up-to-date.

July



2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|-----|---|--|--|--|--|
| | 1 | 2 | 3 7:00 PM Elders, Deacons Meetings | 4 6:30 AM Men's Group  INDEPENDENCE DAY | 5 | 6 |
| 7 8:15 AM Prayer 9:30 AM Communion & Worship | 8 | 9 6:00 PM Richard's Bible Study 6:30 PM Boer's Bible Study | 10 7:00 PM Council | 11 6:30 AM Men's Group 7:00 PM Praise Team | 12 | 13 3:00- 8:00 PM Sunnyland Stomp |
| CREATIVE YOUTH THEATER | | | | | | |
| 14 8:15AM Prayer 9:30 AM Worship 4:30 PM Jesus Gathering 4:30 PM Roberts Group | 15 | 16 | 17 7:00 PM Worship Planning Team | 18 6:30 AM Men's Group 7:00 PM Theater Performance | 19 6:30 PM and 7:00 PM Theater Performances | 20 11:00 AM and 1:00 PM Theater Performances |
| CREATIVE YOUTH THEATER | | | | | | |
| 21 8:15 AM Prayer 9:30 AM Worship | 22 | 23 6:00 PM Richard's Bible Study 6:30 PM Boer's Bible Study | 24 | 25 6:30 AM Men's Group 7:00 PM Praise Team | 26 | 27 |
| 28 8:15 AM Prayer 9:30 AM Worship 4:30 PM Roberts Group | 29 | 30 | 31 | <h2 style="color: blue; font-weight: bold;">Happy Birthday !</h2> | | |

5 Marlene B
8 Mike C
8 Chuck D
9 Ken W

12 Jay K
15 Donna V
15 Karen F
15 Michal R

16 Evan B
19 Tena V
29 Keith S
29 Jeanette M
31 Winnie K