

PRESSING ON...

"I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." Philippians 3:14



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Our Relationships | Feeling pain when they are not right

■ by Melvin Jonkman, MDiv, Chief Executive Officer

My wife and I recently became grandparents. What a joy! We look forward to meeting our granddaughter soon. Our son, daughter-in-law and granddaughter live in California. Skype is great and we can see her changing every day, but I want to hold her, cuddle her in my arms and kiss those chubby little cheeks.



*Annabelle
Mel will meet her this month*

As we have gone through this process, I've noticed something: I love her even though I have not had the chance to meet her. It's amazing how strong those feelings are.

She has wiggled

her way into my heart and I know that she will remain there and that I will love her for the rest of my life.

Having become a grandparent, I now have a greater appreciation and a deeper understanding of a verse of Scripture. Genesis 31 tells

the story of when Jacob runs away from Laban. When Laban discovers that his family has run off he pursues them. When he finds them, one of the things he says to Jacob is found in verse 43. "The women are my daughters and the children are my children. . . ." Laban considers Jacob's children to be his very own children. While he wasn't the biological father of the children, he loves them and cares for them as though they were his own. I understand his feelings.

"We can lose those relationships that are so meaningful to us. Laban understood the pain of that loss. He didn't like it and pursued what had been taken....Don't give up."

Being a long-distance grandparent will not be easy. I will miss spending time with Annabelle. I will not be able to be there for all of the special events in her life. I will miss out on a

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lot and it will be difficult. However, she will also miss out on a lot because my wife and I are not able to spend time with her. Kathy and I have learned much on our journey through life and it would be ideal if we could share that wisdom with Annabelle. Also, at least from what I've observed, grandparents often aren't as uptight about "parenting" while spending time with grandchildren. Grandparents are often more

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If you are struggling with the loss of a significant relationship and would like to talk with someone about it, please call the Center. Our professional staff will walk with you and perhaps God will use that experience to bring some healing to the brokenness in your life.

Family Rules

Marriage Tips Series

■ by Duane Kapp, MA, Marriage & Family Therapist, Chief Operating Officer

Twenty-five percent of the people who come to Chicago Christian Counseling Center come for marital or couple counseling. In future newsletters, we will be including a "Marriage Tips" Series. This article is the first in the series. Even if you are not married, this tip matters to any close relationship.

The current idea that we should just be "happy" in marriage misses the point. To be really happy requires that each of us become all that God intends us to be. Becoming all that God intends us to be includes being emotionally healthy – which is much harder than we think!

➡ MARRIAGE TIP | Consider your FAMILY RULES

Couples rarely take into account that each came from a family that had very subtle, unwritten but powerful rules. Couples will struggle for years, not realizing that their problems concern these family rules. Each individual is sure that all families operate the same way their family did, whether good or bad. There are rules for weddings, family gatherings, who prays at meals, and even rules on how bed sheets are folded or how the bed is made (or not!).

There are rules for who takes out the trash and who makes sure the doors are locked at night. For example, a woman's dad locked the doors at night when she was growing up. When her husband grew up, his mom locked the doors at night. They could fight over who is to blame when they both forget to do it. They could each conclude that they married an irresponsible, forgetful, uncaring and dangerous person! This conclusion could even color how they judge their spouse for a long time; believe me, it does happen!

So think about Family Rules the next time you get frustrated with your spouse. Are they just doing what was normal in their house when they were growing up? Is it something you would have NEVER done in your house when you were growing up? Is there really a RIGHT way to hang toilet paper, where to place the daily newspaper or how to spend free time? Instead of getting frustrated, why not make your own new family rules together! ■

Relationship counseling can push each individual past the "unhappy but stuck" stage in a relationship and move to the "growing" stage.

Relationships

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relaxed and it is healthy for grandchildren to spend time in that environment relaxing, playing and experiencing a blessing that Grandparents can provide.

In our broken world, relationships between parents and children and even grandparents and grandchildren can be fractured and broken. We can lose those relationships that are so meaningful to us. Laban understood the pain of that loss. He didn't like it and pursued what had been taken.

Maybe you've experienced this kind of loss in your life. You've tried to pursue what you lost, but things still haven't worked out. Don't give up. Christ came to bring healing and hope to all that is broken and as we partner with him healing can take place. ■

THANK YOU!

We have been so blessed by two people over the last two years. They have so generously and faithfully given their time and talents at Chicago Christian Counseling Center. We want to express our gratitude for their support.

JUDI FRIEBEL volunteers whenever we have special office projects or mailings.

BARB KAMP volunteers each week to handle the accounts payable for the Center.

We appreciate you Judi and Barb!
Thanks so much!

New staff...



Lynetta Busen

Lynetta Busen, MSW
Licensed Clinical Social Worker
Orland Park & South Holland Offices



Marilyn Ciaramitaro

Marilyn Ciaramitaro, MSW, MA
Licensed Clinical Social Worker
Lombard & Orland Park Offices



Suzanne Doctor

Suzanne Doctor, MS
Licensed Professional Counselor
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Lombard & Orland Park Offices



Melissa Doogan

Melissa Doogan, MA
Licensed Professional Counselor
Mokena & Orland Park Offices



Jerome Ford

Jerome Ford, MA
Staff Therapist
Chicago, Schererville, & Orland Park Offices



Mel Jonkman

Mel Jonkman, MDiv
Chief Executive Officer



Michael Geraci

Michael Geraci, MA
Licensed Professional Counselor
Orland Park & South Holland Offices



Daniel Parrish

Daniel Parrish, MA
Licensed Clinical Professional Counselor
New Lenox Office



Gregory Rodriguez

Gregory Rodriguez, MA
Licensed Clinical Professional Counselor
Orland Park, Mokena, & Plainfield Offices



Ursula Saqui

Ursula Saqui, PhD
Licensed Marriage & Family Therapist
DeMotte Office



Monica Schindler

Monica Schindler, MA
Staff Therapist
Orland Park & South Holland Offices



Taunya Woods

Taunya Woods, MS
Licensed Clinical Professional Counselor
New Lenox & Tinley Park Offices

Go to our website for a complete staff listing and speaker bureau
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Illinois Offices:

Blue Island
Chicago
Crete
Darien—Opening Soon!
Evergreen Park
Lombard
Mokena
New Lenox
Orland Park
Plainfield
South Holland
Tinley Park

Indiana Offices:

DeMotte
Schererville

Thanks to those of you who participated in our Mimi's Fundraiser !

Since many of you have asked about the results of our first restaurant-related fundraiser, here's an update. The final contribution to CCCC was over \$150. Even though our first effort produced less financially than we had hoped, we certainly appreciate all of the effort and support that you provided by both promoting and eating at Mimi's Café.

One of our supporters dining there shared the fact that the waiter indicated that he was even contributing 15% of his tip to CCCC!

Look for more "delicious" opportunities this summer!

Visit us or donate online at
www.chicagochristiancounseling.org



Send your email address to info@chicagochristiancounseling.org and receive this publication via email.

Our Mission Statement

Promoting health and wholeness through professional counseling, consultation and education from a Christian perspective.

VOLUNTEER



Interested in Giving your Time?

Long-Term Volunteer Opportunity

(One Year Commitment)

- 8-10 hours per week
- Orland Park location
- General office work

Contact Nancy Buis, Office Manager/Media Coordinator, at nbuis@chicagochristiancounseling.org or 708 | 845.5500 x103 if you are interested or have questions.