



# **Samaritan Counseling Center's E-CONNECTION**

**For our Partners in Ministry  
SCC is "Here for Hope and Healing"**

**August 2011**

**Samaritan Counseling Center -- 1803 Oregon Pike -- Lancaster, PA 17601**

**(717) 560-9969**

[www.scclanc.org](http://www.scclanc.org)



*Let August come. Let the end of summer begin.  
Let vacations end. Let the beach empty. Have a last swim  
in the lake; take a last hike on the trail. Eat your fill of  
fresh tomatoes, corn on the cob, and ice cream cones.  
Treasure twilight picnics; note the shortening of days.  
Hear geese migrating. Light the fire pit. Jog through early  
morning mists. Accept the "dog days"... let August  
come.*

*--BJT*

## **In this issue:**

- Sign up for September 8<sup>th</sup> Clergy Breakfast!
- NEW! Parenting Workshop Available
- An afternoon away at Pheasant Run Farm
- The Power of Forgiveness: Lessons from Nickel Mines -- A Workshop
- Research Highlights Benefits of Clergy Groups
- How Exposure to Violence Can Impact a Child's Developing Brain:
- Research News
  - I. Families affected with mental illness say churches provide little support
  - II. Fathers with Depressive Symptoms Associated with Behavior Difficulties in Children
  - III. Thursday is the angriest day.

**Sign up now for September 8<sup>th</sup> Clergy Leadership Breakfast & Series**

***"Redirecting the Local Congregation  
in a Post Modern World"***



**With Dr. Lee Barrett, Professor of Theology,  
Lancaster Theological Seminary**

**Breakfast: September 8, 2011 7:30 AM – 9:00 AM** St. at  
**Peter's Lutheran Church, Corner of Delp Road and**  
Lititz Pike (Rt. 501)

Many denominational congregations are facing challenges doing ministry in a world of cultural, spiritual, and generational change. Churches are in decline or at best maintaining the status quo.

At the breakfast presentation that introduces our fall clergy leadership series, Dr. Barrett will discuss key issues that challenge local congregations; what churches are doing to effectively deal with those challenges; and the role of pastoral leadership in leading change. In the series that follows, we will explore the role of religious leaders as . . .

**Disturbers of Spiritual Sleep**  
**Referees of Theological Differences**  
**Righteousness Motivators**

Lee Barrett is the Mary B. and Henry P. Stager Professor of Systemic Theology at Lancaster Theological Seminary where he has taught since September 1993. His interests include the relationship between the doctrinal traditions of the Christian churches and contemporary culture.

**3 Session Leadership Follow-up Series: Sept. 29, Oct. 6 and 19**  
**from 8:00 AM – 9:30 AM**

**At Lutheran Church of the Good Shepherd 750 Greenfield Road, Lancaster, PA 17602**

**\*\*\*The breakfast and series are open to clergy and lay leaders. Participants who wish to further explore this topic may sign up for the follow-up leadership series with Dr. Barrett.**

**To register for the breakfast and series, go to**  
**<http://www.scclanc.org/l092011.htm>**

**Breakfast Follow-up Small Group Leadership Series' Dates and Topics:**

**Sept. 29: "How to Awaken the Dead: The Challenge of Secular Indifference"**

One of the factors contributing to congregational listlessness is our culture's increasing indifference to the issues that animate Christianity. In spite of the apparent growth of interest in pop spirituality, most Americans (including church folks) live as though healthy personal

relationships, functional families, vocational success, financial stability, and physical well-being will provide ultimate fulfillment. The environment does a pretty good job of anaesthetizing the "restless heart" that should yearn for God. Most people are not hostile to Christianity; they are just indifferent. Before congregations can be revitalized, church leaders must wrestle with the question of how to stir up the hunger for the sacred that the general society tries to repress. We shall explore the issue of how to provide religious leadership in an environment that discourages the deep cries of the human heart. We shall consider religious leaders as disturbers of spiritual sleep.

### **October 6: "How to Stretch the Constricted: The Challenge of Spiritual Homogeneity"**

Congregations, both "conservative" and "liberal," lose energy as they degenerate into clubs for like-minded individuals. Folks who share a particular theological orientation, political sensibility, or style of spirituality tend to band together. Short-term, this homogenization can seem to be energizing, but long-term it is a recipe for disaster. Sooner or later, the absence of challenges, differences, and novel prospects will produce boredom. Preaching to the choir gets to be old pretty quickly. We will explore the issue of forging a community out of individuals who do not see things eye-to-eye, and who therefore can stimulate spiritual growth in one another. We will consider religious leaders as referees of theological differences.

### **October 13: "Distinguishing Fruits from Roots: The Challenge of Obsessive Relevance"**

Many congregations act as if programs to address particular contemporary social problems will attract and hold new members. Most presuppose an already existing commitment to justice or a desire to contribute to the reign of God. However, this programmatic orientation often ignores a prior question: why should anyone care? Why should self-interest not govern a person's behavior? In other words, the issue of the basic motivation for a life of compassion is often not addressed, and the appeals to justice fall flat. We shall address the issue of fostering a hunger for righteousness as a dimension of congregational revitalization. We shall consider religious leaders as righteousness motivators.

**This series is offered through the SCC's Clergy & Congregation Care program.**

To register, click on <http://www.scclanc.org/Is092011.htm>

**Note: Dave Loughery resigned as President of Parish Resource Center in July; he was previously scheduled to lead this series**

---



### **Parenting Workshop Available**

**Marty Dutcher, founder of Parenting for Partnership, has a vision:**



***A world of fulfilled parents in lifelong joyous partnerships with their children, in love and at play, creating new worlds of accomplishment and adventure for all humanity.***

With over 30 years of experience, Marty has designed and managed learning environments for preschools, kindergartens, and private schools. He is now bringing his vision to Lancaster, and is offering extensive parenting courses and workshops.

<http://www.parentingforpartnership.com>

**In a special arrangement with Samaritan Counseling Center, you can book the following 60-90 minute workshop at your church on an evening or Saturday for \$110 (partner rate) or \$125 (all others).**

***“From Power Struggles to Cooperation  
Four Distinctions That Can Empower Your Parenting and Your Child”:***

- 1 - Multiple Brains, Multiple Functions** - A simple yet new understanding how our human brain works explains where problematic behaviors originate.
- 2 - The Two Innate Human Drives** - How these drives currently conflict with our normal parental reactions, causing an irresolvable behavioral dilemma for our children.
- 3 - The Source of Resistance** - This simple yet overlooked fact of human behavior is demonstrated and discussed, including why our current disciplinary strategies cannot work over time (if at all), causing a dilemma for us parents - until we learn to recognize it.
- 4 - Behavior and Being** - How separating these two collapsed domains when talking with our children resolves both dilemmas, allowing an open and powerful learning opportunity to appear out of every problematic behavior.

To schedule, contact Linda Crockett, Director of Education and Consultation, at 717 625 1722  
OR email [LCrockett@scclanc.org](mailto:LCrockett@scclanc.org)

---

***Take a Quiet Afternoon away in the beauty of a  
September afternoon.***



**For Clergy & Congregational Leaders  
Wednesday, September 21st  
11:30 am to 4:30 pm  
at Pheasant Run Farm**

## "The earth is the Lord's and all that is in it ... "Psalm 24:1

We've changed the schedule for you -- our busy church leaders -- to an "afternoon away" at beautiful Pheasant Run Farm. Put in a full morning at the church office ... then break away to gather with friends for lunch, devotions, and quiet time in God's good creation. September is the perfect month to re-discover God's handiwork walking the paths, encountering the wildlife, soaking up the divine tapestry of nature. Fellowship begins at 11:30, lunch at noon, devotions at 12:30, and quiet contemplation at 1:00. Spiritual direction available on request.

**Quiet Days are not a luxury for busy church leaders – they're a necessity!**

Cost: SCC Partner Clergy: \$50 per session. Others: \$60 per session  
Staff or laity groups from one congregation or judicatory: 3 or more people: \$40 per person and non-partner churches.



Facilitator and Spiritual Director is Rev. Lyn Barrett founder of ***The Way Forward: Coaching, Spiritual Direction, & Faith Practices*** [www.wayforwardministry.com](http://www.wayforwardministry.com)

To register for "An Afternoon Away at Pheasant Run Farm" please contact Barbara Tolbert at 717-560-9969, extension 256 or email at [btolbert@scclanc.org](mailto:btolbert@scclanc.org) You may also print the [registration form](#). We accept Mastercard, Visa and Discover. *Registration must be received at least one week in advance.*

---



## "The Power of Forgiveness: Lessons from Nickel Mines"-- A Workshop

**Date: September 22, 2011**

**Place: Young Center at Elizabethtown College**

Using the fifth anniversary of the tragedy at Nickel Mines as a backdrop, this one-day conference will explore the moral dilemmas arising from violence, and the potential power of forgiveness for healing.

Two Samaritan Counseling Center staff members will facilitate workshops at the conference. **Linda Crockett, SCC Director of Consultation and Education** and author of The Deepest Wound (2001, Writer's Showcase) will present "Sexual and Domestic Violence as Abuse of Power: A Pastoral Response to Forgiveness". Frank Stalfa, a Center staff therapist and professor of Pastoral Theology at Lancaster Theological Seminary, will present Forgiveness without Reconciliation: The Four Station Approach. The conference will benefit counselors, therapists, pastor, leaders and others interested in the process of forgiveness. **For information and to register, go to** <http://www.etown.edu/centers/young-center/forgiveness-conference>

---

## **Research Highlights Benefits of Clergy Groups**



A recent study by Austin Presbyterian Seminary's College of Pastoral Leaders concludes that facilitated clergy groups with high group cohesion produce the best results.

Group leaders who have been trained and/or are professionally credentialed are rated higher than other leaders. The report's findings are important for clergy, congregations, and judicatories as they consider how to nurture excellence among pastoral leaders. For a modest investment in a clergy group, the return is significant.

**Groups are a strong predictor of numerical church growth—especially a peer group led by a trained facilitator and/or using a structured curriculum. The longer participants stay in a clergy group, the greater the impact on congregational growth.**

Congregations whose pastors participate in peer groups cultivate what the researchers call “a culture of involvement”.

- They actively assimilate newcomers;
- Rotate lay people in leadership roles more frequently;
- Support youth ministry; and
- Participate in community service.

Clergy groups available at Samaritan Counseling Center are ecumenical, promote collegial support, and are facilitated by clergy leaders trained in family systems and organizational dynamics who have also served in congregations. Currently, there are three groups available. Groups meet for 1.5 hours twice a month. [Click here for more information about our clergy groups.](#)

<http://www.scclanc.org/ls092011.htm>

---

## **How Exposure to Violence Can Impact a Child's Developing Brain**



This is a new SCC program for you to schedule for your church or organization. Contact Linda Crockett, Director, Consultation and Education at [Lcrockett@scclanc.org](mailto:Lcrockett@scclanc.org) or call 717 625 1722.

This workshop is for parents, teachers, medical professionals and others who work with, or are concerned about, the influence of violent images our children are exposed to through media, or experiences of violence in our communities, schools and homes.

Brain research now shows us how continued doses of exposure to direct and indirect violence can impact a child's developing brain. This session will help participants understand how persisting fear and the neurophysiologic adaption to this fear can alter the development of a child's brain and future behaviors.

At the completion of this session, learners will be able to:

1. Describe the two response patterns typically employed by children when exposed to violence and how these states become traits
  2. Demonstrate knowledge of the main source of violence in children's lives and identify the ages at which brain development is most impacted
  3. Understand the sequence in which the child's brain develops and how early exposure to violence effects that.
- 

## **RESEARCH NEWS**

### **I. Families Affected by Mental Illness Say Churches Don't Provide Support**

Individuals with a family member who has a mental illness report they receive little help from their churches, according to a new study. A survey given to nearly 6,000 adults who attend 24 Protestant churches in 10 states found that 27 percent of churchgoers said they had at least one family member with a mental illness. While help from the church with depression and mental illness was the second priority of families in that group, it ranked 42nd among families that did not have a family member with mental illness. ([UPI](#), 6/23/11)

### **II. Fathers with Depressive Symptoms Associated with Behavior Difficulties in Children**

Living with a father who has depressive symptoms or other mental health problems is associated with increased rates of emotional or behavioral difficulties in their children, according to a new study. Using data from 20,260 children aged 5-17 from 2004-2008, the study found that in households where the father had clinically significant depressive symptoms, 15.5 percent of children had behavioral or emotional problems, compared with a 7 percent rate in homes without paternal depressive symptoms. In homes where both parents experienced depressive symptoms, 25 percent of children had emotional or behavioral problems, which is four times the rate when neither parent was affected. ([Internal Medicine News](#), 6/21/11)

### **III. Thursday is the angriest day.**

According to Northwestern University researcher Alan Mislove, Thursday is the angriest day. Tracking the use of angry words and phrases in 65 million Twitter messages, Mislove finds that

“tweets” begin to get tense and testy Sunday night, get worse throughout the week before reaching an angry crescendo on Thursday. On Friday, the anger level drops dramatically, as tweets reflect lower stress, and comparatively happy weekends. Mislove’s work was reported widely in early October – see one report from CNN at [www.tinyurl.com/345x98](http://www.tinyurl.com/345x98)



**Barbara Tolbert, SCC’s E-Connection Editor and  
Partner Church Administrator**  
(717) 560-9969 Ext. 256 or [btolbert@scclanc.org](mailto:btolbert@scclanc.org)