

Who is Life Counseling Ministries?

By Sam Gingerich



Life Ministries was established in 1987 by a group of men led by Lester Miller. Initially, the purpose was to offer financial counseling and seminars. As the ministry developed, it soon became evident that people were hurting and needing help beyond the financial realm. A mission and

vision statement were developed for the ministry, and the staff team slowly grew throughout the 1990's.

In 2001, twenty years ago this fall, our founder and visionary passed away. Before he died, he spoke a blessing to each one on the counseling team and shared his vision for Life Ministries. I recall that moment distinctly. I stood beside his bed as he held my hand and spoke words of life into my heart.

God continued to go before us, through the leadership of Dan Beachy. From time to time, we paused and pondered the role of Life Counseling Ministries in our Anabaptist community, as well as to the broader community.

Recently, the LCM staff team revisited where we have come from and what brought each of us to this ministry. What is the purpose, the overall reason the organization exists? **LCM provides a safe place where persons move toward wholeness in Christ.**

To help us fulfill our purpose, we established five core values that anchor each of us. This set of non-negotiable convictions and principles motivates and constrains all decisions, plans, and actions:

- **Truth:** Love for the Word of God is central to our life and counsel.

- **Honor:** Honoring the image of God in another promotes one's true identity in Christ.
- **Reverence:** Reliance upon the Holy Spirit empowers discernment and intimacy with God.
- **Integrity:** Maintaining integrity through confidentiality and healthy boundaries preserves client and counselor safety.
- **Humility:** Affirming the worth of others with confidence, gentleness, and compassion opens the way for healing and hope.

We then began to redefine and clarify the direction of the ministry in this next decade. With the guidance of Teaching the Word's leadership, we developed our new mission and vision for the ministry. Although it is not much different than what has been, we own it in a new way.

Our mission comes out of an assignment from our higher Authority that defines, shapes, and motivates all the plans and pursuits of LCM. It is as follows: **To walk with people in Christ-centered truth and love, illuminating a path through distressing issues of life.**

Finally, our vision for LCM describes the result of a successfully accomplished mission: **Those we serve are empowered to enjoy healthy relationships with God and others, graced with inward wholeness.**

By God's grace and leading, and through the structure established above, we endeavor to continue to care for those that come to LCM. As the administrator, I am confident of each team members' commitment to Christ and their calling to the work of soul care. We are also deeply grateful for your continued partnership with us through your prayers and financial support.

The Cost of Sleeplessness

By Michael Hochstetler, Counselor



In 1963, a high school student named Randy Gardner had a bizarre idea for a science project. Gardner wanted to know what would happen if he kept awake for days on end. With observers present, Gardner stayed up for 264 hours, shattering the world's record. After two days, Gardner became nauseous

and began to experience memory loss. On the fourth day, he started having delusions. By day seven, he was suffering from tremors, slurred speech, and other physiological disturbances. Gardner finally hit the sack after 11 days and slept for 15 hours.

Very few people have stayed up that long, but many Americans lose a lot more sleep than Randy Gardner did—over time. According to a survey by the National Sleep Foundation, the average American adult is 1.5 hours behind on sleep daily; for teenagers, the daily sleep lag is 2.5 hours. This leads to a massive deprivation that builds up over time and impacts many areas of life. The effects may not be as dramatic as they were for Randy Gardner, but they certainly matter for our well-being. According to the Harvard Medical Center, lack of sleep is a likely cause of anxiety, depression, and other disorders and can make recovery more difficult.

We hardly need research to know that sleep is important to our well-being. Simple observation shows that being well rested helps us think more clearly, relate better, and make better choices. William Shakespeare described it this way: "Sleep that soothes away all our worries. Sleep that puts each day to rest. Sleep that relieves the weary laborer and heals hurt minds. Sleep, the main course in life's feast and the most nourishing."

The Psalmist, recognizing sleep as one of God's gifts to His children, put it more simply: "It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep."

Our modern way of life can make it hard to prioritize nightly rest. However, some simple practices can help:

- Maintain a consistent sleep schedule.
- Allow for at least 30 minutes of calm before your head hits the pillow.
- Dim your lights after dark.
- Avoid screen time right before bed.
- Unwind with relaxing habits just before bed.
- Avoid tossing and turning; it is better to get out of bed and relax elsewhere until sleepiness returns.
- Cut back on caffeine.
- Get regular exercise.

These tips may not solve all your sleep problems, especially if you have small children or a demanding schedule, but they are well worth trying. You might be amazed at the difference! For more information and advice, visit sleepfoundation.org or health.harvard.edu.

LCM is offering a 6-week class for married women—

Letting Go: A Portrait of a Woman at Rest.

The course involves daily interactive emails, one group Zoom call per week, and journaling homework.

Explore with us God's plan for femininity, in becoming soft, spontaneous, vulnerable and trusting.
- Cathie Gingerich and Sharon Kuepfer, Coaches

Testimonial: "I LOVE the course--being with other ladies who are struggling in the same ways with two, wonderfully encouraging coaches. Most of all, I love the results! This is the type of thing I have wanted for awhile!"

For more information contact Brenda at the office:
bhershberger@life-ministries.com or 717-871-0540.



PRAISE GOD FOR...

- His faithful provision through these uncertain times.
- His miracle of grace in the lives of many of our clients.
- His continued grace and healing in Matt Gingerich's life.
- Our faithful supporters – both in prayer and financially.

PRAY FOR...

- Counselor Trainees (Core 1, Lab 1) wrapping up their training in March and April.
- Psych 1 & 2 classes running in April and May.
- Wisdom and direction for our staff as they point people to truth, hope, and love.



Introducing our New Board Member: Nevin Beiler



Nevin grew up on the mission field in northwestern Ontario watching his parents serve the First Nations peoples with marriage and family counseling. Since then, Nevin married Nancy (Rodes)

and they have a daughter Elliana (Ellie) who is a year and a half. They both participated in Counselor Training (Core 1) at Life Counseling Ministries and have reaped many benefits from learning to listen and love well as they journey with those around them.

Nevin works as an attorney specializing in estate planning, business law, and nonprofit organizations. When he is not in the office, he enjoys hunting, fishing, and gardening. He also enjoys working with Christian mission organizations, whether as legal counsel or as a board member, and is looking forward to interacting with the board and staff at LCM. Nevin and Nancy are members of Oasis Mennonite Fellowship in New Holland, Pennsylvania.

Dads, here's a chance to invest in your son!

FATHER/SON RETREAT

July 15-17, 2021

held at

Life Counseling Ministries

250 Meadow Lane Conestoga, PA 17516

Cost: \$200 Limited to 12 fathers with a maximum per family of two sons (ages 7-16) per dad.

Contact the office for an application.
717.871.0540 | info@life-ministries.com

Rocky Mountain Men's Retreat

August 7-11, 2021

The week includes:

- Horseback riding to base camp
- Daily trail riding
- Discussions surrounding issues men face today
- Personal solitude time
- Sharing how our stories are part of God's larger story

Contact the office for more information.
Phone: 717.871.0540 or Email: info@life-ministries.com

Life Counseling Ministries

APPRECIATION EVENT

Monday ~ March 29, 2021

7:00 pm

Martindale Mennonite Church
171 Hurst Road ~ Ephrata, PA 17522

- ◆ Refreshments Served ~ 6:15 - 7:00 pm
- ◆ Special Music ~ 6:45 pm
- ◆ Ministry Updates
- ◆ Guest Speaker ~ Joel E. Yeager, MD

We ask that all attendees be sensitive to others regarding COVID precautions.

No registration necessary. A freewill offering will be received.

Music by the Shalom Quartet



Lakewood Cabin Giveaway!

Two Certificates of \$200 each for a cabin getaway.



WORDS OF LIFE IN A SEASON OF WEARINESS

Joel E. Yeager, MD

The worldwide coronavirus pandemic with its masked lockdowns and social distancing combined with turbulent political events has brought a profound weariness of spirit, soul, and body to church and society. Come hear how the Prophet Isaiah offers words of life in a season of weariness (Is. 50:4)

Dr. Yeager is a board-certified family physician who practices, along with his wife Dr. LuAnne Yeager, just outside Schaefferstown, PA. Having grown up in conservative Mennonite communities, they both understand and serve a large Anabaptist population at Heritage Family Health.

Dr. Yeager authored *Transforming Healthcare Together* (fall 2018) and explains how the Anabaptist model of community sharing is a solution to the country's primary healthcare crisis. He also co-authored *Coronavirus and the Leadership of the Christian Church* (fall 2020).

Ten-Course Subjects Offered in 2021

(Prerequisite course: Core 1, Lab 1)

- **Psych 2** – April 28-30, 2021
- **Psych 1** – May 5-7, 2021
- **Core 1/Lab 1** – Registration opens in April 2021 for the fall class.

To register for Ten-Course subjects, please contact the office.

Upcoming Events

- **Appreciation Event** – March 29, 2021 (see ad)
- **Father/Son Retreat** – July 15-17, 2021
- **Rocky Mt. Men's Retreat** – August 7-11, 2021



Life Counseling
MINISTRIES

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Conestoga, PA 17516

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Address: 250 Meadow Lane, Conestoga PA 17516
Phone: 717-871-0540
Fax: 717-871-0547
Email: info@life-ministries.com
Website: www.life-ministries.com

Spring Garden Office
5207 Old Philadelphia Pike, Kinzers, PA 17535
(GPS Only. Do not mail to this address.)

Life Counseling Ministries is a nonprofit 501(c)(3) organization established to provide counseling for individuals, marriages, families, and church leaders. LCM also offers training and teaching through workshops and seminars. This newsletter is published quarterly and is available to interested persons at no cost.

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