

April, 2010

“Grateful to the Lord for My Mother”

Dear friends,

Barb and I had the opportunity with our family to reflect on the life of my mother who passed away last week. To think back over mom’s 96 years and to think of all the ways she impacted us and her family was a privilege. I am very grateful to the Lord for her gentle spirit, submissive attitude, commitment to prayer, and her commitment to caring more for other’s needs than her own. More than any other person, her character and heart molded my life and I thank the Lord for this.

We are excited to be able to move into a larger office that will provide additional room for training, internship and counseling. The office is 2600 sq ft and will allow for needed expansion of the ministry. We are in the process of remodeling some of the rooms and plan to move in June 1. Many from the area are helping with the renovations. We appreciate their help. ***Our new address will be 3545 American Drive.*** The office is one mile NW of our present office. We are grateful to the Lord for providing an office that is over twice the space for the same rent as we have been paying. Pray that the renovations, move and transition will go smoothly.

We are in the process of preparing for the ***First Annual CARING FOR THE HEART CONFERENCE*** to be held here in Colorado Springs October 11-15. We’d love to have you join us for that conference. The general sessions will focus on the topic of pre-marital counseling/preparing couples for marriage. Seven couples will share their testimony and be interviewed telling how the CFTH counseling model changed their relationship. The sessions will be filmed and made available for churches to use in their premarital counseling program. The cost of filming and the expenses relating to developing this new series will be approximately \$28,000. \$17,400 has already been given to this project, leaving a balance of \$10,600 to be raised by October 1. (A generous gift of \$5,000 came in the mail recently.) If you would like to assist with this project, mark your gifts for the premarital series. Thanks in advance for sharing our burden to assist couples in resolving their spiritual and emotional issues prior to marriage. Our desire is to provide a resource to allow couples to enjoy freedom prior to the wedding. The conference will also feature many workshops that will be practical and beneficial for pastors and lay counselors looking for help in their counseling ministry. The workshops will be presented by CFTH board members, associated CFTH office directors and CFTH trained counselors. We’d love to have you come and join us.

Thanks for being a part of CFTH through your prayers and gifts. God has been good to us in providing for this ministry. We are thankful for those who are committed to the vision God has given to understand and care about those who struggle, leading them to Jesus to find resolution to their issues. Thanks for your part in this ministry.

With love and appreciation,

John & Barb Regier



ANNOUNCEMENT
NEW OFFICE LOCATION
AS OF JUNE 1, 2010

On June 1, 2010, Caring for the Heart will be re-locating the office to 3545 American Drive, Colorado Springs, CO 80917. The new location is only one mile away from our present office site and will double our available space. The cost to rent will remain the same as we currently pay. We thank the Lord for this provision and also thank our current landlord, Entrust Ministries, Inc. for allowing us to share their building for the last four years.

Our 2010 CFTH Directors Retreat





From a Counselor...

"I officially finished counseling my first couple using the CFTH materials and methods! I met with a couple for 21 hours over a period of three weeks. God met with us in a huge and supernatural way! I am deeply humbled and grateful to be a part of seeing such life changing things happen in the lives of people. I want to thank you for all you do to develop the CFTH materials and also to train interns to counsel. Please know that my husband and I pray for you and for CFTH."

Long lasting benefits of counseling...

"I have wanted to write for a long time and tell about the lasting benefits of our counseling. Some changes happened that week in the office and other healing happened because of what we learned in our counseling.

When I was two and a half, my older brother was struck by a car and killed. Our family became emotionally crippled by this and I became the target of anger and rejection. As I grew up, I was told the lie that my brother loved my sister but never loved me. This made me feel rejected and unlovable, a theme that was with me all my life. I desperately needed someone to love me. I had a few memories of someone taking me by the hand and walking with me, of looking out for me, and keeping me safe. When God revealed that my brother truly cared for me, even doted on me, the healing was overwhelming. Only those who know the pain of such rejection can appreciate the peace when the truth is known. I am so grateful for the help.

A second major healing was in the area of sexual abuse. When my brother died, I was left alone for two weeks with new neighbors while the rest of my family traveled to bury my brother. When I was older, I remember my mother saying that I was never the same after that. All my life, I had a sense of guilt, humiliation and shame and I knew something was wrong. There were other clues that came out when I shared my story. The counselor picked up on these and was able to help me realize that Satan had gotten a foothold through the abuse in my young life. The freedom of forgiveness and acceptance by God has been a healing balm.

I have been heavy all my life, and especially after I was again molested at the age of ten. I knew inside that I was keeping myself fat to deter anyone from violating me again. My father focused on my weight and rejected me because of it. A few months after our time of counseling in Colorado, God revealed to my husband what I needed. My husband said to me, "I know what you need, you need to feel safe and protected." With that, God got hold of me with His truth. I realized my husband was right, I needed to feel safe and my husband WAS SAFE. God continued to speak to my heart the words, "Safe and protected, safe and protected, with your husband you are safe and protected." Since then I have lost a considerable amount of weight as God has mercifully granted me healing in this area. It is truly miraculous.

I just wanted you to know that through what you teach us, the healing continues after people leave your office. 'Thank you' will be never be enough. May God continue to bless you and may He multiply the gift He has given you to heal multitudes of others so they may also be free to serve Him."

From a Counselee...

"I truly feel like a new person. My deep insecurity is GONE! My shame is gone. My fear is gone. I feel so free of all of the lies and darkness. I am eager to care for the hearts of my friends and so thankful to have my eyes off of myself. I am reading His word with new eyes as well. I trust and pray that I will never be the same!"

From an intern...

"Ever since we completed our internship with you, our office has a steady stream of clients seeking freedom from their pain. Because we saw compassion and soul care modeled when you counseled couples, we desire to provide the same to those who come to us for counseling. Each one who comes through our doors seeks answers to their problems and we know in our heart that only Jesus gives the answers to their hearts. Thank you for teaching us by example."

From counselees at a seminar...

"It was beautiful how the counselor allowed the Spirit to tell me where I was struggling and locked up. The session showed us clearly where our marital problems came from and how we need Jesus Christ in our lives to resolve them. Only He can truly free us."

"The most productive and cleansing process I have ever experienced. The first time I have been able to get to my root issues and find resolution. We're grateful for the help and ministry to us."

"I felt such a peace about the issues we resolved. I saw a friend afterwards and she told me that I actually looked relaxed. I told her about how I took my pain to Jesus and He took it away. He was waiting for me to ask."

From a counseling evaluation...

"It was excellent and incredibly helpful! The counselors walked us through step-by-step. I'm really amazed at how the Lord pulled it all together. God specifically answered the prayer I prayed before coming and I received exactly what I needed. The counselors did a wonderful job of facilitating the healing Jesus did. Thank you so much!"

**1st ANNUAL CARING FOR THE HEART
COUNSELOR TRAINING CONFERENCE**

OCTOBER 11, 2011

**Location: Beth-El Mennonite Church
Colorado Springs CO**

Conference Emphasis: Preparing Couples for Marriage

- Testimonies of couples who resolved spiritual and emotional issues prior to their wedding-they will share how it changed their marriage.
- Interviews with couples who had pre-marital counseling and experienced freedom.
- Messages focused on dating/engaged couples and those who counsel them-to identify and resolve issues before marriage.
- Workshops led by CFTH directors on specific topics that will be helpful to other counselors/lay people.

Space is limited to 300 attendees. Cost for this conference is \$175.00 per individual and \$250.00 per married couple. See the enclosed brochure for further information and to register for this event. Payment must accompany registration form.

***No childcare will be provided during the conference.**

The main sessions will be filmed as part of a new pre-marital series being developed for use by counselor and pastors in their pre-marital counseling. Due to the filming of the sessions, we ask that children under 12 not attend. We regret that no childcare will be provided at the conference.

Prayer is a significant and important part of the Caring for the Heart method of Biblical counseling. The following prayer was developed by one of our associate counselors and can be used at the end of a counseling session or when a person is anxious about the completion of their counseling time.

Lord Jesus, I just want to thank You that
You know where I am right now,
You know what I'm struggling with,
You know the burdens that I carry.

Do You understand all that's going on inside?
Could I come to You right now?
Could I roll my burdens over onto You?

Jesus, if You were to draw me a picture of my
heart right now and how it looks with all these
burdens, or with this hurt or pain or fears, or
questions or doubts, what would my heart look like?

What would happen to my heart if I could bring all
this to You?
Jesus, You're the only one who knows just what I need.

Jesus, You are the God of hope. You are the God who heals.
You are the God of all comfort.
Jesus, could You put hope in my heart today?
Could You comfort me, Lord?

Thank You for all You've already done for me.
Thank You for finding me, saving me and loving me.

Thank You that You are healing me and restoring me, and
Jesus, in the days to come, show me anything You want me
to see and continue to make my heart whole.

And even now, as I go from this place, is there something
You'd want to say to my heart?
If you were to say, "My child, remember this..."
what would You want me to know?

I love You, Lord.
Amen

M. Damron

CARING FOR THE HEART SEMINAR SCHEDULE

May 9-20, 2010	CFTH Seminars in Mascouche and Trois-Rivières, Quebec Canada Seminars will be held in English and French See brochure for details. Brochures available at: www.healingtheheart.ca and www.guerirlecoeur.ca Contact: Martha Bourget	450-628-9047
June 21-25, 2010	In-Depth Training Seminar Colorado Springs CO Registration full at this time	719-572-5550
August 15-19, 2010	Heritage Bible Fellowship Hope Mills NC 28301 Contact: Randy Hamrick	910-426-3694
October 11-15, 2010	Taping of Pre-Marital Series Beth-El Mennonite Church Colorado Springs CO Contact: CFTH See more information in this newsletter...	719-572-5550
November 7-11, 2010	CFTH Seminar Gospel Haven Church Millersburg, OH Contact: Pastor Dennis Mullet	330-674-1132
November 13, 2010	Youth Conference especially for single Amish and Mennonite youth The Pier Dundee OH Contact: Paul & Cindy Mullet	330-359-2071
January 16-22, 2011	CFTH Seminar Locust Grove Mennonite Church Belleville PA Contact: Max Zook	locustgrovemc@juno.com

Caring for the Heart Ministries is a 501(c)3 non-profit and is supported by contributions of those burdened for this ministry. If God has put the desire on your heart to partner with us, you may return your contribution in the envelope provided. All gifts are tax deductible. Thank you for your prayers and financial support.