

A Healing and Educational Ministry 412-366-1300



Anchorpoint Counseling Ministry

Volume 41, Issue 2

Since 1966

Fall/Winter 2013 Newsletter

Your support at the Annual Golden Anchor Gala makes it possible for us to provide hope and healing in the next several months.

Anchorpoint Counseling Ministry's

First Annual

Golden Anchor Gala
Celebrating People of Hope in our Community



Thursday, October 24, 2013
LeMont Restaurant

Honoring

Curt & Kim Tilletson Fleming, Lighthouse Electric,
Grant & Todd represented by
A Family who Brings Hope Joshua Eckert
North Hills Community Baptist Church, A Business that Brings Hope
A Faith Community that Brings Hope Ms. Peggy Knott
A Friend who Brings Hope

"We have this hope as an anchor for the soul firm and secure."

Wow! We are speechless! What a wonderful evening we had celebrating those that inspire hope in our community. The honorees are impressive and we are blessed to know them. In addition to a great night of recognizing these hope heroes, together, we raised over \$15,000 (post Gala donations are still expected!). The lives that will be changed by your generosity will affect our whole community. Because of you - **honorees, sponsors, donors, advertisers, attendees, board members, gala committee, staff** - we will be able to provide more counseling, tutoring and parent education. Thank you!

The people who come through our doors are much like you and I, but for some reason their journey through life has gone awry. Stress & anxiety, loneliness & depression, separation & divorce, drug & alcohol abuse, grief, and financial challenges are just a few of the stumbling blocks clients encounter. As you can imagine, when things aren't going well it takes a tremendous amount of courage to seek help. **You've removed the financial barrier and are providing access to those in need of hope and healing.**

Your support of the Golden Anchor Gala makes it possible for individuals and families to receive affordable services at ACM. Once again, thank you for being a part of the first annual Golden Anchor Gala. Our photographer promises to have the rest of our photos ready next week. Visit anchorpointcounselingministry.org in a few days to view all the photographs.



Formerly North Hills Youth Ministry Counseling Center
800 McKnight Park Drive, Suite 802 • Pittsburgh, PA 15237-6504
www.anchorpointcounselingministry.org • 412-366-1300
We have this hope as an anchor for the soul, firm and secure. —Hebrews 6:19



Healthy Relationships, Healthy Marriages

By Rev. Dr. Ron Barnes, LSW

I had the privilege of marrying a couple in their 30's a few weeks ago. They were an enjoyable couple who have decided to take their relationship to a deeper level of commitment. When I have the opportunity to be involved with couples who want to get married it is usually a good experience or a difficult experience. Some couples are good for each other, some are not. Being a marital and family therapist I am heightened to the signs of a healthy and an unhealthy relationship.

The dating process is a good time to examine compatibility and commitment between a potential married couple. If there is much difficulty in the dating process when people are usually putting their best foot forward this should be a red flag for an unhealthy long term marital relationship. Ongoing arguing, engaging in possessive behaviors, emotional or physical abusive outbursts even if only occasionally are clear signs of a problem filled relationship.

Some people are lonely, lack self-esteem, worry they will not meet someone else, want to be loved regardless of how they are treated, do not have appropriate boundaries, were mistreated in their youth at home, and the list goes on. Settling for an unhealthy relationship and eventual marriage only contributes to more pain and suffering.

I do not think there are perfect marriages out there. Every person and every couple have issues they need to work on for healing to occur. However, we need to encour-



When an action doesn't come naturally to you, it is a greater expression of love.

- Gary Chapman, *The Five Love Languages*

age people (our children, grandchildren, friends, family members) to take care of themselves and work on their own wellbeing so they do not rely on a relationship nor a marriage for their identity and wholeness.

When I was in Seminary our Pastoral Counseling professor stated that one healthy person plus one healthy person equals one healthy marriage. He also stated that one unhealthy person plus one unhealthy person equals one unhealthy marriage. I believe he was a wise pro-


fessor. Do not get me wrong here. We all have needs in our lives. God created us that way. He created us with a need for Him. However, couples need to be realistic about what their spouse can do to meet their needs and what they have to do for themselves in their own maturation and development process. As people date and get to know one another they become more aware of the other persons needs in a truly caring and loving relationship. In a more self-focused relationship one or both people are more concerned with their own needs then that of the other person. This is the basis of an unhealthy and unsafe relationship.

A healthy marriage is a treasure but it takes effort and awareness to create it, prioritize it and protect it.

For further reading check out, *"The Five Love Languages"* by Gary Chapman.


If you are in need of premarital, couples, or marriage counseling, please call us at 412-366-1300.

"You don't
love me, like
I love you!"



*Need someone who will listen?
Want to learn how to reconnect?
Seeking a safe place to heal?*

Call 412-366-1300






Anchorpoint

Counseling Ministry

*Professional Counseling for couples,
individuals, children & families*

AnchorpointCounselingMinistry.org
 (Located near Ross Park Mall off McKnight Road)
*We accept most medical insurance and offer sliding
scale rates if you are uninsured or under insured.*

Building hope and understanding through faith-based counseling and support services for youth, adults, couples, and families in our communities.



Dick Spahr, we will miss you!

Our good friend, Dick Spahr, passed away on September 10th, leaving a void for us here at Anchorpoint Counseling Ministry.

For over 25 years, Dick Spahr, has been a friend to Anchorpoint. We got to know him when he was the Presbyterian Appointee and then later, he stayed as a member of our board. As we reminisced about Dick at a recent staff meeting, what emerged was the picture of a humble man who loved God and spent his time serving others.

Ron Barnes, our executive director, fondly remembers the way that he and Dick could tease back and forth. Ron says he admired Dick's commitment. "He was a real trooper, a detail oriented man, who stayed focused, plowed through and got the job done. He was passionate about wanting to help families and even in retirement, he didn't retire from serving."

Dick was instrumental in the longevity and success of our annual used book sale. He organized volunteers, found us books, helped to transport and move books--probably beyond the age that he should have been doing such heavy manual labor. He was always on the look out for resources for Anchorpoint and could often be heard telling our Tu-

toring Manager, Sandy, "I have a tutor for you..."

He was also kind and welcoming. "I remember when I was first hired at Anchorpoint, Dick was so nice and friendly towards me. He welcomed me into the Anchorpoint fold by taking me to dinner one evening after the book sale," remembers Dawn Tornese, assistant office manager.

Development Director, Denise Patsko says, "I keep thinking about him and telling myself that Dick would have done this, Dick would have been there for that. He was grounded and always involved. You don't see men get as involved like Dick. He was also a man who loved God."

He was a man of great faith and his brothers and sisters in Christ must have seen and responded because Dick always had a bevy of Northmount Church volunteers ready for action when Anchorpoint needed manpower.

Those who attended his funeral service, spoke of the beautiful and touching memorial that Rev. Dr. John J. Lolla, Jr., Dick's pastor delivered. I wish I had space here to print that beautiful tribute to such a special man. In it Rev. Lolla says, "There are few people who knew



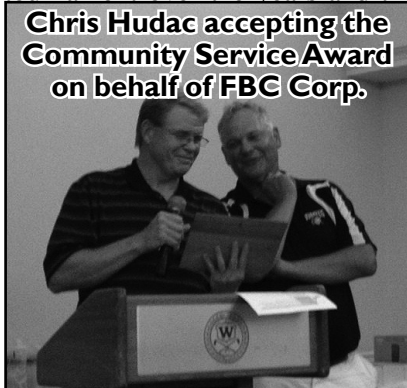
Ever supportive, Dick not only generously supported our new building capital campaign, but he attended our open house to help celebrate and had everyone smiling.

how to balance personal and community life within the life of Christian faith as well as Richard Spahr. Dick was inspired by the Lord he loved, and who loved him. He goes on to say that Dick, "...was also a man who deeply felt a personal Christian responsibility for social service – through Northmont, North Hills Community Outreach, and North Hills Youth Ministry – now what we know as Anchorpoint. He showed his gratitude to God by serving our community from Jesus Christ's compassion."

Our deepest sympathy goes out to Dick's wife Gwen, his children, grand children, extended family and friends. He has left a beautiful legacy of families restored, lives changed and children who have hope for the future.

Thank You for Making the Golf Classic a Success!

The 22nd Anchorpoint Golf Classic took place on Monday, September 9th at the Wildwood Golf Club. It was a beautiful morning and early afternoon with 104 golfers participating. We have been blessed with many beautiful days for our golf tournament over the years and this year we were blessed with patient gracious golfers who enjoyed themselves despite a hearty afternoon rain and only 14 holes of golf. They were a great example of resilience and dealing with life when the weather (life experiences) is not what we expect. Despite the turn in weather, the tournament was great.



Chris Hudac accepting the Community Service Award on behalf of FBC Corp.

Some of the highlights included a client sharing about how Anchorpoint has helped him, Father Scott Seethalers' words of inspiration, and the presentation of our Community Service Award to the FBC Company.

The Golf Classic raised \$41,000 thanks to the numerous sponsors and participants.

These funds are being used to subsidize ACM's counseling and tutoring programs. We are so very grateful for the positive response to our Fundraising and Friend raising tournament. We hope you will join us again next year on September 8th at the Wildwood Golf Club.

Wish List

Thank You!

Volunteer Tutors

It only takes one or two hours a week to make a difference for an academically at-risk child.

Two Teachers (paid position)

Elementary teacher
High school math teacher
3-5 hours/week

To learn more about tutoring, contact Sandy Niekum at 412-366-1300 x23

Office & Mailing Volunteers

Call Lisa Feraco at 412-366-1300 x26 for more information.

Volunteer Book Sorters Needed.

If you love to be around books, call Denise at 412-366-1300 x13.

White Copy Paper (unused)

Your Continued Prayer Support

Mark Your Calendar & Share this Information

Visit anchorpointcounselingministry.org and our Face Book Page for updates, flyers & additional workshops.

Thanksgiving Eve Service

Wednesday, November 27 - 7pm to 8pm

Our own, Ron Barnes, will be preaching at the Hampton-Shaler-Etna Ministerium's Annual Ecumenical Thanksgiving Eve Service. This year it is hosted by Elfinwild Presbyterian Church in Glenshaw. The offering from this service will be donated to Anchorpoint, Hearth, and NHCO. All are welcome to attend. Elfinwild Presbyterian Church is located at 3200 Mt. Royal Blvd., Glenshaw, PA 15116. Visit their website for directions and more information: elfinwildchurch.org. Please join Ron and members of other local churches for this special worship service of Thanksgiving.

Christmas Shopping with a Mission

Looking for a new approach to gift giving?



Check out these opportunities to select gifts in a mission-oriented way. Anchorpoint has been invited to participate in the following ministry-vendor fairs. We'll be selling gently used book bundles already gift wrapped. Come say "hi" to Denise and Dawn and pick up a few great gifts from us and other great ministries reaching out to those in need.

St. Paul's Mission Mall - 9am to 2pm

Saturday, November 23rd
St. Paul's United Methodist Church
1965 Ferguson Road, Allison Park
stpaulsumc.com

Alternative Gift Fair - 9am to noon

Sunday, December 8th
Hampton Presbyterian Church
2942 East Hardies Road, Gibsonia,
hamptonpresbyterian.org

Can't Decide on a Christmas Gift?

Give a donation to ACM in honor of a loved one. Send your donation along with a note or message and we'll notify your gift recipient that a donation was made in his or her honor. We'll let them know how your tribute to them will be providing hope and healing for someone in need in the new year. Thank you. Call Denise at 412-366-1300 x 13 with any questions.



Thank you for remembering us during your company's United Way Campaign.

#354

Support Anchorpoint Counseling Ministry by designating United Way Giving #354. Thank you.



Hot Topics For Today's Parents

The following dynamic workshops are presented by Joan Schenker, ACM's Parent Education Coordinator. If you'd like Joan to present for your church, school, or group, please contact her at 412-366-1300. Check our website for updates. More workshop dates are now being finalized.

Social Media 101—Learn the secrets to healthy, positive social media experiences: Benefits and down sides to social networking; Ages, stages, and safety; Setting limits; Tips for video games and more. For parents of 4-12 year olds.

Sunday, November 2nd from 11:30am-1:00pm

Hosted by Wexford Community Presbyterian Church

To Register 724-935-5650 or wcpa@wexfordcpc.org

Overindulgence: When giving, doing, and allowing too much hurts your child—When parents overindulge, they can undermine their children's competence and confidence. Learn the 3 ways overindulgence occurs, the hazards of overindulgence and how you can turn things around. For parents of 4-12 year olds.

Sunday, November 17th from 7:00pm to 8:30pm

Hosted by Perry Highway Lutheran Church

To Register 724-935-1226 or email secretary@phlc.org

Body Image & the Media—In this workshop, sponsored by the Women of Southwestern PA, you'll discover 8 strategies which will empower girls in today's media saturated world. For parents, leaders, and teen girls (grades 6th-12th)

Sunday, November 24th from 6:00 - 7:30pm

Hosted by Hope Lutheran Church

To Register call 724-776-3141

Bully Proofing Your Kids—Learn about the dynamics of bullying including the difference between normal conflict and bullying. You'll also discover strategies to help your children deal with bullying behavior. For parents of 4-12 year olds.

Sunday, January 19th from Noon to 1:30pm

Hosted by St. John's Lutheran Church of Perrysville

To Register call 412-364-6626

Who's in Charge? Boundaries with Kids: How & When to Set Them—Join us as we explore: Why kids need parents with boundaries; The three avenues of influence; Obstacles to teaching boundaries. For parents of 10-18 year olds.

Sunday, March 2, 6:00pm to 7:30pm

Hosted by Trinity Lutheran Church

To Register call 724-935-2746

DOES PARENTING FEEL LIKE A BATTLE?



Private Parent Coaching Now Available.

You can benefit from personal coaching if you:

- want to better understand your child/teen's behavior
- sometimes feel out of control, or unsure of healthy ways to respond
- want to learn about setting reasonable expectations and effective limits
- are a parent of a child or teen with a challenging temperament
- feel that you need help balancing love and limits
- want to increase your confidence and your parenting skills

With over 25 years of experience in education and counseling, Joan Schenker provides private consultation to parents of children in preschool through the teen years. Call for more information and to schedule your one hour session: 412-366-1300 Ext. 25.