



Pembina Counselling Centre

A Successful Night

Saturday, Oct 22nd was our Annual Comedy Night. The event was hosted at P.W. Enns Centennial Concert Hall and featured the talented Matt Falk. Everyone had a good laugh! PCC raised about \$7500 from donations, sponsorships and ticket sales.

Thanks to all who joined us that evening, and to our sponsors; Access Credit Union, Lode King, Meridian Manufacturing, Parkside Home Building Centre, Winkler Consumers Coop, and WBS Construction. These are some of the many organizations helping PCC build community and we value their partnership. Really, we can't **do** what we do without help from others.

If you are interested in supporting us, check our website for information or call our office to donate.

THANK YOU

Finding Freedom In Forgiveness

by: Dennis Fehr

I recently went through my garage, storage shed and closets, pulling out items that I no longer need or made use of this past year. I made quite a pile, boxed these things up, put them in my car and donated them to a local thrift store. I was ready to pass them on and have someone else make good use of them, as I no longer was. It felt good to get rid of the clutter, make space available, organize and care for what I have and let go of what is no longer necessary. In the process of cleaning up these no longer needed items I wondered about the necessity of doing this within ourselves - sorting through our priorities, the expectations we carry of ourselves, and removing the feelings we harbour from bad experiences and the people who have hurt us. While the clothes in our closets change over time, and old footwear gets recycled, we do not re-examine our priorities, expectations or sort through old feelings often enough, leaving us stuck with an assortment of past experiences and emotions we just don't know what to do with. So we ignore them, sweep them under the rug, let them accumulate or stuff them down deep inside so we don't have to think about them. However this does not make them go away. Rather, like toxic waste leaching into drinking water, the unsettling experiences and unresolved feelings we ignore and allow to build within us leak into our attitudes, behaviours, reactions and decision making without our being aware of it. Or they can emerge

**"A better way of
managing internal
clutter... forgiveness"**

all of a sudden, like the bursting of a dam, with nothing being held back.

I'd like to suggest another way, a better way of managing this internal clutter... forgiveness. We need to learn and regularly practice forgiveness of ourselves and each other. In doing so we free ourselves from the baggage of unresolved experiences and the emotional wounds we ignore and build within us. This is not easy work but it is essential if we truly want to live with integrity and freedom from burdens of the past. It starts with **loving enough** to release ourselves and others from the guilt of things done wrong and live in ways that fit with who we truly are (or want to be). It means being **honest** with what we've done in the past and how our actions have an impact on others.

We need to have a **forgiving heart**, both to ourselves and to others, learning to admit and accept our own faults and the faults of others. Forgiveness takes **courage**, because self-righteous people will not let go of wrongdoing when it occurs. To forgive means standing up to the self-righteous for the sake of the forgiven. You need to **be specific** to forgive. This means being precise about what you are forgiving or need forgiveness for. And forgiveness requires confirmation through a **reckless act of love**. Love is a signal that you have done it - that you have released yourself and one another from the guilt that condemns. In making forgiveness a regular practice we can keep a clean internal house and have space to share who we truly are in the lives of others, with integrity and peace.

Christmas is fast approaching. Let's not forget the reason for the season. And while we are remembering the meaning of Christmas - remember those less fortunate.

Note From Our Staff

by Sharon Heinrichs

Recently Danita and I were talking about what it's like working reception here at Pembina Counselling Centre. I'd like to share what a meaningful time we have working here. The ability to have a part in the experience of our clients, sometimes as a support, a listening ear, and often as a friend has been a bit of a surprise - at least for me. I didn't think that would happen. I try to keep a respectful distance where possible so as not to intrude on the client's experience, but sometimes for whatever reason, that isn't possible. Maybe the client has had a particularly tough day, or the time in session left them wanting to share more, or sometimes they feel so blessed from a session that they don't quite want to leave and it then becomes our time to "be there" for them. I appreciate the opportunity to be God's instrument at these times and I am thankful that for the most part He gives me the words to help them where needed.



Pearls to Ponder...

Truth is where
perception and reality
meet.

Prayer Needs of Pembina Counselling Centre

The community is growing and with that the volume of clients interested in counselling has increased. Please pray our resources will expand to meet our need.