

THE BASICS

What is Standing Stones?

Standing Stones is a multifaceted ministry that focuses on spiritual and emotional health. Currently the ministry offers: Counseling—for individuals seeking help with life's struggles and anxieties and Spiritual Direction—for those seeking to go deeper in their relationship with God.

Who is it for?

It is for anyone who is interested. Depending on your needs, you may choose to seek sessions with a Counselor or Spiritual Director.

What does it cost?

Both Counseling and Spiritual Direction cost \$40 per session. Financial help is available for Counseling through the deacon's fund. If the cost is a hardship, the Counselor and client will work out a fair and reasonable fee.

Where do I begin?

Contact one of our Counselors or Spiritual Directors to set up an initial meeting!

WHO ARE WE?

Meet our Spiritual Director:

Deb Winkler: 269-945-5463 x3032

Deb has been a RN for 38 years, working in a variety of settings including oncology, hospice, ambulatory care, critical care and patient education. She earned her BS from WMU with a primary interest in Holistic Health. She has served as a Stephens Minister and completed training as a Faith Parish Nurse at Calvin College. She under-took Commissioned Lay Ministry Course Work which lead to her Certification as a Spiritual Director.

As a spiritual director Deb has the privilege and responsibility of journeying with others as they deepen and explore a closer relationship with the Divine. "My ongoing work with a Spiritual director has had a profound effect on my inner life."

Deb has been married to Larry for 37 years. They have 2 married sons and five grandchildren.

Meet our Counselors:

Pat Cassell: 269-945-5463 x3030

Pat began her career as a public health nurse following graduation from Michigan State University. After time at home parenting three kids and volunteering in church, hospice, and community activities, Pat attended Western Michigan University earning a master's degree in social work and then worked at Pine Rest Outpatient Clinics. More recently Pat has been trained as a mediator and volunteers at Mediation Services.

Pat enjoys working with all ages and the variety of issues people experience along life's journey, including anxiety and depression, parenting, divorce, grief and loss, care-taking, school and work issues, life transitions, and conflict resolution.

"It is exciting to work with young adults who are going through so many changes and have the opportunity to grow in ways that will improve the rest of their lives. It never ceases to amaze me how God is at work in each of us, at every age, guiding and directing us to experience the fullness of the life He has given us."

Charlotte Mohler: 269-945-5463 x3031

Charlotte Mohler, M.A., received her master's degree in developmental psychology from Wayne State University. Since that time she has been a therapist in hospitals, outpatient clinics and residential programs. She began her career at Ford hospital in Detroit and since then has served people in Grand Rapids, Newaygo, Muskegon, Northern Michigan and most recently in Hastings.

She enjoys working in the areas of depression, anxiety, self-esteem, families, marriage and significant other relationships. In addition, she is comfortable within the areas of substance abuse and human sexuality. "The most gratifying thing about my profession is experiencing the tremendous courage people have as they work to overcome their difficulties. I find people exhilarating and inspiring. I am so blessed to have been called to become a small part of their life's journey."

She and her husband have four adult boys and five amazing grandchildren.

COUNSELING

What kind of counseling is offered?

Our counseling program helps clients to identify goals and possible solutions to problems. Counseling can help with a variety of problems you may be facing—marriage, parenting, anxiety, family issues, grief, anger and more.

When will I be counseled?

Generally, during the day with some evening available. 50 minute appointments will be scheduled with the individual counselor.

How long will counseling last?

This is up to you and the counselor. There is not a set timeline because counseling looks different for each client.

SPIRITUAL DIRECTION

Spiritual Direction is an ancient spiritual practice of the world religions. Today, interest in Spiritual Direction is emerging once again as people seek deeper meaning and connection for their lives in our busy and changing world.

Spiritual Direction **is not:**

- religious education.
- counseling or psychotherapy.
- pastoral counseling.
- about being *directed*.

Spiritual Direction **is very much about:**

- Being encouraged to draw closer to the Divine in the context of a one-on-one confidential relationship.
- Inviting you to notice the direction and movement of God in your everyday life.
- An unbiased, unconditional, non-judgmental, listening relationship of acceptance without expectations or advice.
- Giving you space to identify and trust your own experiences of God and to share, notice, and reflect upon your hopes, struggles and losses.

(Check out www.sdiworld.org the website of Spiritual Directors International for more info)

STANDING STONES?

*“Here I raise my Ebenezer,
hither by Thy help I’m come”*

- Robert Robinson, 1757

Come Thou Fount of Every Blessing

Come Thou Fount of Every Blessing is a favorite hymn, but this line isn’t always understood. Who is Ebenezer and why are we raising him? *Ebenezer* is a Hebrew word that means “stone of help.” In 1 Samuel the Israelites are in conflict with the Philistines. Samuel tells the people to turn back to God, to confess their sins, and to pray. Their faithfulness to God leads to a victory over the Philistines. In response, Samuel sets up a stone as a monument and names it *Ebenezer* saying, “The Lord helped us to this very point.”

Though we may not name them *Ebenezer*, we still use rock monuments today. Hikers set up piles of stones (called *cairns*) to mark a path or to designate a special place. These stones, like the *Ebenezer* stone serve as reminders of the past and as markers that point the way forward.

This is why we named our ministry *Standing Stones*. As we walk with Christ, sometimes we need help seeing the markers and monuments that remind us of God’s goodness in the past and that point the way forward. Through counseling and Spiritual Direction we hope to make these Standing Stones become more clear.



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Standing Stones
Ministries of Counseling and Spiritual Direction