

REVISED July 2009

R E S O U R C E S

for **Life**



Counseling

Spiritual Direction

Quiet Places

Pastoral Appointments

church of the
opendoor

Introduction

The seasons of life highlight different needs and desires within our hearts. Sometimes we are in need of healing and restoration, other times we desire to live life differently and want someone to align with us in our goals. At other times we long to go deeper into God and need a companion to help us listen to God or find a quiet place to rest and hear God in the silence. In these important seasons, there are resources to help support and encourage us so we can continue in our journey with God, discovering more of who we are and how we are to live whole lives.

There are four sections in this booklet:

¹Counseling

²Spiritual Direction

³Quiet Places

⁴Pastoral Appointments

Take some time to familiarize yourself with all the resources to see what would be most helpful to you in your season of life.

God bless you in your becoming!

Counseling

Choosing a Counselor

Selecting a counselor is an important decision you will make during your healing journey. We believe that working through the process of healing from our wounds and its pain is not possible without God, the Source of all healing. Without Jesus in the healing process, counseling may help you understand your pain, but will not be able to provide deep healing of the soul. It is important to choose a counselor who shares this belief and can walk with you through your healing.

How do I begin?

Rather than selecting the first counselor you find, we recommend interviewing a few counselors to discern which one may be the best fit. You may develop a list of names through a variety of sources, such as looking through this brochure, by asking friends for names of counselors they have found helpful, or by contacting others you trust.

How do I know if a counselor has experience working with my particular issues?

When you make the first phone contact, describe your specific issues. Ask if he or she has had experience counseling individuals with this area in the past. Competent counselors will welcome your inquiries.

How do I choose one counselor over another?

During the initial session, you will have an opportunity to ask questions in more detail. Feel free to ask anything you feel is necessary for you to feel comfortable with the counselor. Questions may include: What is your experience in this area? What does the counselor expect in the relationship? Incomplete or confusing answers may indicate this counselor will not be helpful to you. Always ask for clarification if the answer isn't clear to you.

How do I know I can trust this person?

Trust is a difficult issue for most of us in healing. You have the right to feel reasonably comfortable with the counselor you choose. However, a sense of anxiety or discomfort is common when starting a new relationship. Meeting with someone else to talk about painful past experiences will not be easy. Together, you can decide if your sense of discomfort is because of the challenge of therapy or because you are sensing that this particular counselor is not appropriate for you.

Is it important that a counselor be licensed?

When you first contact a counselor, ask about licensure. A licensed counselor has education and training and has successfully passed an oral and written examination in their field. However, finding a licensed counselor does not guarantee competence or a fit for you. There are also skilled and competent unlicensed counselors, but we suggest you get solid recommendations before making your decision. Some counselors are considered to be “interns” which means they are in the process of gaining a clinical license. Interns are legally able to provide counseling under the supervision of a licensed counselor.

Is counseling really worth it?

The point is, you are worth it. Your healing journey will not be easy. It may be costly both financially and emotionally, but your healing is worth the investment and sacrifice. Counseling can be an invaluable ingredient in the recovery process.

Parts of “Choosing a Counselor” were adapted from the National Association of Christian Recovery Resource Directory, 1995. Used by permission.

How to Use Abbreviations

We will use abbreviations to help you find a therapist that will meet your particular needs. There are two sets of abbreviations. The first set will relate to “who” they treat, and the second set will relate to their specializations. Two charts follow to tell you what these abbreviations stand for.

Modalities (“who” is treated)

- | | |
|---------------------|---------------------|
| A Adolescent | G Group |
| C Child | I Individual |
| F Family | M Marital |

Specializations

- | | |
|--|--|
| A Adult Children of Alcoholics | O Codependency |
| B Post Abortion | P Depression |
| C Childhood Abuse | R Anger/Resentment |
| D Dissociative Disorders | S Sexual Abuse |
| E Eating Disorders | T Step Families/Related Issues |
| F Family Issues | U Substance Abuse/Chemical Dependency |
| G Gender Issues | V Divorce Recovery |
| H Healing Prayer | W Body Memory Work |
| J Career Counseling | X Sexual Additiction |
| K Military Families/Activation/
Deployment | Y Anxiety/Panic Disorders/
Phobias |
| L Grief/Loss Recovery | Z Post Traumatic Stress
Disorder |
| M Gambling | |
| N Spiritual/Religious Abuse | |

Need additional guidance?

If you still have questions, or desire to speak with someone about choosing a counselor, you can leave a message with Adult Care at Church of the Open Door at (763)416-5846 ext 1331. May God give you the courage to make this important step toward healing.

Christian Counselors

CRAIG ALLEN, MA, LMFT

AFGIM.....ACFJKLOPRTVYZ
Allen Counseling Associates, LLC
3025 Harbor Lane, Suite 221
Plymouth, MN 55447
(763) 404-8600
www.allencounseling.net

KAY ALLEN

FIM.....CFLOPRTVY
Allen Counseling Associates, LLC
3025 Harbor Lane, Suite 221
Plymouth, MN 55447
(763) 404-8600
www.allencounseling.net

SHARON ANDERSEN

AIM.....ACFGHLNOPRSY
Andersen-McClelland Associates
Parkdale Plaza
1660 South Highway 100, Suite 428
St. Louis Park, MN 55416
(763) 541-1973

KERRY ANDERSON, MA, LPP

ACFGIM.....ABCEFGJLMOPRSTUVXY
Minnesota Psychological Resources
12805 Hwy 55, Suite 211
Plymouth, MN 55441
(612) 508-5623
www.mnpr.com

MICHAEL W. ANDERSON, LP

AFIM.....ACFJLNOPRSTV
Charis Clinic
8085 Wayzata Boulevard, Suite 100B
Golden Valley, MN 55426
(952) 542-1897

MAGGIE BANIA, MA, LP

AFIM.....ACDEFGLNOPRSUVY
New Beginnings Family Counseling Center
7054 Brooklyn Boulevard
Brooklyn Center, MN 55429
(763) 560-9610

JANET BOECKEL, LMFT

CFGIM.....ACDFGHKLNOPRSYZ
Soul Work Counseling
11108 Zealand Ave. N, Suite 104
Champlin, MN 55316
(763) 746-0842

CAROL L. BROWN, MA, LAMFT

ACFGIM.....ABCDFHJKNOPRSTVXYZ
Christian Heart Counseling/Christian Marriage Center
13911 Ridgedale Drive, Suite 460
Minnetonka, MN 55305
(612) 388-1600
carol@christianmarriagecenter.com
www.christianmarriagecenter.com

SHERRI CONRAN, MA, LMFT

ACFIM.....ACFHJKNOPRTVY
Learning to Live, Love, and Laugh
2295 Waters Dr.
Mendota Heights, MN 55120
(651) 307-8310
sherriconran@hotmail.com

AMANDA CORNELIUS, MA, LPC

AIM.....CEFGJLNPRSY
Cornelius Counseling, LLC
1405 Silver Lake Road NW
New Brighton, MN 55112
(651) 895-3624
www.corneliuscounseling.com
amanda@corneliuscounseling.com

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AFGIM.....ACFLNOPRSTVYZ
12450 Wayzata Boulevard, Suite 227
Minnetonka, MN 55305
(612) 437-5900

CONNIE DUMMER

CFGIM.....ACDFGHKLNOPRSY
Family Attachment and Counseling Center
18322 C Minnetonka Blvd
Deephaven, MN 55391
(952) 475-2818 ext 22

YING (DEE DEE) ELLIOTT

ACFGIM.....ACFHJLOPRTUVYZ
Pathways Psychological Services, P.A.
7575 Golden Valley Road, Suite 230
Golden Valley, MN 55427
(763) 525-8590

BRUCE ERVIN

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7200 France Ave. S., Suite 338
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12805 Hwy 55, Suite 211
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www.mnpr.com

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Bachmann & Associates
8669 Eagle Point Blvd.
Lake Elmo, MN 55042
(651) 379-0444
www.bachmanncounseling.com

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Family Innovations, Inc
7525 Mitchell Road, Suite 100
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(952) 224-2282
www.familyinnovations.com

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sgrostephan@gmail.com

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(651) 587-3542
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LICENSED PSYCHOLOGIST**

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FGIM.....ACDEFGHNOSTXZ
Center for Christian Spiritual Development
(Spiritually focused therapy...see also Spiritual Directors)
11900 Wayzata Blvd.
Suite 214
Minnetonka, MN 55305
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ACIM....ACEFGHLNOPSUVX
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Hope Counseling Services,
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13911 Ridgedale Drive

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(952) 546-4044 ext 2

200 E Chestnut Street, Suite 203

Stillwater, MN 55082

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janan@pathwayspsych.com
www.pathwayspsych.com

OUTPOST MINISTRIES

GI..... Groups for sexually and relationally broken people. Christian approaches and counseling referrals for the healing of homosexuality, and classes for men on growth in masculinity and sexual purity.
PO Box 22429
4180 W Broadway, Suite A
Robbinsdale, MN 55422
(763) 592-4700

Residential Services

THE DWELLING PLACE

Provides safe homes for abused women and children
PO Box 17848
St. Paul, MN 55117
(651) 776-4805, *Men's ministry line:* (651) 298-6799
dwellingp@qwest.net

METRO HOPE MINISTRIES

New Hope Center
2739 Cedar Avenue South
Minneapolis, MN 55407
(612) 721-9415
www.metrohope.org

MIDWEST CHALLENGE

Park House
Provides addicted men a place to grow in the Lord.
Lynn Hanson - Chaplain & Caseworker
PO Box 7067
Minneapolis, MN 55407
(612) 827-6027

MINNESOTA TEEN CHALLENGE

1619 Portland Avenue South
Minneapolis, MN 55408
(612) 373-3366
www.mntc.org

Financial Assistance For Counseling

SEED OF HOPE

A non-profit organization which provides a one-time grant for mental health services to individuals and families in need. This is accomplished through a three way financial partnership among Seed of Hope, the mental health community, and those in need of professional counseling. More information and applications for clients and therapist are available at www.seedofhope.org.

700 Twelve Oaks Center Drive, Suite 261
Wayzata, MN 55391
(952) 476-HOPE (4673)
www.seedofhope.org

Spiritual **2** Direction

What is “Spiritual Direction”?

Spiritual direction, sometimes referred to as spiritual guidance or spiritual friendship, is an on-going relationship for the purpose of noticing God’s presence in and through all of life. The relationship centers on the directee’s relationship with God as revealed in on-going commitment to intentional prayer and spiritual practices.

During the meeting of about one hour, director and directee seek to enter a prayerful atmosphere where together they can be attentive to the Holy Spirit together. The director serves as a co-listener to God as the directee is willing to enter into an honest relationship with the director.

The direction relationship is based in the understanding that God is at work in every life - both before the relationship begins and after it ends.

Direction and Therapy: Some Differences

It should be noted that there are distinctions between spiritual direction and therapeutic relationships. In general it might be said that therapy and counseling deal primarily with problem areas of one’s life and attempt to bring healthy resolution to issues. Spiritual direction is concerned with finding and responding to God (in the midst of pain or disorder as well as in the rest of life). Problem/issue solving is not the primary focus of direction.

Finding a Director

Begin with prayer—asking God to guide your search and to open your eyes to the possibilities available to you. It will probably take some time to find the right person for you. If God is in the felt need for a director, however, then it is safe to assume that the Spirit will eventually provide the resources you need. The key is to remain patient yet diligent in the waiting, to trust God in the process, remaining attentive to the direction of the Spirit in all of life.

Choosing a Director

In a direction relationship, it is important for there to be a mutual sense of the rightness of the relationship and a concern for open, honest, clear communication and a reverence for the unique way God is working in the individuals involved. Coupled with this is a mutual dependence upon the Spirit at work in the relationship. It is helpful to set up four or five meetings and then evaluate how things are going. After that, periodic evaluations are encouraged so that what was begun as a right thing does not continue past its time.

How is a spiritual director trained?

The ministry of spiritual direction involves a calling from God coupled with a confirmation of that call by the community of faith in which the director is connected with. Adding to this calling, a training program helps deepen a person's knowledge of spiritual development and skill in listening to others. Training usually involves a two year program and on-going supervision. Completing a training program alone does not mean the person should be involved in spiritual direction. It does mean the person has purposefully been in a learning environment to gain understanding of the ministry of spiritual direction. Calling, confirmation, knowledge, and skills are all necessary qualities in a spiritual director.

Adapted from Shalem Institute for Spiritual Formation informational brochure on spiritual direction

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SHERRY LEE

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KATHY LERFALD

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(651) 644-6000
kathylerfald@earthlink.net
www.Sacred-Living.com
www.DeeperWithGod.com

LOIS LINDBLOOM

Northfield, MN
(507) 645-7709

MAUREEN MCNEAL

Minnnetonka, MN
(612) 382-0499
(See also Christian Counselors)

DAVE STROOTMAN

Brooklyn Park, MN
(763) 424-3224

Quiet Places

Twin Cities Area Retreat Centers

Why Make a Silent Retreat?

In our fast-paced lives, the voice of God is easily drowned out by the buzz of noise and activity around us. Dedicated time in quiet is needed to settle down and be present to the reality of how life is lived and the deeper desires of the heart, whether it is a walk in the woods, kneeling in a beautiful chapel, journaling a life circumstance, or waiting in prayerful attentiveness. We can hear more readily God's voice when we set time apart to be still and listen.

On retreat, the presence of God enfolds and carries the retreatant to new places of intimacy, bringing transformation and renewal. God delights to be with his children. Going on retreat is one place to know deep down God's delight in us.

Our retreat resources have been recommended to us by staff and other members of Open Door. If at any time you find the resources unhelpful in supporting your spiritual journey, please contact the Adult Care office to let us know.

ASSISI COMMUNITY CENTER

Assisi Heights
1001 14th St. NW, Suite 200
Rochester, MN 55903
(507) 280-2180
www.acomc.org

BENEDICTINE CENTER OF ST. PAUL'S PRIORY

2675 E. Larpenteur Ave.
Maplewood, MN 55109
(651) 777-7251

CARMEL OF THE SACRED HEART

430 Laurel Avenue
Hudson, WI 54016
(715) 386-2156
www.pressenter.com/~carmelit/main.htm

CHRIST THE KING RETREAT CENTER

621 South First Ave, Buffalo, MN 55313
(763) 682-1394 or 682-3453

Contact: Nancy
Call for pricing and availability.
www.kingshouse.com

CHRISTOS CENTER FOR SPIRITUAL FORMATION

1212 Holly Dr, Lino Lakes, MN 55038
(651) 653-8207

Call for pricing and availability.
www.christoscenter.org

COLONIAL CHURCH OF EDINA

Center for Spiritual Formation
6200 Colonial Way, Edina, MN 55436
(952) 925-2711

Contact: Paula Berry
pberry@colonialchurch.org
Day retreats available.
www.colonialchurch.org

FRANCISCAN RETREAT CENTER

16385 St Francis Lane, Prior Lake, MN 55372
(952) 447-2182

Programmed retreats. Call for a brochure.
www.fransiscanretreats.net

HEART OF THE FOREST RETREATS

3228 God's Wilderness Rd, Silver Bay, MN 55614
(218) 391- 4767 or (218) 391-4765

Contact: David & Johanna Hecker
forestretreats@hotmail.com

HOUSE OF PRAYER

P.O Box 5888, Collegeville, MN 56321
(320) 363-3293

houseofprayer@cloudnet.com
Located near St. Cloud. Single rooms, good for groups, kitchen and common meeting room. Lovely, newer structure in the woods with down duvets on beds.

IRONWOOD SPRING CHRISTIAN RANCH & MIRACLE LODGE

7291 County Road 6 SW
Stewartville, MN 55976
(507) 533-4315
Contact: Steve Kasky
steve@ironwoodsprings.com
www.ironwoodsprings.com
www.miraclelodge.com

KOINONIA RETREAT CENTER

7768 Pilger Ave. NW
South Haven, MN 55382
(320) 236-7746
On Lake Sylvia, 60 miles west on Highway 55
www.koinoniaretreatcenter.org

MOUNT OLIVET RETREAT CENTER

7984 257th St.
Farmington, MN 55024
(952) 469-2175
Call for pricing and availability.
www.mtolivetretreat.org

MT. CARMEL HERMITAGE

897 US Highway 8
Amery, WI 54001-2541
(715) 268-9313
Call for pricing and availability.

PACEM IN TERRIS

26399 Hwy 47 NW
Isanti, MN 55040
Mailing address:
P.O. Box 418
St. Francis, MN 55070
(763) 444-6408 or 444-6496

Call for availability.
\$45 suggested donation per night.
Beautiful hermitages, outdoor plumbing, woods and trails.
www.paceminterris.org

ST. BENEDICT'S MONASTERY

104 Chapel Ln.
St. Joseph, MN 56374
(320) 363-7116
www.sbm.osb.org

ST. JOHN'S ABBEY

Collegetown, MN
(320) 363-2011

Guestmaster: Fr. Landelin Robling (320) 363-2573

The Abbey has single rooms, with bathrooms for retreatants. Lovely grounds. Retreatants are invited to join the monks for the Liturgy of the Hours. (Includes meals.)
www.stjohnsabbey.org

TOTINO GRACE RENEWAL CENTER

1350 Gardena Avenue N.E.
Fridley, MN 55432
(763) 572-9128
Please call for prices and availability.

VILLA MARIA RETREAT CENTER

29847 County 2 Blvd.
Frontenac, MN 55026
(S. of Red Wing on Lake Pepin)
(651) 345-4582 or 1 (866) 244-4582
Call for pricing and availability.
Also has one hermitage/house trailer.
villamaria_retreats@yahoo.com
www.villamariaretreats.org

WILDERNESS FELLOWSHIP MINISTRIES CABINS

Fostering Godly Intimacy
21897 Spirit Lake Rd. W.
Frederic, WI 54837
(715) 327-8564

Two beautiful log prayer cabins in the woods; kitchenettes; short walk outside to a nice bathroom. Scenic trails, peaceful lakes, country quiet. (Have larger cabins for groups.)

Pastoral⁴ Appointments

Does Open Door do counseling?

Open Door does not do on-going counseling. As a practice, Open Door refers individuals and couples to well-trained Christian therapists in the Twin Cities area to develop on-going therapeutic relationships but we do offer pastoral appointments.

What is a pastoral appointment?

A pastoral appointment is a scheduled meeting with a member of the pastoral staff or lay ministry team to talk through an issue or particular spiritual concern. The one-time pastoral appointment normally includes a time of listening and prayer with assessment and referral to other resources for continued healing, growth and support.

How do I make a pastoral appointment?

Call the Adult Care Coordinator during regular office hours at (763) 416-5846 ext 1300.

Who is on the ministry team?

The ministry team consists of pastoral staff and lay ministers trained in various areas of ministry. They are recognized as gifted for this type of ministry and have been equipped to meet with individuals and couples for various circumstances. They may be overseers of significant areas of ministry or may be interning at Open Door as part of an academic program they are attending.

Why is it called a pastoral appointment if not all the ministry team members are pastors?

A pastoral appointment is a place of shepherding the heart. The ability to tend the soul of another is not limited to those who hold a pastoral office or carry a certain title. There are many men and women who are gifted by God to walk alongside others in presence and prayer. The main resource in a pastoral appointment is the Holy Spirit not the title the person holds.

When are appointments available?

Appointments are available at various times during the regular business hours Monday-Friday. Weekend and weekday evening appointments vary depending on the individual staff or ministry team member's availability.

How long are the appointments?

The pastor or ministry team member sets their own length of time for appointments. The length of an appointment varies from one half hour to one hour with the average appointment time being forty-five minutes.

What if I want to meet again?

The norm is to refer you to other resources within the community which can better serve as an on-going place of support and nurture. However, at times it may be helpful to continue together for a set period of time. This would be determined by the ministry team member at the time of your appointment.

Pastoral ⁴Appointments

What if I only want to pray with someone?

In most cases, it is best (and easiest) to receive prayer from the people with whom you share life on an ongoing basis – a member of your small group, other Christian friends, or family members. One of Open Door’s core values is “Be Real.” We can take the risk to open our hearts and lives to those around us, ask them for prayer, and trust that God will hear and respond.

- The Weekend Prayer Team is available after services on Saturday nights and Sunday mornings.
- The Prayer Line can be reached at ext 1374.
- You can make an appointment to pray with members of Restoration Through Prayer at ext 1373. Note: Typically you may need to wait a few weeks for an appointment.

What if my need is immediate?

Most people who call for a pastoral appointment can expect an average of a one to two week wait for an appointment. If the need seems urgent, the available pastoral staff will assess the situation and respond appropriately.

If I come to church during business hours, can I see someone right away?

Not necessarily. The urgency of the situation will be assessed by available pastoral staff after the situation is explained to a staff or lay member of the Adult Care Ministry Team. If the situation is not urgent, we will offer to schedule an appointment for you at a later date. If the need deems immediate pastoral attention, the pastoral staff or ministry team member who is next available will meet with you for a short appointment and then resource you from there.

We highly encourage you to call ahead to see if someone is available to meet with you that day.



Adult Care (763) 416-5846

Kim Hendrickson, Adult Care Coordinator, ext 1300

Bob McKenna, Adult Care Pastor, ext 1302

Vicki Degner, Adult Care Pastor, ext 1305

Peggy Lang, Prayer Ministries Pastor, ext 1303



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