

# Life Christian Counseling Network



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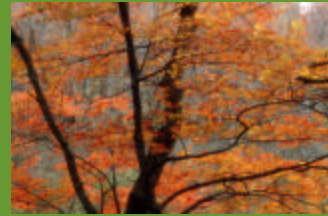
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Dear Lynn,

This month's newsletter features two sections written -- not by me or a Life Christian Counseling Network counselor -- but by YOU -- some of you who network with us!



The first section is a new addition to our newsletter: Letters to the Editor. We have been getting feedback from our readers about past articles and stories, and we wanted to pass along their encouragement and thought-provoking insights to our other readers. We also have a contribution from Marc Bartholomew, Maryland State Rep with Celebrate Recovery. We hope that these words of encouragement serve to lift your spirits. Any feedback you may have would also be welcomed. Please do not hesitate to contact us!

## Letter to the Editor

***One reader wrote in response to the October newsletter article on Depression:***

"That was a great article. If they need more proof, give them my address. LOL. On a serious note, my family has a history of depression and anxiety. We self-medicate (drug addictions) to cope. Out of all the family members...only 2 of us do not use prescription medicine or some kind of crutch, and it is an everyday battle... However, faith, boundaries, and knowing what you're dealing with [depression and anxiety] helps."

*If you have thoughts or stories you would like to share with us, please email us at [info@lifechristiancounseling.com](mailto:info@lifechristiancounseling.com).*



## Bryan R.L. Buchanan, M.A., NCC , LGPC

Mr. Buchanan earned his B.A. Degree in Psychology from Bowie State University in 2002 and completed his M.A. Degree in Counseling Psychology at Bowie State University in 2006. While a student at Bowie State University, Mr. Buchanan became a member of several Honor Societies, which include Alpha Kappa Mu Honor Society, Alpha Chi Honors Society, and Psi Chi Honors Society. In addition, Mr. Buchanan was also an active member with Campus Ministries at Bowie State University. Mr. Buchanan facilitated Bible studies and other Christ-centered events for Bowie State University students, and served as Vice President of Campus Ministries for a year.

Through his extensive clinical and School based Counseling, Mr. Buchanan provides individual and family counseling services that address behavior management; the development, restoration, or enhancement of adaptive behaviors and skills; and enhancement or maintenance of daily living skills.

Click [here](#) to read more of Mr. Buchanan's profile.

### New at Life Christian Counseling Network

At Life Christian Counseling Network, we love the work and national ministry of Celebrate Recovery (CR), THE place to address and recover from habits, hurts, and hang-ups! My husband, Peter, and I were invited to attend a CR meeting at Encounter Christian Center church in October and really enjoyed hearing Marc Bartholomew again, and the message from Senior Pastor Morales. Please be sure to read Marc's devotional.

As we hurtle toward the end of 2009 how grateful I am that we have two significant holidays to celebrate. Lord, help us to slow down long enough to savor Thanksgiving! Open our hearts again to the wonder of the Incarnation and let us fully celebrate the birth of the Christ Child this Christmas! Amen!



Chris Buckingham  
Executive Director  
Life Christian Counseling Network

Contact email: [info@lifechristiancounseling.com](mailto:info@lifechristiancounseling.com)

### A Message from Marc Bartholomew from Celebrate Recovery

*This month we are sharing a devotional by Marc Bartholomew, Maryland State Rep for Celebrate Recovery.*

## CelebrateRecovery®

During a vacation several years ago, I found myself struggling to relax. Instead, condemnation afflicted me: "Why aren't you studying more? Shouldn't you be witnessing and not sitting?" Guilt crept into my mind and kept me from enjoying precious vacation time with my family.

There are two types of guilt: Biblical guilt and false guilt. When we sin, or miss God's mark, we experience Biblical guilt. This is not a feeling but reality: we have sinned; the sense of guilt we experience is for the purpose of leading us to repent. But false guilt, which includes feeling guilty after confessing a sin, is not based in truth or supported by the Bible. God has forgiven us so there is no need to linger in shame.

People struggle with false guilt for many reasons. Legalistic teaching, for example, presents life as only a series of rules that must be followed to the letter. People driven to follow rules without room for grace often feel bad about themselves. Next, self-reproach can derive from abuse or verbal putdowns during childhood. This critical voice can never be satisfied. Another cause is perfectionism, where one holds high expectations that are impossible to attain. Failure to meet these impossible standards can flood a person with self-condemnation. And finally, low self-esteem has the same result.

Satan uses this false sense of shame to paralyze us. Inevitably, guilt leads to doubt about God's love and salvation, which paves the way for fear, insecurity, and inability to enjoy life. It can also open the door to physical illness or depression.

The Lord wants us to live free from guilt. If you experience shame, ask Him to help you trace its cause. If there is any unconfessed sin in your life, He will show you. Ask God's forgiveness for any sin that He does reveal to you. Then affirm these truths:

I am special because I am made in God's image and redeemed by Him.

I am loved by the Creator of the universe.

I am forgiven.

Because of these truths, in the name of Jesus, you can reject any false shame you have.

*Marc Bartholomew is the Celebrate Recovery Maryland State Rep and a Lay Minister at Encounter Christian Center in Charlotte Hall, Maryland. Encounter Christian Center hosts CR meetings every Wednesday night at 7:30. For information about ECC's CR meetings or their Step Meetings which are starting, or to contact Marc, write to: [Celebrate.Recovery@encounterministry.com](mailto:Celebrate.Recovery@encounterministry.com).*