

# PRESSING ON...

"I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." Philippians 3:14



A Publication of Chicago Christian Counseling Center

Oct 12  
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## Is Your Marriage a PRIORITY?

| marriage tips series



■ by Diane Kapp, MA, LMFT

problems arise from our belief systems. We all have some faulty beliefs, assumptions, or expectations. One of the most widely held beliefs in our culture today is

that "We can have it all!" No, we can't! Something has to give, and many times it is our marriage.

In our attempts to "have it all," we also get caught in the web of believing we can "be all" and "do all" as well. As we become busier and busier, we can begin to experience a loss of love and affection for our spouse. If you have become disillusioned with your marriage and are feeling increasingly "out of touch" with your partner, you are not alone.

Some of the most common symptoms include an absence of acts of kindness or thoughtfulness, little or no affectionate touching, infrequent sexual interaction, no verbalizations of love, little time spent on social or recreational activities and infrequent communication about intimate matters.

**M**arriage Enrichment"...these two words are familiar to many of us and are often the focus of seminars, workshops, and marriage counseling.

*But what, exactly, does the word "enrich" mean? Webster's definition is "to give a greater value, importance, effectiveness, etc." The goal, then, of these offerings must be to teach people how to make their marriage a higher priority.*

But why do we have to LEARN how to do this? Don't we (especially as Christians!) already know the extreme importance of this relationship? After all, Jesus himself uses the illustration of the bride and the bridegroom to describe His relationship with His followers.

So where, then, do our troubles as husbands and wives begin? Often, many

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We married our partner to always have the pleasure of their company. If the joy and connection that you once had hoped for is no longer present in your relationship, the Creator God provides ways to change what is not "working" in your marriage. Therapists, through counseling and presentations offered to the community, can teach you how to truly enrich your marriage. ■



Diane Kapp is a Licensed Marriage & Family Therapist. She enjoys working with individuals, couples and families in our Orland Park location.



# Celebrating God's Faithfulness

1973 — 2013

*Let's Celebrate as we turn 40....with laughter!!*

"A joyful heart is good medicine" ~ Proverbs 17:22

Chicago Christian Counseling Center  
invites you to our Comedy Event  
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**Saturday, October 12, 2013**

Trinity Christian College - Ozinga Chapel 6601 W. College Dr. Palos Heights, IL 60463

Doors Open @ 6pm/Show begins at 7pm

\$20/person (general seating)

Please join us for a laughter-filled night, while supporting the work of Chicago Christian Counseling Center. We are looking forward to celebrating with you. If you are not already familiar with Chicago Christian Counseling Center, we hope that you are able to attend for an enjoyable evening of laughter and thankfulness!

Invite your friends, family and coworkers...they won't be disappointed.  
This will be a ticket-only event.

**Order your tickets TODAY!!**

Order tickets online through ChristianHappenings.com at [www.itickets.com/events/308502.html](http://www.itickets.com/events/308502.html)

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You can also order tickets by calling 708.845.5500 | 800.361.6880

Get free tickets by helping Underwrite the Event. Call our office at 708.845.5500 and speak with Denise Hoekstra

# So You'd Like to Go Out

## With Someone...

|to teens about teens series



■ by Elizabeth Elgersma, MSW, LCSW

Ok, so you see lots of people "going out with" someone at school. You would like to go out with someone too. How should you go about selecting that person?? When I ask teens (and all too often adults) what they want in a date/serious relationship/or spouse, they say things like, "I want someone who's cute, someone who makes me laugh, someone who likes to do things (like go to an amusement park, go boating, take trips, etc.), someone who wants to make

- lack of honesty
- lack of kindness
- lack of faithfulness
- goals of materialism as opposed to making a priority of relationships
- lack of understanding on how to build a good relationship
- lack of long-term goals and values in life.

mean that the person you have in mind is good for you. Your interests, goals, family background, and values may be very different. Try being more active in selecting someone. **Think about their character first, not last.** It can be hard enough to develop a good relationship with someone, even if they are honest, kind, faithful, and have a high priority on relationships, long-term goals, and values. I would encourage you not to make it even more difficult.

Relationships in a person's life are extremely important. I frequently see people struggling to be a responsible parent while trying to cope with a partner who is not supportive and helpful, and in fact, may be downright

*"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. ~Prov. 3:5-6 NIV*

something of himself/herself." As I ask further questions, they often don't come up with much more than that. While these things may be something that you want, you might want to consider more important concerns, things I would call character issues. Character issues can make or break a relationship. Why would that be?

As a counselor, I also deal a lot with people who are having trouble with relationships. What kinds of things cause difficulties in relationships? The basics are:

I talk to a lot of people who have only a vague idea how they got into their unhappy relationship. When I ask them how they selected their date/fiancé/spouse, I often get a vague, puzzled look, and something like, "Oh, they were in my class" or "I met them at work", etc. That might be fine, but I would challenge you as teens (adults, you too), to **think deeply about what kind of person you would like to select.** Yes, I know, teens, maybe you are just trying to see who will go out with you. That doesn't necessarily

dishonest or unfaithful. While relationships never come with a guarantee, we can use wisdom and prayer, and seek God's guidance as we are selecting a person with whom we might consider spending our life. ■



*Elizabeth Elgersma is a Licensed Clinical Social Worker. She enjoys working with adolescents and adults in our South Holland location.*



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**Our Mission Statement**

Promoting health and wholeness through professional counseling, consultation and education from a Christian perspective.

**New staff...**



**Roslyn Johnson, MA, LCPC**  
**Licensed Clinical Professional Counselor**  
Office hours in Evergreen Park & South Holland, IL locations  
Child, Adolescent & Adult  
Individual, Couple & Family Therapy

Roosevelt University, Chicago, IL — MA in Mental Health Counseling  
Southern Illinois University, Carbondale, IL — BS in Social Work

Roslyn has more than 20 years of experience counseling people of all ages on personal, educational, employment, and career issues. She has an extensive background treating adolescents and adults with a variety of mental health issues such as depression, anxiety, post-traumatic stress disorder, ADHD, substance abuse, and more. While skilled at working with all populations, Roslyn has a passion for working with children and adolescents believing that helping them address their concerns at an early age increases the likelihood of having a positive future.

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