



CPSC Notes

COUNCIL FOR PASTORAL AND SPIRITUAL COUNSELLORS

No 3 - March 2018

What a privilege to serve others!

Easter is one of the most precious times of the year. In three days we go from the deepest remorse to the highest jubilation.

Our suffering servant became our visionary leader, the prophet of Galilee became the Lord of all lords and King of all kings.

In the footsteps of the servant King, we learn to wash feet, learn to really care for another and learn to sacrifice ourselves.

In the footsteps of the risen Lord and King, we also learn to stand up and make a difference in people's lives.

We learn to love much more than we need to and walk in people's shoes to get a glimpse of their struggles and hardships.

We learn to understand real love when we walk in Jesus' shoes. Our caring God will always look out for His people, try to find a way of creating a new future for His downtrodden, sinful and hopeless children, even though it costed Him His life.

As counsellors, we represent this triumphant Servant, who, up until His last breath, had reconciled people and granted peace to people who didn't deserve it. We have the privilege to continue to reconnect lost people and people in turmoil with the only One who can give comfort, strength, hope and love and guide them into a meaningful life with the risen and living God.

To achieve this, we must be aware of the need around us and the need within us, in order to be excellent counsellors. We must be sensitive to the



hardships of others as well as to our own shortfalls, to be truthful and honest in our caring.

To be excellent in our caring and spot-on with our guiding counselling, we need to continuously develop our skills, to study, be part of a learning community and to keep up with new trends and practices.

Our first formal event as Council for Pastoral and Spiritual Counsellors (CPSC) will be the Open Day on

Saturday 12 May 2018 in Pretoria.

This seminar from 08:00 to 16:00 promises to be a great occasion for us to learn from five experts. I trust that all members who can attend, will make use of this valuable opportunity. Find all the detail in *Notes from the CPSC office*.

I want to thank our Executive for their dedication in establishing our Council and especially our Admin Officer, Anita Snyders, for her hard work behind the scenes, in the CPSC office. We have achieved so much already and I sincerely hope that CPSC will reach even higher in the future!

May our Father in heaven grant us the peace and kindness we need, and fill us with His wisdom, knowledge and love so that we can pass this abundance on in every encounter with our clients. May the Lamb of God renew our lives with the presence, power and peace of His Holy Spirit.

– *Dr Tertius Erasmus, Chairperson, CPSC* ■



The Healing Presence

By Rev Diane Pickford

CPSC Formal Book Review

The first of a four part series on Leanne Payne's book The Healing Presence.

The intention of Leanne Payne is to show us how to cure damaged souls and painful memories through God's sovereign presence with us, over us and in us. She calls this Incarnational Reality.

Her focus is on how to be a powerful, sacramental channel of the healing gifts of God's spirit. In so doing, Christian counselors and the people they help, become whole in Christ, creative in prayer, and live out of their true selves.

I have found her emphasis on healing the sinful and broken imagination, feelings, and intellect to be invaluable in my pastoral therapy sessions. My sessions now focus less on talking about problems and more on praying with the person for healing of their damaged memories.

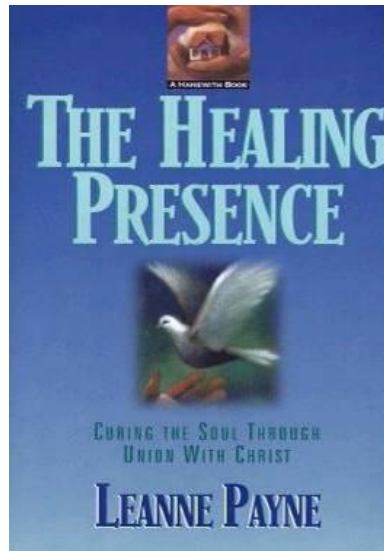
Leanne teaches on how to heal memories, an ancient ministry of the church, by inviting Jesus into the memory and listening for His healing Word. Both holy oil and holy water are used by the church for healing of the sick in body. She also uses holy anointing oil and holy water, for healing wounds in the soul.

She applies their use to the wounds of the soul, where a person has become sick or damaged because of a lack of self-acceptance, the sins of others against them or as consequences of their own sin.

In her first book, she teaches on how "Practicing the Presence" of Christ, a spiritual discipline, can be used to heal people of introspection and self-hatred. She proposes that people need to recognize and repent of the separations in their lives, namely their desire to be separate from God, other people and their own "deep heart".

These separations cause a disintegration of our personality and will. Leanne describes separation as human-kind slipping from God-centeredness into the hell of self and self-centeredness.

She says, "...we turn inward, living in misconceived feelings and attitudes, those that arise from listening to the self-in-separation and to the voices of a fallen



world." (pg. 53)

She remarks on how the modern minister or Christian counsellor often fails to invoke God's presence and call down upon the needy person the grace to repent. Without repentance, the root healing does not occur, and there will be no ongoing progress. The will of a person has been untouched, so they will not choose the hard work of replacing negative thinking.

Instead, by waiting in prayer with a person, she asks the Lord for His mind on the difficulty,

instead of substituting her own limitations and unaided wisdom. She further teaches that we are to proclaim forgiveness and be the sacramental channel through which God's forgiveness flows.

The needy person is to renounce their mistake of trying to find their identity in people, status, wealth, professional degrees, etc. Instead, looking to God for affirmation, they are to accept their new redeemed selves, that centre where Christ dwells, and learn to listen to God's voice. She calls this process "Healing Prayer", which should be practiced in conjunction with counselling and spiritual direction. ■

The Healing Presence. Curing the Soul through Union with Christ

By Leanne Payne

Baker Book House Company, Grand Rapids Michigan, USA, 1995, second edition.

Leanne Payne has ministered to thousands through her Pastoral Care Ministries (PCM) seminars. Her books have sold over 100,000 copies and been translated into several languages. She has had a forty-year association with Wheaton College, where she established her annual five day healing workshops, which still run today. She holds a Bachelor of Arts degree and two Masters Degrees. Together with Agnes Sanford she pioneered in the area of healing prayer.



Boundaries (Part 8)

By Dr Hanlie Meyer, a Counselling Psychologist in private practice.



Our last conversation centred on the false images we create of God as a Father and how to restore the proper image. We focussed on the lenses through which we look at God as a result of hurt and wrong teaching. The projection of our wrong image of God causes our hearts to become calloused and unresponsive to the truth of who God really is.

Our conclusion was that we need to acknowledge that we have formed this wrong image of God leading to relational template that pictures God as mean, untrustworthy, unloving or distanced.

We emphasised the importance of uprooting this wrong image where it originated. The important thing is to restore the healthy holy distance between God as the Lord of all and the creature. We need to acknowledge and restore the boundary that God set up between Himself and us. He set this boundary very graphically in Exodus 19 when He descended on Mount Sinai to meet His people, inviting them to answer to His call. They could not do this as a result of fear and requested Moses to speak to God.

What is this healthy boundary? How can we acknowledge and respect the boundary between the holy omnipotent omniscient omnipresent Creator and ourselves and yet experience Him as a loving Father? Is this even possible?

I am of the opinion that a very important step in solving this dilemma is to receive the Holy Spirit and accept His presence in us. Romans 8:26 indicates that the Holy Spirit intercedes for us with the Father according to His will. He interprets the Father's will to us and according to 1 Cor. 2:10-16, He searches the hidden counsels of God and conveys these through man's spirit to his mind making the thoughts and desires of God known to man and interpreting man's prayers to God according to His will. What an enormous relief this is! God knows that we cannot stick to anything from our human nature as that has been corrupted, so He provided the solution Himself.

We read in 1 Cor. 2:16 that we have the mind of Christ. The Amplified translation of verse 16 even states that we hold the thoughts (feelings and purposes of His Heart). God clearly intends to safeguard this boundary by giving Himself to us, in us!

By doing this, it is actually God in us (His Holy Spirit) who loves God the Father through our minds emotions and actions – provided that we constantly surrender these faculties to Him.

This is an enormous source of comfort to us. It immediately removes the unhealthy fear brought about by our warped perceptions from our hearts and replaces it with healthy respect, reverence and adoration for our Father. The Holy Spirit acts as a filter

through which our prayers are presented before the Father, ensuring that no irreverent prayer offered from a heart of love will reach the Father's ears.

According to these verses, the Spirit translates the Father's desires into our minds in words we can understand – not in the form of a crossword puzzle where only those who are very good or very special will be able to decipher the riddle!

God in us knows who we are. He actually cares enough to take it upon Himself to enable us to honour the boundary while at the same time bringing us into such an intimate relationship with Himself as to be able to state that we have the mind of Christ.

Only God can perform this miracle in man: keeping distance while at the same time removing all distance. This mind boggling truth should inspire every believer to allow the Holy Spirit to do His work in us so that we can come to the fullness of the love of God for us as Eph. 3:16–19 invites us to. The promise is that we may be filled unto all the fullness of God. We cannot fathom the depth of God's love for us as we do not have the natural ability to think or function outside of time, matter and space – where God exists. However, the Holy Spirit can do this and has been appointed to do it in us.

With this miracle of God's love made real in our hearts, comes the responsibility to reflect this love to others. However, we need to bear in mind that it is not our love or our ability, but only our availability to the Spirit of God that causes our lives to become a mirror. Our love for others must fully mirror the heart of God to others. This is set forth in the letters written by the apostles.

In conclusion: God gives us His love but He has a specific goal in mind apart from the warmth, safety and adoration for Him which this love engenders in us: this love must be shared with others. It must be made visible and tangible to them but it must reflect God's love in a proper way. ■

And then I saw a little nasturtium blossoming...

By Mimi

When we think of a rubbish dump, objects like dirty, empty bottles, pieces of broken glass, crumpled paper and carton come to mind. Looking closer we might see little sprigs of brave grass trying to grow in the harsh environment of a hot sun and parched soil.

These images make me think of the lives of many people who have been rejected by society - people of all cultures who have just given up on living and are barely alive, just because their bodies refuse to die...

Although these people are next to us in society, we choose not to take too much notice of them, as it makes us feel uncomfortable, guilty and depressed. Maybe a "bum" might ask me for food, money... or even a friendly word? What a humiliation, in front of my friends - what about my position in society...

I have seen how a person in a dirty, old and uncared-for body could be transformed because I remembered the Example of all Examples, Jesus Christ!

Jesus never hesitated to stop and speak to someone in a friendly way or touch a person in need. He was always living His calling and He always made time for the needy. Surely many readers also stopped and gave whatever you had available...

Just noticing and looking someone in the eye already makes a difference.

Maybe also a few words - you need not worry about what you are to say - just go because your Friend will help you find the words! When you are obedient, God will never humiliate you. Be brave! Listen to your heart and say what the Great Messenger is sending you to say.

It is my privilege to work with homeless and poor people - and we have many in our country. I have no illusions about the reasons for their predicament. It may be excessive drinking or smoking, bad relationships, retrenchment or just laziness... but that is not for me to judge. Thank goodness, that is our God's department!



Just dare to make a difference by speaking to this stranger. I have often seen the transformation of these people! Bent over bodies, dirty, crumpled hands and dull eyes... they look up, a trickle of friendliness comes into their eyes and a smile of hope may just come to a toothless face. Human dignity is restored because he/she has been noticed.

You have spoken to him even when others were watching. Yes, please give something like clean, wrapped food - we know so little of being hungry, dirty, cold or rejected.

Refrain from "preaching" - your deeds will do the talking... and your empathy provide the healing!

By doing this, you are sowing something like a nasturtium with its crumpled little brown seed. These seeds do not need much to grow - just a little rain water once a week. Even poor soil will do!

In a little while you might see bunches of bright yellow and orange flowers as signs of gratitude, despite the difficult circumstances.

With a bright smile and a crumpled body arising, people also grow and flower when cared for...

I have seen forgotten nasturtiums after a few months, covering ugly heaps of soil on dumping sites with beautiful bright flowers.

The transformation in people only happens by God's care through the caring of people.

Did the flowers and people really grow without special care? God

cares for others through us.

Maybe you will also have the joy of hearing the testimony of someone's life transformation, even years later, because you stopped by and sowed a small, unnoticed seed of caring so a flower could grow! ■

Notes from the CPSC office

Dear CPSC Affiliate/SAAP Member

I trust you have all experienced the spirit of Easter and may we all be constantly reminded of the true meaning of this precious event in history and in our lives.

I want to thank you for all the precious Easter wishes received as well as your support during the first quarter of 2018. Thank you for understanding the pressure I was under, for every friendly word and kind gesture and that many of you are keeping me in your thoughts and prayers.



The final date for the carried over 2017 SAAP subscriptions, however, remain 31 March 2018. Members with outstanding amounts from 2017 will be removed from my system on Monday 9 April 2018 without any further notice. I am hesitant to do this, so please help me and send me an email to indicate your wish in this regard.

We have received an amazingly large number of new applications, more than ever before! I want to welcome all our new affiliates as part of the CPSC family. We trust that your relationship

with us will be a happy one for many years to come. We are filled with immeasurable gratitude to see our old SAAP members registering enthusiastically as CPSC affiliates, as well as the 50+ new CPSC applications already processed.

Feedback on the Reregistration Process

Many of you have already registered as CPSC affiliates. I have completed the basic individual registration process for 282 designated affiliates and 100 associated affiliates up to 31 March 2018.

Many new applications are included in this number.

It is absolutely heartwarming to see how enthusiastically our SAAP members are supporting and truly embracing the new CPSC process. I want to thank you from the bottom of my heart.

I have processed all payments received up to 31 March. Only the last 10 members who paid between 27 and 31 March will receive their statements and certificates in the following week.

I experienced a true registration tsunami since the process started in November 2017. I have also received a number of formal resignations.

A simple calculation, however, shows that we are still missing a number of CPSC registrations to get to our initial 508 SAAP members. Approximately 140 SAAP members have not responded yet.

Please Respond

For those of you who have not responded on my 2018 invoices, I must stress that we only had until 31 March 2018 to complete this process. I have processed everything received diligently to keep the process up to date at all times.

I sent out all the second invoices for 2018 on 28 February 2018, as well as the final invoices for a few SAAP members who still had outstanding 2017 invoices. I implore you to please react on this as soon as possible. I have requested and received special permission to extend the date for the 2018 registrations to 30 April 2018.

CPSC Open Day: 12 May

Our first formal CPSC event is scheduled for Saturday 12 May 2018 in Pretoria. We can't wait to welcome you at this memorable event!

We have compiled a programme filled with knowledgeable speakers on a variety of important topics. It is specifically scheduled for a Saturday to accommodate as many of our affiliates as possible. The planned programme is as follows:

Programme

- 08:00 Registration and coffee/tea
- 08:45 Opening and welcome - Dr Tertius Erasmus
- 09:00 Prof Nicolene Joubert - "Life Transitions - Change and Loss"
- 10:15 Tea and coffee
- 10:40 Dr Janvier Rugira - "The Role of Forgiveness in Pastoral Counselling"
- 11:50 Dr Dorothy du Plessis - "The Necessity of Anger Management in the Pastoral Counselling Environment"
- 13:00 Lunch
- 13:45 Andries Preis – "The Need for Professional Indemnity for the Pastoral Counsellor"
- 14:30 Dr Tommie Jooste - "The Pastoral Counsellor and the South African Law"
- 15:30 General discussion, questions and answers – Dr Tertius Erasmus & Panel
- 16:00 Closure – Prof Elijah Baloyi

Programme director: Dr Vincent Mazibuko

CPSC affiliates that attend this Open Day can earn 8 of the 20 compulsory CPSC CPD points for 2018, of which 2 will be ethics points. I have already sent the Open Day registration form by e-mail and will resend it middle April. The content is also shown below - it indicates some important information required.

The completed registration form accompanied by the proof of payment will serve as registration for the Open Day.

Note that the closing date for registration for the Open Day is **30 April 2018**. Please make every possible effort to attend!

I can't wait to meet even more of our CPSC affiliates. A heart-warming "fringe benefit" of the ACRP conference was putting faces to all the familiar names.

Warmest regards and best wishes,
Anita

<p>CPSC OPEN DAY: 8 CPSC CPD Points Saturday 12 May 2018 08:00 for 08:45 to 16:00</p>	<p>Venue Encore Complex 1217 Stanza Bopape (Church) Street, Hatfield, Pretoria</p>
<p>Registration Fee</p> <ul style="list-style-type: none"> • R300 for CPSC affiliates in good standing, i.e. 2018 CPSC subscriptions paid • R300 for former ACCinSA members with paid 2018 subscription or with their applications already submitted to CPSC by 30 April 2018 • R400 for all non-affiliates 	<p>NB Last date for registration: 30 April 2018 Payment needs to be made in advance. <i>No payments can be received on the day of the event.</i> Proof of payment and a completed registration form are imperative for registration. The fee includes tea, coffee and lunch.</p>

Banking details: NB The SAAP bank account is still in use

SAAP Account Number – Nedbank 1020501553

Branch Code - 136305

To register for the Open Day, fill out the form e-mailed to you and do not omit any fields. Please send the registration form AND proof of payment to admin@saap.za.net.

Name and surname	
Identification number	
CPSC affiliate	Indicate "yes" or "no"
Email address	
Cell phone number	
Amount paid	
Proof of payment attached	Please use reference : OpenSurnameInitials, e.g. OpenSnydersAM
Reference used on payment	

CPSC CONTACT DETAILS			
<p>CPSC Admin Officer Anita Snyders E-mail: admin@saap.za.net Postal address: PO Box 704, Newlands, Pretoria, 0049 Cell phone: 082 600 6578 (am) Fax: 0865105840</p>	<p>BANKING DETAILS Nedbank Branch: Woodlands Account no: 1020501553 Branch code: 136-305</p>	<p>PLEASE NOTE Cheques must still be made payable to "The Southern African Association for Pastoral Work". Fax or e-mail proof of payment to the CPSC Admin Officer. Please state your initials & last name as reference for any deposit made.</p>	<p>DISCLAIMER While CPSC supports initiatives for equipping pastoral and spiritual counselors, statements and opinions expressed in this newsletter do not necessarily reflect the views and/or opinions of CPSC. CPSC does not make any warranty regarding the information supplied. CPSC shall in no event be liable for any decision or action taken in reliance on this information.</p>