



# Burnaby Counselling Group News

Building and Rebuilding Lives...

[www.counsellinggroup.org](http://www.counsellinggroup.org)

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## Christmas Greetings!

As we come to the end of our 30<sup>th</sup> year here at the Burnaby Counselling Group, we are experiencing a collective sigh of relief that we made it through 2009! We are reminding ourselves to stop holding our breath and breathe in God's faithfulness in our midst. We realize, yet again, how we are often operating in the realm of feeling 'overstretched' and how in this place, it is difficult to rest and trust in God's sovereignty.

The busyness, burdens, worry, and stress that we carry in our lives can often squeeze out what we treasure most and we can lose sight of what truly sustains us. In this time of celebrating that Christ came as the Prince of Peace, our prayer for you and our Counselling Group is that that we would experience the gift of rest in Him.

One client captured this when he shared how "I now experience freedom in my life where there was overflowing anxiety and worry. It's as though I now have many more hours in my day to live my life and enjoy my family"...

Thank you for journeying with us in the Building and Rebuilding of lives.

Merry Christmas from all us at the Counselling Group!

Carlene Van Tongeren,  
Executive Director



## The Relevance of Rest at Christmas

"Come to me, all you who are weary and burdened, and

*I will give you rest.*

Take my yoke upon you and learn from me, for I am gentle and humble in heart, and *you will find rest for your souls.*"

Matthew 11:28-29



*Take time to focus on the real meaning of Christmas*

## Burnaby Counselling Group Recommended Resources on Rest

- The Rest of God  
by Mark Buchanan
- Margin: Restoring Emotional, Physical, Financial, and Time Reserves to Overloaded Lives  
By Richard Swenson
- Ruthless Trust:  
The Ragamuffin's Path to God  
By Brennan Manning

We gratefully accept end of the year tax deductible donations and receipts will be sent out by February 2010.

Donate online at:  
[www.counsellinggroup.org/donations](http://www.counsellinggroup.org/donations)

## Looking for a Christmas gift that could provide lifelong returns?



Presenting:  
**Marriage & Money Course**

January 22 & 29 | 7-9:30pm

Location: Tenth Ave Church  
11 West 10th Avenue

We have seen over the years how dealing with finances in relationships can create significant struggle and difficulty. Avoid costly financial and communication mistakes when it comes to your marriage and honour God and those you love. Join us for 2 evenings where a team of expert panelists will provide tangible tools to deal with conflict in communicating about money, solutions for reducing your debt and taxes, and provide strategies for savings and retirement.

**Early Registration before Dec 20<sup>th</sup>:**

\$45 per couple/ \$25 single

After Dec 20<sup>th</sup>: \$55 per couple/ \$30 single

**Registration Online:**

<http://marriageandmoney.eventbrite.com/>

**Registration at BCG:**

604.430.1303

[www.counsellinggroup.org](http://www.counsellinggroup.org)

**\*Please see attached for more information on the Marriage & Money Course**