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THE POWER OF STORY

Celebrating 25 years 1998-2023

Client Stories

**Stories shared with client permission*

Over the last year I have been in a season of self-hatred, hopelessness, fear, lies, emotional ups and downs and worry. When I was a junior in high school, I went through a similar season that included loneliness, suicidal ideation, purposelessness, exclusion, and other emotional dysregulations. For several months I have been meeting weekly with a counselor at New Hope. It was not until I began seeking help that I saw life changing growth and hope for me. It is SO HARD to seek help and ask for help for myself. I thought I was fine, and others told me I was fine, and I was good. I thought I could do this. I didn't think I needed counseling, and I was annoyed if someone suggested that I should seek counseling. I thought it was only people with major mental health issues who see a counselor.

But my perspective has changed. While it is hard to go to counseling, it is even harder to tell people like your friends, parents, pastors, coworkers, and significant others that you are going to see a counselor. **But it was only when I sought help that I began to transform.** Ecclesiastes 4:9-12 says, "Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up. Again, if two lie together, they keep warm, but how can one keep warm alone? And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken."

Growth and relief happen when we accept that we cannot go through life, but especially through dark seasons alone. Instead, you must invite people who can help you in your situation to face it with you.

-Former client

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TASTE OF NEW HOPE



NEW HOPE
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Client Stories cont.

New Hope's counseling came into my life when I was at rock bottom. During what should have been an exciting time with graduation quickly approaching, turned into a bout of severe depression and anxiety. My pastor recommended that I reach out to New Hope for my needs. **New Hope allowed me to see that I was looking for answers in all the wrong places.** I felt God's love, grace, and encouragement from the moment I walked in the door. Each session offered Christ centered guidance to battle my depression and anxiety. I still feel the impact of New Hope and use the strategies and resources in my everyday life as I navigate this season of my life.

-Former client

"I felt God's love, grace, and encouragement from the moment I walked in the door."

Story of the Board

I love being a part of the New Hope Board because it's a caring and capable group that is committed to helping the community. It's great to work with such skilled people who have a passion for leading a non-profit organization.

-Chris

I was very honored to be asked to be a part of the New Hope Board. It's important to me to give back to my community and this community is so full of richness of strengths and people who care. It's exciting to be a part of that. New Hope is about helping anybody regardless of ability to pay and that resonates with me deeply.

-Dannel

As someone who has benefited from counseling in the past, I feel it is so important for everyone to have access to it. Not everyone has good insurance or can afford it, that's why New Hope's mission to make it available to ALL is good for individuals and this community.

-Sandy



Donor Stories

I am a supporter of New Hope because I believe that they are modeling Jesus by walking with the weary and heavy laden. I have friends and family members who have received professional but also compassionate help at New Hope and I'm so thankful that counseling is available in our community. My donations are allowing someone to receive this help, even though they might not be able to afford it in this season of their lives. My family started donating monthly because we think it is important for a non-profit to have stable income. We include our giving to New Hope in our monthly budget to plan ahead, and so that New Hope is receiving consistent support to see clients.



Both my husband and I have recognized a need for counseling in our own lives, and the benefits we've received from being able to talk through our struggles has changed the way we manage our household. As we began navigating through insurance and payment, we saw how difficult it could be for people to afford counseling. It became a priority for us to help make mental health services accessible to people in any financial situation. We know life is difficult for everybody, but to not be able to afford mental and emotional support to get through those difficulties is an avoidable tragedy, but, unfortunately, all too common. When those kinds of problems persist, the results often leave a community wondering if they could have done more. Giving financially to New Hope counseling is our attempt to do more.

DONATE TO NEW HOPE

Would you consider a special end of the year donation to New Hope?

2023 has been a challenging year for many in our community. New Hope has seen a significant increase in requests for counseling services and currently more than **75% of our clients** are not able to pay the full counseling fee and that percentage of those seeking help with fees is higher than in recent years. We would greatly appreciate your consideration of a special year end gift. **Your generosity will allow New Hope to start 2024 in a strong financial position so that we can continue to offer financial assistance to any client who requests it.**

BECOME A MONTHLY GIVING DONOR

Thank you for your support.

Go to our website at NewHopeMinistry.info, click the **Donate Now** button, and select "Recurring Donation" when making your gift or scan the QR code.





I love good stories. A good story holds my interest and causes me to cheer for or against the characters. It causes me to laugh or cry or think. When I hear a good story, I usually hear the beginning, middle and the end of the story.

When clients come to New Hope, they all have a story. Often it is a hard story, and they want to know how to move forward. They are in the middle of a tough chapter in their story, and they can't see the ending. Living in the middle of a difficult story is hard work and it takes so much energy. You can't see the end of this chapter.

Those who walk through the doors of New Hope are looking for hope in the middle of a hard chapter of their story. Counselors listen to the client's story and life experiences. They share tips and tools to help the client move forward in their story. Moving forward is not always easy, but when changes occur it is worth the work. Change often comes slowly.

My hope is that our community will become healthier one person at a time as clients do the hard work to move to the next chapter of their story. **You** are part of each story as you pray for New Hope and the clients, or as you financially support New Hope. ***When you financially support New Hope, you help ensure that every client who wants to be seen can continue to receive counseling regardless of their financial situation.***

-Deb Riddell, Executive Director

Were you at our fall event on October 12th? **200 people came out to support New Hope, eat some delicious food and bid on gift cards, planters, and other items.** The date for our 2024 event will be announced in the spring.

