

Come To Me

Buffalo Region

Samaritan Pastoral Counseling Center
322 Old Falls Blvd.
North Tonawanda, NY 14120
716-743-9117
www.wnycounseling.org

Rochester Region

Rev. John Karl
2024 W. Henrietta Road, Suite 5G
Rochester, NY 14623
585-272-7780
jkarl2024@frontiernet.net

Endicott

Marian Towers, MS, Executive Director
Samaritan Center of the Southern Tier, Inc.
202 East Main Street, Endicott, NY 13760
607-754-2660
www.samaritanendicott.com

Utica

Mary F. Putnam, MA, Executive Director
Samaritan Counseling Center of Mohawk Valley
1643 Genesee Street, Utica, NY 13501
315-724-5173
www.samaritan.sunyit.edu

Lancaster, PA

Rev. James W. Hanna, D.Min, Executive Director
Samaritan Counseling Center
1803 Oregon Pike, Lancaster, PA 17601
717-560-9969 Fax: 717-560-9553
www.scclanc.org info@scclanc.org

Philadelphia Region

Samaritan Counseling Center
22 East Chestnut Hill Avenue
Philadelphia, PA 19118
215-247-6044 Fax: 215-247-4157

Pittsburgh Region

Randall Hoedeman, PhD, Executive Director
Pittsburgh Pastoral Institute: A Samaritan
Counseling Center
6324 Marchand Street, Pittsburgh, PA 15206
412-661-1239 Fax: 412-661-1304
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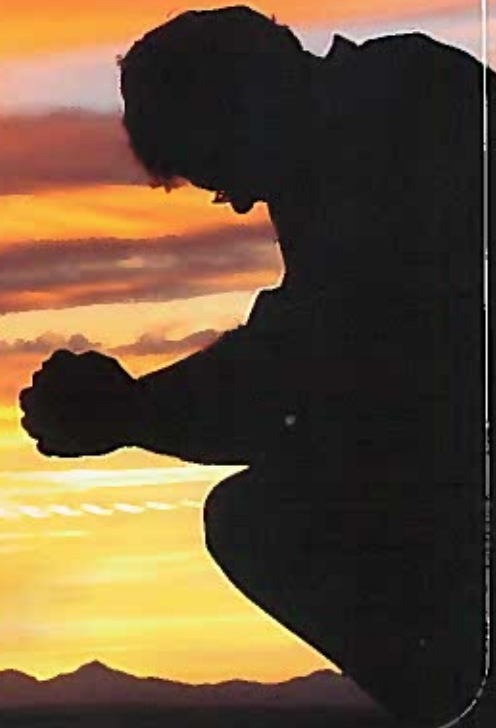
Sewickley, PA

Rev. Carl L. Baughman, MS, Executive Director
The Samaritan Counseling Center of Western
Pennsylvania
414 Grant Street, Sewickley, PA 15143
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HOW ABOUT SOME **REST**

FOR YOUR

Body & Soul?



...AND I WILL GIVE YOU REST

Matthew 11:28



Professional Church Workers, like all other people, have limits of mind and body. We know too that our life is filled with fears and doubts. A variety of chronic ailments tell us that our body has begun to react to the pressures of ministry and unfortunately, for some, these pressures are reflected in stressed or broken relationships, often with those who are closest to us.

You need to know, first of all, that there is nothing wrong in admitting that you are not "super church worker" and that you could use someone's help getting things back in balance within your life. To that end, this brochure is given to you. It is meant to be a tool for your use. If, at the moment, you have no need for this piece then please pass this on to someone you think might benefit from its resources, or keep it on file - "just in case." As a faithful steward of the life God has blessed you with, awareness of your needs and ministry stressors are key to addressing potential problems before they get out of hand.

Here is a simple list of signs that might encourage you to connect with a brother or sister in Christ, a colleague, or pastoral care counselor. Some common signs that help might be needed are:

- On-going trouble sleeping at night but worn-out during the daytime.
- Some of your relationships are strained to the point of you cutting off that person.
- You observe physical problems like diabetes, high blood pressure, being sick often, seem to be out of control.
- Your prayer life is shallow or just a ritual you follow.

- You are working like everything depends on you, so God has nothing to do but ratify your every decision.
- Other people are seen as detriments to getting things done that you think are most important.
- You intentionally avoid the contact and the support and prayers of colleagues.
- You skip your days off and/or vacations to avoid being lonely or not-needed.
- You do not have friends OUTSIDE the church or parish with whom you socialize and NOT talk shop.
- You answer your cell phone at all times and/or spend time on the computer to avoid interaction with others or your family.
- You are more impatient with your students/parents/ or parishioners than you are with the members of your family.
- You have traveled through a number of significant life changes" in a short time and feel overwhelmed by them.

We all need to talk to someone! Yes, by all means eat right and exercise, but an essential to good spiritual health is communicating with others at more than a casual level. Your ministry is important to many people but YOU are MOST IMPORTANT to God. He's taken care of your eternal life, I'm sure that He wants you take care of yourself now.

Samaritan Centers

The Board of Congregational Services presents this brochure to you in the hopes that by addressing the pressures and associated problems of ministry now you might avoid greater problems later.

We have highlighted the Samaritan Counseling Centers in this brochure for a number of reasons:

1. There is no other agency around that provides "talk therapy." They talk to people not diagnose them.
2. Samaritan Center takes Concordia Health Insurance.
3. Samaritan Center is an RSO of the LCMS.
4. Confidentiality is strictly observed.
5. Congregations which help to sponsor Samaritan Centers receive 3 hours of Professional service which could be:
 - Free counseling hours
 - Pastoral consultation time
 - On site workshops
6. The compassion and care that Christ has for us is found in the care of these competent Christian counselors.