GuideSpring NEWSLETTER Fall 2024

2024 Banquet Reflections

Katrina Shenk & Kathy Shelly

On September 10 th over 180 people gathered for our 12 th Annual Banquet at Buffalo Community Church. The evening was filled with delicious food, warm conversations, thoughtprovoking sharing and generous support. Our theme for this year was "Hopeful Transformation". Our Banquet Planning Team (Salina Beachy, Katrina Shenk and LaVonne Yoder) was drawn to this verse from Psalm 85:10, "Love and faithfulness will meet; righteousness and peace will embrace." We were inspired by the Psalmist's words that reflect the ongoing restorative work that is happening at GuideSpring in many ways through Restorative Justice, Conflict Mediation, Enneagram Coaching, Counseling, Mentoring, Story Coaching, Journey Groups, Pure Desire Groups and Spiritual Soul Care.

As guests arrived, they found their tables full of tasty and beautiful food for their enjoyment. Our food coordinator, Salina Beachy, along with others prepared a delicious meal of chicken fettuccine alfredo, Italian peasant soup, salad, green beans, desserts and ice cream. We are grateful for all those who donated food for our meal: Joanna Hoover (salad), Old Mill Creamery (ice cream) and Dorcas Miller (desserts). Following our meal, Ron Musselman (Board member) and Katrina Shenk (financial manager) shared some updates and financial needs for GuideSpring.

We then heard the experiences of individuals (Elissa Concini, Karen Conley, Jay Bringman, John Nolt) from the Childbirth Conversations group that has been meeting monthly for the past 18 months at GuideSpring. This group uses a circle process and a restorative justice framework to talk about childbirth. Elissa Concini opened the presentation at the banquet by helping everyone in the audience realize how we all have been impacted by childbirth in many ways.

Facilitated by Mike Yoder, Salina Beachy and Kathy Shelly, Child Birth Conversation began by creating ground rules for their work together. The work each month includes discussing home birth, hospital birth and the relationships of people involved. The group has heard many of each other's personal stories and has participated in role plays and other group processes to grow in understanding of each other and to try to walk in each other's shoes. The group's work together centers on relationship, naming the harms that occur, and working together with those affected to find a new direction forward. With a mutual goal of healthy, safe and a positive experience for families, we hope to strengthen relationships between all those who assist in births all around the community.





Banquet Cont.



As our banquet evening came to a close, many people gave financially to the ministry of GuideSpring to help us continue in our work. We are grateful for the generous donation of \$15,000 from a donor to create a matching fund. With these funds, along with the generous donations given that evening by those in attendance – we are delighted to announce that \$31,000 was donated to support the ongoing work of GuideSpring! Thank you to each of you who gave your time, talents, stories, and finances to make this year's banquet so special. As we look toward the future, we are filled with hope that GuideSpring's mission - working to guide those disconnected from themselves, from others, and from God toward renewal - will continue to be fulfilled.

thank you

The Closing of a Chapter

Arlene Martin has been involved at GuideSpring for the past 6 years. Her role changed over the years including answering the phones with a warm, friendly greeting, decorating and cleaning the office to make it a welcoming atmosphere for everyone who stepped inside, being a journey group leader, Board Member, and a mentor for many women who needed a safe place to be listened to, validated and supported on their healing journey. Arlene has decided to take a pause in the time and energy she gives to GuideSpring in order to give that blessing to others. We will greatly miss her presence in the office and are supportive of her time with her family.

Dear Journal,

I need to write about my experience of coming to a decision that has led to ending my work at GuideSpring.

My Journey to closure:

In January 2024 my husband had no work and into February too, which was making me increasingly anxious. His work continued to be very slow into March when I started at Hoover's Bernina two days a week. This decision was encouraged by my husband; while I felt resentful to add more into my schedule. Now I was working three days a week, which included 1 day at GuideSpring. I was also helping with the 24/7 care of my elderly mother and also my husbands' parents. This year all three of these parents would be in their nineties. Thankful for many siblings that were also helping with their care.

I also have seven little grandchildren under the age of seven years. What a blessing, and I want to babysit as much as I can! So my life was very full and rich. Feeling all these moving parts and scheduling was overwhelming!

Very soon I was trying to rid myself of some busyness as this schedule was too much for me. My body and my attitude was showing up in negative ways, but how do I let go of something? And what can I let go of? I would make lists of what's most important to the least important. I think if you could see a picture of my journey there would surely be skid marks every time I thought of leaving GuideSpring work.

I thought surely not the work that has felt so important to my heart and feel much passion about. Slowly God worked in my Spirit. And gently He told me to leave this precious work in his hands, and just trust me!

I kept questioning the reality of not having GuideSpring to balance my life. My husband had a busy summer of work, but how would this next winter work be? And by now I also felt like a part of Hoover Bernina staff and was loving it. I have only a "hop, skip and a jump" to this job. Finally I said something to LaVonne in August. She was very kind about it and asked me some really good questions. One of the questions was if I'd consider staying on the GuideSpring Board? That feels really good to be involved in that every two months. While I'm sad to not be at Monday's clinical staff meeting, my schedule is still busy and full with living life. I'm at peace with my decision. My dear ones at GuideSpring honored me with a little party, leaving me teary eyed and fuzzy feelings in my heart.

"Sometimes God asks us to surrender our most precious gifts in order to make room for deeper "TRUST in HIS plans for our future." ~Arlene Martin





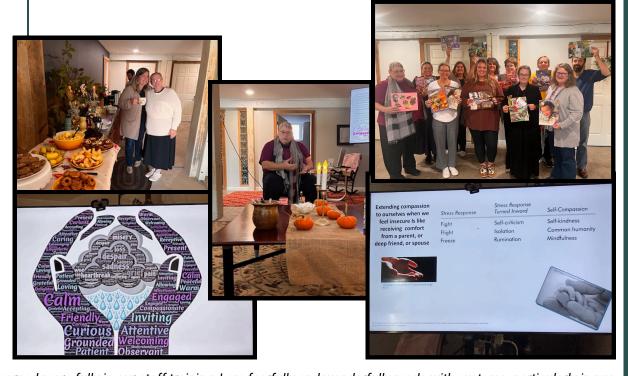
Staff Enrichment Day 2024

Katherine Weaver

Vicarious Trauma occurs when helping professionals experience a distinctively negative shift in their worldview after prolonged exposure to difficult stories of their clients. We may become more fearful, cynical, sad, depressed, or preoccupied with trauma, harm, death...[or] grandiose with our own value as a psychologist, mentor, friend

Secondary Trauma may occur suddenly after observing someone else being traumatized or hearing from a friend or family member about trauma that happened to them

On Monday, October 21, Guidespring staff and affiliates were invited to the annual Guidespring Enrichment Day. This year, Dr. Joy Kreider, neuroscientist and founder of Deliberate Dialogues, brought us wisdom from the place where neurobiology and emotionally healthy spirituality meet in the work of compassionate care for fellow human beings. How can mentors, support people, counselors, and caretakers of all kinds tend their own mental health so they can remain grounded and within their own window of tolerance while others depend on their help? Interspersed with teachings, we took a sensory walk, cut and pasted collages, listened to hear each other one-on-one, and laughed through a challenging game of emotion-charades. Of course, any gathering at Guidespring involves food, and we enjoyed our full course dinner prepared by Katherine Weaver while taking in one of the peak color days of Fall and the gorgeous wedding venue beyond the back porch.



As I learned more fully in our staff training, I am fearfully and wonderfully made with systems, particularly in my brain, that help me live connected to myself and others. However, trauma, either experienced directly or vicariously through the trauma of others, can disrupt this well designed system by disconnecting me from my whole self and limiting my ability for effective self care. Numbing out was something I learned from an early age but never considered it being connected to trauma. As someone who likes to understand how things work, this training gave me added insights into my responses in current situations that may be connected to my own past trauma or the trauma of others. Also I benefited from the helpful self care exercises that gave me practice in slowing down to better connect with how I am really feeling to enable more effective sacred self care.

Ron Musselman

Prayer Times

Naomi Peachy

I love connecting with people in small groups, one on one over coffee or just hang out talking laughing. I love the feeling of community. Several months ago I was listening to Emily P Freeman's podcast and she had this picture (attached below) of her favorite writers holding up their mugs together, the moment I saw the picture I was immediately drawn to it. I loved the close connection of friendship that I was drawn to from it. I had this vision of wanting to start a prayer group for ladies to meet and pray together, a safe place to share whatever struggles, burdens or concerns they might have. I wanted it to be a cozy, comfy, relaxing atmosphere where we could feel free to share and unwind. I reached out to all the ladies at GuideSpring and those in leadership. Not all were able to come because of other commitments. We meet every other Thursday from 12 to 1:00. I share a prayer or a small devotional, then we share what was meaningful to us and spent time in prayer. My favorite part (well all of it is my favorite) is serving them fun snacks/food since it's over lunchtime. Right now it's on hold, but we will be revisiting it the end of October. I love the feeling coming away being refreshed, recharged and blessed.

"True prayer is a way of life, not just for use in cases of emergency. Make it a habit, and when the need arises you will be in practice."

– Billy Hraham

Words from prayer group participants:

I have appreciated the quiet, comforting space in the middle of a busy week to enjoy good food, be able to share my burdens and be prayed for. I appreciate you and what you have offered me.

I enjoyed the guiet space and the love and care you shared.











Do you wish you had more time to focus on your marriage? Are you looking for a way to be more connected with your spouse?

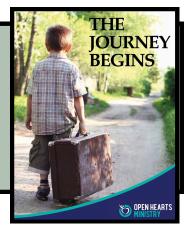
Jim & Esther Lapp are offering a 12 session Marriage Journey Group here at Guidespring December 6-7 & 13-14. If you have questions and or are interested in signing up please call us at 570-428-2077.

Do you desire a small group of people to journey with you as you share your childhood story and learn how to respond to others stories?

We are offering Journey Group here at Guidespring December 5, 6 & 7.

Please call 570-428-2077 with questions or would like more information. It's a Journey worth taking.

Journey Group





Co -Learning College Are you interested in continuing your Restorative Justice education? Are you a mentor within your community and curious to learn more about how systems do and do not meet people's needs? Do you find yourself involved in conflict and wonder how to improve your relationships with people you disagree with? The 2025-2026 Co-Learning College begins February, 2025. Watch for more information and contact Guidespring at 570-428-2077 or Marvin and Katherine Weaver at 570-966-0046 if you're interested.

GUIDESPRING

17 DECEMBER

Blue Christmas

JOIN US FOR AN EVENING OF REFLECTION AS WE COLLECTIVELY HOLD THIS YEARS' LOSSES AS WELL AS OUR ANTICIPATION OF THINGS TO COME

6:30pm-8:30pm

ALL ARE WELCOME TO JOIN IN THIS EVENT

571 INDUSTRIAL PARK RD MILTON, PA

GuideSpringBENEFIT AUCTION



Saturday, February 8, 2025 at 9am

Preview Items on Friday, February 7th

The Indoor Soccer Complex ON THE GUIDESPRING CAMPUS

571 Industrial Park Rd. Milton, PA 17847

Join us for our annual benefit auction to help raise funds to

support GuideSpring's ongoing work to serve our community with hope and helpful resources.

MANY NEW ITEMS AND SELECT VINTAGE ITEMS

FEATURING J OHNNY REIFF POTTERY AND OTHER LOCAL CRAFTSMEN

NEW BUILD GARAGE ON YOUR LOCATION

NEW AND CUSTOM-MADE
FURNITURE
NEW TOOLS FEATURING:
DEWALT, MILWAUKEE, STIHL
LARGE ASSORTMENT OF
GIFT BASKETS
AND MUCH MORE!
A SILENT AUCTION
(Ends at 1pm)

FOOD STAND WITH MANY DELICIOUS OPTIONS

MORE INFORMATION COMING SOON! WE HOPE TO SEE YOU THERE!

HELP US PREPARE FOR THE AUCTION!

We appreciate MONETARY DONATIONS to help purchase items for the auction!

Mail your donation to GuideSpring at 571 Industrial Park Road, Milton, PA 17847 or Donate online at www.guidespring.org/donations

Do you have ITEMS TO DONATE? Do you have TIME TO VOLUNTEER?

Contact Ken Martin at 570-412-0691 or GuideSpring at 570-428-2077