

THE PEACEMAKER CENTER

SPRING 2011

OUR OFFICE LOCATIONS

Downingtown: 103 Garris Road
Kennett Square: 321 E Cypress St
West Chester: Providence Church
430 Hannum Ave
(Hours by appointment)
Phone: 610-269-2661
Fax: 610-269-7562
contact@thepeacemakercenter.org



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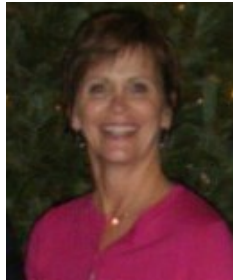
The mission of The Peacemaker Center is to help people find peace with God, themselves and with others through biblically-based counseling and conflict resolution.

The Peacemaker Center is open to anyone for help with:

- Individual, Group, Family Counseling
- Marital Counseling
- Grief and loss issues
- Depression
- Anger management
- Eating disorders
- Addictions
- Surviving sexual abuse
- Life Coaching
- Financial counseling
- Preparing for marriage
- Conciliation
- Other mental health issues

CODEPENDENT? ME?

BY BONNIE KOTLER



A tower of strength, reliable, hardworking, involved parent, caregiver, active committee member...are these bad things? These are wonderful character traits but unfortunately they are also traits that a codependent person demonstrates to earn favor and approval. Many times these traits are the result of growing up in a home with alcoholism, addiction, or mental illness. Many of us run like hamsters on a treadmill trying to please others, seeking the favor and acceptance that we crave.

We want everything to look "normal"- having the right job, the right home, the right spouse and the perfect family. When a child misbehaves in a shopping mall, it becomes a blight on our reputation, completely over dramatized because it cracks the perfect image we are trying to portray.

Many times when a child grows up in a dysfunctional home, feelings are repressed. Nobody acknowledges that there is a problem, let alone tries to deal with them. There is little or no perceived acceptance and approval because the adults in the home are so preoccupied. Words of encouragement are rare but criticism is abundant. Common feelings associated with growing up in an alcoholic/addictive home are shame, low self-esteem, insecurity, and lack of trust that affects our adult relationships.

According to Melody Beattie, in *Codependent No More*, "A codependent person is one who has let another person's behavior affect him or her, and who is obsessed with controlling that person's behavior." If the motive for our actions is focused on what other's think of us, we are codependent. Admittedly, most people are codependent to some degree, we are either a little codependent or a lot. If we have a difficult time drawing boundaries for ourselves and taking care of ourselves, we should consider codependency. Do we say yes, when we mean no? Do we help others even when we don't want to? Do we feel compelled to get involved in other's problems even to our own detriment? Do you feel that your own wants and needs are not important? Do you feel unappreciated, abused, or victimized? A codependent person often feels like a martyr.

The first step in treating codependency is awareness. The second step is exploring the early childhood issues that drive our actions and recognizing how they affect our current behaviors. Being aware of the motives behind our actions is half the battle. It's not that our actions are necessarily bad, it's the thought and motive behind them that may be unhealthy. It is recognizing that our value and our worth do not come from our actions. We are made in God's image, loved by him unconditionally; we do not need to earn his favor and approval. He loves us. The work that Christ did on the cross is why we are acceptable before God. God will not love us any more or any less based on our actions. "It does not, therefore, depend on man's desire or effort, but on God's mercy." (Romans 9:16 NIV).

If you would like to discuss codependency or have any questions, please contact Bonnie Kotler at bonnie@thepeacemakercenter.org or at 610-444-3898.

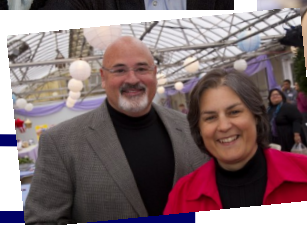
Beattie, Melody. *Codependent No More*. Center City, MN: Hazelden, 1992. Print

ROMANS 12:18

"If it is possible, as far as it depends on you, live at peace"

CHECK OUT OUR WEBSITE: THEPEACEMAKERCENTER.ORG

What's YOUR "Ripple Effect?"



BANQUET RESULTS

Thank you to everyone who supported The Peacemaker Center on March 25th at our annual Banquet and Silent Auction. The event was held at Waterloo Gardens and was our largest turnout in the history of the Center. Each year the banquet comprises a significant portion of our budget and helps us continue our commitment to serving people in our community regardless of their ability to pay for services. Last year's banquet finances covered nearly 33% of our total 2010 income except clinical income. This year's finances exceeded last year's by nearly \$10,000! Donations (\$24,603), pledges (\$6,329), and the silent auction (\$11,060) brought a grand total of \$41,992. We could not have done this without you and appreciate your ongoing involvement—by prayer, volunteerism, and monetary donations.



The **5K for Aidan J.** is to remember Aidan who loved to play sports, root for his teams (go Phillies!), be silly, entertain people, and had so much love for his family & friends. We hope that through this event, we can help raise awareness of **Sudden Cardiac Arrest (SCA)** and contribute to organizations that promote research and advocacy to eliminate **SCA** in children. **TO REGISTER, please visit www.5kforaidanj.com**

When: Saturday, June 18th from 9-11:30am **Where:** Kerr Park and Struble Trail, Downingtown

For more information about Aidan and what happened when his heart suddenly stopped, please visit www.AidanJosephSilva.blogspot.com.

TPC WELCOMES INTERN ADAM HOOVER

Adam is from the Norristown area and has been married to his wife Tasha for five years and enjoys working with adolescents. He graduated from Temple University and is currently working toward his MA in Counseling at Biblical Seminary. Adam has lead youth ministry for five years, four of which were in France. At TPC, Adam looks forward to working with adolescents as well as those interested in life coaching, executive coaching, and spiritual formation. He currently works with Valley View Community Church (778 Sunnyside Avenue, Audubon, PA 19403) from where he will be a counseling resource to those in the Audubon area.

