

**1. Find area of need here...  
Open to → Class Key on back**

Abortion.....	5, 22
Abuse of all types.....	5, 21
Adultery.....	5, 33, 34
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Anger.....	5, 8, 18
Anxiety/Fear.....	5, 8, 9, 10, 11, 12
Behavior Issues.....	5, 6, 8, 9, 10, 11, 12, 14, 15, 24, 25, 27, 28, 29, 33, 34
Codependency.....	5, 14, 28
Communication.....	5, 6, 31, 32, 33, 34, 35
Conflict Resolution.....	5, 11, 31, 32, 33, 34, 35
Death.....	2, 5, 19, 22, 23
Depression/ Discouragement.....	5, 6, 9, 16, 20
Divorce.....	5, 17
Domestic Violence.....	5, 8
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Emotional Instability.....	5, 8
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Expectations.....	5, 9, 10, 11, 12, 31, 32, 33, 34, 35
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Hurts.....	5, 6, 9, 10, 11, 12, 17, 19, 20, 21, 22, 23, 23
Identity.....	5
Internet Dating.....	5, 24, 25
Knowing God's Will.....	5, 6
Lay Counseling.....	5, 30
Leadership.....	30
Life Stages.....	5, 6, 9, 30, 33, 34, 35
Loneliness.....	5, 6, 16, 17
Love.....	5, 9, 10, 11, 12, 33, 34
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Marriage Enrichment.....	5, 6, 33, 34
Mental Illness.....	5, 8
Obsessive Behavior.....	5, 8, 13, 14, 15, 24, 25, 27, 28
Pain/Chronic Pain.....	5, 8
Parenting.....	5, 11, 35
Personality Core.....	5
Prayer.....	1
Premarital.....	31, 32
Recovery.....	5, 8, 13, 14, 15, 18, 24, 25, 26, 27, 28
Rejection.....	5, 6, 9, 10, 11, 12, 17
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Repentance.....	5
Sadness.....	5, 8, 16
Self-esteem.....	5, 6
Sexual Issues or Addictions.....	5, 8, 24, 25
Spiritual Warfare.....	1, 5
Stress.....	5
Suicide.....	5, 8
Teens.....	5, 17, 35
Trauma or Tragedy.....	5, 8, 23
Withdrawal.....	5, 9, 10, 16, 17
Workaholism.....	5, 9, 10, 11

**We recommend #1—Prayer, for all needs.  
Call the Prayer Line at 495-PRAY (7729).**

**2. Class/Resource Key**

(see class description inside)

**prayercare**

- 1 Prayer Ministry
- 2 Funeral Ministry
- 3 Hospital Visitation

**counselingmentoring**

- 5 Pastoral Counseling, Lay Counseling
- 6 Mentoring
- 8 Community Resources—Outside professional referrals, Mental Health; Housing; Food & Clothing; Financial Assistance, Employment, Abuse, Mental Health, Legal, Medical Clinics, Special Needs

**supportrecovery**

**Foundations Series (#9-12)**

- 9 Changes That Heal
- 10 Hiding From Love
- 11 Boundaries, Boundaries with Kids
- 12 Safe People
- 13 Big Book
- 14 Conquering Codependency
- 15 Conquering Eating Disorders
- 16 Depression Support
- 17 DivorceCare for Adults, 4 Kids, or for Teens
- 18 Freedom from Anger
- 19 GriefShare
- 20 Healing is a Choice
- 21 Hope for Abuse Survivors (formerly Open Hearts)
- 22 Post-Abortion Support
- 23 Pregnancy Loss Support
- 24 Recovery from Female Sexual Addiction
- 25 Recovery from Male Sexual Addiction
- 26 Spiritual Revitalization
- 27 Twelve Step Studies for men and women
- 28 Untangling Relationships

**wisecounsel**

- 30 Wise Counsel— Leadership Training

**marriagefamily**

- 31 Marriage Prep Class
- 32 Premarital Mentoring
- 33 Marriage Enrichment
- 34 Marriage Mentoring
- 35 Parenting University

**Pastoral Care Directory**

1. Open to find your area of need.
2. Move to the right to see Class/Resource Key.
3. Read about the class/resource inside.
4. Register at [communitybible.com](http://communitybible.com), click on “Pastoral Care” in Quick Links or contact us at 210.253.5971.

**REGISTER TODAY!**



**prayercare**

**counselingmentoring**

**supportrecovery**

**wisecounsel**

**marriagefamily**

Community Bible Church—Gold Canyon  
2477 N. Loop 1604 E., San Antonio, TX  
210.496.5096



## 1 Prayer Ministry

Community Bible Church believes in the power of prayer. We seek to provide a vibrant environment that encourages CBC members and attendees to depend on Jesus Christ through powerful and effective prayer. Leave a prayer request at 495-PRAY (7729).

## 2 Funeral Ministry

We offer compassion and support to hurting and bereaved families by assisting with funeral or memorial services, providing a pastor to officiate and supporting members through GriefShare.

## 3 Hospital Ministry

CBC pastors pray for you and will visit you in the hospital for support and comfort.



## 5 Counseling—by appt. only

CBC has highly trained staff and lay counselors available to meet with people dealing with personal and family life challenges. Our dedicated team will provide a compassionate listening ear and sound Biblical advice. All counseling sessions are free and confidential. A typical appointment is completed in a 45-60 minute session. CBC counseling is not designed to treat severe mental illness and should not be substituted for professional therapy or counseling. Call 253-5971 for an appointment.

## 6 Mentoring

**Premarital Marriage Woman to Woman Men Mentoring Men**

Contact us at 253-5966 to register.

If you need guidance from a mature, Christian in your life, Mentoring is for you. It's a great way to receive support and encouragement during the hard times of life.

## 8 Community Resources & Professional Referrals

Pastoral Care offers outside community resources, professional counseling, and psychiatric referrals as needed. Contact us at 253-5971.



## Foundations Series (#9—12) Starts again May 25, 2010

**The Foundations Series consists of 4 classes: Changes That Heal, Hiding From Love, Boundaries, and Safe People. Take one 13-week class per semester.**

### 9 Changes That Heal (Co-ed) Part I in a 4 part series

Tuesday, 7:00 PM CBC

Based on Dr. Henry Cloud's best-selling book, learn how to successfully deal with past and present pain and overcome any obstacle that is keeping you from a fulfilling life. Our focus is to overcome adversity and grow in the image of God.

### 10 Hiding from Love (Co-ed) Part II in a 4 part series

Tuesday, 7:00 PM, CBC

Learn how to change the withdrawal patterns that isolate and imprison you. Now is the time to stop playing Hide-and-Seek and begin your personal journey of healing, connected relationships, and a new freedom and joy in living.

### 11 Boundaries (Co-ed) Part III in a 4 part series

Tuesday, 7:00 PM, CBC

This Christ-centered group provides tips on how to prepare for healthy confrontation which can improve relationships. Also reveals how to tell people what you want, how to stop unwanted behavior, and how to deal with counterattacks.

### 12 Safe People (Co-ed) Part IV in a 4 part series

**Choose from two co-ed classes: Tuesday, 7:00 PM, CBC or Thursday, 10:00 AM, CBC**

Countless individuals have invested themselves into people who've shipwrecked their lives. They've been abandoned or taken advantage of, and left with little to show for what they've given. They've lost the sense of security and personal value in the process. If you're one who has chosen the wrong people to get involved with or makes the same mistakes about relationships over and over again, then the Safe People class offers a remedy.

## COMING SEPTEMBER 2010...

**Men's Foundations Series: Men only**—Begins September 7, 2010 starting with Changes That Heal.

**Foundations Series Español:** Begins September 7, 2010 starting with Changes That Heal.

Register online at communitybible.com, click on ministries, pastoral care, support groups.

## 13 Big Book (men & women) - Monday, 7:00 PM (ongoing) , CBC

Our facilitator will lead you through the AA Big Book. You will see the humble beginnings of A.A. and gain an understanding of the 12 Steps. God and His presence are found on the pages of the Big Book.

## 14 Conquering Codependency—Part II of Codependency Program

Tuesday, 7:00 PM , CBC

A Christian Perspective on Codependency helps you to identify the painful effects of codependency, the compulsion to help everyone and fix everything. Understand what causes codependency & why it creates tangled relationships. Complete Untangling Relationships Part I prior to Conquering Codependency.

## 15 Conquering Eating Disorders—Tuesdays 7:00 PM (ongoing) , CBC

This 12-Step program helps you break through the deception associated with this condition (which is usually in the extreme) You'll gain understanding and implement truths for success.

## 16 Depression Support

Tuesday, 7:00 pm, CBC

Using the book, *Strength for the Journey*, gain insight into the symptoms and possible treatments for depression. This practical, study explores five causes of depression: loss, anger, stress, medical problems, and personal sin.

## 17 DivorceCare for Adults, for Kids or for Teens

Tuesday: 6:30 PM—open to newcomers all semester

This Christ-centered group uses confidential discussion time, video training, and a workbook to bring understanding to what you are going through. It also provides the opportunity to share helpful experiences and ideas that will support your healing.

## 18 Freedom from Anger—Tuesday, 7:00 PM (Ongoing), CBC

We all deal with anger in our lives - whether it be in a subtle or violent manner. Being angry can involve such emotional expressions as frustration, irritability, annoyance, aggravation, blowing off steam, or fretting. The good news is anger can be managed.

## 19 GriefShare AM or PM (Adults only)

Tuesday, 6:30 PM, CBC & Wednesday, 10:00 AM, CBC

This Christ-centered group, led by people who have experienced grief, supports those dealing with the loss of a loved one. It is also for anyone who wants to comfort and encourage a friend or family member who is experiencing grief.

## 20 Healing is a Choice (Ongoing co-ed class) — Not meeting this semester

Wholeness - spiritual, emotional, mental, and physical - is a gift from God. But it's a result of our own decisions, too. Steve Arterburn's group study outlines the Biblical plan for opening our lives to God's divine touch, offering 10 choices we can make and 10 corresponding lies to reject as we find our way to complete health and restoration.

## 21 Hope for Abuse Survivors—formerly Open Hearts—(Groups for men & women)

Tuesday, 6:30 PM, CBC—CLASS SIZE LIMITED

Our grace group offers you a safe place to process any physical, verbal, emotional, sexual or spiritual abuse. Please complete the pre-group questionnaire if you haven't in the past.

## 22 Post-Abortion Support—closes to enrollment after Feb. 10— starts again May 25

Tuesday, 6:30 PM, CBC

Many struggle for years with repressed memories, guilt, shame and depression. Most women feel they are not allowed to talk about their abortion experience because it was their "choice." If you feel you have never recovered from your abortion experience, or that it may be affecting your current quality of life, then Surrendering the Secret offers a safe place to talk with other women who feel the same things you do and begin healing.

## 23 Pregnancy Loss Support

Tuesdays—call 477-1748

Prayer and support for men or women who've experienced the loss of a child through miscarriage, stillbirth, or early infancy death.

## 24 Recovery for Female Sexual Addiction for women only

(Christian 12 Step Guide for Sex Addiction Recovery)

Tuesday, 7:00 PM (on going), CBC

You will follow the tradition of the Twelve Steps from a Christian perspective. Find God's strength as He satisfies your longings. This is a group for any woman struggling with sexual addiction.

## 25 Recovery for Male Sexual Addiction for Men Only

(Christian 12 Step Guide for Sex Addiction Recovery)

Tuesday, 7:00 PM (on going), CBC

You will follow the tradition of the Twelve Steps from a Christian perspective, breaking down the various principles for you so that you can experience freedom from sexual addiction.

## 27 Twelve Step Studies—Life Recovery Groups—for men & women

Tuesday, 6:30 PM (Ongoing), CBC—Call 477-1741 for locations

Life Recovery is a Christ-centered 12-Step recovery ministry for any hurts, habits, or hang-ups. We use 12 steps based on Scripture to work God's character into our lives and to help us remove our own character defects. Experience God's healing power of a variety of addictions and habits. Meetings are available every Tuesday 52 weeks a year.

## 28 Untangling Relationships— Part I of Codependency Program

Tuesday, 7:00 PM , CBC

Do you feel responsible to enable others to feel happy and successful? Do you feel guilty when you do not live up to your own standards? Learn how to identify codependency's roots of deception and replace them with the freeing truth of Jesus.



## wisecounsel

## 30 Wise Counsel (Leadership Training) - Co-ed class—starts again Sept. 7, 2010

Tuesday 6:30 PM, or Wednesday, 9:30AM, CBC

This 13 week course teaches a 3 step counseling method to apply Biblically-based counseling principles to help others. By learning more about your personality and spiritual gifts, you can gain a better knowledge of your worldview. Familiarize yourself with various ministries at CBC in order to direct people to the ministry that best suits their needs and interests, and so much more...



## marriagefamily

## 31 Marriage Preparation—Saturday, 6:15 PM or Sunday, 9:15 AM, CBC

This class covers a variety of practical topics that you will encounter during your engagement and throughout your marriage. Love Languages, Communication, Conflict Resolution, Finances, Maintaining a Loving Marriage, and more!

## 32 Premarital Mentoring

Engaged couples meet with married couples who have been married at least 15 years and have been trained to mentor at CBC. Meet twice a month to discuss topics in the books *Before You Say I Do* or *Before You Remarry*. Contact us at 253-5966 to register.

## 33 Marriage Enrichment— Love & Respect

Tuesday, 7:00 PM, CBC

A wife has one driving need, to feel loved. When that need is met, she is happy. A husband has one driving need, to feel respected. When that need is met, he is happy. When either of these needs isn't met, things get crazy. Love and Respect reveals why spouses react negatively to each other, and how they can deal with such conflict quickly, easily and biblically.

## 34 Marriage Mentoring

You will meet with a couple who has been married at least fifteen years and has received special training to mentor at CBC. You'll meet with them once every two weeks to discuss your workbook, ask questions, and learn from their experience and wise counsel. Contact us at 253-5966 to register.

## 35 Parenting University

**Making Children Mind Without Losing Yours—Tuesdays, 7:00 pm, CBC**

**Two sessions to choose from:**

**Session A:** January 26—March 2 or **Session B:** March 23—April 27

In Dr. Kevin Lehman's book, *Making Children Mind Without Losing Yours* for parents with school-aged children, find out how to bring out the best in your kids without letting them get the best of you. Understand why your child misbehaves and learn what to do about it. Learn how to use authority and decisiveness to show your kids you care.

**Boundaries with Kids—Tuesday, 7:00 pm, CBC (starts again May 25, 2010)**

For anyone in a parenting or teaching role, helping children learn responsibility is a key issue. From temper tantrums and attitude problems, to drugs and sex, learning limits and becoming responsible is a major part of growing up. This nine week study will help your bring order to problematic family circumstances and guide even the most stable families into better ways of relating.

**Everyday Parents CAN Raise Extraordinary Kids—Tuesday, 7:00 pm, CBC**

**Session A: May 25, 2010— 6 weeks**

**Led by professional counselor, Celeste Inman, LPC, RPT**

21 Parenting Strategies • Rooted in Theology • Amazingly Practical

Parents learn to help their children be internally motivated instead of relying on parental prompters in four areas: Doing what's right, Dealing with wrongs, Being honest, and Caring about others.

## SPRING SEMESTER STARTS THE WEEK OF JAN. 26, 2010

Some classes remain open all semester.