

# TRINITY CENTER TIMES

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### What's New at Trinity Center!

#### New Life Abounds!

Congratulations to Kelly (Hogan) Simpson and her husband, Brad. They are expecting a new addition to their family in June. Congratulations also to Kim Bowers and her husband, Nick. They are expecting a new addition to their family in July.

Welcome to Patty Suggs who is joining our staff as a Spiritual Director. See inside for more details.

Thank you to Knollwood Baptist Church volunteers for the excellent job of service they performed in the fall, cutting bushes, putting down pine needles and transforming our yard!

Welcome back to our Board, Mary Lou Lee. Mary Lou has been a long time friend of the center and has assisted us in many ways over the years. We are grateful for the many gifts she brings. The other members of our Board are, Sander Smith, chair, Judi Rose, Clyde Cash, John Roach, Sally Sutton, Valeria Ford, Mary Bland, Reid Morgan, Nannette Davis, Ann Dixon Coppage, and Cheryl Lindsay. They are a skilled group of individuals who have a great faith. Please keep them in your prayers.

Farewell and Best Wishes to Lori Wright, formerly our Office Manager, who is pursuing other work that will allow her to finish college.

## Marriage and Money

In the United States, we spend an estimated 80% of our waking hours earning money, spending money or thinking about money. With so much of our time occupied by financial matters, the economic downturn is sure to affect much more than our spending power and retirement plans. With the state of the economy, housing issues, and credit problems, more and more couples are facing serious marriage problems. In 2007, even before the current crisis, the Journal of Marriage and the Family published a study in which issues over money ranked only second to infidelity as the leading cause of divorce. Arguments about money-not sex or household chores-are what couples between the ages of 18 and 40 fight over the most according to another recent study.

With the average American carrying nine credit cards and \$27,000 in credit card debt, financial tension is sure to be a reality for couples of all ages and relationship stages. Yet for the couples who successfully control finances, it is often not a matter of how much money they have to work with, but how they choose to manage money. Here are some practical financial tips on how to better manage money and avoid painful conflicts.

### 1. Identify patterns of spending and saving in your relationship:

Is one partner more frequently the saver and the other the spender? Have you and your spouse answer this question: What would you do with an unexpected influx of \$5,000? It may become quickly apparent from the answers as to whether you are at opposite ends of the spectrum or are in sync with one another. By identifying and understanding these patterns, it may be easier for you to design and adhere to a realistic budget.

**2. Work out a budget:** Budgeting can reduce conflict in your marriage because it provides

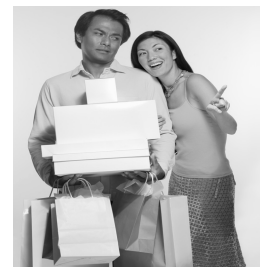
built-in accountability and objective standards for all your spending decisions. Review your expenses, income, assets and debt to get an entire financial picture. This will allow you to create and maintain a vision for the future. A budget gives you the guidelines to successfully spend less than you earn, which is the key to long-term financial security.

**3. Increase your financial teamwork:** This means that both of you need to agree about making major purchases and arrive at joint decisions. This eliminates secrets, controls the flow of money, and requires each partner to be open and honest about debt. Couples who make financial decisions together not only build trust, but develop an equalitarian partnership, which often leads to greater happiness.

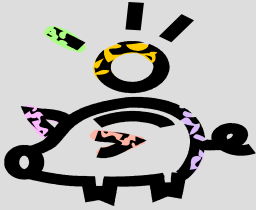
**4. Nurture your relationship without overspending:** Some couples believe they must spend money on vacations and expensive dinners to foster romance. However, this can lead to more debt and the potential for more conflict. Recognize the limitations of money in a relationship and redefine the role of money. You can learn to be creative and enjoy life together while living within your means.

### 5. Don't try to keep up with the Joneses:

We tend to judge one another by what we have and don't have, so couples feel pressure to buy things they can't afford. The stress of owing and debt can cause money problems in your marriage. Couples often don't fight about the mortgage because they made the choice together. The fights are more often about the ancillary items, like "I can't believe you bought those ... shoes/golf clubs." It's the things that seem optional that you fight about.



## Donations to Trinity Center



You can help us through different kinds of donations. We can take donations by MasterCard, Visa, AM EX and Discover .

Consider donating cars and trucks for us to sell to generate funds. Or donate appreciated stock to avoid capital gains tax.

Although we are not a United Way Agency, you can designate your contribution to Trinity Center by using the code 2144 on the United Way contribution form.

Keep in mind that companies like Bank of America will provide a matching gift with your donation.

Please encourage your church, civic group or employer to consider Trinity Center in their community support efforts.

### NEW WAY TO DONATE:

Register your MVP card with Food Lion shop & share program at [www.foodlion.com](http://www.foodlion.com). Be sure to put Trinity Center as the recipient!

Trinity Center Times is published by Trinity Center, Inc. to provide program information and updates for those in our community and others who are interested in our work & mission.

**For more information, contact:**  
**Trinity Center, Inc.**  
 640 Holly Avenue  
 Winston-Salem, NC 27101  
 336-725-3999  
 Fax 336-725-7720  
[trinitycenterinc@bellsouth.net](mailto:trinitycenterinc@bellsouth.net)  
[www.trinitycenterinc.org](http://www.trinitycenterinc.org)

In these situations, its important to do some emotional and spiritual work on yourself to be able to live more freely without being so controlled by what others think and your own insecurities.

### 6. Don't assume money is the

**problem:** Do you find yourself fighting with your spouse over the money he or she spends? Do you spend money yourself, in excess, to spite your spouse because you're angry? While it may seem like money is the issue, there could be something more to blame. Often, when couples argue about money, money is not the problem. Instead, the money fights are a byproduct of relationship neglect. Money can become a weapon in cases like these and the relationship dynamics and resentments get played out with money. If this sounds uncomfortably familiar, find a good marriage counselor and work through your relationship issues.

Marriage and money can prove to be a stressful combination and cause marital strain. Here are some stress reducing tips that will help you and your spouse find harmony with your marriage and money.

**1. Remain calm when discussing financial issues.** Use stress management techniques like breathing exercises, soothing music, shoulder massages to reduce stress and remain calm.

**2. Focus on solutions.** It is sometimes easy to slip into patterns of anger and blame. This will only cause more stress and can lead you away from solutions. Focus on accepting the situation and working on a clear plan to get to a better financial future together.

**3. Work together.** It is important that the two of you be on the same page when it comes to money. Encourage your partner's ideas and manage money with a team approach.

**4. Get help if you need it.** If your money situation is quickly deteriorating and you don't know how to make a plan to save your finances, talk with a financial advisor. This can provide fresh ideas and an educated perspective. If your marriage is quickly deteriorating from money fights, talk with a marriage counselor. A counselor can help you examine your patterns and come up with a healthier way to relate to one another.

**5. Take a break if you need to.** If things get too stressful, take a break and do something you both enjoy together or take some time alone, and then come back after you both have fresh set of eyes and an extra dose of patience.

References:  
 Life Innovations, Inc,  
 Webmd.com,  
 kiplinger.com,  
 focusonthe family.com



## Welcoming Our New Spiritual Director

**Welcome to Patty Suggs.** We are delighted to have her join David Fouche and Tim Auman in providing spiritual direction to individuals and formation services to groups.

Dr. Patricia K. Suggs, Patty, is an ordained United Methodist minister and has been in ministry for over 31 years. She received her B.S. degree from Illinois State University; her M.Div. from Duke Divinity School and her M.Ed. and Ph.D. from UNC-Greensboro. Her Ph.D. is in the area of Family Relations with a special focus in Gerontology. She has pastored churches and been on the faculty in Geriatrics at Wake Forest University School of Medicine.

Her spiritual journey began to take her on a different path about 5 years ago, leading her into a healing ministry. She became certified in Spiritual Direction and Healing Touch and has taken advanced classes in Healing Touch Spiritual Ministries. Patty received certification from the Lombard Mennonite Peace Center in Conflict Resolution for Congregations. She has worked with many churches and staffs through the healing process. She is currently working with Prodigals Community part-time in the areas of volunteers and education, in addition to conducting spiritual direction and healing touch.

Hello,  
Money, Money, Money! Economy, Economy, Economy! Downturn, recession, depression, unemployment....It is hard to breathe and have hope when these messages bombard us at every turn. Yet God's Spirit is with us, encouraging us as we live in the world, facing the realities that surround us.

This newsletter offers a number of options that we hope will be helpful in practical ways to you and yours as you walk through these difficult times.

We are delighted to wait expectantly with Kim and Kelly as they bring new life and the hope that accompanies it into our world. Welcoming Patty Suggs to our staff is also a way we experience God's Spirit bringing us new life in this cold, dark winter.

As we wait for spring, enjoy the few remaining dark days with things that bring you comfort—a good book, good friends, a warm fire, hot chocolate—and join us in expectation of the new things we will learn and experience this year.

Blessings, Ann

## GROUPS AND WORKSHOPS

### MISSION TRIP LEADERSHIP WORKSHOP

Mission trips can be powerful faith-building experiences that transform lives and churches. We use the word "can" because the results are not always certain. As mission trip leaders, your pre-trip preparation, collaboration with your hosts where you'll be serving, and post-trip activities can make all the difference! As a mission trip leader for Salem Presbytery for nearly 10 years and missionary host receiving mission teams in Mexico for 3 years, Ginny Mills can help mission trip leaders learn:

- How to build a good mission team
- How to engage those who will not be traveling as part of the mission team
- Which questions to ask of hosts where you'll be serving
- How to prepare your team for the experience
- Problems that can be avoided
- Opportunities that should not be missed
- How to lead your team through the experience
- How to help participants get the most out of the experience through post-trip activities

**Fee: \$25 for session, \$40 for two from same organization**

**Time: Friday, March 20. 6:00-9:30 PM**, light refreshments will be served but eat before you come

**Location: Trinity Center**

### MONEY MATTERS WORKSHOP



Money matters bring out intense emotions, particularly in couples. As children, our parents may not have talked much about family finances. So as adults, we may be at a disadvantage when it comes to managing our money and talking about money matters with our partner. With the current tough economic times,

money management skills are vital. Attend a three-session workshop covering the following topics: talking about money with your partner and children, setting financial goals, creating budgets and evaluating cash flow, owning real estate, investing, and planning for retirement. This workshop is offered by Christine Jordan, one of our marriage and family therapists. Christine was a certified public accountant for ten years, and she is excited to blend her skills as an accountant and a therapist. Join her and others for this timely and interactive workshop.

**Fee for three sessions: \$75 for individuals and \$120 for couples**

**Dates: April 18, 25 and May 2\***

**Time: 9:00 – 11:30 a.m.**

**Location: Trinity Center**

*Christine can work with couples individually if these dates do not fit into your schedule. Call for appointment.*



### Registration

Unless otherwise noted, please register for classes **two weeks** prior to the start date. You can register

by:

Calling Trinity Center  
at 725-3999.

E-mailing us at:

trinitycenterinc@bellsouth.net

### Payment

Payment for groups/workshops is required at the time of service.

### Financial Aid

Payment plans and financial assistance are available for all programs. Call Trinity Center at 725-3999 for more information.

Bring a friend to any group or workshop and both you and your friend will receive 25% off the total cost. You must register by the deadline

## NEWS YOU CAN USE: Getting More from Your Doctor



With a little advance planning, you can greatly enhance your communication with the doctor. We physicians want the best for you and your loved ones. We want to help you get where you want to go. In order to do that, we need to have good information. The better the information you give us, the better job we can do.

Imagine that you are at a harbor and want to take a boat to the other side of the lake. You hire a captain, get in the boat, and tell him your destination and any special needs. (*You are late and need to get there fast! – or you get seasick easily and want a gentle, slow ride.*) Then you sit back and enjoy the ride.

Physicians are like the captains of the boats. They want to get their “passengers” safely to the desired destination at the preferred speed. In order to do that, they need to know where their patients are, what has happened before, and where their patients want to go. Sometimes conditions are good and they can go swiftly and directly to the chosen destination. Other times, safety concerns or bad weather conditions force detours and changes in plans. Either way, the better the information the captain has, the better job (s)he can do of steering the boat to the destination in the shortest and smoothest course.

Just as orthopedists need x-rays, psychiatrists and developmental/behavioral pediatricians need records in order to make accurate diagnoses and plan effective treatments. If you can tell the doctor which of your concerns and/or goals are most important, (s)he will be better able to tailor the treatment to your unique needs.

Doctors assume that “no news is good news.” Patients, on the other hand, are often reluctant to tell their physicians about problems that they are having, especially with a medication. Remember that there are often several medications that can effectively treat a particular condition. If one medication is ineffective or causes side effects, a change in dose or timing may eliminate the problem. If not, there is probably another medication or treatment than can be tried.

Do not give up! Give any new medication a little time to work. Notify the doctor of any significant problems.

If you do not hear back from the doctor promptly, call back to make sure (s)he got your message. Be patient and hopeful. The doctor has your best interest at heart!

The following are some tips for better communication with the doctor.

### **Before the first visit:**

Send medical and mental health records.

For children, school records are essential! (*report cards, progress reports, individual testing, and Individual Educational Plan (IEP)*)

Bring medications to the visit

### **Prepare for each visit:**

What are your main concerns?

Which is most important?

Write down any questions you have.

What are your goals for yourself or your child? (*Where do you want to go?*)

What are your goals for the visit? (*How can the doctor best help you get there?!*)

### **Between visits:**

Call the doctor with follow-up information if asked to do so.

Call with any significant problems.

Call before changing the dose of a medication.

Call before stopping a medication.

Call back if you do not receive a prompt response.

Remember, if a medication is not effective or causes significant side effects, the doctor may be able to adjust the dose to improve the results.

Your doctor probably assumes that you are doing well if (s)he has not heard from you.

### **For telephone calls, provide:**

Your name / Name of the patient

Your telephone number

All current medications and doses (*even if you think the doctor knows this*)

Your concern / purpose of the call

Significant changes or stressors since last visit

If medication has been changed since the last visit:

What is better? What is worse?

What would you like the doctor to do?

**Elizabeth C. Allen, MD**

**Developmental and Behavioral Pediatrician**

## Our Spiritual Journeys

Spirituality is the very essence of our being. We are spiritual beings first, and our emotions, psychology, body and mind are the incarnation of our spirituality in the world. Our spirituality takes place in the midst of our humanness and emerges out of them (Mulholland, 1993). Your and my spiritualities are unique. Our life journeys, therefore, are unique. While they have unique characteristics that set us apart, we also need them to be social, to be connected with others. John Wesley emphasized that there can be no personal holiness without social holiness. Too often we become absorbed in our individualized spiritual experiences. This neither enriches the body of Christ nor is it dependent on the body of Christ for its wholeness; failing to bring the relationship of God and Christ to bear on the world's brokenness and pain. The following poem by Mary Oliver expresses so well this journey of ours, and how at times we feel so alone, but we really aren't.

You do not have to be good.  
 You do not have to walk on your  
 knees for a hundred miles  
 through the desert, repenting.  
 You only have to let the soft animal of  
 your body love what it loves.  
 Tell me about despair, yours, and I will  
 tell you mine.  
 Meanwhile the world goes on.  
 Meanwhile the sun and the clear pebbles  
 of the rain are moving across the  
 landscapes,  
 over the prairies and the deep trees,  
 the mountains and the rivers.  
 Meanwhile the wild geese, high in the  
 clean blue air,  
 are heading home again.  
 Whoever you are, no matter how I  
 lonely,  
 the world offers itself to your imagination  
 calls to you like the wild geese,  
 harsh and exciting ---  
 in the family of things.

Spiritual journeys can take us in many directions over the course of our lives. These journeys, if portrayed as pictures, would look like labyrinths, not straight lines. They can be excit-

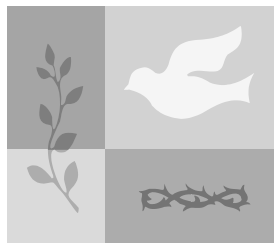
ing but also scary and even frustrating at times. Listening to the call of God is never easy or straightforward. In order to follow God we must take time to be still. As the Scriptures state, "Be still and know that I am God." Give time to listen for the deeper guidance that brings healing to ourselves and others. Healing and wholeness arise in silence as well as action. In spacious silence, we make room for God to give us the insights we need to fulfill our journeys in life.

I am already forgetting the only thing that the silence has taught me: our lives are useable for God. We need not be effective, but only transparent and vulnerable.

God takes it all from there, and there is not much point in comparing who is better, right, higher or lower, or supposedly saved. We are all partial images slowly coming into focus, to the degree we allow and filter the Light and Love of God.

(Richard Rohr from Contemplation in Action)

Let us take each day, be grateful for it, and allow God to guide us on this one of a kind journey of the spirit.



Rev. Patricia K. Suggs  
 Spiritual Director

### Is God calling you to a deeper relationship?

After the busy-ness of the holidays, you may have entered the new year feeling like you overlooked the true reason for the Christmas celebration. You had little time for reflection and silence because of activities, guests, and other commitments..

As you look to the new year, you long for a way to build your relationship with God and your commitment to Him.

Our Spiritual Directors can help you strengthen your personal relationship with God and provide you with encouragement and guidance.

#### Our Spiritual Directors are:

- Rev. Tim Auman
- Rev. David Fouche
- Rev. Patricia Suggs

Call to receive more information or to schedule an appointment.  
 336-725-3999

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# TESTING FOR ADD AND OTHER COGNITIVE DISORDERS

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Trinity Center has a staff psychologist who administers a battery of tests that can help identify cognitive disorders that affect both children and adults.

Neuropsychological testing assesses the health of the brain and central nervous system by measuring intelligence, memory, and personality functioning. Results from a neuropsychological evaluation can be used to diagnose Attention Deficit Disorder, Cognitive Processing Disorder, Seizure Disorders, Learning Disabilities, Pervasive Developmental Disorders (Autism, Asperger's Syndrome), Developmental Delay in Cognitive Skills and many other disorders.

Based on the results of this type of evaluation, recommendations can be made regarding medication, therapy, and life skills issues. This allows the adult who has been evaluated to have a specific diagnosis and an action plan to address the implications of this diagnosis.

When a child is tested, recommendations can be made for medication, therapy as well as educational planning. This includes classification in the public school system and the development of an individual educational plan.

For more information on neuropsychological testing,  
contact us at 725-3999.



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Trinity Center, Inc.  
exists to foster  
healing and  
wholeness  
through  
counseling,  
spiritual formation  
& education.

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