



"Immediate Help. Lasting Hope. *Changing Generations...*"
"Call Upon Me in the Day of trouble..." - Psalm 50:15

Our mission is to help people engage in an active, life-changing friendship with God.



"CrossCounsel is a tremendous resource for pastors and churches. We highly recommend their services." - Pastor Roger Olsen, Grace Church, New Glarus, WI

"A Story of Grace" pp.1 and 3

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"A Story of Grace"

by a friend of CrossCounsel

This testimony has been slightly shortened due to space limitations. The full story can be read on our "Testimonials" page at <http://crosscounsel.com/testimonials/written-testimonials.html> As always, any mention of a medical diagnosis in these testimonies was not given by CrossCounsel.

"He said to me, 'My grace is sufficient for you, for power is made perfect in weakness.' I will boast most gladly of my weaknesses, in order that the power of Christ may dwell with me." - 2 Corinth. 12:9

Mine is a story of grace. The Lord has truly been good to me, and I have felt called to share part of my story of His grace, both for His glory and in hopes of encouraging others on their own journey. The Lord still has a LOT of work left to do on me, but what He has already accomplished leaves me in grateful awe. It also leaves me full of gratitude for CrossCounsel and their ministry.



CrossCounsel Staff

Executive Director - Rev. Steve Freitag (Expert Facilitator)

- Donna Smith*
- Kim Clough*

La Crosse Director (WI) - Nancy Miller*

Dallas Director (TX) - Mary Cummings*

- Sean Sebastian*

* Indicates CrossCounsel's "Advanced Facilitator Level"

Board Members: Steve Freitag, Jenni Freitag, Dave Bechtold, Donna Smith, Nancy Miller

I'm a 28-year-old Catholic woman who has frequented CrossCounsel for a little over a year. *I've asked to remain anonymous for my family's sake.* I first came to CrossCounsel with much hesitation. One too many doctors had told me that they could do little or nothing for me. Despite my obvious and fairly serious and at times debilitating symptoms no one could diagnose a source.

Frustrated and losing hope I begged God for some guidance. I had a friend who went to CrossCounsel and I felt the Spirit nudging me to look further into it, so I did a little research. It seemed much too simple to really work and being the shy, reserved gal I was it seemed way outside my comfort zone. Still, the Holy Spirit wouldn't stop pestering me, and when the nudge turned to shove I found myself making an appointment with Steve Freitag. I didn't have high hopes, but ended up being blown away. My first three sessions were amazing! I couldn't believe the deep peace and healing that resulted from re-visiting with Christ what I thought were some of my more traumatic childhood memories.

Then it started. I began to be flooded with memories I'd repressed. Apparently, my mind had been guarding them with a great deal of energy (*to the detriment of my health*), and now with some newly found trust in God my mind felt it was safe to let go of what it held so tightly. To my complete shock and horror (continued on page 2)

“A Story of Grace” (continued from page 1)

I discovered that I had been physically and sexually abused throughout my early childhood by my father.

It has been a long and difficult journey, but well worth it. Facing the painful truth about my past and the painful lies I took away from it that have so impacted my life, and in ways I never suspected, has been very trying but also rewarding. The journey, which is by no means completed, has at times been slow and frustrating with



periods of regression and back tracking. But by the Lord's patience and abundant grace I've experienced amazing truth, received deep healing, and live in more peace and freedom than I've ever known, and grown immensely in my trust and love for God. I have discovered that I have an abyss of pain, and yes, an abyss of anger and bitterness too, but both are being emptied out. I've experienced the Crucified Christ suffering in me, have heard Jesus insist "Not one speck of this is your fault!", have had immeasurable fear simply disappear, have had God the Father hold me in His lap and offer me His love in exchange for my own father's lack (just to mention a few).

God's truth and healing have had unexpected results in my daily life, some I am probably even unaware of. I've found that I can speak with more ease and louder, for the first time in my life I can scream (an important life skill ☺), I can initiate physical contact naturally and without effort, I have less anxiety, and a whole slue of situations that used to trigger me now cease to bother me at all. My health has slowly but surely improved. I have more energy than I've had in years, all of my aliments have improved, even an allergy has nearly vanished. The depression that I've suffered from for as long as I can remember is not nearly as intense and is even absent for long stretches.

The close connection between the mind renewal process and my health has been made particularly apparent when during really rough places when I've stopped trusting the Lord and started re-repressing and denying the memories my health has deteriorated. But further truth and healing has always brought with it better health. The DID has, and continues, to pose a particular challenge. It has been wild discovering the different parts of my mind that I never knew existed. Almost as wild as when, finding themselves out of a job, they unexpectedly integrate. I find myself more whole in mind and body and with a sure hope that continued healing from lie-based thinking will bring even more physiological and physical healing.

At times God's healing touch has been so intense that if I were to have unexpectedly happened upon my abuser I may have been tempted to thank him, since even though he did such evils to me, God has brought a much greater good out of them. He has given me the greatest of gifts, none other than Himself, and in a way that I would not have been open to receive had I not experienced what I did. Christ desires to enter through our wounds. The more we have, the more opportunity we have to welcome Him. This encounter does not remove our wounds (the Resurrection was no plastic surgery), but they can become glorified.

Let me be a voice of hope (coming from someone who had neither a voice nor hope) and an encouragement to open your own wounds to the perspective of Jesus. Even if you haven't experienced great trauma, none of us gets through life free from lies. If you're not living the abundant life and joy Christ promised us, I encourage you to make those choices to let God give you the truth, peace, and freedom He desires for you. And please join me in thanking Him for all He has accomplished in me, and further thanking Him for His generous instruments at CrossCounsel, and additionally thanking Him ahead of time for His completing what He has begun in me. My prayers will be with you all.

*“In the shadow of your wings I shout for joy. My soul clings fast to you;
your right hand upholds me.” - Psalm 63:8-9*



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(pictured with Donna Smith,
Madison facilitator, on right)

“About to Welcome Divorce”

by Gretchen and James

I (Gretchen) was having many personal and marital struggles. Before seeing Nancy Miller this past August, I was to the point where I was welcoming divorce just to end the pain of it all. I was trying to do all the right things: praying, attending bible study and church, tithing and talking to other Christians and our pastor for support. But after doing these things, my emotional problems always seemed to creep back in. It's very devastating when you have reactions to circumstances and people in your life, but not understand why you are feeling the way you are, you many even know that your reactions are not justifiable, *but the pain overrides everything*. It's truly exhausting. There is no peace in this state of mind.

Nancy explained that lie-based pain (i.e. “I'm worthless”, “Nobody cares about me”, “I'll never be good enough”) comes from false interpretations of life experiences. These lies can be triggered by current circumstances. Anytime something feels like that initial pain we felt, we will react to what we believed at the time of when it happened. It's kind of like being in a dark room. You can feel the walls and you assume that there is a light switch on the wall, but cannot find it until you are told that the light is on a pull chain. So, the next time you are stuck in a dark room, you reach for the pull chain. Well, my husband and I pulled each other's chains and didn't know how to stop it. It was like a reflex.

My husband and I started our transformational journey by meeting with Nancy individually. We later moved to meeting together. We each worked through our past with Jesus, inviting the Holy Spirit into our sessions. It was revealing and incredible. Lies we believed about ourselves from past events had an incredible impact on our present day relationship.

The good news about transformational prayer is that God turns the light on for you in that dark room, we don't have to frantically search for the switch, he's right there with you and sheds light on you and tells you the truth about why you may be anxious, fearful, ashamed, feel unloved, stressed, angry by taking us back to moments when maybe an unpleasant thing/s happened in our life and If we invite Him into this past experience by tucking into ourselves and sharing our pain and what we believed about ourselves in the midst of what happened to us “the embryo”, “the baby”, “the child”, “the teenager” and “the adult”. He reveals His truth in that exact moment when it happened. Once you receive His Truth He frees you from the pain and the lies. There's only peace.

It's so simple, but we never knew that we needed to go back to the pain and what lies we believed back then. We had no conscience awareness that we believed any lies from our pasts. I think we both already processed and acknowledged what had happened to us in our heads and chose to forgive those who had hurt us, but we never knew that we had to go back and revisit these painful events with Jesus in order to really be free. This ministry has saved our marriage.

We recently found out that a married couple we know is contemplating divorce and my husband's first reaction was, “They need transformational prayer, it's the only thing that will help them”. This is shocking because he wasn't too excited to try this kind of ministry.

The Bible says that the Holy Spirit is our Counselor. The transformational prayer approach CrossCounsel is trained in is a great way to let Him do just that.

Our mission is to help people engage in an active, life-changing friendship with God.

“No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you.” – John 15:15



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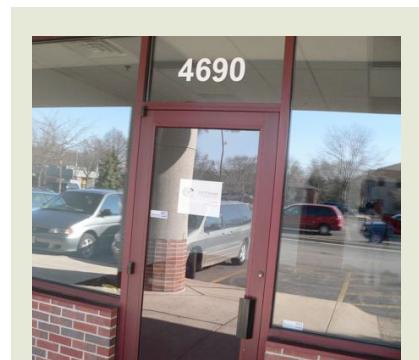
CrossCounsel's Vision:

1. To provide a safe place for people to receive God's transforming Truth
2. To train and develop competent, committed and compassionate prayer ministers
3. To grow and expand high quality, fully functional CrossCounsel centers across the nation
4. To be a resource and respite for pastors and ministry leaders
5. To establish sustainable partnerships with individuals, churches and ministries

How do we keep this door open? By several means, not the least of which is prayer. However, besides special and monthly donations, we are using several innovative approaches to keep this ministry financially viable and healthy. Here is one of those ways.

We sell gift cards from local businesses to create extra income. We keep these cards stocked in the Madison and La Crosse offices. You use the cards at these businesses below. The percentages listed reflect CrossCounsel's share (i.e. we are only charged \$90 for every \$100 worth of cards from Culver's).

- Woodman's (5%)
- Culver's (10%)
- Kwik Trip (currently 10%)



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