

*Care & Support*

SPRING & SUMMER  
2019

BETHANY<sup>CHURCH</sup>

*Jesus reminds us that in this world we will have trouble. He also tells us to take heart because He has overcome the world (John 16:33).*

One of the ways we are able to move through challenging times is when we walk with people who will love and care for us in the midst of our pain. Caring Ministries at Bethany Church exists for just this purpose. We want to love and encourage you, right where you are, in those hard places, and by doing so, show you the love of Christ.

In the following pages, you will find a wide variety of Caring Ministries that Bethany Church offers. Take some time to browse this directory, where you may find the ministry that might help you or someone you know get connected and that will help you most on your journey to healing.

You do not have to walk this road alone. There are people who will walk with you on your journey. In doing so, you will experience the love and hope of Christ.

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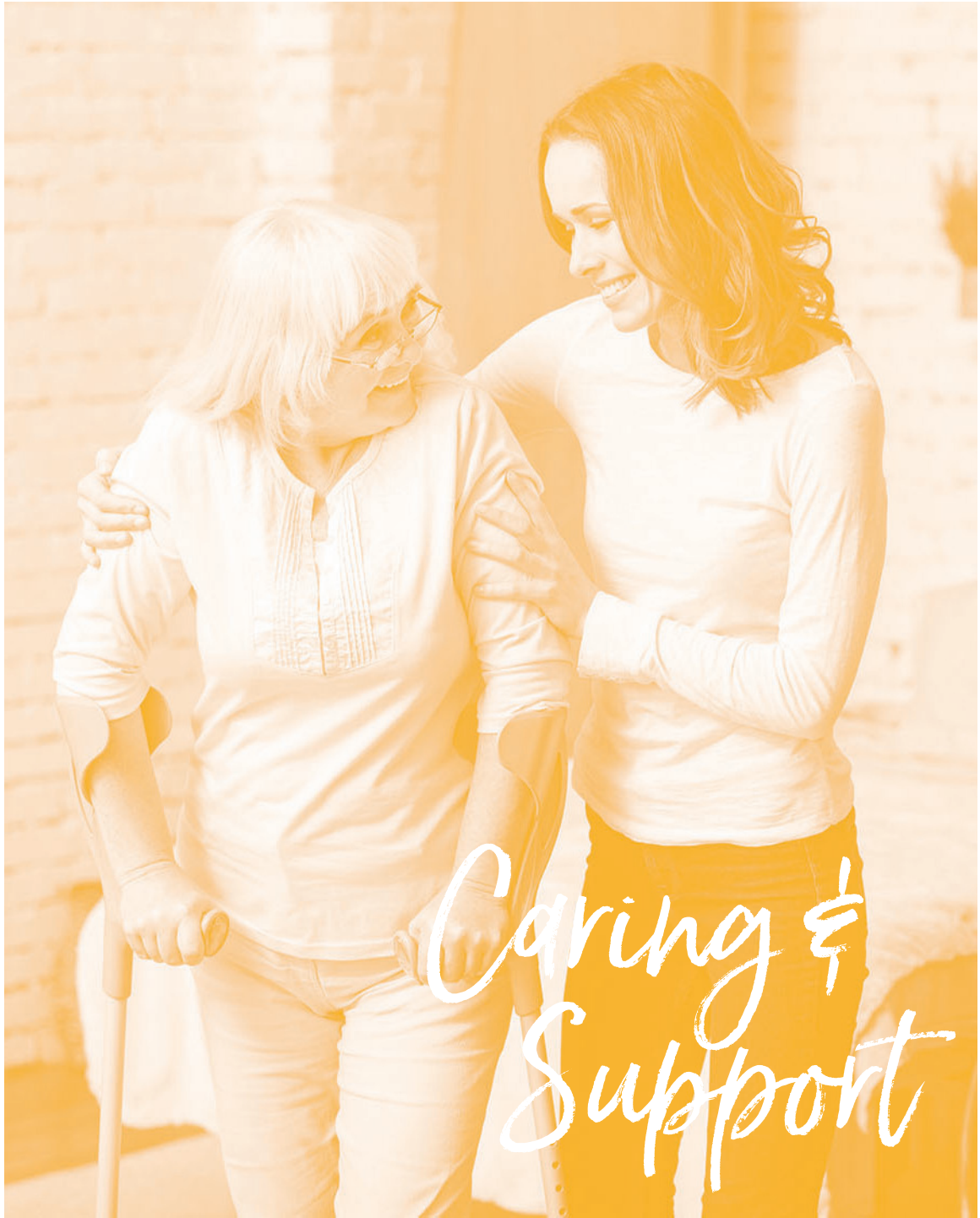
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*Caring &  
Support*

# Support Through the Challenges of Life

## STEPHEN MINISTRY

### **What is Stephen Ministry?**

Stephen Ministry equips ministry partners to provide confidential, one-on-one Christian care to individuals in the congregation and community who are struggling with life's challenges or who are in crisis.

### **Who Are They**

- Ministry partners from Bethany Church, with 50 hours of training from an international program.
- Dedicated, confidential resources available for weekly meetings for as long as there is a need. Stephen Ministers provide care and compassion. They are commissioned by Bethany Church's pastors to serve in this capacity.
- Stephen Ministers listen, pray, support and encourage.

### **How Can This Help Me?**

- Stephen Ministers are dedicated to you. They are here to help you navigate life's challenges, step by step. They care deeply about you.
- You will experience first-hand Christ's commandment: "Love one another as I have loved you" (John 15:12 RSV).
- Our pastors have commissioned the Stephen Ministry team and have entrusted them to help you through a crisis.
- They are caring Christians who provides emotional and spiritual support.

### **Confidential Care**

- Your relationship is strictly confidential.
- You will be matched with a specific Stephen Minister in a one-on-one relationship.
- We are here for you as you struggle through a difficult time: grief, divorce, job loss, chronic or terminal illness, or other challenges.

### **What You Can Expect:**

- Complete confidentiality.
- Men are matched with men and women with women.
- If your need exceeds what a Stephen Minister can provide, an appropriate referral will be made.
- They show up.

### **Confidential Contact:**

**Drew or Bonnie O'Keefe**

603.772.2748

**Lyn Bullock**

lynda.bullock73@gmail.com

# Support Through the Challenges of Life

## COMPASSION MEALS

We all have times in our lives when a prepared meal delivered to your home proves to be a precious gift. If someone in your family would like to receive a meal or if you know someone in our Bethany family that could use help, let us know.

### Contact:

*Greenland Campus*

Debbie Groder

603.570.9033

dgroder@bethanychurch.com

*Raymond Campus*

Kim O'Brien

603.570.9041

kobrien@bethanychurch.com

*Kittery Point Campus*

Leanne Knight

603.570.9029

lknight@bethanychurch.com

## PRAYER

If you are in need of prayer, we have a team of people in our Bethany family who have a heart for you. Prayer requests are added to our prayer chain. There are multiple ways to have your request for prayer responded to:

- Members of our Prayer Team are available after each Sunday service to pray with you.
- If you'd like to meet with someone who will pray with you during the week, that can be arranged.
- There are prayer request cards in the Sanctuary or at the information kiosk.
- You can request prayer online at [bethanychurch.com](http://bethanychurch.com) or by emailing the contact below.

### Contact:

*Greenland Campus*

Debbie Groder

603.570.9033

dgroder@bethanychurch.com

*Raymond Campus*

Kim O'Brien

603.570.9041

kobrien@bethanychurch.com

*Kittery Point Campus*

Leanne Knight

603.570.9029

lknight@bethanychurch.com

# Marriage & Divorce Support

## THE MARRIAGE COURSE

A series of 7 sessions developed by authors of The Marriage Book, Nicky & Sila Lee, The Marriage Course is designed to help couples build strong foundations, communicate more effectively and resolve differences well. Gain practical support to strengthen your relationship as a couple.

**Wednesdays | March 27–May 8 | 6:00pm–8:00pm**

**Contact:** Stephanie Sluder | sbailey126@yahoo.com

## BEFORE YOU DIVORCE - *Greenland Campus*

Before You Divorce is a program that works towards restoring marriages that are threatened by divorce. This ministry supports couples, one-on-one, to restore and rebuild trust and respect towards each other, so that their marriage may prosper.

**Contact:**

Bill Maloney

603.475.4235

Pauline Maloney

603.944.7993

## DIVORCE CARE - *Greenland Campus*

If you are in the divorce process or if you are already divorced, this ministry offers a friendly, caring group of people who will walk alongside you. This God-centered support program is designed to help you find healing within a warm, caring environment. Join us in a 13-week support program and rebuild your life.

**Wednesdays | April 3–June 26 | 6:15pm – 8:15pm**

**Contact:**

Scott McKinney

603.926.0361

rscottmck@gmail.com

Registration Fee: \$20.00 includes workbook\*

\*If you cannot afford the fee contact: Debbie Groder 603.570.9033

## Marriage & Divorce Support cont.

### **DIVORCE CARE FOR KIDS - Greenland Campus**

Divorce is difficult for everyone, especially your children. They can feel scared, sad, and confused. They may hide their feelings because they may not know how to express them. This ministry provides your children with a safe and neutral place to gain an age-appropriate understanding about separation and divorce and gives them the space to share their worries, concerns and questions. During this 13-week program, they will be exposed to motivating and exciting games, crafts, role playing, discussion times, journaling, and activity books to help them process the divorce and move forward in their lives.

**Wednesdays | April 3–June 26 | 6:15pm – 8:15pm or**

**Sundays | April 7–June 30 | 10:30am – 11:15am**

**Contact:**

Karen Edwards

kaybook@aol.com

Scott McKinney

603.926.0361

rscottmck@gmail.com

## Grief Support

### **GRIEFSHARE - Greenland Campus**

Have you lost someone? The loss of a loved one is one of the most difficult experiences in life. GriefShare offers a friendly, caring group of people who will walk alongside you. You don't have to go through the grieving process alone. You will be led by people who want to help you and understand what you are going through because they too, have been there. You will gain access to valuable resources to help you recover from your loss and look forward to the life God has in store ahead.

**Tuesdays | February 26–May 21 | 6:00pm – 8:00pm**

**Contact:**

Gail Gentry

ggentry2004@yahoo.com

Registration Fee: \$15.00 includes workbook\*

\*If you cannot afford the fee contact: Debbie Groder 603.570.9033



# Addiction Support

## **CELEBRATE RECOVERY - *Greenland Campus***

Do you or someone you know struggle with anger, alcohol, co-dependency, pornography, drugs, abuse or other hurts, hand-ups and habits?

Join other men and women with similar struggles in a confidential 12-step program. Gain an understanding of unhealthy patterns and issues and be guided to change with the help of Jesus Christ.

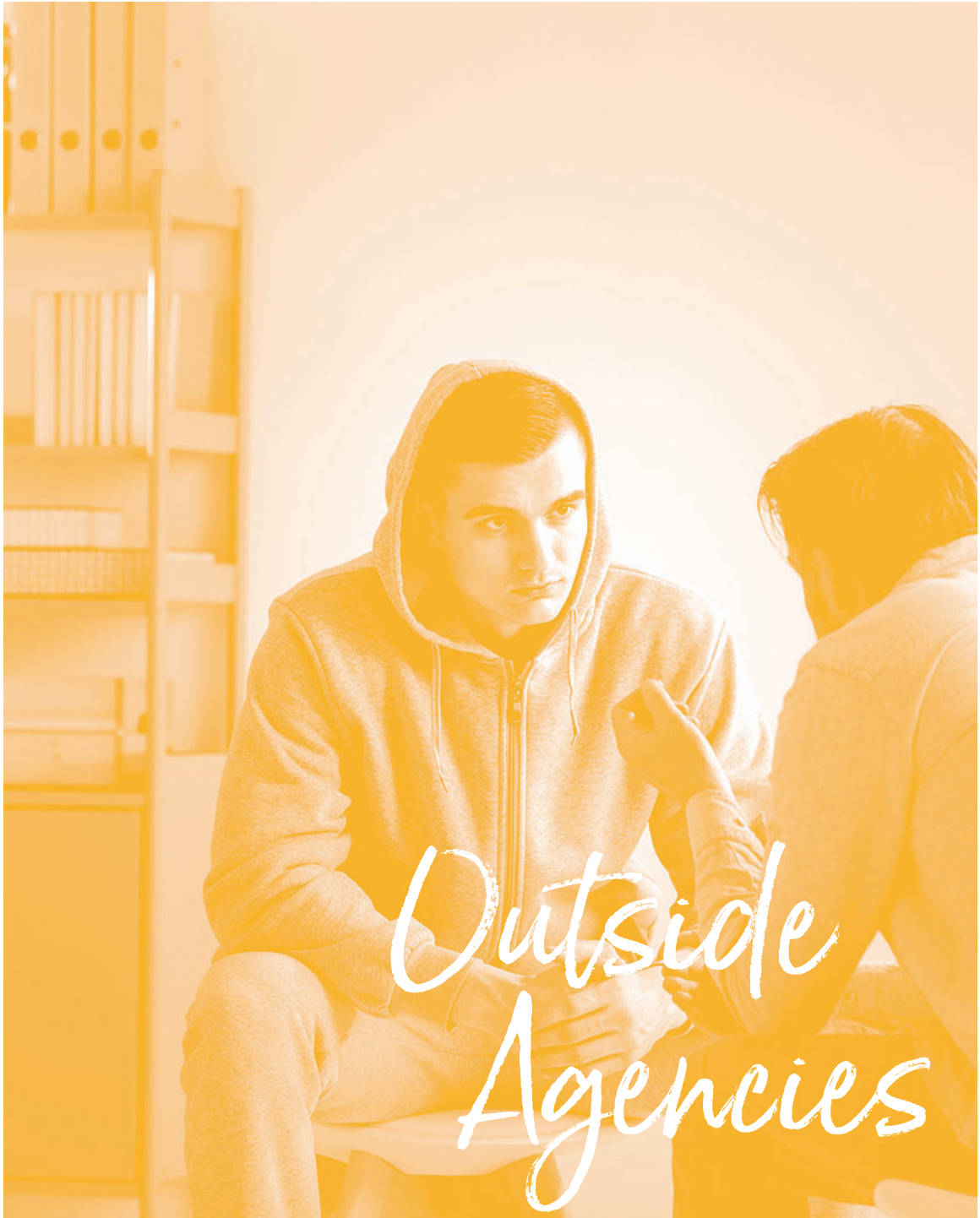
We currently have a Men's Step Study and a Women's Step Study going on. These groups are now closed, but will restart again in fall 2019. To find other local Celebrate Recovery groups go to [CelebrateRecovery.org](http://CelebrateRecovery.org)

## **FOR MEN ONLY - *Greenland Campus***

For Men Only is a peer-led confidential support group for men struggling with sexual temptations and addictions. This group meets weekly with the exception of Labor Day, Christmas Eve and Memorial Day.

### **Confidential Contact**

603.770.5328 | 207.766.8101



*Outside  
Agencies*

# Christian Counselors

## MAINE

### **Conant Associates, LLC**

Richard Conant, LCPC  
12 Pleasant Ave., Sanford, ME  
207.475.4156  
www.dickandbev.com  
dconant1@roadrunner.com  
Expertise: Relationship issues  
Bev Conant, LCPC  
281.961.0807  
www.dickandbev.com  
bconant59@yahoo.com  
Expertise: Children, adolescents, adults

## NEW HAMPSHIRE

### **Birch Tree Counseling**

Matt Anderson, MA, LCMHC  
226 Rockingham Road, Londonderry, NH  
603.425.2989  
www.birchtreecounseling.com  
office@birchtreecounseling.com  
Expertise: Family, marriage, individual,  
couples, blended family dynamics, mood  
disorders, male sexual issues  
Crystal Mohrmann, LCMHC  
603.425.2989  
www.birchtreecounseling.com  
office@birchtreecounseling.com  
Expertise: Children, adults, grief/loss,  
depression, anxiety, self-esteem, relation-  
ship issues, animal assisted therapy

### **Cindy Harmelink, LCMHC**

771 Chestnut Street, 2nd Floor,  
Manchester, NH  
603.661.9235  
www.chcounseling.com  
cindy@chcounseling.com  
Marcelle Ciampa, MA, LCMHC  
603.425.2989

www.birchtreecounseling.com

Expertise: Marriage, family, adults, children,  
couples, depression, anxiety, grief/loss,  
boundary issues

Expertise: individual, marital, child,  
adolescent, family counseling

### **Eileen Sutherland, MSW**

One Middle Street, Suite 233, Portsmouth, NH  
603.498.7097

www.eileensutherland.com

eosutherland@gmail.com

Expertise: Counseling women in life/parenting

### **Ellen Ronka, LCMHC**

One Middle Street, Suite 209, Portsmouth, NH  
603.988.1334

www.ellenronka.com

Expertise: Anxiety, chronic health problems,  
relationship issues, personal/spiritual  
growth, boundaries, body image concerns,  
binge eating

### **Family Tree Guidance Services, LLC**

Lindsay R. Joe, Ed. D., LCMHC  
370 Portsmouth Ave., Greenland, NH  
603.422.8700

www.familytreeguidance.com

Ljoe.therapy@gmail.com

Expertise: Adolescents and adults, mood dis-  
orders, anxiety disorders, ADD,  
life changes

### **Granite State Child & Family Counseling**

Lynne Duval, MSW, LICSW  
468 Route 13 South, Milford, NH  
603.672.1881

www.granitestatechild.com

Expertise: Marriage, family

# Christian Counselors

## **Inner Life Counseling & Consulting**

Christopher Ryan, MSW, LICSW  
1800 Elm Street, Manchester, NH  
603.391.6547

[www.innerlifec.com](http://www.innerlifec.com)

Expertise: Individual, couples,  
family counseling

## **Inspire Counseling and Coaching**

1 Middle Street, Suite 201  
Portsmouth, NH

[www.inspireseacoast.com](http://www.inspireseacoast.com)

- Christina Sawyer, MSW, LCSW  
561.537.1079  
[nina@inspireseacoast.com](mailto:nina@inspireseacoast.com)  
Expertise: Faith based marriage and  
pre-marital counseling, pregnancy/  
postpartum, anxiety, depression, life  
transitions, co-dependency
- Scott Sawyer M.Ed.  
561.632.6870  
[scott@inspireseacoast.com](mailto:scott@inspireseacoast.com)  
Expertise: Teens and young adults, life  
coaching, academic coaching, motivation,  
direction, anxiety, stress

## **Jack Collins, MA, LCMHC**

211 South Main Street, Laconia, NH  
603.393.8876

[www.jackcollinscounseling.com](http://www.jackcollinscounseling.com)

Expertise: Family therapy, marital,  
individual, abuse, anxiety, depression,  
parenting difficulties

## **Janice Jewell, LICSW**

18 Hampton Road, Bldg A, Suite 1C,  
Exeter, NH  
603.814.1484

[www.janicejewellcounseling.com](http://www.janicejewellcounseling.com)

[janicejewell.licsw@gmail.com](mailto:janicejewell.licsw@gmail.com)

Expertise: Personal & spiritual growth,  
anxiety, depression, substance use,  
grief, loss

## **Karlotta Shanahan, MA, LCMHC**

Family Restoration Center  
1247 Washington Road, PO Box 95, Rye, NH  
603.964.3191

Expertise: Trauma, addictions, mood  
disorders, relational issues (individuals,  
families, couples)

## **Kelly L Smith, LICSW**

4 Bicentennial Square, Suite 3B, Concord, NH  
603.491.9244

[www.kellylynsmith-licsw.com](http://www.kellylynsmith-licsw.com)

Expertise: Individual, marital, family therapy

## **New Leaf Counseling**

Marcelle Ciampa, MA, LCMHC  
63 Church Street, Laconia, NH  
603.524.0777

[www.birchtreecounseling.com](http://www.birchtreecounseling.com)

Expertise: Marriage, family, adults, children,  
couples, depression, anxiety, grief/loss,  
boundary issues

## **R.L. Cogswell & Associates**

Richard Cogswell, MS, MLADC  
White Horse Addiction Center  
68 Route 16B, Ossipee NH  
603.986.3127

[www.whitehorseac.com](http://www.whitehorseac.com)

[Rick@whitehorseac.com](mailto:Rick@whitehorseac.com)

Expertise: Addiction therapy, anxiety,  
depression, cognitive behavioral therapy, 12  
step recovery programs

## **Tressa Ryan, LICSW**

1 Hampton Road, Suite 303 Exeter, NH  
603.964.1700

[www.tressaryancounseling.com](http://www.tressaryancounseling.com)

Expertise: Anxiety, depression, stress

## Christian Counselors cont.

### **Upper Valley Compassionate Care Center**

Lisa Gay Witham, MAMHC, ATC  
1 Court Street, Suite 160, Lebanon, NH  
603.219.6835

www.uppervccc.com  
uppervccc@gmail.com

Expertise: Peer, professional, injury, loss,  
goal setting, life transitions,  
academic struggles

### **Willowdale Counseling Center**

Timothy Bray, Ph.D.  
322 Amherst Street, Nashua, NH  
603.881.7554

www.willowdalecounselingcenter.com  
admin@willowdalecounselingcenter.com

Expertise: Couples, sexual, compulsive  
behavior, trauma/abuse, depression,  
anxiety, relationship issues,  
personal growth

Carol Miller, LMFT  
603.881.7554

www.willowdalecounselingcenter.com  
info@willowdalecounselingcenter.com

Expertise: Adolescents, adults, couples,  
families relational concerns, depression,  
anxiety, stress, trauma, grief, life transi-  
tions

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# Emergency Support

## RESOURCE SUPPORT

### Statewide Assistance Information

Call 2-1-1 for help or visit one of the websites below

[www.211nh.org](http://www.211nh.org)

[www.211maine.org](http://www.211maine.org)

## FOOD SUPPORT

### Greenland Community Church

44 Post Road, Greenland, NH

603.436.8336

[www.communitychurchofgreenland.org](http://www.communitychurchofgreenland.org)

[greenlanducc@myfairpoint.net](mailto:greenlanducc@myfairpoint.net)

### Common Table Food Pantry

100 Chapel Street, Portsmouth, NH

603.778.2357

[www.stjohnsnh.org/common-table](http://www.stjohnsnh.org/common-table)

[administrator@stjohnsnh.org](mailto:administrator@stjohnsnh.org)

### Hobbs House Community Center

200 High Street, Hampton, NH

603.926.4936

[www.hamptoncommunitycoalition.org](http://www.hamptoncommunitycoalition.org)

### Operation Blessing Food Pantry

600A Lafayette Road, Portsmouth, NH

603.430.8561

[www.operationblessingnh.org](http://www.operationblessingnh.org)

[admin@theobnh.org](mailto:admin@theobnh.org)

### Seacoast Community Church

397 Lafayette Road, Portsmouth, NH

603.436.8623

[www.sccnh.com](http://www.sccnh.com)

### Salvation Army Soup Kitchen & Food Pantry

15 Middle Street, Portsmouth, NH

603.436.2606

<http://nne.salvationarmy.org/seacoast-nh>

### St. Vincent de Paul Food Pantry

289 Lafayette Road, Hampton, NH

603.929.4427

<http://svdphampton.com/food-pantry>

### New Life Food Pantry

84 Nottingham Road, Raymond, NH

603.895.6041

[www.newliferaymond.org](http://www.newliferaymond.org)

### SonShine Community Table

145 Rt 27 PO Box 106, Raymond, NH

603.895.2859

[www.raymondbaptistchurch.com](http://www.raymondbaptistchurch.com)

### Rockingham Community Action-Raymond

55 Prescott Road, Raymond, NH

800.639.3896

[www.snhs.org](http://www.snhs.org)

### Footprints Food Pantry

37 Old Post Road, Kittery, ME

207.439.4673

[www.footprintsfoodpantry.org](http://www.footprintsfoodpantry.org)

## HOUSING SUPPORT

### Angie's Shelter

434 Union Street, Manchester, NH

603.668.8698

<https://newhorizonsfornh.org>

### Cross Roads House

600 Lafayette Road, Portsmouth, NH

603.436.2218

[www.crossroadshouse.org](http://www.crossroadshouse.org)

[info@crossroadshouse.org](mailto:info@crossroadshouse.org)

### Friends Emergency Housing Program

202 North State Street, Concord, NH

603.228.1193

[www.friendsprogram.org](http://www.friendsprogram.org)

[admin@friendsprogram.org](mailto:admin@friendsprogram.org)

### Manchester Emergency Housing

177 Lake Ave, Manchester, NH

603.641.9441

[www.housingbenefitsnh.org/manchester](http://www.housingbenefitsnh.org/manchester)

### My Friend's Place

368 Washington Street, Dover, NH

603.749.3017

[www.myfriendsplacenh.org](http://www.myfriendsplacenh.org)

# Emergency Support cont.

## **New Horizons for New Hampshire Emergency Shelter**

199 Manchester Street, Manchester, NH  
603.668.1877  
<https://newhorizonsfornh.org>

## **Seacoast Family Promise**

27 Hampton Road, Exeter, NH  
603.658.8448  
[www.seacoastfamilypromise.org](http://www.seacoastfamilypromise.org)  
[directorseacoastfamilypromise.org](http://directorseacoastfamilypromise.org)

## **ADDICTION SUPPORT**

### **Statewide Addiction**

### **Assistance Information**

Call 2-1-1 for help or visit one of the  
websites below

[www.211nh.org](http://www.211nh.org)  
[www.211maine.org](http://www.211maine.org)

### **NH Alcohol and Drug Treatment Locator**

[www.nhtreatment.org](http://www.nhtreatment.org)

### **His Mansion Ministries**

395 Wolf Hill Road, Deering, NH  
603.464.5555  
[www.hismansion.com](http://www.hismansion.com)

### **Adult and Teen Challenge**

[www.teenchallengeusa.com](http://www.teenchallengeusa.com)

### **Maine Alliance for Addiction Recovery**

[www.thealliancemaine.org](http://www.thealliancemaine.org)

### **Maine Statewide Crisis Hotline**

1.888.568.1112

## **PREGNANCY SUPPORT**

### **New Generation**

568 Portsmouth Ave, Greenland, NH  
603.436.4989  
[www.newgennh.org](http://www.newgennh.org)  
[office@newgennh.org](mailto:office@newgennh.org)

### **Bethany Christian Services**

183 High Street, Candia, NH  
603.483.2886  
[www.Impregnant.org](http://www.Impregnant.org)

## **DOMESTIC VIOLENCE SUPPORT**

### **HAVEN**

603.994.7233  
<https://havennh.org/>  
[info@havennh.org](mailto:info@havennh.org)

### **Maine Domestic Violence Helpline**

1.866.834.4357  
[www.mcedu.org](http://www.mcedu.org)

## **FUEL ASSISTANCE SUPPORT**

### **Rockingham Community Action**

### **Fuel Assistance**

603.436.3896 or 1.800.639.3896  
[www.rcaction.org](http://www.rcaction.org)

## **SUICIDE HOTLINES**

### **New Hampshire Suicide Hotline**

1.800.852.3388

### **Maine Suicide Hotline**

1.888.568.1112

## **LEGAL**

### **Legal Advice & Referral Center**

15 Green Street, Concord, NH  
1.800.639.5290  
[www.nhlegalaid.org](http://www.nhlegalaid.org)

### **New Hampshire Legal Assistance in Concord**

117 North State Street, Concord, NH  
1.800.921.1115  
<http://www.nhla.org>

### **New Hampshire Legal Assistance in Manchester**

1850 Elm Street, Suite 7, Manchester, NH  
1.800.562.3174  
[www.nhla.org](http://www.nhla.org)

### **New Hampshire Legal Assistance in Portsmouth**

154 High Street, Portsmouth, NH  
1.800.334.3135  
[www.nhla.org](http://www.nhla.org)

