

Pine Rest NEWS



Spring 2006 | A newsletter for friends and supporters of Pine Rest Christian Mental Health Services and the Pine Rest Foundation

FROM THE EXECUTIVE DIRECTOR...

BY PHILIP ELLIS, Ph.D.

Recently, I had lunch with two dear friends and somehow our conversation turned to how easy it is to get caught up in trying to “earn” God’s favor. The conversation soon moved to grace and God’s unfathomable gift to each of us who will accept it...how this grace guides us to bless others. These two people are certainly examples of the incarnation of God’s guiding spirit leading them to help others.

Our mission statement reminds us that “Pine Rest is called to express the healing ministry of Jesus Christ...” Over 30,000 people will turn to us this year seeking healing of emotional pain or addictions. It is our calling and blessing to be present to those who seek this help. Many of these people have financial limitations, especially in our current economy. One of the blessings you provide is the Patient Assistance Fund. This year over \$1.2 million of support will be provided to people seeking help for their pain and struggles. May your commitment serve as a sign of God’s grace in these individuals’ lives.

Thank you for your prayers and faithful support for the services and ministries of Pine Rest.

EVENT UPDATES

The 2005 Golf Marathon was held on September 23 at The Pines Golf Course. Twenty-six staff collected pledges and golfed. With their help, the help of their supporters, and many local sponsors, we raised over **\$31,000 for the Patient Assistance Fund. THANK YOU!**

Upcoming Events:

Harvey Rozema Golf Classic

Monday, June 12, 2006 | Blythefield Country Club

For information on sponsorship opportunities or for details on AM and PM flights, contact Marcia at 616/281-6390 or marcia.timmerman@pinerest.org

A CHANGE OF SEASON



After 23 years of service including over 12 years as President and Chief Executive Officer, Dan Holwerda recently announced that he would be leaving Pine Rest to become Executive Vice President and Chief Operating Officer at Metro Health. Dan leaves after a very successful term of leadership during which Pine Rest re-established itself as the regional leader in behavioral health care, a recognized pioneer in collaboration and partnership, and national model for mental health.



On March 2, Tom Rosenbach, Chairman of the Board of Directors, named Mark Eastburg, Ph.D., as interim CEO. Dr. Eastburg currently serves as Executive Director of the Pine Rest Family Institute and Director of Mission Integration. Your thoughts and prayers for Mark and for the search process are deeply appreciated. A strong leadership team is in place and very supportive of Mark’s appointment. Pine Rest has a rich heritage of leadership and a continuing expectation for excellence and Christian commitment.



How YOU Can Help...

- ◆ Keep the ministry of Pine Rest in your prayers.
- ◆ Annual cash gifts to the Patient Assistance Fund or the Foundation.
- ◆ Donate stocks, bonds, and mutual funds.
- ◆ Charitable Gift Annuity from the Foundation.
- ◆ Leave a bequest to the Pine Rest Foundation.
- ◆ Leave proceeds from your Trust to the Pine Rest Foundation.
- ◆ Designate Pine Rest as the beneficiary on a life insurance policy.
- ◆ Volunteer

These are just a few ways to partner with Pine Rest.

For further information on ways to help, contact the Foundation office at 616/455-8680 or visit www.pinerest.org/foundation.

IT'S O.K.

BY REV. JIM HOLWERDA

John could not stop the bleeding.

He was a 16-year-old sophomore, standing at the school bus stop, when a fight broke out in front of him. A knife flashed; a female classmate fell. He and others tried to stop the bleeding, but the wounds were too severe. She died on the sidewalk, looking into his eyes. At the end of that year, he quit school, moved to California, started drinking, and joined the military. He never forgot the look in her eyes.

Twenty years later he sat in my office, trying to stop his own bleeding. He was losing his life and he did not know what to do. He had entered treatment for alcohol, methamphetamine, and cocaine dependence. Depression blanketed his mind. Worst of all, to him, was an extreme introversion that frequently left him mute. When he would begin to share something, his armpits would sweat, his brain would freeze, and his jaw would lock. As we talked, he'd occasionally say, "I'm scared; my mind's going blank." The courage to pause and then keep talking was born out of his desperation to get help.

"My life is such a mess! How did everything go so wrong? What am I going to do?" He knew he had to change everything. He was afraid he would not be able to change anything.

Grace was working in John's life. He had been given recovery's most peculiar gift, the gift of desperation. It is the starting point for all the blessings of recovery. The grace of

John's pain, according to Step 1 of the *12 Steps*, was that he admitted he was powerless and that his life had become unmanageable.

Grace continued to work. Later, a very different John entered my office. He was beaming! He said he had been like that for a couple of days. He felt free and strong. He had talked in a couple of groups and even shared some personal things. I asked him what had happened. That's when he told me about his classmate's death and her eyes. He had stayed awake almost the whole night, thinking about that last look in her eyes. He remembered his helplessness. As morning approached, God said, "John, it's O.K."

God's word about her death seemed to cover his life as well. He didn't have to fix his past or become a different person. He was O.K., just as he was. Life was O.K., just as it was. John felt free and alive and full of hope. A future that had seemed empty now brimmed with possibilities. Something rare filled his mind – something he didn't know was possible – happiness.

The movements of God's grace are breathtaking. God's grace moves through despair, fills nightmares, and changes everything before anything is different. As people face their sickness, weakness, sin, and death, God says, "It's O.K." Simple words, common words, but when you hear them from God, they are words that stop the bleeding.

ARTIST CAPTURES ESSENCE OF PINE REST CORPORATE VALUES



Integrity



Excellence



Stewardship



Diversity



Empowerment

All paintings are by Eric Nykamp, 2003. Each painting measures 36" x 40".

Integrity

Integrity means doing the right thing, even when it's unpopular. The image depicts that struggle. The branch is emblematic of God and the figure's eyes are towards Heaven. The desert symbolizes the fact that when we stand for something, sometimes we stand alone.

Excellence

Young man represents Moses, who was an excellent leader of people with human flaws. Excellence does not mean we are perfect. The flame symbolizes God in his heart. This painting repeats the theme of struggle and discomfort in doing what's right in adversity.

Stewardship

Painting is an artistic rendering of the parable of the Talents. One figure holds an unplanted seed, unrealized potential. The center figure holds a branch just beginning to bear fruit, and the last holds a basket of harvested bounty. The overall green theme is a metaphor for growth.

Diversity

This painting depicts our society's struggle with diversity - where we are, where we hope to be. The apples, oranges, and opposing figures represent differences. The tree beginning to bloom depicts hope that we are headed in the direction of racial harmony. There is an overall gloss to the painting, representing the presence of God. This was the hardest piece to do, and I saved it until the end. It has the most struggle, yet contains the most hope.

Empowerment

In this painting, I tried to deal with the idea of empowering individuals who in turn empower their communities. The branches symbolize the growth that happens within people who are empowered. The cheerful, yellow houses similarly capture the way these individuals impact their respective communities. The two figures from differing ethnic backgrounds simultaneously demonstrate protection and lifting - two qualities a person needs to demonstrate to empower another person. This painting is a favorite of mine for the way the composition speaks on a number of levels.

"Christian Artists use the canvas to pray," said Eric Nykamp, Pine Rest social worker and local artist. "I consider my paintings artistic devotions - the more I do, the closer I am to God."

Nykamp's artwork was commissioned by an anonymous donor as a gift to Pine Rest. His contemporary renderings of *Pine Rest's Five Corporate Values* express Christ's love and compassion for all people. The values of integrity, excellence, stewardship, diversity, and empowerment are celebrated through Nykamp's use of color, animated figures, and stylized symbols.

"All of my figures have bare feet in reference to those in the Old Testament who removed their shoes when standing on holy ground. Pine Rest is a holy place where we do His work. The branches symbolize life, growth, and change," explained Nykamp.

"In creating an atmosphere which reflects our Christian faith," Nykamp notes, "it is my hope that our buildings and art speak as strongly as the people contained in them. I want patients to recognize that this is a special place of healing."

Pine Rest News is a product of the Pine Rest Foundation and is designed to inform our supporters of key developments within the services and programs of Pine Rest Christian Mental Health Services and the Pine Rest Foundation.

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CAPITAL CAMPAIGN 2006

"Building our future extending our mission"

Pine Rest launched its first capital campaign since 1985. It was undertaken in order to meet the increased demands for service and ministry including the following projects:

WORSHIP & EDUCATION

Chapel Conference Center – a multiuse facility to serve the spiritual and educational needs of the greater Pine Rest community and beyond.

The *Van Andel Cook Senior Care Center* – a new 20-bed facility for seniors with Alzheimer's and severe behavioral complications. This

unique program addresses the rapidly growing needs of seniors.

Child & Adolescent Unit renovation – providing state of the art facilities to enhance the quality and effectiveness of treatment for youngsters.

HERITAGE

The Homestead – the original 1910 hospital, recognized as a historical building on the state registry. Restoration is an acknowledgment of our historic roots and heritage, while at the same time creating a visitors center, community meeting space, and a home for the Pine Rest Foundation.

In the advanced phase of the campaign, over \$8 million has been

raised through the generosity of individuals, foundations, and employees. This is an exciting campaign that will create space for healing, worship, education, and heritage. Though the money will serve to build structures, these are but vehicles to extending Christ's healing, which is at the core of the Pine Rest mission.

For details and opportunities to support this campaign, please contact the Development office at 616/455-8680. Thank you for your prayerful support and consideration of

