



Inside *ACCESS*

Newsletter of Asian Christian Counseling & Educational Seminar Services, Inc. (ACCESS)

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First ACCESS Fundraising Dinner a Success!

— By Lydia Teh, LAPC



From left: Christopher Yuan, Rebekah Wang, Patty Pan, Stanton Singleton Jr., Kenneth Wang

Gourmet Asian food, sweet-smelling candle light, vibrant melody of saxophone and beautiful keyboard music flowing in the air... over 270 guests experienced ACCESS' very first annual fundraising dinner — "Hope for Families in Crisis", held at the Community Center of Korean Community Presbyterian Church of Atlanta (KCPC), on November 4th, 2006.

We are extremely grateful to God and to all of you who made the event such a success! With close to \$28,000 raised from ticket sales, sponsorships, donations and auction proceeds, the event was a tremendous blessing for ACCESS!! It was an extraordinary first try!

The event started with a brief welcome by Rebekah Wang, the Clinical and Executive Director of ACCESS, and followed with a gourmet Asian dinner buffet, while our guest musicians Eric Shin (saxophone) and Sean Han (keyboard) entertained our guests with an excellent live

musical performance.

The featured guest speaker Christopher Yuan's testimony was the heart of the program. Beginning with

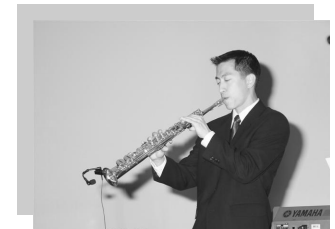
a video clip of sharing by his parents, he powerfully recounted his personal and family story of redemption, reconciliation and healing. Christopher was expelled from dental school four months before he would receive his doctorate. He was addicted to drugs, involved in the homosexual lifestyle, and later imprisoned for drug dealing and discovered that he was HIV positive. At same time, his parents' bitter marriage was on the verge of a divorce. However, as hopeless as it seemed, God has turned this family's nightmare into an exciting and inspiring story of a true transformation and hope.

We were honored to have Patty Pan, FOX 5 TV News reporter, emcee the event. Christopher's talk was integrated with Patty's mini-interview of him and Rebekah's brief presentation about ACCESS and the purpose of this fundraising event.

During the pledging time, the President and Chairperson of

the ACCESS Board of Directors, Mrs. Cecilia Shou stepped up and passionately shared her strong aspiration to see the need for culturally-sensitive counseling for Asians being met through ACCESS. After that, a live auction for great donated prizes, including a Hawaii vacation package, and a door prize drawing was held toward the end of the evening.

As a non-profit counseling center, ACCESS is committed to providing professional counseling services at discounted rates. Contributions, such as those raised by this event, help keep our fees affordable. Since we are still a relatively new organization and many in the community still do not know about us, there has been even greater need to raise funds as ACCESS is still in the process of building up a self-sufficient client base, and has limited sources of funding.



Eric Shin performing

We hope that the messages delivered that night will continue to touch the hearts of our guests and supporters, to help people to come to perceive ACCESS as one of the most valuable and meaningful resources to our

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Message From the Executive Director

We have just celebrated Thanksgiving and are well into the holiday season. Indeed, we have a lot to be thankful for, especially after our recent first fundraising event! Many of you are new to our mailing list from that event. Welcome, and thank you for your support!

If you haven't already read the front page article, you can read about our fundraising banquet held on November 4th. Many of you were there, or contributed to it. Thank you for helping to make it such a success! Since this was our first fundraiser, we really did not know what to expect, but God certainly blessed us with more than we could imagine!

While the holidays are a favorite time of year for many people, they can also bring unique stressors and difficulties, especially for those who have family issues, or have recently suffered loss of a loved one. It is in this light that we offer the article on page 3, not only for those facing the struggles, but also for others to know be more aware of those who may find the holidays difficult.

Even for those who love Christmas, it is easy to get caught up in the hustle and bustle of shopping for gifts, parties, and various activities, and not realize how much stress we are under. We hope the article will be informative, or at least a helpful reminder to

take care of yourselves during the holiday season. Whether or not you are new to our mailing list, our intention is for these newsletters not only to inform you of news from and about ACCESS, but also to be a helpful resource to you.

Again, if there is anything you would like to see or particular topics you would like addressed, please feel free to give us your input. On behalf of the Board of Directors and Staff at *Asian Christian Counseling & Educational Seminar Services, Inc.* (ACCESS), we wish you a blessed Christmas and a joyous New Year!

Rebekah Wang, LMFT
Executive & Clinical Director

Presentations by ACCESS



Effective Communication in Marriage workshop

February 18, 2006 — "Healthy Families and the Challenges They Face"

(Atlanta Chinese Christian Church North)
Speakers: Rebekah Wang, Lydia Teh, Tabitha Chee

July 1, 2006 — "Spiritual Intimacy in Marriage"/ "Dealing with Stress"

(Southeast Chinese Church Conference at Shocco Springs; Talladega, AL)
Speakers: Lydia Teh, Rebekah Wang

August 26, 2006 — "Effective Communication in Marriage"

(Atlanta Chinese Christian Church North)
Speakers: Rebekah Wang, Lydia Teh

September 30, 2006 — "Understanding Depression" (In Chinese)

(Atlanta Chinese Christian Church)
Speakers: Lydia Teh, Tabitha Chee, Ping Ku

October 21, 2006 — Asian American Resource Center
Rice Festival community outreach

October 21, 2006 — Chinese Medical Association of Georgia presentation

November 4, 2006 — "Hope for Families in Crisis"
First Annual Fundraising Dinner
(Korean Community Presbyterian Church of Atlanta)

February 3, 2007 — Seminar Topic TBA
(Atlanta Chinese Christian Church)

April 28, 2007 — Family Seminar
(Atlanta Chinese Christian Church North)

August 4, 2007 — Seminar Topic TBA
(Atlanta Chinese Christian Church)

September 29, 2007 — Family Seminar
(Atlanta Chinese Christian Church North)



Understanding Depression workshop

Continued from page 1

local Asian and Asian American communities. Every single day, many Asian families are facing crises and pressures in all forms—marital problems, parenting issues, interpersonal relationship difficulties, debt, problems at school and at work. For some, ACCESS could be a turning point in their lives.

We want to sincerely thank all our sponsors, guests, supporters and our admirable volunteers for making this event a blessing to ACCESS. It would not have been possible without this integrated effort and commitment.

As our first fundraiser, this was, of course, a good learning experience for us, and there were several areas of the event in need of improvement. We'd like to hear from you. Please let us know if you have any comments or suggestions. We look forward to your support in our future events!



Gourmet Asian Dinner Buffet

For those of you who did not have a chance to pick up a copy of the Yuan family DVD, or missed the event, we still have some copies available for a \$12 donation.



Excellent volunteers



Dealing With **LOSS** During the Holidays

— By Rebekah Wang, LMFT

“It’s the most wonderful time of the year...” goes the well-known song for the Christmas season. The holidays are traditionally full of celebration and festivity, giving gifts and family gatherings, great food and office parties, happiness and warmth.

It is a special time of year some couples make even more special by getting engaged, and people are often so moved by the “holiday spirit” that they think of giving to the needy.

For some people, however, the holidays are far from wonderful, or can be a time of mixed emotions. Those who are grieving the loss of a loved one, especially if this is the first Thanksgiving or Christmas since the loss, often find this season very painful. The holidays can also be one of the loneliest times of the year for various reasons. Even the average person who hasn’t suffered the loss of a loved one or has a healthy family, can find the holiday season stressful.

If you are grieving the loss of a loved one or know someone who is this season, **YOU ARE NOT ALONE**, and it’s okay not to be “full of good cheer” when the rest of the world around you is. In the pain of grief during this season, there are no quick fixes to getting rid of the hurt, but there are still things you can do to be proactive:

1. Plan ahead. Remember that there is no

right or wrong way to spend the holidays. Some people choose to maintain family traditions, while others opt to completely change the way they celebrate after the loss of a loved one. It might be helpful to have a family meeting to discuss the best way to approach with the holidays.

2. Let others help. There are times to be alone in your grief, but there are also times when going it alone gets you nowhere. Reach out to your faith community or support network, or be involved in a grief support group.

3. Remember your loved one. One of the worst things anyone can do is ignore the reality of a loss. It is impossible to hide the fact that a loved one has died and is painfully absent. Rather than avoid that fact, it can be powerful to instead remember the loved one in a special way during the holidays, such as taking a moment of silence before a meal, sending out a memorial card with your Christmas letters, lighting a candle at a gathering in his/her memory, or making an ornament for the tree in memory of him/her.

Remember to **TAKE CARE OF YOURSELF**, physically, mentally, emotionally, and spiritually during the holidays. Make sure you get enough rest, eat right, keep hydrated, and exercise. Also protect your boundaries and **KNOW YOUR LIMITS**.

Give yourself permission to say “no thank you” when asked to do more than you can handle. This can be a Christmas gift to yourself!

“If you are grieving the loss of a loved one or know someone who is this season, **YOU ARE NOT ALONE...**”





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Visit our website:
www.asianchristiancounseling.org

The love and the peace of Christ be with you
this Christmas and throughout the new year!



For to us a child is born, to us a son is given,
and the government will be on his shoulders.
And he will be called Wonderful Counselor,
Mighty God, Everlasting Father, Prince of Peace.

—Isaiah 9:6