

## Counselor's Corner: Reflections

by John D. Heefner, M.D.

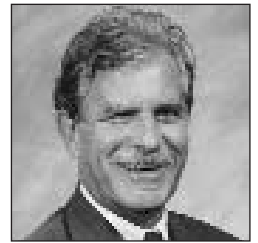
One of the highlights of my career as a physician has been my long affiliation with Westminster and its Counseling Center. Some of you will recall that counseling at Westminster was started back in the 1970s by a group of mental health and substance abuse professionals who volunteered to see parishioners. I was one of those fortunate volunteers. I have continued to offer my services in many capacities including counselor, chair of the Counseling Committee, consultant to the Board, and, for many years, psychiatric consultant to the counseling staff. We meet weekly to discuss cases, to support each other, and to learn from each other's extensive experiences. While practicing, I saw many individuals for evaluation and psychotropic drug interventions.

You should all be aware of what an invaluable and unique service is available through Westminster. Individuals seeking help here are offered mental health care by highly trained and experienced professionals. Additionally, and most significantly, they are able to do the work with a spiritual under-girding often missing in standard secular settings. All of the professional staff, in addition to their training in mental health, are in one way or another also trained in a spiritual discipline and from several different denominations.

No one is refused services. Some who come are Westminster members. Many are from the broader Twin Cities community. Fees vary depending upon ability to pay. Those with problems beyond the scope of the Center's capabilities are referred elsewhere. Individual as well as group counseling are offered. The range of problems seen is extensive and provides a rich experience for the staff. Problems run the gamut from depression through anxieties and phobias, bipolar illness, relationship difficulties, stress, retirement, grief and loss, etc...

The Center is located in Westminster and provides a most pleasant and private environment. Appointments are easy to make by simply calling the Center. The staff is readily available and willing to facilitate getting individuals seen expediently. Please drop by the Center sometime to see it and to learn more about how it works. Also, feel free to talk to any of us who provide services to the Center. You, indeed, are blessed to have such a fine resource and service within your midst.

Call the Counseling Center, 612.332.7743



John Heefner

## Westminster Handbell Choir News

By Nancy Carter, Director, Westminster Handbell Choirs

On February 12, Youth Sunday, Erika Lantz and Allison Winter, members of the Youth Handbell Choir, played a handbell duet titled *Tis a Gift to be Simple*. An audience member commented afterwards that what Allison and Erika did was in direct contrast to the title of the song they played! Solo, duet, and small ensemble ringing requires different technical approaches than handbell choir ringing. First, ringers are responsible for playing and sharing many more bells. That requires more movement and using the table, padded with 4 inches of foam, to damp or stop the bell sound, as they reach to play the next bell. At the same time bells must be kept in order! It requires a lot of rehearsal and skill on the part of the ringers. Thank you, Allison and Erika, for your wonderful offering of music Youth Sunday.

On March 11, nine members of the Westminster Handbell Choir will be participating in *Bellfest 2006* sponsored by the Bells of the Lakes, a professional handbell choir from the Twin Cities. *Bellfest* will be held at North Heights Lutheran Church in Arden Hills. We will spend the day working with Tim Waugh, a popular conductor, composer, and clinician for many conferences and festivals for handbell ringers and directors. We will rehearse a repertoire of six pieces which those participating from Westminster have been learning in extended rehearsals. A 3PM concert open to the public will showcase the massed ensemble as well as solos performed by some of the participating choirs.

For more information about the Handbell Choir Program at Westminster, contact Nancy Carter, 952.226.2105 or [ndscart@aol.com](mailto:ndscart@aol.com).



Erika Lantz, left, and Allison Winter rehearse their handbell duet on Youth Sunday, February 12.

Photo provided by Nancy Carter.