

Resources for Dealing with Shame

Sometimes, when we are stuck in a cycle of shame, it is helpful for us to process it with someone else. Here are two good resources for help in that area:

- **Heart - Healing & Encouragement for Abortion Related Trauma** (503) 22HEART (503-224-3278)
- **CCCO - Christian Counseling Center of Oregon** (503) 636-4176

Get Help in Your Journey for Personal Purity

Pastor John recently preached a couple of great lessons on purity. Are you a guy who struggles with your thought life, internet pornography or second looks? Are you looking for a small group of guys to hold you accountable in the area of your personal purity and relational intimacy with others? We want to remind you that Village offers a great ministry to help in your journey, *For Men Only* (FMO). To get more information or join a group, visit the FMO at www.formenonly.org or call the confidential voicemail at (503) 372-1578.

A Hidden Hurt

"A Hidden Hurt" small groups provide support to wives (ex-wives and fiancées) of men struggling with sexual purity. The groups offer hope, help and healing; and sharing without judgment or embarrassment. You are not alone. Please call our confidential voicemail at (503) 372-1585 or email hiddenhurt@purelifealliance.org.

Overcomers Group Update

Effective in February, Overcomers will no longer meet at Village. *Overcomers* is for alcoholics and drug addicts that seek to work through their recovery in a Christian environment. If you are interested in joining this program, meetings are held every Monday evening at 7:00 PM at the Westside Service Center in Beaverton.