

Another summer has come and gone.

Six camps.

178 kids.

19 staff members.

20 high school leaders.

And a lot of rocks.

These rocks were piled in the middle of the yard at Hopetown, with words painted on them such as rock, refuge, fortress, be, love is, and new song. They were our Ebenezer to Camp Hopetown 2009... actually to God for the movement He orchestrated in the lives of 178 campers from 2nd through 12th grades. And for the lives He continues to lead and lavish his great mercy upon.

“Put these stones of remembrance down in the place where you camp tonight,” says Joshua 4:5. They shall be a reminder.

Eugene Peterson shares these words in his book *A Long Obedience in the Same Direction*. “We speak our words of praise in a world that is hellish; we sing our songs of victory in a world where things get messy; we live our joy among people who neither understand nor encourage us.



Daystar  
counseling ministries, inc.

Fall 2009

Non-Profit  
Organization  
US Postage  
PAID  
Nashville, TN  
Permit 1419

DAYSTAR COUNSELING MINISTRIES, INC.  
2801 AZALEA PLACE  
NASHVILLE, TN 37204  
ADDRESS SERVICES REQUESTED

But the content of our lives is God, not humanity. We are not scavenging in the dark alleys of the world, poking in its garbage cans for a bare subsistence.

We are traveling in the light, toward God who is rich in mercy and strong to

save. It is Christ, not culture, that defines our lives. It is the help we experience, not the hazards we risk, that shapes our days.”

If we were to recount the words of praise that have been spoken and the victory songs that have been sung this summer, they would be too numerous to name. But they have been spoken and named. And rocks with these powerful words have been laid down as a reminder that God is rich in mercy and strong to save... from the tragic loss of a sibling, from the divorce of two loving parents, from the betrayal of friends, from the lack of friends, from bullying, from a myriad of reasons and even just daily obstacles that hurt more than it seems they should. God is our refuge. Our rock. Our fortress smack dab in the middle of all of those things. He is rich in mercy and strong to save, and it is His help, His love and hope that defines the heart of Daystar Counseling Ministries.

## The Daystar Staff

Melissa Trevathan, M.R.E., Executive Director  
Sissy Goff, M.Ed., LPC-MHSP, Director of Child  
and Adolescent Counseling

David Thomas, M.S.S.W.

Director of Men and Boys' Counseling

Jeremy Shapiro, M.A.P.C.

Julia Anderson, M.Ed.

David Denton, M.A., LPC-MHSP

Heather Flener, M.F.T.

Heather James, M.Ed.

Brian Anderson, Counseling Intern

Pace Verner, Director of Development

Kathleen Goff,

Assistant Director of Development

Mary Berndt, Office Manager

Pat McCurdy, Administrative Assistant

Lynne Fleet, Assistant Office Manager

and Administrative Assistant

Chelsea Lesniewski and Tamara Price,

Graduate Counseling Interns

## The Daystar Board

Jim Knestrick, Chair ✳ Ernie Felts, Vice Chair

Mimi Heldman, Secretary ✳ Corinne Barfield

Leigh Fisher ✳ Kitsie Hayles ✳ Robbie Jackson

Bryan Kennedy ✳ June Kern ✳ Tim Pereira

April Weber

### Honorary Board:

Trace Blankenship ✳ Carissa Pereira

Gif Thornton ✳ Donna Van Hooydonk

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Debbie Alan McCurdy ✳ Dan Allender ✳ Nita

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Harper ✳ Terry Hemmings Belle Johnson ✳ Pepper

Magargee ✳ Bruce McCurdy ✳ Bunny Porter-Shirley

✳ John Van Hooydonk ✳ Elizabeth Wallace

## Daystar Groups

Because we believe that kids have a tremendous ability to effect each other in a positive way, group counseling is one of our primary emphases at Daystar.



### Boys' Groups

Mondays:

3rd-5th Grades: 4:15-6:00pm

4th-6th Grades: 5:00-6:45pm

High School #2: 6:00-7:45pm

Tuesdays:

5th-7th Grades: 4:15-6:00pm

High School #1: 5:15-7:00pm

High School #4: 6:15-8:00pm

Wednesdays

2nd-4th Grades: 4:00-5:45pm

Thursdays:

4th-6th Grades: 3:30-5:15pm

7th-8th Grades: 5:15-7:00pm

High School #3: 6:00-7:45pm

High School #5: 7:00-8:45pm

### Girls' Groups

Mondays:

2nd-4th Grades: 4:00-5:45pm

5th-6th Grades #1: 5:45-7:30pm

7th-8th Grades: 4:00-5:45pm

8th-10th Grades: 5:45-7:30pm

Tuesdays:

5th-6th Grades #2: 4:00-5:45pm

High School #1: 5:00-6:45pm

High School #2: 5:45-7:30pm

Thursdays:

High School #3: 5:00-6:45pm

High School #4: 7:00-8:45pm



Please call 298-5353 or go to  
[daystarcounseling.com](http://daystarcounseling.com) for more information  
on events, counseling or locations and dates of  
parenting classes!

## The Daystar Calendar

### The Bike Thing

Natchez Trace Parkway  
An event for the whole family  
to help Daystar keep rolling!



October 31st



### Evening in December

Although it has been called "One of Nashville's favorite Christmas events" by a local newspaper, Evening in December is not just an event. It is a night that folks and families of all ages come together, have dinner, and listen to carols sung by their favorite artists. We hope that you will join us for our celebration of The Daystar's Birth.

Monday, December 7th

Chaffin's Barn, Seating begins at 6:15pm

### Soup Night

"It is better to eat soup with those you love than steak with those you hate." Proverbs 3:12  
Soup Night is a night for folks of all ages to gather for a time of worship, reflection, and great soup. We'd love to see you there!

October 27th and November 24th  
7:00pm, now at the Daystar House



### come join the painters' circle

an informal 3 week adult art class led by mimi heldman  
meeting on Wednesday nights from 6-9pm

september 9th, 16th and 23rd

space is limited ✳ cost: \$115 including art supplies

## Parenting Classes

### Nurturing Boys, Led by David Thomas

Nurturing Boys helps parents, educators, mentors and others understand and explore the hearts, minds and ways of boys and the vital role that parents and caregivers play on the journey to manhood. This class is filled with practical tips and suggestions, and gives fresh insight and much-needed encouragement on the road to raising boys.

### Raising Girls, Led by Sissy Goff

Raising Girls journeys into the heart of girls to help adults understand their daughter's different stages of development: what is normal, what is not, and how to relate effectively. They also speak at length on the issues at the heart of girls today. This seminar will help you learn what it means to call out the unique identity God has given the girl you love.

### The Back Door, Led by Melissa Trevathan,

Sissy Goff and David Thomas

We not only are excited about the back door approach, but believe it is a disarming way to connect with adolescents. We hope you will join us for a time of teaching, laughing, talking, and encouraging one other on the journey to helping teens become who God has created them to be.

### Raising Kids of Character, Led by Melissa

Trevathan, Sissy Goff and David Thomas

Character is often one of the most important and most difficult things to instill in the life of a child. In this seminar, our hope is to offer you hope as you parent your child. We'd love for you to join us for a time to reflect on what it means to develop strength... tenderness... compassion... wisdom... and much more in the life of your child.