

THE AACCS ANCHOR

A Publication of Asian American Christian Counseling Service, Inc.

"We have this hope as an anchor for the soul, firm and secure." Hebrews 6:19

March 2011

Mile Markers

June Sano, Clinical Director

Many years ago, my husband ran the Los Angeles Marathon. I remember driving through the marathon traffic to meet him at certain 'mile markers' with drinks and encouragement. I felt like dodging through the traffic, parking the car and 'running' to the designated mile markers was my own race. Thank goodness I had a friend with me who was quicker and was able to get to the mile markers that I couldn't in time! I can only imagine what runners experience when they see certain mile markers during their race. At times it could be so encouraging to make it that far, and at other times it might remind them how much further they have to run.

Just like in a marathon, we have 'mile markers' in our lives. Family therapists refer to them as 'stages of life' or 'phases of life.' These are significant events that mark accomplishments or changes in our lives like birth and birthdays, engagement, marriage and anniversaries, graduations, employment changes, retirement, and so on.

Many times when we celebrate a change or accomplishment, it is a cause for retrospection and evaluation. Just like in a marathon, we rejoice in making it to another 'mile marker.' For birthdays or anniversaries, we may celebrate with others another year of the Lord's blessing in our life and reflect with joy at the how far we have come. At other times, we may feel like we have just barely 'crawled' to the next year, acknowledging the difficulties and pain that we have endured. Again like running a marathon, some life 'mile markers' remind us of how far we have to go. Our life may not look like what we imagined it would be at this point in our life. Many times our unmet personal expectations might bring on feelings of disappointment, anxiety or depression. This is when we need help from the Lord and those He has put in our life like friends, family, mentors or pastors. We may need to consider outside help or professional counseling to overcome our difficulties or disappointments and to help us make it to the next stage of life. Just like my husband needed some encouragement and nourishment along the way in his marathon and I needed my friend to help me make it to those mile markers in time, we often need others to help us make it along our 'life mile markers.'

I am reminded of 'mile markers' as AACCS approaches its 25th Anniversary Celebration. It is so wonderful to be celebrating the Lord's blessing and covering over our agency for all these years! As I consider this accomplishment as an agency, I am reminded of the many educational and career 'mile markers' I have experienced while being a part AACCS. I started my work as a therapist here in 1990. As a Marriage and Family Therapist (MFT) intern, I experienced excellent supervision and training through the years by many of the founding staff and board members. I was blessed to work and study with many gifted therapists along the way. Together we made it through the exams and licensure process. I have continued my career path, first becoming a MFT Supervisor, then an Approved American Association for Marriage and Family Therapy (AAMFT) Supervisor and along the way, became the Clinical Director. I have felt the Lord's leading and His blessing along the way. Part of AACCS' mission is accomplished by providing graduate and post-graduate training and I am one of the many therapists who have been blessed by this part of our mission. This vision and mission was planned over 25 years ago and it's stood the test of time.

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A Reflection from the Board of Directors

Arlene Yee, LCSW, Board Member

25 Years of Healing Hearts and Transforming Lives. The time has flown by!

I remember early meetings in the homes of various therapists who were a part of the Paramythians group, which founded the *Evergreen Counseling Service* and eventually became *Asian American Christian Counseling Service*. In those days, we took “breaks” as we gave birth to babies and all of our families expanded. At our annual Staff and Board dinners, there would be a table full of “goodie bags” for all of our children. We had some meetings where we would “set up” our children in another room with a backpack full of toys and books to occupy their time while we worked on agency business or planned a fundraiser luncheon or golf tournament.

At our most recent quarterly board meeting, we closed our time, as usual, with a “roundtable” where we share thoughts and prayer requests. During that time, three board members announced that their children were getting married this summer. One board member announced that he was going to be a grandfather, joining another already beaming grandfather. Yes, time has flown by!

AACCS has grown from two therapists in two offices in church settings to five office locations and 27 therapists. We are truly planning for the next generation of Asian American families who will need the services of AACCS. God has been gracious to us in His provision of resources to grow and sustain us all of these years. I know that He will be faithful in his provision for the next 25 years. We give all praise and glory to Him!

Therapist Corner

AACCS therapists come from many walks of life. Periodically we feature articles and personal reflections from some of them to give you a glimpse of who they are. Below are comments from two of our therapists. One speaks about how he came to work with AACCS; the other, about her call to become a counselor/therapist:

“I’ve had very different jobs and careers from climbing towers repairing microwave antennae, being a stock broker, a minister, before finding my voice and vocation as a counselor. Everything I’ve done helped inform me in what I do now. I wanted to be part of an organization where it was easy to be genuine with people...a place that allowed for spiritual growth...a group of people that reflected a genuine desire to know and care for our clients. I have found these values at Asian American Christian Counseling Service. I have been seeing clients at AACCS continuously since 2003. I truly love our clients. I am honored and humbled to care for them.” Mike Mikulski, MFT

“I was always interested in counseling since the beginning of college, but was in an entirely different major (Math/Computer Science). For practicality’s sake, I graduated with my B.S. degree and worked as a software development engineer for 6 years. During that time of working as an engineer, my interest in counseling grew as I became more exposed to counseling and had many personal opportunities to listen to other people’s problems. Listening was very natural to me. I decided to make a career change. I knew I was called by God to do counseling. I enjoyed solving people problems more than computer problems. It was such a privilege to be part of their lives in working through issues with them and seeing growth as a result of therapy.” Jean Un, LCSW

18th Annual Art & Sharon Yokoi Memorial Golf Tournament Results October 8, 2010

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With your help, we raised over \$12,000!*

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TOURNAMENT WINNERS

Low Gross

Men's—Daniel Doizaki, 71
Women's - Kanu Tsuchiya, 95

Men's "A" Flight

1st Place—Judd Matsunaga, 67
2nd Place—Tak Yoshikawa, 69
3rd Place— Robert Chang, 70

Men's "B" Flight

1st Place—Frank Fukuhara, 52
2nd Place—Harvey Ujimori, 58
3rd Place— Bob Okada, 61

Men's "C" Flight

1st Place— Ralph Ono, 72
2nd Place— Art Fong, 73
3rd Place— Mark Baba, 73
18th Place— Patrick Quinlan, 76

Women's Flight

1st Place— Barbara Sadahiro, 68

Women's "C" Flight

1st Place—Ju Lo, 74

Closest to the Pin

Hole #3 - Elke Schlosser
Hole #12 - Vince Woo
Hole #17 - Ken Kawahara

Longest Drive

Men's—Daniel Doizaki
Women's—Elke Schlosser

Ryo and Jean Komae Scholarship Fund An Investment for the Future

From the very beginning, an essential part AACCS' mission has been to develop human resources for the Asian American Christian community. When we opened our doors in the early 1980's, there were approximately 3.7 million Asian Americans/Pacific Islanders in the United States. We have been and continue to be the fastest growing racial group in the United States. Ten years from now, it is estimated that the combined Asian American/Pacific Islander population will reach approximately 20 million -- about six percent of the total U.S. population. Currently, of the nearly four million people in the City of Los Angeles, more than 13% identify themselves as Asian Americans. These are significant numbers.

To meet the needs of this ever growing Asian American community, there has been and remains a crucial need for Asian American mental health professionals. In the late 1990's, it was estimated that only 70 Asian American providers were available for every 100,000 Asian Americans in the nation. Given the many ethnic cultures and languages included under "Asian American," finding Asian American Christian counselors to meet the needs of these various subsets is an even greater challenge. The goal of AACCS has been to train not only culturally competent therapists from different Asian subgroups, but therapists who are also rooted in Christian faith and who desire to align their professional identity and purpose to serve the Asian American Christian community.

In recognition of this American Christian pleased to announce that Kent Komae, and his established the "Ryo and Scholarship Fund. *"The idea behind this the next generation of and to give them their studies as they help They named this Kent's parents, honoring solid Christian family*



need for more Asian providers, we are our board member, wife, Jody, have Jean Komae" According to Kent, scholarship is to help Christian counselors encouragement in the brokenhearted." scholarship after them "for representing values."

Ryo and Jean Komae are long-time residents of Southern California. Ryo is a graduate of University of Southern California's School of Pharmacy and owned Gardena Pharmacy from the early 1950's until his retirement in 1981. Jean is a graduate of California State College, Long Beach with a degree in Home Economics. Both Ryo and Jean dedicated many years to mentoring and educating young people. Through Gardena Pharmacy, Ryo prepared generations of young Japanese Americans to become pharmacists while Jean instructed students in home economics as a teacher for the Los Angeles Unified School District. They were active in civic life, contributing countless hours to organizations such as Boy Scouts, Sansei Baseball, F.O.R. Junior Sports Association, Kiwanis, and the YMCA. While raising their three sons in Gardena, they also faithfully served in various capacities at Gardena Valley Baptist Church. They are currently members of Coast Christian Fellowship in Torrance and are happily enjoying their retirement, grandchildren, and great grand-children.

We deeply appreciate the Komae family's philanthropic heart and are honored that they chose to establish this scholarship under the auspices of AACCS. As Ryo and Jean lend their support to this scholarship, their legacy of supporting young people continues into the future. The Scholarship Fund

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An Investment for the Future

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will provide significant financial support to second year graduate students enrolled in marriage and family therapy, social work, and psychology programs. The first two recipients will be awarded \$2,000 each at AACCS' 25th Anniversary Celebration on Sunday, April 10th, 2011 at Almansor Court in Alhambra. For more information regarding the Scholarship Fund and the criteria for eligibility, visit our website at www.aaccs.org. We welcome additional contributions to the Ryo and Jean Komae Scholarship Fund which may be made through our website or sent directly to our office in Alhambra, payable to AACCS with the notation "Scholarship Fund."

Mile Markers

(Continued from page 1)

We have seen many Christian counseling centers come and go through the years, and the Lord has continued to provide for our agency wise counsel, committed board and staff members, and loyal churches, community and individual supporters. We would not be celebrating our 25th year of incorporation without all who have faithfully prayed and given generously of their time and resources to AACCS. We have needed and called upon you at different 'mile markers' of our agency's existence. Many of you have been there for every celebration and every hard time. Again, we would not be here were it not for the ways the Lord has brought all of us together for His good. We could not foresee His plan.

As we look forward to the next five, 10, and 25 years, we ponder what He might have planned for us. We do not want to get in His way. We want to run the race and make it to the next 'mile markers' and celebrate at each point along the way with you. We continue to need your prayers for wisdom on how best to use our time and energy as a board and staff. We want to use our talents and resources wisely. If we are to continue to grow, we will need to implement new ways of thinking in order to meet the needs of the clients and the changing community that we serve. I think I am safe to say that I am one of the 'younger' administrative staff and board members, and I have been here for twenty-one years. We are praying for the younger generation to be more actively involved with our agency and a part of our visioning and planning for the years to come, to help AACCS move towards the next 'mile markers' with new energy and vitality.

The Lord has been faithful to us, and we hope and pray that we have been in turn, a blessing to those we have served. We pray that you have been blessed by your generosity to us. We look forward to celebrating with you at our next 'mile marker' event, our 25th Anniversary Celebration on Sunday, April 10th. It will be a blessing to see what the Lord will bring!

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart." Hebrews 12:1-3, NIV.

Presentations/Events by AACCS

10/29/10—*“Healthy Conflict Resolution in Marriage,”* Mothers of Preschoolers (MOPS), Evergreen Baptist Church of San Gabriel Valley, La Puente, Pastor Ron Miyake and Carol Miyake, LCSW

11/07/10—*Youth Leaders Training,* Gardena Valley Baptist Church, Gardena, Vicky Kwan, LCSW

11/11/10—*“Member Care as a Therapist,”* Caravan Member Care Gathering, Fuller Theological Seminary, Pasadena. Carol Miyake, LCSW

11/30/10—*“Character Development in Leadership,”* Epicentre Training School, Epicentre Church, Pasadena., Pastor Ron Miyake and Carol Miyake, LCSW

01/22/11—*Chinese Mental Health Conference,* Logos Seminary, El Monte, Mei-Leng Lin, MFT and Peggy Wang, MFT

02/06/11—*“Raising Children of Character: Beginning with End in Mind, Grace and Truth, Importance of Time,”* Cerritos Baptist Church Sunday School, Cerritos, Peggy Wang, MFT

02/13/11—*“Laying the Foundation of Life: Connection Before Correction, Teaching, Responsibility, Boundary Setting,”* Cerritos Baptist Church Sunday School, Cerritos. Peggy Wang, MFT

02/20/11—*“Discipline at Home: Positive Discipline, Age-Appropriate Disciplinary Methods and No-Sweat Discipline,”* Cerritos Baptist Church Sunday School, Cerritos, Peggy Wang, MFT

02/27/11: *“Growth Areas for Parents: Parent Self-Care, Marital Relationship, Balance Career and Home Life,”* Cerritos Baptist Church Sunday School, Cerritos, Peggy Wang, MFT

03/19/11—*“Asian American Adolescent Issues/Concerns”* and *“Understanding Parent and Youth Boundaries,”* Youth Leaders and Parents’ Seminars, First Chinese Baptist Church LA, Los Angeles, Vicky Kwan, LCSW

03/02/11— *“Being an Overcomer,”* TEAM Missionary Language School, Karuizawa, Japan, Carol Miyake, LCSW and Rie Mizuki, Ph.D.

03/02/11 to 03/04/11—*Japan Evangelical Missionary Association (JEMA) Women in Ministry Annual Retreat,* Japan, Carol Miyake, LCSW and Rie Mizuki, Ph.D.

03/07/11 to 03/08/11—*Japanese Evangelical Missionary Society (JEMS) Member Care,* Osaka, Japan. Carol Miyake, LCSW and Rie Mizuki, Ph.D.

03/10/11 to 03/11/11—*JEMS and Campus Crusade EPIC Member Care,* Tokyo, Japan, Carol Miyake, LCSW and Rie Mizuki, Ph.D.

03/19/11—*“Asian American Adolescent Issues/Concerns”* and *“Understanding Parent and Youth Boundaries,”* Youth Leaders and Parents’ Seminars, First Chinese Baptist Church-LA, Los Angeles, Vicky Kwan, LCSW

03/31/11—*“Providing Member Care to Missionaries,”* Epicentre Church, Pasadena, Carol Miyake, LCSW

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Pastor John Lo

25th Anniversary Celebration Featured Guest Speaker

As you've been hearing, our 25th anniversary celebration is slated for Sunday, April 10, at Almansor Court in Alhambra. We hope you will join us for a time of worship and thanksgiving. To help us commemorate this milestone year, we would like to introduce to you, Pastor John Lo, who will be our featured guest speaker for the evening. Many of you may know him as a frequent and inspirational speaker with the "*Perspectives*" course, a series of classes on the world Christian missions movement.

For the past seven years, Pastor John has served as Lead Pastor for Epicentre Church in Pasadena. Epicentre's focus is church planting, both locally and overseas. Under Pastor John's leadership, Epicentre planted Epicentre Lincoln Heights in 2004 and is committed to long-term church planting work in Malawi, Africa. There are currently 15 adults and 12 children on the field overseas in East Asia, India, the Middle East, as well as in Malawi.

Pastor John has been on the board of World Christian Fellowship and the Caleb Project. He has an M.Div. from Fuller Theological Seminary and is currently working on his D.Min. from Fuller. His wife, Evelyn, is an emergency department physician. John, Evelyn, and their 14-year old son Josh live in Glendale.

It is been a privilege for AACCS to partner with Pastor John and Epicentre Church in providing member care training and support to missionaries and their families. Pastor John will certainly offer words that will encourage and motivate all of us as we work together to advance the Kingdom of God. An invitation flyer is enclosed with details regarding our celebration dinner. Don't miss out! We'd love to see you on April 10th.

Presentations/Events by AACCS

(Continued from page 6)

04/09/11 - "*Effective Marital Communication*" and "*Getting to Know You and Myself: Setting a Solid Foundation in Marriage*," Marriage Conference, First Chinese Baptist Church LA, Los Angeles, Pastor Ron Miyake and Carol Miyake, LCSW.

04/10/11— "*25 Years of Healing Hearts and Transforming Lives*," AACCS 25th Anniversary Celebration, Almansor Court, Alhambra, Pastor John Lo, Featured Speaker.

10/14/11—*19th Annual Art & Sharon Yokoi Memorial Golf Tournament*, Los Verdes Golf Course, Rancho Palos Verdes.

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Asian American Christian Counseling Service, Inc. Mission Statement

AACCS was founded to strengthen Asian American families. Our mission is to provide emotional healing and education to individuals and families, to restore broken relationships, and to offer hope and guidance for positive personal change and enhance interpersonal relationships through professional counseling by Christian therapists.

Our mission is accomplished in the following ways:

1. We provide **affordable and accessible counseling and psychotherapy** to individuals, couples, children, and families.
2. We offer **preventative and educational services** such as pre-engagement and pre-marital counseling, marriage enrichment programs, parent education, and workshops and conferences on these related topics.
3. We provide **consultation and support services** to pastors, churches, and other community groups.
4. We offer **graduate and post-graduate training** to counselors and therapists who desire experience serving the Asian American community.

The AACCS staff is committed to the highest standards of professional and ethical practices. We are also dedicated to service that is consistent with the Christian faith, its guiding values, and principles.

Asian American Christian Counseling Service, Inc.

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