



# Newsletter

FALL 2024



FREE LAY COUNSELING AND AFFORDABLE PROFESSIONAL THERAPY FOR OUR COMMUNITY

## Saying Goodbye

**TRICIA JOHNSON**

**Former Executive Director**



It is with mixed emotions that I announce my departure from Anew Day. I have genuine sadness in saying good-bye to a ministry I

love and to the group of fantastic people with whom I've served. I am deeply grateful for my time at Anew Day. What a blessing I've enjoyed having a front row seat to witness the awesome work of God to uphold and grow the ministry of Anew Day these past four years. It has been a faith building experience for sure. Being offered the Executive Director job at Anew Day in 2020 was an unexpected turn in my life. I had no idea the amazing journey I was beginning when I first walked through the door at 117 New Mohawk Rd. The start was a bit rough since the office was almost entirely closed down due to COVID-19. Our services had been transitioned to telehealth and only a couple counselors were seeing clients in person... but in the years that followed the progress I've seen has been nothing short of amazing. In those four years we re-branded Anew Day, re-designed our promotional materials, re-designed our website, re-designed our Counseling Skills Workshop, and launched new hybrid workshops.

We re-wrote our Mission, Vision and Core Value statements, our Bylaws and our Policies and Procedures. We also started our free First Responder support services, which have become an important part of our ministry in the community. Additionally, we secured an advantageous office lease that doubled our square footage, we designed, built, and decorated a new, state of the art, office - fit for our specific needs - and we moved our entire operation to the new location. We said good-bye to dearly loved co-workers and hello to new co-workers - all of whom are remarkable people.

I'm deeply grateful for the opportunity Anew Day gave me to grow personally, professionally and spiritually through it all. It's been an honor to be part of an organization that loves others well and effectively helps so many people walk through life's challenges in a healthier way. I have found deep joy and satisfaction in upholding Anew Day's mission to spread healing, peace and hope in this community, where I was born and where I raised my children. Then there is the team... what an incredible blessing and honor it has been to be part of a team of remarkable people who love sacrificially, encourage faithfully and challenge each other to grow more Christlike every day. I also want to say thank you to an incredible Board of Directors, for their unity, their faith, and their support of me. You have had a great impact on my life. I would not have stepped away from

such a wonderful organization if I had not felt a strong calling from God in a new direction. Though I am sad to say good-bye, I am excited about my new role as Director of Women's Ministries at Calvary Bible Church. A great deal of my past experience has been leading Christian ministries to women and this work is in the center of my passion. I love people and long to help them grow in their knowledge of God and love for Jesus Christ. I am deeply honored to have been called by God to serve in my local church. As I make this transition, it is comforting to know that my life continues to be connected to Anew Day through my husband who remains on the Board of Directors. I will still, therefore, have opportunities to serve the ministry and its critical mission in our community.

Lastly, I want to say how excited I am that Gregory Ingram has accepted the role of Executive Director at Anew Day. I recommended him to the Board because I believe the Lord brought him to us with a particular passion and skill set that is just what Anew Day needs for such a time as this.

Grace and Peace to you,

Tricia Johnson

*For from Him and through Him and for Him are all things. To God be the glory forever! Amen.*

*Romans 11:36*

## GREGORY INGRAM

### Executive Director



As I reflect on my first few weeks at Anew Day, I am touched by the warm welcome I've received.

From Tricia and the staff, to our lay and professional counselors, and the Board of Directors, everyone has reached out to connect so personally. Even Gary, the landlord, stopped by to welcome me. It's been a wonderful start to a position at a company I hadn't even heard of a year and a half ago.

There's a Yiddish saying that resonates deeply with me: *"Man plans, God laughs."* Looking back, I can see how God has laughed quite often at the various plans I've made in life. My imagination often hears a chorus of angels joining in His laughter, especially when I became particularly serious about one of my plans. What brings a smile to my face now is recognizing that while I always intended my plans to align with His will, they were often far from the path He had for me. If I've learned anything in my 50 years, it's that *God is the author of my life's story*. My role is quite simple: be grateful, obey joyfully, and get busy with the work set before me. Through many twists and turns with plenty of heartbreak, failure, victory, and countless surprises, the perfection of His plan is evident, and the hubris of my many plans are comical. With age, I've learned to let go of the steering wheel and embrace that I am not in the drivers seat. In doing so, I've begun to see the humor in my backseat driving and can laugh along with God and His chorus of angels. His

divine orchestration is certainly no laughing matter, but, as I regret my willfulness and immaturity (and pray I continue to grow farther away from such behaviors), I can't help but see the humor in my foolishness.

Reflecting on my past, I particularly remember the plans I had as an undergraduate studying economics. I had no inkling that such plans would lead me through so many twists and turns, culminating in the past decade spent caring for the sick and dying as a hospice chaplain. If someone had told me in college that I would someday be a chaplain, let alone a hospice chaplain, I wouldn't have even had a clue how to respond. Yet, God's call led me to chaplaincy, and now has called me to serve at Anew Day.

As I sit in my new office, I recall first learning about Anew Day through the Nevada County Christian Ministers Fellowship. I was invited to join that group when I became the chaplain for Hospice of the Foothills in Grass Valley, CA, two years ago. Tricia stood out among that exceptionally dedicated group of ministers. In our first conversation, her heartfelt commitment to Anew Day was clear. I could see how she embraced God's love and how it overflowed into her work. I now recognize that His love is present not only in Tricia and her work but in everyone who serves in this ministry.

My decision to join Anew Day was straightforward because its center is His love, and *the organization is dedicated to addressing suffering with that love*. In 2006, when Nevada County faced a devastating surge in suicides, ranking highest in per capita suicide rates among California's

58 counties, an untold amount of suffering was going unaddressed. Our founders, a small group of concerned Christians, united to establish Anew Day, acutely aware of the pain and anguish behind that tragic statistic. What began 18 years ago has blossomed into the grassroots, nonprofit mental health care clinic we are today, providing a range of affordable services to Nevada County. In 2023, Anew Day provided 2,830 hours of counseling for individuals, couples, and families, along with weekly support groups for men and women, as well as various trainings, classes, and workshops throughout the year.

Today, Nevada County is ranked 17th on that somber list. I know that Anew Day played a role in that change, with every contribution stemming from God's love, which remains our constant center. As I start my tenure here, I invite you to join me in offering a prayer expressing gratitude for Tricia's significant impact at Anew Day and seeking blessings for her and her family, as well as the ministry she now leads. I also ask for your prayers that the Lord continues to bless this ministry by guiding and strengthening us as we care for those who suffer. But above all, please hold those who suffer in your heart, and pray that Jesus blesses and comforts them, helping them know that no matter who they are, what their journey has been, or their beliefs, we will answer our door if they knock. We will welcome them without judgment, with true hospitality, and embrace them with unconditional love, *"...just as Christ loved us..."* (Ephesians 5:2).



## SAYING HELLO

### GARRETT KRONLAND

#### Clinical Director



I started my time with Anew Day in 2016 when I joined as a Registered Associate MFT pursuing licensure through Anew Day's Professional Training Program. In 2020, I also joined the Administrative department, helping Anew Day navigate both COVID and a change in executive leadership. In 2021, I became a Licensed Marriage and Family Therapist, and have held numerous positions including serving since June 2023 as Clinical Director.

I also support Anew Day by offering Information Technology support, helping the organization grow in this new technological age. Being able to serve Anew Day in multiple areas has given me a strong appreciation of the important work that Anew Day does in serving our local community.

### JULIE BOUSFIELD

#### Lay Counseling Supervisor



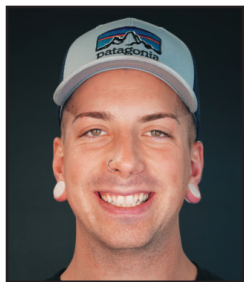
After first training as a nurse, then staying at home to teach our eight children, I now have the privilege of serving the Lay Counseling Team at Anew Day. We are a team of men and women from our 20's to our 80's who volunteer to meet with clients on a weekly basis. Some of us have one client on one day a week and others have multiple clients on multiple days each week.

We come from different walks of life and bring a variety of types of training and experience with us. What unites us is our passion to provide our clients with the hope and healing that they can experience when they find they don't have to navigate their experiences alone. I count it an honor and joy to work with such an amazing team of dedicated counselors.

## GRASPING FOR LIFELINES & FINDING SOLID GROUND

### JAKE FREEMAN

#### Lay Counselor



Growing up, life was relatively simple for me. My family and I lived in a quiet neighborhood. We had a table to eat at, beds to

sleep in, friends to play with, schools to teach us. It was mostly great. Nothing is perfect, of course, my family had its share of challenges, as we all do, and I managed them with the skills I had available to me in my youth.

As I grew older and life changed, things got a lot less simple. I found myself having to navigate some difficulties that I hadn't been prepared for; difficulties like my parents' divorce, poverty, loss, loneliness, depression, and even suicidal thoughts. Many of the things

I had relied on for support were not the solid ground I had once considered them to be. Without knowing how to cope with such adversity on my own, I was sent into a spiral, grasping for lifelines. Today I thank God constantly for having provided unexpected lifelines to me through the likes of pastors, mentors, and counselors at Anew Day.

In my time of need, Anew Day provided ongoing counseling at no cost to me. Through my counselor, I received a listening ear and a helpful guide through some of the most difficult things I've ever experienced. We worked through all sorts of things, and today I still use the skills I gained and benefit from the time that we spent in those sessions.

Looking back, I can see that Anew Day provided some of the help that I sorely needed, help I'm so glad I received.

I am truly grateful for the support I was given in some of my darkest moments and for the invaluable life and relationship tools I developed at Anew Day.

I am also grateful that Anew Day operates in such a way that I am able to serve others in the same way I was served. Today, I am now part of Anew Day's Lay Counseling Division. I get to walk through difficult things with others, be a listening ear and a compassionate heart to people who are just like me.

In both experiences, my time here has been that of incredible worth. For those in need of counsel, I cannot more strongly recommend Anew Day. For those seeking opportunity to serve hurting people, I cannot recommend Anew Day more strongly. I am glad this ministry exists. I expectantly praise God for the many years of faithful ministry to come.

## CONNECT WITH US



PHONE  
530.470.9111



EMAIL  
admin@anew-day.com



WEBSITE  
www.anew-day.com



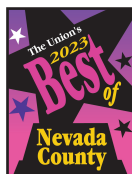
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anewday4hope



INSTAGRAM  
anewday4hope



MAIL  
650 Gold Flat Rd, Ste A  
Nevada City, CA 95959



**THANKS** to many of our loyal supporters, the community, and our clients, Anew Day earned the Best Mental Health Provider In Nevada County for 2023 - the *twelfth* year receiving this award since 2011!

## CURRENT GROUPS & CLASSES

### Women's Support Group

Tuesday Evenings  
5:30-7 PM

### Men's Support Group

Wednesday Evenings  
6-7:30 PM

### Writing Through Grief

Monday Evenings  
5-6:30 PM 9/9 - 9/30

### Let Your HeART Speak

Tuesday Mornings  
9-11 AM 10/1 - 11/19

### Counseling Skills Workshop

Monday Evenings  
5:30-7 PM 10/7 - 11/4

*Find out more at: [anew-day.com/classes](http://anew-day.com/classes)*

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