

# 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 2015

## **An Overwhelming Response** **AACCS's First One Day Women in Ministry Retreat**

Eleanor Huang, LCSW

In 2013 AACCS began conversations with Dr. Jenny Pak, an associate professor of psychology, a clinical psychologist and pastor's wife. We had a mutual desire to bless Asian American pastors' wives with a one or two day retreat where we could minister to them with new insights and provide a forum for mutual support and reflection. We began planning for such an event in 2014 after receiving grant money from a local family foundation. As we prayed over how to reach pastors' wives, we began to expand our vision to include not only pastors' wives but women in general who were serving in ministry.

We decided a one day retreat would be the most do-able, but we were still uncertain who and how many women would come. Women in ministry have packed schedules. Would they be willing to devote an entire day, and would they drive across the expanse of L.A. County to join us? To our amazement, the response to our offering was overwhelming.

*Embracing Wholeness: Understanding the complexities of spiritual & emotional health in the context of our Asian American cultural heritage* was the theme for the day. Featuring Dr. Pak as the main speaker, the event had 116 women signed up to spend the day with us on Monday, August 4<sup>th</sup> at Lake Avenue Church in Pasadena. Regretfully, during the week prior to August 4<sup>th</sup>, we were turning away women because we had reached our capacity. Women in ministry came from as far away as South Orange County and San Bernardino. There was even a woman from Decatur, Georgia who happened to learn of the retreat while visiting Los Angeles.



Dr. Pak's four part presentation resonated deeply for the participants and set the tone for small group interaction and activities that were interspersed throughout the day. Of the 116 women who attended, 100 were assigned to 13 small groups facilitated by 9 AACCS clinical staff therapists and board members and 4 therapists from our network of Asian American Christian therapists in the community. There were women of Japanese, Chinese, Korean, Filipino, and Southeast Asian descent. They engaged energetically, wholeheartedly, and vulnerably in the small group sessions.

Of the 100 women in small groups, 16 were pastors' wives (18 if we include the two therapists leading their small groups), 8 were pastors, 8 were church leaders or in church administration, 15 were in children's ministry, 15 were involved in youth/college/young adult ministries, 8 were involved in family ministries, 7 were in worship ministries, 8 were para-church leaders, 7 were involved in missions, and 8 had miscellaneous interests in ministry.

*continue on page 3*

## ***Message from the Board...***

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One of the reasons I enjoy the Old Testament is that there are many stories about how God uses flawed people to accomplish His purposes and how God loves them and shows them magnanimous mercy and grace despite their failings. In day to day life, one of the best places to observe this redemptive dynamic is in marital relationships.

In 2014, AACCS therapists provided over 3700 counseling sessions, many of which were for marital counseling. Some of these couples came reluctantly at the urging of family or friends. Others came because they were earnestly seeking solutions for years of marital discord. For most of these couples, it was painstaking hard work. Yet, as breakthroughs large and small occurred, they found new tools to communicate more effectively and lovingly, tools that brought healing and restoration to what was broken.



It has been said that the larger, grander purpose of marriage is to be a reflection of the image of God. For Christian couples, marriage can be a powerful testimony of forgiveness, reconciliation, and redemptive love—the way God loves us through Christ. God’s plan for marriage also includes legacy building. He desires to use marriages to bless generations yet to come. After all, how couples choose to live their lives together, or apart, impacts the future of their children as well as the future of their children’s children. From healthy marital relationships flow a multitude of lessons on how flawed people can live together and thrive for the good of the whole and for God’s ultimate glory.

At AACCS, we have been mediating marital conflicts since 1986. Our therapists have counseled and witnessed the recovery of hundreds of marriages, even marriages that seemed beyond repair. For couples who have found remaining together impossible, our therapists have helped individual partners navigate the emotional complexities of separation and loss. In all, it has been a privilege to help shape life stories that become a living testimony to God’s unconditional and redemptive love.

With 29 years behind us, more than a generation has passed. We hope that our commitment to strengthening marriages and families has fulfilled God’s greater plans and purposes for those who have come through our doors.

As always, the work of AACCS would not be possible without your prayers and financial support. We are grateful for another year of service. Thank you for your investment. It truly does make a difference.

Eleanor Huang, LCSW  
Board of Directors  
Executive Director Consultant

*“For the Lord is good; his steadfast love endures forever,  
and his faithfulness to all generations.”  
Psalm 100: 5 (ESV)*



## An Overwhelming Response-cont.

(Continued from page 1)

This one day retreat confirmed a definite need and desire for women in ministry to come together to share their experiences and find support from each other. At the end of the day, the majority of the guests rated their retreat experience as “very satisfied,” saying they “loved” the conference and enjoyed the speaker, their small groups, and meeting other women in ministry.

As a sampling, we received these words of encouragement from one of the participants:

*“Thank you once again for dreaming of this day! ... Perhaps this is just the beginning, a stepping stone, to something more that God wants to do through you and AACCS...I was and am so blessed to be part of this. It was a retreat AND a conference for me...being pampered with worship, food, fellowship, laughter, and time away for myself; AND growing in understanding of myself, cultural influences, and where Christ stands in the bigger scheme of life...”*

We are grateful that this day was made possible through the collaboration with Dr. Jenny Pak as well as through the generosity of the local the family foundation who funded this effort. We look forward to doing this again and covet prayers for all the right elements to come together for this next opportunity.

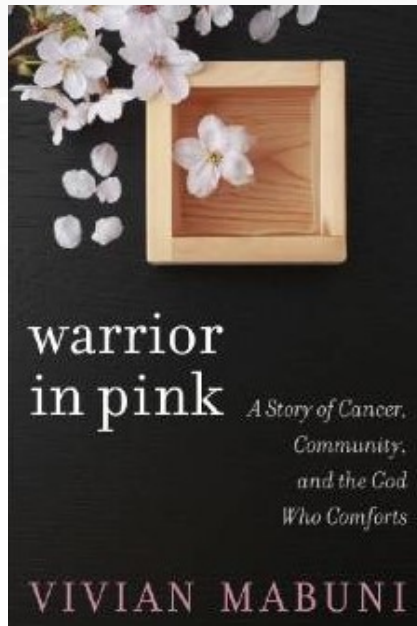


## 2015 Afternoon of Kindness Luncheon

Arlene Yee, LCSW, Board of Directors

The 11th Annual AACCS Afternoon of Kindness Luncheon will be held on Sunday, April 19, 2015 from 12:30 – 3:30 at Almansor Court in Alhambra. This year we are excited to have Vivian Mabuni as our featured speaker. Vivian is a cancer survivor, author, wife, mother of three, and a ministry leader.

Vivian joined the staff of Campus Crusade for Christ (now known as CRU) 26 years ago and has served on the UC Berkeley and UCLA campuses. She now serves with CRU as a member of its National Executive Committee with Epic Ministries, the Asian American ministry of CRU.



As an author, Vivian recently published her first book which chronicles her journey facing breast cancer. *Warrior In Pink: A Story of Cancer, Community, and the God Who Comforts* (Discovery House Publishers) is now available in bookstores, through online booksellers, and electronically for download.

She has been married 23 years to her husband, Darrin, and is mom to three wonderful kids, Jonathan (21), Michael (18), and Julia (13). They live in Mission Viejo, California along with their German Shepherd, Koa.

Our annual luncheon will also once again award the recipients of The Ryo and Jean Komae Scholarship for 2015. This scholarship was established in 2011 by AACCS board member Kent Komae and his wife Jody to honor Kent's parents, Ryo and Jean Komae for their legacy of faith and commitment to strengthening families. The purpose of the scholarships is to encourage second year graduate students pursuing degrees in the mental health professions and who desire to use their knowledge and skills to serve the Asian American Christian community.

Please join us for a joyful afternoon among friends and supporters of AACCS. The proceeds raised by this major fundraising event will help subsidize fees for clients who would otherwise not come for help. Since 1986, AACCS has given away more than \$3 million in discounts to maintain affordable services.

The cost is \$60 per person or \$55 for groups for four or more. You may register online at [www.aaccs.org/events/](http://www.aaccs.org/events/) or send your reservations in to AACCS. Please make checks payable to AACCS and mail to your reservation to

2550 W. Main Street, Ste. 202,  
Alhambra, CA 91801

Please include the names of any additional guests. The deadline for reservations is April 6th.

For additional information, email [luncheon\\_info@aaccs.org](mailto:luncheon_info@aaccs.org)  
OR contact Arlene Yee (562) 269-3295 or Eleanor Huang (310) 918-6488.



## Best Wishes to Pam Fong as She Retires



On December 14, 2014, we honored Pamela (Pam) Fong for 22 years of service with AACCS as she retired from serving as Financial Administrator. Pam joined our agency during its fledgling years, putting in place many of our administrative and accounting functions. She played a key role in all of our fundraising efforts and kept us organized at almost every level.

We also bid farewell to her husband, Art, who serviced our IT needs during the years that Pam was with us. Both Art and Pam will be missed. For Pam especially, we extend our best wishes for a well deserved rest and blessings beyond measure in her retirement.

While anticipating Pam's retirement, we brought aboard Rebecca Huff in September as AACCS' first full-time Bookkeeper and Office Manager. Her extensive experience as well as a heart for Christian ministry has made her a great fit for our organization.

We are grateful for both these amazing ladies for their dedication and support for the operational needs of AACCS. They represent God's faithful provision to this ministry as we look back and as we stretch forward.

### 1st Annual AACCS Walk for Mental Health Awareness

For 2015, instead of our annual golf tournament, we will be going in a new direction. By the time you receive this newsletter, we will have completed our **1st Annual AACCS Walk for Mental Health Awareness**.

Thanks to the LA Chinatown Firecracker Run committee, we were invited to join them on February 28th for their bike-athon and on March 1st for their 5k/10k run/walk through the Chinatown area. Sixty friends and family members of AACCS signed up to walk, run, and ride for AACCS. Our thanks and appreciation goes to all who participated to raise mental health awareness and to support our efforts to fundraise so we can continue offering deep discounts for our most needy clients.

### 22nd Annual Art & Sharon Yokoi Memorial Golf Tournament Results October 10, 2014

*Thank you to the many sponsors, donors, golfers and volunteers.  
With your help, we raised \$10,700!*

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#### TOURNAMENT WINNERS

**Low Gross**  
Men's—Vicent Woo  
Women's—Marlene Ching

**Men's "A" Flight**  
1<sup>st</sup> Place—Judd Matsunaga

**Men's "B" Flight**  
1<sup>st</sup> Place—Harvey Ujimori  
2<sup>nd</sup> Place—Herb Tasaka

**Men's Callaway Flight**  
1<sup>st</sup> Place—Doug Woo  
2<sup>nd</sup> Place—Yutak Anegawa  
3<sup>rd</sup> Place—Jim Lew  
4<sup>th</sup> Place—Bradley Gardner  
5<sup>th</sup> Place—Mike Mikulski  
22<sup>nd</sup> Place—Tom Hoey

**Women's Callaway Flight**  
1<sup>st</sup> Place—Karen Woo

**Women's Callaway Flight**  
1<sup>st</sup> Place—Feli Yamae  
2<sup>nd</sup> Place—Stephanie Komae

**Closest to the Pin**  
Hole #3—Tak Shimazaki  
Hole #12—Bradley Gardner  
Hole #17—Karen Woo

**Longest Drive**  
Men's—Vicent Woo

## Therapist Corner: Welcome & Farewells

June Sano, LMFT, Clinical Director



AACCS welcomes our newest clinical staff member to our Alhambra office location. Ann Gottuso is a licensed Clinical Psychologist. She has a MA in Psychology and Theology from Fuller Seminary as well as a Ph.D in Clinical Psychology. She joins our staff with extensive clinical experience and is able to converse with limited Mandarin and Spanish language capabilities.

In her postdoctoral fellowship, she conducts assessments and clinical interviews with patients suffering from medical conditions such as strokes and traumatic brain injuries. She also has experience providing support to caregivers of patients requiring long term care. She has a heart for those in the mission field and is interested in providing member care services. At her former counseling center, she led missionaries in debriefing groups.

Additionally, Ann has experience working with neuropsychological conditions such as ADHD, learning disorders, and memory or cognitive problems. She has also worked with issues such as trauma/PTSD, stress management and cross cultural issues.

As we welcome Ann, we are sad to lose three of our clinical staff members. Shane Matsui has been an LCSW clinician at AACCS for many years. He was presented with a full-time opportunity out of state, so we wish him well in this new venture and will miss him at our Torrance office location.



As a founding member of AACCS, Suellyn Kambara, LCSW has been a part of AACCS since the very beginning. She was instrumental in forming the clinical arm of the agency while serving on the first team of clinical directors/supervisors. She was an active part of our clinical staff for more than 30 years in addition to her full-time work. As Suellyn desires to slow down and have more time for new adventures, she will still be in contact with us and will participate in our events as she can. Her husband Ken, also a founding member of AACCS, remains on the Board of Directors, so we are confident in her continued involvement with our agency.

We have also had to say goodbye to Marian Sunabe, LMFT as a part of our clinical staff. As with Suellyn, she was a member of our clinical staff from the beginning as one of our first MFT interns. She is maintaining a grueling full-time position in another work setting and is unable to continue her part-time position with AACCS at this time. As she is able, we look forward to her involvement with us again in the future.

We will miss Suellyn and Marian as active clinical staff members. They both played important roles in the development of our ministry and set a professional standard that has blessed many over their three decades of service.



## Presentations/Events

Rie Mizuki, Ph.D., Speakers Bureau Coordinator

- 07/01/2014 *The Five Languages that Communicate Love*, JEMS Mt. Hermon Christian Conference Nichigo Camp, Mt. Hermon – Rie Mizuki, Ph.D.
- 07/12/2014 *Inner Healing*, Ministry Leaders Group, Garden Christian Fellowship, Chatsworth – Carol Miyake, LCSW
- 07/25/2014 *The Ministry of Listening*, Annual Leadership Retreat for the Home Church Movement, Harvest Time, Japan – Ken Yabuki, LMFT
- 09/06/2014 *Counseling in the Power of the Holy Spirit: Healing and Deliverance*, AACCS Clinical Staff Training, Evergreen Baptist Church, SGV, La Puente – Joseph Ozawa, Ph.D.
- 09/14/2014 *Ministering in the Power of the Holy Spirit*, Prayer Ministry Team, Evergreen Baptist Church, SGV, La Puente – Joseph Ozawa, Ph.D.
- 09/14/2014 *Parenting Special Needs Kids*, Evergreen Baptist Church SGV, La Puente – Peggy Wang, LMFT
- 10/12/2014 *Parenting Special Needs Kids*, Evergreen Baptist Church SGV, La Puente – Peggy Wang, LMFT
- 10/18/2014 *Finding Hope and Strength During Life's Challenges: Healing and Wholeness in Christ*, Gardena Valley Baptist Church Women's Weekend – Stephanie Nakayama, LMFT
- 10/19/2014 *Healing Life's Hurts: Spirit Empowered Tools in Inner Healing*, Evergreen Baptist Church SGV Women's Retreat Workshop, Newport Beach – Carol Miyake, LCSW
- 11/09/2014 *Parenting Special Needs Kids*, Evergreen Baptist Church SGV, La Puente – Peggy Wang, LMFT
- 01/22/2015 *How To Build Relationships with Your Child and Effective Anger Management*, Purdue University Chinese Scholars, Professors, and Graduate Students, Great Lafayette Chinese Alliance Church, West Lafayette, Indiana – Peggy Wang, LMFT
- 01/22/2015 *Respecting our Spouses and Parenting our Kids*, Women's Group, Great Lafayette Chinese Alliance Church, West Lafayette, Indiana – Peggy Wang, LMFT
- 02/12/15 to 03/16/2015 *Equipping Youth for Ministry and Evangelism*, Asia Ministry West Malaysia, Borneo, Sarawak, and Sabah – Joseph Ozawa, Ph.D.
- Winter, 2015 *Introduction to Human Neuropsychology and Assessment*, Fuller Graduate School of Psychology, Pasadena – Ann Gottuso, Ph.D.

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AACCS Newsletter

March 2015

11TH ANNUAL  
AFTERNOON OF KINDNESS LUNCHEON  
Sunday, April 19, 2015

12:30 to 3:30 pm

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Alhambra, CA 91801

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Groups of 4 or more: \$55 Per Person

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