



A Mother's Advice

by Nora Seemann

Nora Seemann is a friend of Mid-Valley Fellowship and resides in New Albany, Ohio. Nora and Duan first became acquainted through a support forum sponsored by Exodus International. Nora and her husband Fred lead a Parent's Support Group at *Bridge of Hope*, an Exodus ministry in Columbus, Ohio. Last month, Nora and Fred shared their journey as parents of a woman embracing the homosexual lifestyle. This month, Nora shares some very practical tips for parents. Again we are blessed to have Nora share from her experience.

Fred and I will celebrate our twenty-ninth wedding anniversary in January. We have learned many things. Fred has learned confrontation is not always the answer, but compassion goes a long way. We would like to pass on some of the things we have learned to be so important in relating to your loved one, your child, or your friend who has embraced homosexuality.

Keep the communication open between yourself and your child. You do not need to discuss "the issue" in every conversation. Your child already knows how you feel about the situation. Confrontation just causes the son/daughter to be more secretive and to withdraw from the parent and any influence you may still have.

Express your love for your child. Show your child your "unconditional" love. "Unconditional love" is giving your love — without conditions, without requirements. I love my husband and my children for themselves, just as they are, warts and all. And I'm sure that's the way they love me: warts and all.

Don't be afraid to touch your child. I have heard grown men say "I was afraid my Mom and Dad wouldn't ever want to touch me again or hug me." Such fear of losing the love of their parents. Hug him/her and don't isolate yourself from being "Mom" or "Dad." Children (regardless of age) have a fear of rejection by their parents. I Peter 4:8 tells us, "Above all, love each other deeply, because love covers a multitude of sins." Voice your love and show it. Never give up on your child. Release that fear from your child's life. Be a safe place for that precious one.

A special word to dads: Your children need you. Spend time with your child, regardless of their age. It's never too late to let your child know you love him, care about him, and want to be with him. Your sons and your daughters need your affirmation.

Educate yourself. Find resources that will help you understand the homosexual lifestyle and take advantage of those resources. Mid-Valley Fellowship's website has a lot of great information and links to other sites.

Give yourself permission to grieve. Recognize this is a normal reaction. You may go through the cycles of grief many times. This is to be expected. Learn how to turn it over to God.

STOP blaming yourself. Recognize you are in no way directly responsible for your child's sin. The life, death, and resurrection of our Lord Jesus Christ provides a way out of that sin. If God does reveal to your heart something you've done that may have played a negative part in your child's life, go to them and ask forgiveness. This may be a truly healing act for your child and for you.

Find support for yourself. It is important that you not keep this secret to yourself. No one should carry this weight alone. You need to relate to others who can pray for you and encourage you.

Don't neglect your church attendance. God has given each of us a gift in our lives — not to keep within ourselves, but to use to bless our brothers and sisters in Christ. Let your church community bless you and give of yourself to bless others.

Maintain your marriage. You will need each other's love and strength to get through this. Look for things you can do together to just have fun. Don't lose your ability to laugh and don't let this "issue" control your life. Life goes on and it's important that your marriage stand strong.

Encourage yourself with Scriptures and devotions. Build on your relationship with the Lord and remember, He has begun a work in your child's life, and He will finish the work He has started. He is also working in YOUR life. Trust Him and believe. It may surprise you what God has in mind for YOU.

Journal your journey. This should be where you record God's blessings, His love, answered prayer, and Scripture verses. In times of defeat, you will find this to be a real blessing to you and the memories will uplift you and renew your joy (Philippians 4:8).

Pray. Keep your child and your family covered in prayer. Prayer is simply talking to God, just like you'd talk to your closest friend, and that's exactly what He is. He loves. He cares.

Enjoy life. We only have one on this earth. Find joy and happiness in God, despite the heaviness of your heart, and let that joy reflect in your face and in your life. It will reveal your trust in your Heavenly Father and will speak volumes to your child. Remember, "the joy of the Lord is our strength" (Nehemiah 8:10).



Nora with her husband Fred

**"May the God of hope fill you with all joy and peace as you trust in Him,
so that you may overflow with hope by the power of the Holy Spirit."**

Romans 15:13



World AIDS Day Prayer Gathering

Saturday, December 1, 2007, 7:00pm to 9:00pm

at Willamette Community Church
420 Third Avenue SE, Albany

December 1st is World AIDS Day. Established by the World Health Organization in 1988, World AIDS Day serves to focus global attention on the devastating impact of the HIV/AIDS epidemic. Join us for a time of **prayer, worship, and learning** about the fight against HIV/AIDS in our neighborhood and around the world.

Pray With Us

May the Lord raise up researchers, doctors, nurses, and tens of thousands of caring people to make the light of Christ shine through mercy. Show us how to love men and women living with HIV/AIDS in Oregon and beyond.

Upcoming Events

December 1

World AIDS Day Gathering

December 5, 12

Open Groups

January 15

Family & Friends Group

January 9, 16, 23, 30

Taking Back Ground Program



Is there hope for ...

**those struggling
with homosexuality?**

**parents of
homosexual children?**

**spouses of
those struggling?**

**individuals and churches
wrestling with the
issue of homosexuality?**

Open Groups

**Wednesday, December 5, 2007
Wednesday, December 12, 2007
7:00pm**

at LifeSpring FourSquare Church
1495 NW 20th Street, Corvallis

A time for anyone impacted by or
concerned about homosexuality
to share and learn together.
Everyone is welcome.

Family & Friends Group

Tuesday, January 15, 2008, 7:00pm

at LifeSpring FourSquare Church
1495 NW 20th Street, Corvallis

This monthly group will address the difficult issues faced when a family member or friend is embracing homosexuality. Receive support, prayer, and encouragement from others who can relate.



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