



July 2009  
Volume 13, Issue 7

# A Measure of Grace

A Publication of Where Grace Abounds



## Making Changes That Last *by Roger Jones*

A few months ago, I wrote an article titled “What Do You Mean By Change?” (You can read it at [www.whergraceabounds.org/Newsletter\\_PDFs/April\\_2009.pdf](http://www.whergraceabounds.org/Newsletter_PDFs/April_2009.pdf).) In the article, I said change is a vague term that can mean something completely different from person to person. Also, I brought up the idea that when we pre-decide what we believe change to mean, we often limit what we believe God can do in our lives.

This month, I want to discuss some different types of changes that we make in order to meet our goals. Some changes are focused on our behavior, particularly if we are dealing with some type of addiction or an unhealthy pattern. Other changes that we try to make are more difficult, as they require a deeper look into why we make the choices we do.

In his workbook, *Facing the Shadow*, Patrick Carnes writes about re-  
*(Continued on page 2)*

### *Inside this issue:*

Changes that Last	1
A Parent's Story	3
Girl in the City	4
June at a Glance	8
July and Beyond	8

Where Grace Abounds  
P.O. Box 18871  
Denver, Colorado 80218-0871

Office: 303/863-7757  
Fax: 303/863-7769

email:  
[info@whergraceabounds.org](mailto:info@whergraceabounds.org)  
website:  
[www.whergraceabounds.org](http://www.whergraceabounds.org)



*(Making Changes continued from page 1)*

covery from sexual addiction. The workbook is full of exercises that take the reader through a process of self discovery, with the ultimate goal of understanding the systems and dynamics operating in a person's life that have led them to an addiction. In my own process of healing, I have found this workbook to be a very useful tool.

One of the things Carnes discusses is the concept of change. He has identified two different types: first order change and second order change. People are making changes in their lives all the time, and Carnes describes the different dynamics involved in each type.

First order changes are "concrete actions taken to quickly stop a problem and to address specific consequences."

An example of this type of change occurs when people on a diet throw out all of their junk food. A similar example is that of drug addicts who throw out their stashes, because they have become sick of using. These first order changes are often swift and decisive.

In my own journey, I have made many first order changes. Addiction to pornography is one of the core issues that brought me to Where

Grace Abounds. In my struggle with pornography, I have put a filter on my computer which restricts internet access. Hoping to limit the ease and availability of porn, I have cut up membership cards to video rental stores. I have even given my VCR to a friend for awhile, so I wouldn't have the option of watching movies at home. First order changes typically address a specific behavior and have some type of immediate result.

Second order changes are "those steps that people take to actually change the dynamics of their life and the way they live." The person on the diet not only throws out the junk food but also joins a Weight Watchers group where they can talk about the reasons why they are overeating. The drug addict enters rehab after throwing away the drugs, creating an opportunity to discover what he or she is running from when getting high.

Above, I described some of the immediate steps that I took to help with my addiction to pornography. What was missing from those actions was an opportunity to look beyond the behavior to what was motivating me to turn to pornography in the first place. It wasn't until I began to address the roots of my problems that I

*(Continued on page 3)*

***Second order changes are "those steps that people take to actually change the dynamics of their life and the way they live."***

*(Making Changes continued from page 2)*

began to experience deep and lasting change. I came to Where Grace Abounds to get involved in the groups and counseling offered here. This gave me opportunity to be real and open and honest about my struggles. Eventually, I sought out a therapist. I continue to participate in a variety of groups and have accountability in place to discuss my temptations and struggles.

First and second order changes work together. Often, eliminating a troubling behavior (first order change) creates opportunity for second order change. When I stopped using pornography for a season, the reasons I turned to pornography came floating (or rushing) to the surface. At this point, I was faced with choices. Do I turn back to porn to make this pain go

away? Do I turn to something else that will mask my pain? Or, do I sit with these painful feelings and try to make changes that will meet my needs in a good and healthy manner?

People who are addicted often only make first order changes. Eliminating a behavior can often be done alone, without anyone else ever being involved in the process. First order changes are important, but in and of themselves, they are ineffective over

the long haul. Second order changes always involve other people. Together, first and second order changes give us the best chance of seeing true and lasting change.

Finally, I would like to remind you (and me) that we are still human. Despite our best efforts, we cannot completely remove all temptation or sin from our lives. Of course things can get better. In fact I believe things can get MUCH better, especially

when addiction is an issue. Back to my own struggle with pornography, I have made much progress through a combination of first and second order changes. I still struggle at times, but understanding the deeper issues helps me to remember why I have made my best effort to remove this behavior from my life completely. Having other people in my life

whom I can talk to about my struggles is a huge benefit too. I still have the capacity to sin, but that sin no longer has the power over me that it once did.

Praise God for change!

***First order  
changes are  
important, but  
in and of  
themselves, they  
are ineffective  
over the long  
haul.***

## That Sexy Girl in the City

By Scott Kingry



It's official. I don't think I'm actually living in the New Millennium. If they had a support group for people like me, I'd be opening with, "Hi, my name is Scott and I'm a *retro-nerd*." The music I listen to, my favorite TV shows and taste in clothing and decorating all point towards a time somewhere between 1940 and the 80's---life just stopped going forward apparently. Do you think it's a diagnosable mental illness?

Well, meanwhile as I do research on that topic, a show I've been revisiting through the miracle of DVD's is Marlo Thomas's *That Girl*, circa 1966-1971. As a person who works in the area of sexuality, gender and relationships, I'm always fascinated by how our culture has gotten where it is. Watching



these old programs reveals seeds of belief systems and schools of thought that are in full bloom now. The show was ground breaking for its time. To have a single girl, forgo-

ing the traditional marriage path and moving to New York to pursue a career as an actress, had never been done before. The Woman's Lib Movement was still in its infancy then. Ann, That Girl, seems to be an earlier model of our modern, Manhattan-loving single gal, Carrie Bradshaw from *Sex in the City*. Let's do a quick comparison:

- Live in a way-too-fabulous Manhattan apartment on the salary of an actress/writer (check).
- Have a way-too-fabulous designer wardrobe on the salary of an actress/writer (check).
- Have a faithful, long term relationship with a man (Hmmm).

I remember last summer attending the history-making premier of the *Sex and the City* movie, which some writers have deemed "the equivalent of *Star Wars* for women." Picture lines and lines of women wrapped around the theatre, then all 300 seats filled, only six of them by guys--Roger and I along with friends. Whether you like the program or not, you have to admit that it's obviously impacted women. When I ask female friends about why they love the show so much, a frequent answer is, "It's

(Continued on page 5)

*(That Sexy Girl Continued from page 4)*

not about sex, but about relationships.” And I would agree. Carrie (played by Sarah Jessica Parker) is a journalist who writes a weekly newspaper column entitled “Sex and the City” and has three close friends—Miranda, Samantha and Charlotte—who frequently appear in her editorials. Each woman represents a different female role in our culture (career woman, traditional bride wannabe, and ageing nymphomaniac). As Carrie writes about certain themes pertaining to women, men and relationships, we get to see how they play out from each woman’s different perspective—pretty clever.

Relationships were a central focus for the show. By the time we got to the movie, after a six-year run on HBO, each woman was now happily settled down with a Mr. Right. But what’s also true is that each of the characters went through a lot of men and sex to find them. After some expert research on Google, I estimated that between the four women, they had sex with 89 guys to get to their eventual soul mates. That’s a lot of sex and more amazingly without any STD’s. With all this in mind I wonder, “What are the pros and cons of ‘trying on’ numerous people relationally and sexually to find the person we’ll eventually marry?” It sounds like something Carrie might tackle in her column.

Author Frederica Mathewes-Green adds an opinion to the dialog in her essay, “Let’s Have More Teen Pregnancy,”



where she advocates for men and women getting married earlier and younger—like before the age of 25. Among her many reasons for this are that our bodies are ready to reproduce by 18 or 20; younger parents aren’t too creaky to keep up with small children; and expecting young Christians to wait an additional 10+ years to have a sanctified sexual life is a challenge, even for the noblest of saints. But another reason is that she believes waiting so long for marriage and “trying on” numerous relationships might actually increase the chances for divorce—*“Young people may not be getting married, but they’re still falling in love. They fall in love, and break up, and undergo terrible pain, but find that with time they get over it. They may do this many times. Gradually, they get used to it; they learn that they can give their hearts away, and take them back again... By the time they marry, they have had many opportunities to learn how to walk away from a promise. They’ve been training for divorce.”*

*(Continued on page 6)*

*(That Sexy Girl continued from page 5)*

What about Ann and her boyfriend Don Hollinger from *That Girl*? How many other people did they “try-on”? Not another single one. Their show ran for five years and remarkably they never had sex or even got married. I don’t care how wacky Ann was or how many bowling balls got stuck on her foot, it seems pretty improbable that Don would wait around all that time for her to get her career established without exploding from the sexual tension somewhere in the process. The show continued to hold up the idealistic views of sexuality from the

50’s even though it was set in the sexual revolution of the late 60’s. So how many people do I think should be “tried on” before marriage? How would I know?—I’m single and I just write about this to stir the pot. But I’d venture to say that one is a good number and certainly a whole lot better than 89.



## A Parent’s Story ~ Part 1 as told to by Mary Heathman



*The holiest moments I experience are when someone tells me the story of what has hurt or cost them the most, and how they are living with that pain. One father’s story particularly touched my heart. It was written as a letter to his pastor and I reprint it here with permission and names changed to protect their privacy. I pray the Lord will bless you by hearing this father’s heart.*

Dear Pastor - I was in church with you last Sunday when you started your series on "un-Christian". I was told that you were going to be talk-

ing about how to love the homosexual. My wife and I would have liked to talk with you about this, as it is a big part of our story, but our flight left on Sunday. Still, the focus of your message kept rising up within me over the next few days, so I decided to write and tell you my experience. I want you to hear a parent's perspective.

My daughter “came out” to us four years ago, when she told us of her ten year old same-sex relationship. She declared to us that she had

*(Continued on page 7)*

*(A Parent's Story continued from page 6)*

met her "soul-mate". A little over three years ago she and her partner traveled to Canada to get "married."

I say "married" because I do not consider it a marriage and I do not know if I ever will. I believe that God designed marriage—that it represents a unique foreshadowing of Christ's relationship with the Church. I also believe the attack on marriage, including the rising divorce rate among heterosexuals, has its roots in a tremendous spiritual assault by the enemy. I also believe the current cultural climate regarding homosexuality is also a spiritual attack—with the ultimate objective of demonizing Christians and even God.

As I read over what I just wrote, I know it sounds harsh—but that's not the condition of my heart. I am also now in a place where I know that all sin in God's eyes is the same and that sin separates us from God. Previously, I believed this in my head, but in my heart I judged some sins as more heinous. I now realize that though some sin results in greater consequences in this life, when held up to God's standard, it is all the same; we all fall short.

When our oldest daughter became involved with another woman ten years ago, she was lost to us as her personality and even physical appearance changed. This began the darkest chapter in my life—a season of great heart-ache that has impacted my wife

and I as well as each of our children. As I battled with depression and grief, I thought my daughter's commitment to her lesbian partner was going to destroy me. At times I wished the Lord would give me a terminal illness and take my life because the pain was so intense. I have been on antidepressants for a several months during the last four years. On top of this, my relationship with my other children was affected, as I was not available emotionally for them.

A little of my background might be helpful. I have been a Christian since age fourteen; have been married for thirty years. We are blessed with four children and three grandchildren. I have been very active in church since I was a baby as my parents were Christians and took me to church. My wife and I have served as Deacons for several years; I have also served as an Elder in several churches for around twenty years. We have been active in teaching Sunday school and leading Marriage Seminars. God also led me to pursue a master's degree in Christian Counseling, completed eight years ago. My Counseling degree is not my vocation, but hopefully it has enabled me to minister more effectively as a husband, father, elder, and Christian.

*Look for part two of this father's story in next month's newsletter.*



## June At a Glance

**June 11th:** Roger presented at Jubilee Church

**June 21st:** Mary spoke at Little Chapel of the Hills

### Thursday Night Group

**June 4th:** 39 people

**June 11th:** 35 people

**June 18th:** 32 people

**June 25th:** 35 people

**Orientation meeting:** 2 new people

## July And Beyond

**July 11th:** Intercessory Prayer. Join us from 7:00—9:00 am at the WGA offices

**July 8th:** WGA presenting at Friends middle school camp and senior high camp

**July 11th:** Intercessory Prayer. Join us from 7:00 - 9:00 am at the WGA offices

**July 21st:** WGA Pastor Training Event

**July 27th-31st:** Mary speaking at Bear Trap Ranch Retreat

**August 1st:** Intercessory Prayer. Join us from 7:00—9:00 am at the WGA offices

**September 15th:** WGA Pastor Training Event

**September 25:** Roger speaking at HIV CareLink volunteer training

**November 17th:** WGA Pastor Training Event

### WGA Staff

**Roger Jones**  
Executive Director

**Scott Kingry**  
Program Director

**Jamet Moine**  
Asst Program Director

**Mary Heathman**  
Founding Director

*A Measure of Grace*  
is edited by  
Elodie Ballantine Emig

*Where Grace Abounds*  
exists to guide and support  
men and women who seek to  
understand sexuality and  
relationship, and to inspire  
all people to know and  
personally appropriate  
God's plan for their  
sexuality and relationships.

Printed in the USA  
Copyright 2009