

## Know Your Children's Friends ...

By Dr. Douglas Keffer

I sit with a lot of parents that talk to me about the issues that they see their children, both children and adolescents are dealing with that arise because of them associating with their friends. Parents, it is imperative that you know who your children are associating with because there are so many families that do not share our principles as Christian families. The number of young people that are dealing with alcohol and drug usage is amazing. Now they are faced with the use of cannabis because it okay to use... "It's legal" now. I had a client tell me she can use it because she has a prescription for it. A family member told me that she does not have a prescription for it, and that she is saying that to make it look to others that its okay for her to smoke a joint when she wants. There is also the increase in the vaping that is going on... "It's different because it doesn't have tobacco in it." Vaping still exposes the person to nicotine, and that is what is addicting in its use. Then you have your children being exposed to pornography with their friends. I can't tell you the times a male has told me that they saw their first magazine, porn video, or porn website at their friend's house. This

all leads to behavioral patterns that can be very dangerous for your children. We would always have to know the name of our son's friends' parents, and a phone number before they could socialize with them. Our sons understood that this was the standard that we had for them because we wanted to know who they were doing things with.

King Solomon puts it wisely, when he writes, "The righteous should choose his friends carefully, For the way of the wicked leads them astray (12: 26)." It is important for your children to have friends and socialize, but you as parents need to know who they are. God bless you!

### Facebook & Website

We have developed a FB page under Douglas F C Keffer, Ph D, and NBCS. Please encourage all your friends to "like" us. Please pass along our website address. Thank you for your prayers and support, asking God's blessings upon NBCS!

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## Schedule Changes...

By Dr. Douglas Keffer

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I had my annual check-up with my scoliosis specialist, Dr Buchlotz, at UVA on July 12<sup>th</sup>. He looked at my X-Ray, and asked me, “Doctor, what are you willing to do different?” I knew what my doctor was saying to me, and that was, “Your body is not able to keep up with your schedule now!” I have been praying about this ever since he said that to me, and I am going to have to make some changes to my schedule beginning on September 13<sup>th</sup>. Those changes will mean that I am going to be in the office on Monday, Tuesday, and Wednesday. I will be taking Thursday and Friday off to allow my body to rest. I want to see if this is going to allow me to feel better, and not as fatigued as I have been feeling now for a long time. You that know me, know that I don’t know “Can’t or Quite”. It is time that I listen to what my body is saying and get some more rest so I can continue to do what God has purposed to do and that is to help people with the many diverse issue they deal with that have them needing help. I have been humbled with the response of my clients that are showing me such support and understanding. I am so very grateful for how they are showing me such care, and telling me that they are

praying for me, and many of you have told me that you have been every day for a long time. I am so blessed, and grateful! My hours at the office will be the same as they have been, I just will not be at the office Thursday and Friday. I have many of you ask me if I am planning to do my Podcast on Thursday or Friday now that I will not be in the office. For now, I am taking those two days to rest my body, and will be looking at starting a Podcast in the future. Please pray for me as I make these necessary changes so I can continue to help you that need God’s counsel.

I will also reach another milestone in my life on September 1, 2021. I will begin my twenty-eighth year at New Beginnings Counseling Services. I do not even know how that is possible. I was in the pulpit for over twenty-three years before going full-time in counseling. The years go by so quickly, and the privilege I have to sit and teach people what they are so they can understand who they are is precious to me. I look forward to continuing to have this privilege, as God gives me the strength to do so. I want to thank my Heart-Keeper for being by my side all these years, encouraging me in this life-long ministry. My family have been a tremendous source of encouragement as well. I also want to thank so many of you, my clients/friends for the support you give in so many ways. I am blessed beyond words. Thank you!

## Proverb of the Month...

I want to begin a new feature for the monthly newsletter called, “Proverb of the Month”. We are going to do this because I am not taking new clients at this time because my schedule is saturated, and it is going to be even tighter with my new schedule beginning September 13<sup>th</sup>.

This month’s Proverb is...



The genius of this proverb is not the success that King Solomon talks about at the end of the proverb. What the king is talking about is, “Do we have the courage to do all that we are doing today for the Lord?” If we understand that this is what the Lord is expecting us to do, and we learn how to proceed in our day doing the will of the Father in our actions, this is what we are going to hear as we execute our day, “Well done, good and faithful servant...” (Matt. 25:21). Dear ones, that is success. It takes courage to live each day in this context, but the benefits are eternal!