

The Mercy Moment

Mercy Canada Quarterly Newsletter



FREEDOM & RESTORATION IN CHRIST...

Body, Soul & Spirit!

We believe every individual deserves to experience true freedom and restoration in Christ!

Because of your support, we are able to run various online support groups, year-round, for women across Canada, ages 15+ including: Anxiety, Boundaries, Grief, Emotions & You, and our Keys to Freedom discipleship study.

Here is an encouraging quote from a participant who completed our **Keys to Freedom** discipleship study:

"The Keys to Freedom showed me that even in my difficult times and experiences, Jesus has always been, and will always be with me. It helped me to look back with Jesus' perspective to see the evidence of Him being there, and I was able to gain more healing."

Read more about upcoming start dates, and register free of charge by clicking here:

<https://form-can.keela.co/support-group-registration>

We provide support - but we also educate, train and equip you with practical insights and actions steps to care for individuals struggling with life controlling issues such as anxiety, self-injury, and eating disorders - while staying healthy in the process. We call this our **MPower Training!**

In June, we were thrilled to visit Edmonton, as Beulah Alliance Church generously hosted 37 participants with delicious food, drinks, and snacks while we educated, trained, and equipped various pastors & ministry leaders from neighboring areas at our MPower Training Day. We would love to share some quotes about what the participants enjoyed and found most helpful:

"I'll have more empathy and understanding now."

"It felt freeing to be given permission to not feel obligated to be & do it all for someone."

"The weight of change is on the person, not you!"

"I found the section on anxiety most helpful, as I work with so many people who struggle with anxiety."

Finally, a **heartfelt THANK YOU** to those who gave towards our **Match Campaign** in May & June. Our goal was to match 50K, & we are humbled by your generosity enabling us to reach the incredible amount of **\$34K!** We are extremely grateful to our Match donors for providing us with this opportunity. **Our grand total was 68K dollars! THANK YOU** for helping us provide her with our counselling & discipleship program, plus additional support care services like life skills training, after care planning & follow up, and support groups.

"May God bless you richly and grant you increasing freedom from all anxiety and fear."

1 Peter 1:2 (NLT)

Newsletter Highlights

Freedom & Restoration in Christ... Body, Soul & Spirit!

A Message From Our Executive Director

Parent's Perspective

Counsellor's Core - Insight's from Mercy Counsellor's



A MESSAGE FROM OUR EXECUTIVE DIRECTOR

He is With Us and Within Us. Trust Him, Not Your Circumstances.

Vacation time is upon us! Summer sunshine, flowers in full bloom, birds chirping, a gentle breeze by the ocean and fun times with family and friends. Sounds amazing right? I too am looking forward to some vacation time later in the summer; however, I am keenly aware that for some this will not be the case. It burdens me deeply to know that for some, crippling anxiety is keeping them stuck at home, unable to venture out. For others they are stuck in unhealthy relationships that keep them in hiding and away from the refreshment of other healthy relationships. I am so grateful that because of the generosity of people like you, we will be here over the summer, in person and online, for those who need help and hope as they find safety in this space to encounter God on this path to healing.

It takes courage to trust. Over time we learn that God is trustworthy. The dictionary describes trust in this way; "A firm belief in the reliability, truth, or strength of someone or something." Most of us who have received Christ would say we trust God completely. However, at times we are challenged with trusting. Perhaps often you find yourself turning on the news and getting deeply troubled, or amid the unknown choices of a family member, you worry and overstep boundaries in order to prevent your worst concerns. Are you are struggling to take time away and receive the rest and refreshment your soul deeply needs? When we care for ourselves and take time to meet our own needs, we can be a better support to others giving from a rested and refreshed soul. Take time for you this summer whatever that looks like.

A few scripture to meditate on this summer as you choose to take the time you need for a vacation and trust God in whatever circumstance you find yourself in.

"God is our shelter and our strength. When troubles seem near, God is nearer, and He's ready to help. So why run and hide?" – Psalm 46:10

"So don't worry about tomorrow because tomorrow will have its own worries. Each day has enough trouble of its own." – Matthew 6:34

"Finally, "Trust in the Lord with all your heart, lean not on your own understanding. In all your ways acknowledge Him and He will make your paths straight" – Proverbs 3:5 & 6

Much love and gratitude,

Nicola



Parent's Perspective

Joy Bailey is the parent of a young woman who suffered from life-controlling issues has a unique and heartfelt position.

As a mom who has walked that road and come out the other side, she hopes to encourage other parents on their own difficult journeys.

Counsellor's Core

Does this fast paced life make you feel unbalanced? Learn what the Bible says about taking care of our body, soul & spirit!

One Little Thing - by Joy Bailey

When a child of yours suffers from a life-controlling issue, it doesn't control only them. It has a hold on the whole family, and, as a parent, it has you in its clutches. It's difficult to get out of those clutches. The disorder is never far from your mind.

There's guilt and despair, terror, and uncertainty. It's tough to live a normal life; to make things normal for the rest of the family. It weighs heavy on you that you can't fix this, and you can't seem to fix yourself. Because yourself is not well either. Please don't confuse this vulnerability with being a bad parent. Yourself is being worn down by something out of your control. Mentally, physically, emotionally.

You didn't choose this. But it's taking over your life.

Dear parent, you care so deeply about this child, and about your whole family, that putting yourself first at such a time seems unthinkable.

Might I make a suggestion?

Choose one little thing that soothes your soul. You can manage one little thing.

Here are a few ideas:

- have a cup of coffee exactly the way you like it
- stroke the soft velvety ears of your pet
- lose yourself in a piece of music
- take a walk or bike ride
- work on a puzzle
- colour or sketch
- pick flowers
- infuse essential oils
- thumb through an art book or favourite magazine
- close your eyes, breathe deeply



One little thing. Do it every day. Savour it. Let it be something you look forward to. Let it refresh you. See if it makes a difference in your perspective.

For He has satisfied the thirsty soul, and He has filled the hungry soul with what is good.

Psalm 107:9

COUNSELLOR'S CORE

by Nicole Beutel

As the summer months approach and the days get longer, we find our lives slowing down, but in other ways speeding up. As kids get off school, work schedules adjust, and we try to find time for summer getaways, it can be so easy to speed through the business of life without stopping to reflect on our own health.

This fast-paced life can feel unbalanced, and we are left dissatisfied and flooded with feelings of anxiety, worry, stress, and exhaustion. We then ask ourselves, where did things go wrong? How can I possibly be this tired?

As a counsellor, you quickly learn that life exists in balance, and it can be easy to become off balance. The google definition of balance is "an even distribution of weight enabling someone or something to remain upright and steady." This definition perfectly describes how we can live our lives holistically. It is important for us to remember to evenly create balance through the 5 pillars of health which are physical, mental, emotional, social, and spiritual.

The "holistic" approach to health is not a new age phenomenon. In fact, there are many verses in the bible that speak to one's body, soul, and spirit. For example, Jesus commands us to love the Lord God with all our hearts, souls, and minds (Matthew 22:37). In addition, Paul speaks a blessing over the Thessalonian church addressing their whole spirit, soul, and body (1 Thessalonians 5:23). God created us holistically and His desire for us is to take care of all these aspects of our lives. Is there any one of these areas that feels off balance in your life? If so, how can you invite the Holy Spirit to help you?

