

# The Mercy Moment

Mercy Canada Quarterly Newsletter



## A YEAR IN REVIEW

### THANK YOU FOR MAKING 2022 UNFORGETTABLE!

2022 was a huge year for Mercy Canada - not only for our team, but for the many generous donors who contributed to the success of all that we accomplished. Thank you for making our favorite moments from this year possible, and for partnering with us in helping women find hope and freedom!

Before we jump into 2023, let's look back at the most memorable moments of last year and see what we achieved together...

Many of you joined together with us in the Spring for our annual **Walk for Wellness which raised us \$25K!** We heard a touching live testimony from one of our Mercy graduates, and we rejoiced together in the miracles God is doing through Mercy! **Thank you!**

Do you feel like your life is out of control? Or perhaps you're navigating caring for someone who struggles with life controlling issues and/or mental health challenges. Throughout the year, we dedicated ourselves to facilitating support groups including: Anxiety (both minors & adults), Grief, Parental Support, Boundaries, and Keys to Freedom discipleship training. You're generosity allowed us to provide these groups quarterly, and free of charge!

We **SURPASSED** our growth from the year before and were able to support **106 women** in finding healing and freedom in Christ - all across Canada! Thank you for believing together with us that every woman deserves to experience God's love, freedom, and restoration from her pain.

In the fall, we educated, trained, and equipped **over 50 people** from our community through **2 separate MPower Training workshops**. These training sessions teach you how to care for others effectively, while safeguarding yourself in the process. We would love to offer this valuable 8-hour education to your church, workplace, or volunteer group - let us know if you're interested.

Our **2022 Inspire Gala, "An Evening in Paris"** was just that - an evening of elegant Parisian food & incredible music. Because of your generosity and support, **YOU helped us raise an amazing \$202K!** Now we are better able to provide effective Christ centered programs & support services, outreach training, resources, and counselling - all free of charge. **THANK YOU for your time, talents, prayers and generosity!**

**By choosing Mercy, you've impacted countless lives - THANK YOU!**

## Newsletter Highlights

A Year in Review:  
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Unforgettable!

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Parent's Perspective



## A MESSAGE FROM OUR EXECUTIVE DIRECTOR

### Crowning The Year with Freedom!

Thank you to all of you who join us on this beautiful journey of Mercy. I am grateful for God's Mercy in my own life and I am especially grateful to each and everyone of you. Thank you to those of you who have experienced our program- you inspire me every day. Thank you to those of you who are praying for us, we are honoured by each prayer. Thank you to those of you who make Mercy possible every day through your generous giving. Mercy would not be possible without you - Thank you!

Early January brought some reflections of our Keys to Freedom Study and the testimonies from those who have found true freedom as a result. I love the light seen in people's eyes that comes from the spirit when they find deeper freedom. True freedom is not a one and done, but an ongoing deeper work of the Holy Spirit that happens as we deepen our relational connection with our Father God. True freedom takes place when our hearts have been so changed by God that we follow the Holy Spirit and, actually desire to do what pleases God. It gently becomes natural and not work. What if you no longer thought about following a list of dos and don'ts, you just naturally lived your life and found yourself desiring good choices? What if you didn't have to "do" anything or "change" anything? What if change happened because of knowing how loved you are by God, and how safe you felt in his presence with all the good, and not so good, parts fully acknowledged. We all have our shadow side, and no one is perfect. God never expects perfect. He gave us Jesus! God is looking for open hearts that will allow Him in, find rest in Him, and in doing so, follow Him.

What if we all crowned 2023 with freedom and really awakened to the message that we are all free to be free!

*"Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom." - 2 Cor 3:17*

Nicola



## SUPPORT GROUPS

Through the Wellness Centre, we offer a variety of support groups to support women in their healing journey. These groups run between 8-10 weeks, online, free of charge.

### Anxiety Support Groups (8 weeks):

Ages 13-24: Tues, Jan 24th, 6-7 pm (PST)  
OR

Ages 25 & up: Tues, Jan 24th, 7-8 pm (PST)

### Emotional Regulation Group (6 weeks):

Mon, Jan 30th, 7-8:30 pm (PST)

### Boundaries (10 weeks): **FULL**

Tues, Jan 10th, 6:30-8 pm (PST)

### Grief Group (6 weeks):

Wed, Jan 25th, 7 - 8:15 pm (PST)

### Parental Support (8 weeks):

Starting again in Spring

### Keys to Freedom (9-10 weeks):

Thurs, Jan 19th, 6:30-8 pm

**To register email: [ask@mercycanada.ca](mailto:ask@mercycanada.ca)**

## JOIN THE CONVERSATION

### Education & Awareness Nights

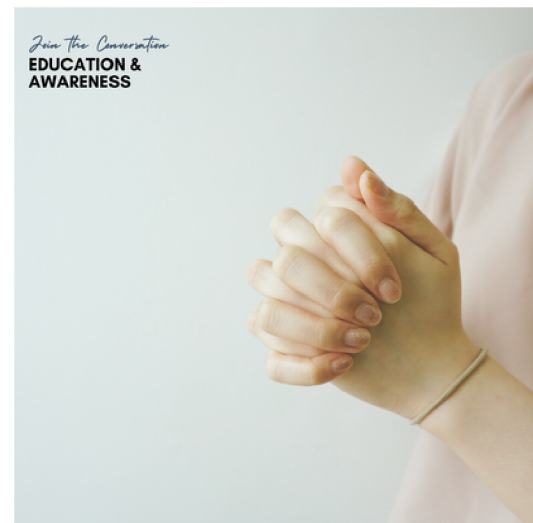
We invite you to "Join the Conversation" on various topics covering mental health challenges and their associated life-controlling issues. These education and awareness nights are completely free of charge and offered online via Zoom for everyone across Canada. Additionally, we offer holistic wellness education topics to support and promote improved mental health.

The Winter 2023 topics will be as follows:

- January 26th from 7-8:30PM (PDT) - Understanding Anxiety
- February 23rd 7-8:30PM (PST) - Understanding Eating Disorders
- March 30th 7-8:30PM (PST) - Suicidality and Self-Injury: A Message of Hope

Registration is open for the January event. Visit our website for more information

<https://mercycanada.ca/events/>



Let's Give A Huge Welcome  
To Our Newest Member of  
The Mercy Team...

We are privileged and  
excited to have  
Nicole Beutel join Mercy  
Canada as one of our  
Registered Clinical  
Counsellors.

## Parent's Perspective

Enjoy our new regular column  
called "Parent's Perspective."  
Joy Bailey, 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.

by Janet Littlejohn

As I enter the New Year, I find myself exploring questions. How do I want to show up this year? Where do I need to grow? How do I want to see my family? In answer, there are three words that I am holding this January – brave, curious, and compassion. Brave is the first word that comes to mind. To be brave is not the absence of fear, but to move forward in the face of fear and even in the face of personal cost. When you hear the call, whether it's moving towards freedom or responding to God's call forward, it often involves an act of bravery.

You may feel the fear in your chest – breathless and heart pumping – yet bravery grows in your stomach and fills the space into your chest. Now is the time to choose to accept the call of Christ, to move forward by his strength – brave.

Next, I am drawn to curiosity. Join me in curiosity as we watch to see what will unfold this year, how you have grown, and how others have grown. My prayer is that God will give you his eyes to see what he sees in the people that surround you. Curiosity brings with it an openness to experience the new experiences God has for us this year. It brings with it an acceptance of the journey we are on.

Finally, compassion for ourselves and others. This year will inevitably hold both joy and sadness, both hope and grief. I choose compassion in these beautiful and hard experiences. Breathe in, soften the heart, allow what needs to be felt, respond with an offering of compassion to your soul. As God looks on you with the delight of a father to his child, feel his compassionate care wrap around you. In the messes of this year and the brokenness of old patterns that try to show up, let compassion carry you so that bravery and curiosity have room to grow.



## PARENT'S PERSPECTIVE

Is There Hope? - by Joy Bailey



"I've decided it's just easier to live with no hope." As we had coffee together, this comment came from a mom whose daughter had been suffering with a prolonged eating disorder. It struck me to my core. However, as I've thought about it since, I realize that I've been there. Ready to give up hope.

There were many times when I thought we'd found an answer—something that might make a difference, something to bring healing—but then my hopes were dashed.

Again. Again and again and again. It's like being on a freakish roller coaster gone madly out of control. It seems easier not to get on that roller coaster in the first place.

In our agonizing course with Jenna's anorexia, I eventually learned a life-changing truth: Hope is a crazy roller coaster or a solid anchor, depending on where you put it. When I put my hope in a program, a counselor, an idea, I'm sent on that mad roller coaster ride. But when I bypass all of that and instead put my hope in the God who knows all—even the conclusion of this grueling journey—then I am grounded.

Sometimes hope is hard, really hard. I can attest to that. But I can also attest to the truth that, no matter the outcome, hoping in Him above all else will keep you anchored.

*We who have run for our very lives to God have every reason to grab the promised hope with both hands and never let go. It's an unbreakable spiritual lifeline, reaching past all appearances right to the very presence of God ...*

[Hebrews 6: 18b-19 MSG]



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