

# The Mercy Moment

Mercy Canada Quarterly Newsletter



## REACH OUT FOR SUPPORT...

Jesus Lavishes His Love on Us!

It starts with **YOU!** We are extremely grateful for **YOUR** support, generosity, prayers, and your belief in what we do. Let's take a look back through the last few months to discover more about where **YOUR** support has taken us...

During the months of July to September, we offered three online support groups, free of charge, including **Boundaries, Anxiety Support, and the Keys to Freedom discipleship study**. One participant who completed the Boundaries group said:

*"Being able to establish boundaries, for me, is finding my voice and understanding that is ok to speak up in a respectful manner!"*

Whether you are old or young, live near us in BC, or across Canada, we want you to join one of our support groups! It's easy to join, and it will have a profound impact on understanding yourself, God, and how to find healing and hope in your struggles. We offer other groups on topics such as **Parental Support, Emotions & You, and Processing Abuse Through Story**.

[Click here to sign up for new support groups starting in the New Year!](#)

Once per month, we offer education and awareness nights online called "**Join the Conversation,**" facilitated by one of our Registered Clinical Counsellors. In September, we discussed "The Journey of Grief - Learning to Live with Grief & Loss." Absolutely anyone across Canada can join online, free of charge!

[Click here to register for our next online event on "Preparing For the Holidays - Self Care & Stress Management"](#)

In September, our Executive Director, along with a volunteer of Mercy, had the honor of attending and speaking at the MFI National Conference in Ontario. MFI Canada is the Canadian affiliate of Ministers Fellowship International. This fantastic opportunity brought about rich connection and greater awareness of Mercy's resources, programs & services amongst church leadership across Canada.

Lastly, don't miss out on our Instagram and Facebook page! We're always updating with new pictures, stories, and encouraging messages of the astounding LOVE and HEALING that Jesus wants to lavish on us all! Follow us on Instagram at [mercymcanada](#)

**"God is our refuge and strength, an ever-present help in trouble." Psalm 46:1**

## Newsletter Highlights

Reach Out For Support...  
Jesus Lavishes His Love on Us!

A Message From Our  
Executive Director

Parent's Perspective

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



## A MESSAGE FROM OUR EXECUTIVE DIRECTOR

Seasons, Suddenly's, Miracles, Mystery, Wonder and Waiting!



Summer has come and gone, and we are well into Fall and all of its splendor. Summer certainly did show up and was glorious (except for the BC fires of course), yet even as I mention Fall with all its brilliance of God's colourful creation on display, I know we are halfway to winter – the next season!

Likely, I sound like I am rushing the year, but honestly, I am not. More than ever, I know slowing down and being fully present every moment is key to not missing what God is up to. As I wait on him, I can rest in him and be fully present with Him enjoying creation and this for me is the best!

Have you ever had those moments where you know and sense him moving? You long for further details, only to know you are to wait in wonder and allow the mystery of God to just be, while you anticipate what will unfold the next season? I certainly have. I wish I could say I am really good at the waiting part. Guessing and trying to figure out what God is up to still tends to be my initial go to. Eventually I get there though, and once I do, contentment and peace are the gifts he provides me in the waiting.

I am thankful to say I have experienced the “suddenly’s” and “miracles” too. Just at the perfect moment, in his perfect timing and seemingly little effort, He blows me away! Whether He chooses to reveal what He is up to or not, I love His mystery and wonder, knowing He is good and completely trustworthy.

If you are sensing and anticipating something in this season, yet find yourself still waiting, here are two scriptures to meditate on and remind you of just who our good Heavenly Father is.

***God can do anything, you know- far more than you could ever imagine or guess or request in your wildest dreams! Eph 3:20 msg***

***And let patience have its perfect work, that you may be perfect and entire, lacking nothing. NKJ James 1:4***

Enjoy this season!

In Christ,

Nicola

## PARENT'S PERSPECTIVE

### How to Support the Parent of a Struggling Child - by Joy Bailey

Someone you know may be the parent of a child who suffers from a life-controlling issue, like an eating disorder. You want to help, but you don't know what to do.

The first thing you need to know is, you can't fix this. Your friend doesn't need your advice, your book recommendations, or stories about how other people are suffering. She also doesn't need you to downplay the situation. This is life-threatening.

What your friend needs is for you to come beside her.

Take her for coffee. Listen. Don't be surprised if she doesn't say a thing, and don't feel uncomfortable in the silence.

Go for a walk with her; get her out of the house, if only for 20 minutes.

Support with prayer, tell her you are praying. Tell her WHAT you are praying ... often the prayers my friends shared with me were the prayers I repeated, because I wasn't in a place to come up with my own.

Continue to show your support even when this situation drags on. Your friend needs to know she has her people for the long haul.

If you've never dealt with a child who had an eating disorder, then you don't know what that parent is going through. But, showing them that you'll be there, no matter what, is a lifeline they'll cling to again and again.

***Two are better than one because they have a good reward for their efforts. For if either falls, his companion can lift him up; but pity the one who falls without another to lift him up. ... And if someone overpowers one person, two can resist him. A cord of three strands is not easily broken. [Ecclesiastes 4:9, 10, 12 CSB]***



## COUNSELLOR'S CORE

by Michelle Ryken, *Counselling Intern*

### Rooted in Christ

Have you ever had a plant that wouldn't stay alive? Where you have tried everything – watering, changing sun exposure, or replanting; but it still seems not to get better? Often, the issues stem from the roots. Plants with deep and well-established roots are more resilient to external challenges.

Like us, when we establish a deep connection with Christ, we gain the strength to navigate the ups and downs of life with grace and poise. The storms may come, but our faith is an anchor, holding us steady in adversity.

Plants can thrive in different seasons, and so can our faith. Whether we're experiencing the warmth of summer or the harshness of winter, a Christ-rooted faith helps us grow and adapt to every season. Our roots in Christ provide constant hope, peace, and joy, unaffected by external circumstances. Furthermore, when gardening and caring for house plants, we often prune back the old branches or leaves that are no longer growing. In our spiritual journey, Christ may prune away areas of our lives that hinder our growth. Though it may be challenging, this process ultimately leads to greater spiritual maturity.

Therefore, I leave you with the question – how are your roots doing? Are there areas you need to seek Him further or areas you need to allow the Holy Spirit to prune you in?

***"Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness." Colossians 2:7.***

## 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

How are your roots doing?

Are there areas you need to seek Him further or areas you to allow the Holy Spirit to prune you in?