

The Mercy Moment

Mercy Canada Quarterly Newsletter



SPRING IS HERE!

There is so much beauty and life around us at this time of year. I can't help but be reminded of the newness of life we have been given through the death and resurrection of our Lord and Saviour, Jesus Christ. Romans 6:4 says, "We were buried therefore with Him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life." What a joy it is to witness and experience this newness of life Paul talks about in this verse in our own lives and in those around us! We are thankful to the Lord for the life transformation He continuously accomplishes in the lives of so many women who go through our program. We can trust that the resurrected One who is seated on the throne is making all things new (Rev 21:5). Because of your faithful support by praying, volunteering, and donating, we can continue to point every woman in our program to the One enthroned who alone can bring healing, transformation, and newness in their lives.

Our 2024 Mental Health & the Church training day that took place March 1st was a great success! We had 48 individuals participate to grow in their awareness and be educated, equipped, and empowered to support those struggling with mental health issues. We specifically focused on issues such as self-injury and anxiety. One of the many things we learned was the keys to loving hurting people well with the LOVE acronym: **listen** carefully, actively and prayerfully, **offer** prayer and to go deeper, **validate** their emotions, willingness and courage to face their issues and **explore** the options for next steps when needed. We finished off the training with how to maintain healthy boundaries and to take care of our own well-being in the process. We are so grateful for each person who attended and we trust it was a blessing to each one!

In addition to our Keys to Freedom women's group, we are thrilled to announce a NEW Men's Only group! We are excited for this discipleship study to be also offered for men who want to deepen their relationship with God and discover greater freedom in their lives. Our prayer is that participants would encounter Christ in a fresh new way and experience transformation in their lives. You are welcome to sign up on our website and spread the word!

Enjoy this spring edition of our newsletter and enjoy thoughts and reflections from our Executive Director, Counsellors Core, and Parents Perspective.

Blessings from the Mercy Canada Team

Newsletter Highlights

Spring is here!

A Message From Our Executive Director

Parent's Perspective

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



A MESSAGE FROM OUR EXECUTIVE DIRECTOR

The Messy Middle

Have you ever found yourself in that place of waiting for your healing or breakthrough, whether it is a painful experience that needs healing or a promise that seems to be taking forever? You have prayed, waited, and surrendered, yet God seems to be silent. You have faith, you trust, you know God is good yet somehow doubt, discouragement and feeling forgotten creeps in. I can most certainly identify with this. The waiting and wondering can be so hard, yet what is being developed in us makes us stronger and prepares us for all that is ahead. Not easy but often necessary.

We have just enjoyed celebrating Easter and I can't help but wonder what it was like for those who watched the brutal death of their promised Lord, not knowing Sunday was coming. They must have felt deeply discouraged, abandoned, alone and like they somehow missed it. Even those who walked with him in real time, experienced all the human feelings that we do. But God! Sunday did come as he planned all along, full of glory, power, and the resurrection of our one true Lord. In retrospect, so much was accomplished after Friday and before Sunday, Jesus was conquering death, hell and the grave once and for all time. So much was being done and accomplished in the seeming silence, even though they did not know.

If you are in a season of feeling like God has abandoned you or somehow you have missed the mark, or perhaps you are discouraged, remember He promises he will never leave you nor forsake you (Heb 13:5). Psalm 121: 3-4 tells us that God is at work even when we sleep. Let this bring you comfort and assurance. It is ok to feel your feelings, but put your trust and confidence in God who loves you and is for you!

Blessings,

Nicola



Blessing for a Weary Parent- by Joy Bailey

On this day, in this moment ...
 May you know that the King of the Universe sees you.
 You!
 May the glory of His love warm your soul.

May you experience the guiding hand
 of One who knows your child better than you do.

May your mind be free from anxious thoughts,
 if just for a moment.
 Breathe.

God is faithful.
 He never changes.
 May this realization strengthen you
 and bring you comfort.

May you recognize,
 you will never be left alone and exposed
 without an Advocate with the Father.

May hope be something you can touch.

May unexplainable peace fill your heart
 and your home.

May you receive this day as an invitation
 to begin again,
 to Breathe.



For the LORD is good; His mercy and loving
 kindness are everlasting, His faithfulness and
 truth endure to all generations.

[Psalm 100:5]

Let all who take refuge in You rejoice; let
 them shout for joy forever. May You shelter
 them, and may those who love Your name
 boast about You. [Psalm 5:11]

Parent's Perspective

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

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

“Be still and know that I
 am God.” Psalm 46:10



COUNSELLOR'S CORE

by Rachelle Ashbee

Stillness...not something that most of us do well or easily. Stillness is
 not often celebrated in our culture, nor is it seen as something we do,
 but in reality, it takes a lot of work to be still.

Webster’s dictionary likens it to “restfulness, silence, and quietness”. What about internal stillness, the slowing
 of our thoughts, worries, fears. “Be still & know that I am God” is what scripture tells us in Psalm 46:10, but what
 does that fully mean? That if we ceased to move and breathed and imagined ourselves in God’s loving arms that
 we would be reminded again that He is God. That statement alone hopefully will bring reassurance, peace, and
 relief to our weary souls.

I am challenging myself to intentionally practice stillness. Not just physical stillness, but stillness in my internal
 being. To slowly breathe in & out and remind myself the truth of who God is and who I am. It is in that stillness
 that lies that we have been telling ourselves surface to our awareness, and we can hold them in stark contrast to
 the truth of who God says we are. That we are worthy, loveable, and valuable to Him.

”That is my challenge to you (as well as me today), to be still with Him, and allow Him to do the deep work within
 us. “Being confident of this, that he who began a good work in you will carry it on to completion until the day of
 Christ Jesus” Philippians 1:6. So stop awhile, find a way to escape the distractions that easily surround us (may I
 suggest a change of environment without electronic devices), and focus on our Creator, the one who has each of
 us.