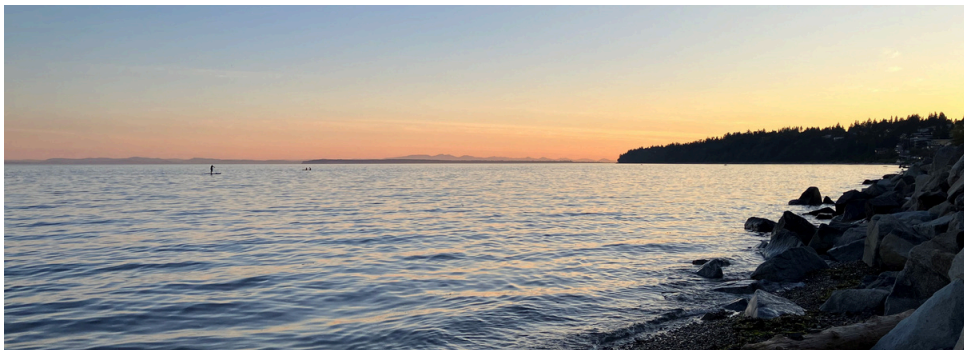


The Mercy Moment

Mercy Canada Quarterly Newsletter



REST, REFRESH & RECHARGE

We hope you are enjoying the warmer weather and longer days! Whatever your plans may be for this summer, we pray you have time for refreshment and to recharge, and in doing so, rest also in the love of God and His goodness. Christ is calling us to come to Him and He promises to give us rest for our souls (Matt. 11:28-29). What a glorious promise to hold unto this summertime season.

In May we had the privilege of attending the Sisterhood Conference which was held at Burnett Church in Maple Ridge, BC. It was a joy to connect with like-minded women to explore the theme of being "Rooted" in Christ, alongside uplifting worship and powerful messages from guest speakers.

In the month of June, we launched our All Things New campaign and raised 21K. Thank you for each one of you who donated! I want to introduce you to our fruit and veggie crew who made their appearance during our campaign. They shared various mental health struggles that impacts the lives of so many women around the world and how your donations to our campaign can help women find healing.



CONTEST ALERT. WIN A PRIZE PACKAGE VALUED AT OVER \$500. The crew also wants to remind you how important nutrition is to our mental health and well-being. This is why we are excited to invite you this summer to participate in our 2-week smoothie challenge contest with Christian Naturopath, Dr. Cobi Slater (<https://www.instagram.com/drcobislater/>)! We have recipes for the 1st week and the 2nd week you can rotate the recipes. **See end of newsletter for contest details and how to win.**

[*click here for recipes and more*](#)

This past quarter we were grateful to run several of our support groups which included Anxiety, Emotions & You, Boundaries, Grief and Keys to Freedom.

In addition, we are excited to have recently partnered with Kurumbuka Leadership Solutions. They are a non-profit based in Rwanda, Africa with a mission to train and empower Christ-centered leaders. They have an Emerging Leaders program called Trek. As part of their leadership and discipleship training program, our Keys to Freedom course is a key component to their curriculum.

They have found that it is one of the most transformational parts of their Trek program. There have been so many stories of how African young adults' lives have been changed through using our resources. Praise God for the lives that have been transformed and may many more experience transformation in their lives through the power and grace of our Lord Jesus Christ!

Enjoy this summer 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

A Fun Contest!

A Message From Our Executive Director

Parent's Perspective

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





A MESSAGE FROM OUR EXECUTIVE DIRECTOR

Living in the Light



Lately I have been thinking about the word “transparency”. Transparency, relating to living a truly intimate relationship with God. There are a variety of dictionary meanings but, generally speaking, it means “the quality of being easy to perceive or detect, nothing hidden”. Often in times of challenge or difficulty it is easy to want to pull back, to hide or to put on a brave face. I know for me personally; I can tend to do this too. Initially it can feel safe and protective; however, if we do this for too long, our difficulties only magnify, and our painful hurts may even lead to depression.

God always desires that we live in the light and bring our whole selves to Him, even the hard and painful things. Psalm 46:10 tells us He promises to be our refuge and ever-present help in times of trouble. My encouragement to us all is to choose to trust God and move towards Him in difficult times and circumstances. I am humbled to be reminded of this everyday as I see and hear of the miraculous breakthroughs, and healing, our brave clients experience when they choose transparency and invite God into their pain. Perhaps King David says it the best in Psalm 139 below.

You Know All About Me

1 Lord, you know everything there is to know about me. 2 You perceive every movement of my heart and soul, and you understand my every thought before it even enters my mind. 3-4 You are so intimately aware of me, Lord. You read my heart like an open book and you know all the words I’m about to speak before I even start a sentence! You know every step I will take before my journey even begins. 5 You’ve gone into my future to prepare the way, and in kindness you follow behind me to spare me from the harm of my past. With your hand of love upon my life, you impart a blessing to me. 6 This is just too wonderful, deep, and incomprehensible! Your understanding of me brings me wonder and strength.

Blessings to you,

Nicola

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

“He holds us in His hands.”



Praying Through Psalm 23:1-4 - by Joy Bailey

Sometimes, in our darkest valleys, it may feel like God isn't there. We can't get to Him; it's like there's a concrete wall between us. Praying through a scripture passage might help.

The LORD is my shepherd; I have what I need.

Are You my shepherd, Lord? Are You guiding me? 'Cause I feel lost and alone. I don't know which way to turn. I don't have what I need. I need help! I need sleep. I need freedom from this pain.

He lets me lie down in green pastures; He leads me beside quiet waters.

Every time I lie down, I'm anxious; these waters churn, like my stomach and my mind. It feels hopeless. Please quiet my soul like the waters You promise.

He renews my life; He leads me along the right paths for His name's sake.

Oh, please renew my life! This path I'm on feels wrong. How's this bringing glory to Your name? Help me to trust You.

Even when I go through the darkest valley, I fear no danger, for You are with me; Your rod and Your staff—they comfort me.

I'm afraid, LORD. This valley is so dark, and I can't find my way out. Show me that You're with me.

With your rod, defend me from anything that attacks me. Let me feel your staff gently nudging me in the right direction. Help me to know that I'm on the right path. Be so real to me that even in the darkest dark I know You are there.

As you read, courageously share what's on your heart. Your Shepherd can handle it. In fact, He wants to. I am the good shepherd. I know my own, and my own know me. [John 10:14]

COUNSELLOR'S CORE

by Nicole Beutel

When we think about summer, we often think about vacations, picnics, swimming, and eating yummy ice cream. We feel the warmth of the sunlight and are filled with both energy and relaxation... at least we hope so. Summer is supposed to bring these good things, but some people experience difficult circumstances filled with darkness, hardship, pain, worry, and stress. Maybe you are struggling with depression or anxiety, the job you aim for does not work out, your child continues to struggle, a friend is sick in the hospital, and the list goes on. When these difficult circumstances happen in life, it can be hard to enjoy summer and all the wonderful things it has to offer. But when we take a step back out of our pain, and look towards God, we can see that despite what is going on He holds us in His hands and has wonderful things for us. Maybe it's the sun shining on your skin, the breeze rustling through the trees, or toes touching the sand as the waves come to greet them. I hope you have moments this summer where you can feel God's presence holding you through whatever circumstances you are facing.

“But ask the animals, and they will teach you, or the birds in the sky, and they will tell you; or speak to the earth, and it will teach you, or let the fish in the sea inform you. Which of all these does not know that the hand of the Lord has done this? In his hand is the life of every creature and the breath of all mankind.” Job

12:7-10 (NIV)





Summer smoothie contest with Dr. Cobi



How it works:

- make a video or take a photo of yourself trying one of our smoothies
- send this in to ask@mercycanada.ca
- videos should be under 2 minutes in length
- all photos and videos will be entered into a draw to win a generous prize package from Dr. Cobi Slater
- bonus entry for allowing us to post your photo or video on our Instagram
- Follow along on Instagram: [@mercycanada](https://www.instagram.com/mercycanada)
- Contest deadline: August 28, 2024



www.drcobi.com

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recipes.**