

The Mercy Moment

Mercy Canada Quarterly Newsletter



FALL BEFORE HIM IN WORSHIP

We hope this Thanksgiving was a time of celebrating with family and friends the goodness of God, for He has dealt bountifully with us (Psalm 13:6b). We hope you can find moments in your day to fall before God, our Maker and Father, to worship Him with thankfulness in your hearts (Psalm 95:6). For He is worthy of our worship. May we join in with the elders in worshipping our Lord and Saviour and giving Him all the glory and honor (Rev 4.10-11). As we look ahead to this new season, there is so much to be thankful to God for. We are expectant in our hearts to what the Lord will do, and we are also grateful for your faithful support in giving and praying.

This past quarter, we had the privilege of attending the [Ministers Fellowship International](#) Conference which was held at LifeSprings Church in Abbotsford, BC from September 30th-Oct 2nd, 2024. It was encouraging to connect with pastors and church leaders from all over Canada to explore the theme "Reach"- reach your community, city and the world. There were powerful speakers, including Pastor Matt Tapely and Pastor Frank Seixas & Samuel de Sousa. One of the guest speakers was Sheila Shiesser, the director of Alpha Canada, and she mentioned that 45% of youth in Canada neither have a positive or negative view of Christ. What a wonderful opportunity we have to share about the kindness of Jesus and the good news found in Him, especially to the youth of our nation.

Our 12-day Christmas Giveaway Event. Please join us on Instagram and Facebook starting Tuesday, December 3rd for our celebration of giving. We look forward to blessing and encouraging you with 12 days of giveaways and curated Christmas content. Please see end of newsletter for more details and reach out to ask@mercycanada.ca with any questions.

Enjoy this fall 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

Our 12-day Christmas Giveaway Event!

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 Makes All Things Beautiful In Its Time.

Ecclesiastes 3:1-11

For everything there is a season, a time for every activity under heaven. A time to be born and a time to die. A time to plant and a time to harvest. A time to kill and a time to heal. A time to tear down and a time to build up. A time to cry and a time to laugh. A time to grieve and a time to dance. A time to scatter stones and a time to gather stones. A time to embrace and a time to turn away. A time to search and a time to quit searching. A time to keep and a time to throw away. A time to tear and a time to mend. A time to be quiet and a time to speak. A time to love and a time to hate. A time for war and a time for peace. What do people really get for all their hard work? I have seen the burden God has placed on us all. Yet God has made everything beautiful for its own time. He has planted eternity in the human heart, but even so, people cannot see the whole scope of God's work from beginning to end.

As we leave behind Thanksgiving and enter the beginning of preparing for the Christmas season, I find myself wondering how the year has moved so quickly and yet find myself waiting for some of His promises that I thought might have come to fruition long before now. I have been reflecting on changing seasons in life and the process of waiting for His promises to come. I love King Solomon's verses written in Ecclesiastes. He communicates both poetically and in a clear matter of fact way. Truly life is made up of many different seasons. And not just seasons like winter, spring, summer, and autumn. Different seasons of life bring different emotions and different responsibilities. This is good for all of us; although, it can feel difficult at times.

I believe God works with the different seasons in our lives to shape us, help us deal with our stuff, and ultimately develop us into who He intended us to be. He uses these seasons to show us that He is good and can "make everything beautiful for its own time" (verse 11). Seasons (good and bad) are never wasted and often God captures our hearts and our faith amid the highs and lows. We can trust in his goodness and timing knowing, He is always with us and an ever-present help. He will change the season of life we're in when He knows the time is right. I know for myself God often uses these seasons when He is ready to change something in or through me, in preparation for the next season. There are certainly some seasons more difficult than others, but God just wants us to trust Him through them all. No matter what kind of season you may be going through, you can remember that God always promises to make it beautiful in His time!

Rest in Him through every season my friend (Prov. 3:5-6)

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

“The Reward of Vulnerability”

Heartbreak by Joy Bailey

Today, I've been reminded twice that anorexia is real. It can kill. It shuts down organs and damages futures. And not just the future of the one afflicted; it affects the lives of the families involved too. If you're watching your child suffer with a life-controlling issue, you know heartbreak. Webster's Dictionary describes Heartbreak as overwhelming sorrow or grief. Heartbreak becomes the land in which you live.

Helpless. Hopeless. Does anybody see? How do I move forward? Who will help?

My help comes from the LORD, who made heaven and earth! ... Indeed, he who watches over Israel never slumbers or sleeps. [Psalm 121: 2, 4]

Have you never heard? Have you never understood? The LORD is the everlasting God, the Creator of all the earth. He never grows weak or weary. No one can measure the depths of His understanding. He gives power to the weak and strength to the powerless. ... But those who trust in the LORD will find new strength. [Isaiah 40: 28, 29, 31]

One thing you've learned in this land of Heartbreak is that you have no control over your child's life-controlling issue. So, how do you move forward?

Trust.

Trust is a hard concept to grasp, but all it really means is Rest. Imagine dropping the heaviest backpack you've ever carried and falling back into the most comfortable bed. That's trust. It's a learned behaviour, and you might have to remind yourself over and over to drop that backpack and fall into the One who never slumbers or sleeps.

You're not alone in Heartbreak. The LORD has promised that those who trust in Him will find new strength to carry on, for as long as you need it.

COUNSELLOR'S CORE

Vulnerability by Michelle Ryken

One definition of vulnerability is, “the quality or state of being exposed to the possibility of being attacked or harmed, either physically or emotionally.”

Synonyms are often associated with being defenseless, weak, and helpless.

The paradox of vulnerability lies in its potential to lead us to profound connection. When we allow ourselves to feel helpless, we open the door to being met by others—invited in, loved, and supported. Embracing our neediness is not a sign of weakness; rather, it is an act of courage. It takes bravery to lower our defenses and admit, “I'm not okay, and I need help.” This simple acknowledgment can be transformative, inviting healing into our lives.

As we gather around the table of community, may we choose to embrace our dependency instead of our shame. A verse that continues to bring me deep comfort is Romans 5:3-5 (ESV), “Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.” Diving deeper into verse 5, the NLT translation writes it as “hope does not lead us to disappointment.”

In our moments of weakness, God meets us right where we are, working within us to create transformation from the inside out. This process often involves shedding layers of our false selves—those carefully crafted facades we present to the world. No longer do we need to showcase a “glossy” version of ourselves; instead, we can embrace our true selves, imperfections, and all.

The reward of vulnerability is truly profound. It offers us the chance to be seen—not just in our strengths but in our messiness. It allows us to be heard, to feel fought for, to find comfort, and ultimately, to feel less alone. Being deeply known is one of the most precious gifts we can receive from those around us. So, let us lean into vulnerability. When we share our struggles, we create a space where others feel safe to share theirs. Together, we can break the chains of shame and isolation, moving towards a community built on trust, love, and mutual support.





Christmas is coming

Join us on Instagram and Facebook

For 12 days of giving

We give to you!

Join us for gifts from BC businesses, beautiful, curated Christmas content, and more

<https://www.instagram.com/mercymcanada/>

<https://www.facebook.com/MercyMCanada>

Starting Tuesday, December 3rd

PACIFIC  THEATRE

Creo Artists



HOUSE of JAMES