

The Mercy Moment

Mercy Canada Quarterly Newsletter



AN EXCITING ANNOUNCEMENT!

We have some exciting news to share with you. Most of you will know that we have been serving women for almost 15 years, but we are now growing and extending services to men as well! We are excited to announce that as of today, we will be opening up our program and services to young men 13 and older. Men are affected by mental health challenges too and we recognize this need. After nearly 15 years seeing women across Canada set free from life-controlling issues that have been holding them back, we are excited now to offer the same program and services to men so they too can find the same freedom. Mercy is a safe place where men can gain the support they need for their healing journeys as we point them to the One who heals the brokenhearted (Psalm 147:3).

2024 highlights from our annual report. Because of you...

- Our total number of people served to date is **801** (From August 2010 to Dec 2024). *157 of those are from the residential and the rest through the Wellness Centre.*
- In 2024 we served **298** people which was an increase of **39%** over 2023.
 - Individual services increased by **32%** over 2023
 - Education and support group participants increased by **30%** over 2023

As we look ahead with excitement to all that's ahead in 2025, we pray you will join with us for the many people who will find freedom in 2025. We could not do this needed mental health ministry work without your faithful prayers and financial support. Thank you!

Enjoy this winter edition of our newsletter and enjoy thoughts and reflections from our Executive Director, Parent's Perspective, Counsellor's Core and mister Blake.

Blessings from the Mercy Canada Team

Newsletter Highlights

Exciting News!

A Message From Our Executive Director

Parent's Perspective

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

mister Blake's Story

 The logo for Mercy Canada, featuring a stylized white 'm' shape above the word 'CANADA' in a clean, sans-serif font.

CANADA



A MESSAGE FROM OUR EXECUTIVE DIRECTOR

The miracle of Mercy includes men of all ages!!!

This last month, already, I had a Pastor reach out regarding a young teen boy who is struggling and in need of support. His mom is a single mom and her income is limited. I let her know of our services extending to teen and adult men in January and she was thrilled to connect this mom and her son to Mercy.

I have worked in ministry programs serving women struggling with a variety of challenges for almost 30 years now. To be including teen boys and adult men is new territory and I couldn't be more passionate about stepping forward in this next Chapter in the Mercy story.

God longs to heal the broken hearted and set the captives free, and this includes women and men of all ages. Our same God who raised Christ from the dead wants to restore and bring new life where pain, hurt and suffering have held people back for too long. I am believing for a miracle year at Mercy in 2025 as we walk by faith and witness all that God has for Mercy and the people we are privileged to serve.

The Lord is close to all whose hearts are crushed by pain; he is always ready to restore.....”
Psalm 34:18 TPT

With heartfelt gratitude,

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

Men Struggle Too

Dad by Joy Bailey

Let me experience Your faithful love in the morning, for I trust in You. Reveal to me the way I should go because I appeal to You. Teach me to do Your will, for You are my God. May Your gracious Spirit lead me on level ground. [Psalm 143: 8, 10]



My husband Jim is the kind of man who likes to produce solutions. Whether leading a business or inventing a way to replace a missing piece on his ancient tractor, his creativity and need for results kick into gear, and he doesn't let go until the problem is solved.

That's why, in our own scenario with anorexia, he found Jenna's unresponsiveness to his solutions daunting. But he wouldn't back down or give up, and things became so tense between them that she stopped talking to him. For a whole year. One day in desperation, he drove into a large parking lot, told her to pick any restaurant, and he'd take her there. She didn't reply. He says now, that's when he realized he couldn't fix this.

It's hard for a dad to accept this, but once he does, he can move forward. When I asked Jim what he'd share with other struggling dads, this was his response:

1. Realize you won't fix this.
2. Give up trying to understand; no logic can explain it.
3. Be present from behind the scenes if your child disconnects from you.

And ...

Trust in the LORD with all your heart, and do not rely on your own understanding; in all your ways know Him, and He will make your paths straight. [Proverbs 3: 5-6]

In our case, trusting in the Lord led us to Mercy, where God provided the solution.

COUNSELLOR'S CORE



Did you know, men struggle, too? by Iosif Oros

The topic of men's mental health has been described as a silent crisis or a sleeper issue, but emerging evidence suggests that awareness is growing. Around the globe, various studies, surveys, online platforms, journals, and articles are starting to shed light on this previously underappreciated area. This increased focus indicates a shift in how men's mental health is perceived and addressed in society. (CMHA.2024)

Perhaps you are wondering about what is different about men and their mental health. Several factors influence a man's mental health, including culture, fatherhood, socioeconomic status, trauma, social expectations, and employment. These stigmas are significant and profoundly affect men, as nearly 1 in 10 experience depression or anxiety. However, less than half of these individuals seek treatment. Additionally, men are more than four times as likely as women to die by suicide each year (ADAA, 2024). Our approach is designed to support men with their mental health too, from a Biblical perspective integrating a variety of psychological methods. The Bible is the truly inspired word of God, and through it—through the stories, songs, and verses—there are principles that form the foundation of our work.

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.” —Matthew 11:28-29 ESV

Looking forward to walking with men 13 years of age and above, as they walk out their journey to healing & freedom!



MISTER BLAKE'S STORY

Thank you, mister Blake! mister Blake is the generous and inspiring first patron, allowing us to extend our programs and services to men 13 and older.

mister Blake's mercy story is rooted in his own painful past. Tragically mister Blake suffered abuse as a young boy in his home and again during the early years of his music career as a singer & songwriter.

This pain led mister Blake to have a deep compassion and mercy for the vulnerable of society. He left his music career and began a new path in social services and became a trusted caregiver, and valued advocate for those with special needs and disabilities. He eventually returned to music while working in the social services field.

mister Blake, continues to devote much of his proceeds from music and investments as a compassionate advocate and global philanthropist for children, adults and animals that have been abused and mistreated.

Through a divine appointment, mister Blake met our Executive Director, Nicola Bartel, at a rally for violence against women at the Vancouver Art Gallery. While mister Blake became a generous supporter of Mercy, he told Nicola that "boys and men need Mercy too you know." His comment had a deep impact on our Executive Director who was inspired by his story of resilience, generosity, deep compassion and respect for the dignity and value of the vulnerable in society.

We thank mister Blake for his generosity and commitment to helping both men and women ages 13 and older who have struggled with painful life circumstances. Thank you for your dedication to helping people turn hurt into healing and transformation.

