

The Mercy Moment

Mercy Canada Quarterly Newsletter



HE IS RISEN!

We hope you were blessed and encouraged this Easter season as we remembered the death and resurrection of our Lord and Saviour, Jesus Christ. He is risen and seated at the right hand of God interceding for us.

At the beginning of this year, we were excited to announce that our services have expanded to include men ages 13 and older! For years, Mercy Canada has helped women find hope and healing. Now, God has opened the door for our Counselling and Discipleship program to be available to teen boys and adult men who are in need of freedom too. This Spring our Keys to Freedom men's group was launched and we couldn't be more thrilled for this next chapter.

Our Executive Director, Nicola Bartel, attended a lovely luncheon to celebrate the 30th Anniversary of Soroptimist International of Surrey/Delta. At the luncheon, Mercy Canada was presented a grant in support of our Processing Abuse Through Story group. We are very grateful for their generosity in helping women find healing from intimate partner violence.

In March, Riverside Church held a fundraising for Mercy. We are blessed to have churches behind us, supporting the ministry we do in helping many live free and stay free from the struggles that keep them in bondage.

Double Your Impact! This May, your generosity goes twice as far. Starting Monday, May 5th, every dollar you give to support Mercy's mental health and Wellness Centre clients and programs will be matched – doubling your impact. Stay tuned for our appeal next week and join us in making May a month of meaningful change. Remember, we cannot do it alone. Time-sensitive opportunity – don't miss it!

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

Blessings from the Mercy Canada Team

Newsletter Highlights

May Mental Health Matching Gift Campaign

A Message From Our Executive Director

Parent's Perspective

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



A MESSAGE FROM OUR EXECUTIVE DIRECTOR

Mental Health Matters!

Lately, I have been reflecting on the growing statistics regarding all things mental health. If I didn't know beautiful Jesus, or hadn't experienced his ongoing love, healing, and transformational power in my own life, I'd be downcast and discouraged. Thankfully, I have the privilege of walking with hundreds of individuals who have experienced the same. **I truly believe, more than ever, Jesus really is what the world needs today.**

Did you know, in Canada...

1 in 5 Canadians will experience a mental illness in their lifetime. The remaining 4 will have a friend, family member, or colleague who will. (Sources: Statistics Canada. Centre for Addiction and Mental Health.)

Mental Health matters, it really does! We all have our own mental health to value and care for. But sometimes, even if we practice all the things we know to do; getting enough sleep, daily physical activity, good nutrition, good boundaries around work and home life, leisure, fun, connecting with healthy friends, belonging to a great church community, daily quiet time with Jesus, reading/meditating on scripture, all good practices and necessary to optimize our well being, but sometimes we may need more help. Sometimes you may need professional help, in addition to all those practices and that is OK!

I'd like to give us all permission to reach out and ask for the help we need. I often say, **"it's ok to struggle but it is not ok to struggle alone."** Talk to someone who is safe in your world and seek services that are available. There is help. Mercy Canada is one, if you are a man or woman 13 or older. We are here and we want to help. You know, I have the privilege of hearing stories of hope and transformation daily at Mercy Canada and I never take this privilege for granted. These brave individuals, treasured children of God, remind me of the truth of Jesus words found in Matthew 19:28.

"With man this is impossible, but with God all things are possible."

Heartfelt 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

Feel your feelings.

God of the Ancients, God of Today by Joy Bailey

In our difficult and sometimes painful little corners of the world, it's often hard to accept that God knows all and is working things out according to His plan. It's hard to look up and look out when it's all we can manage to look down at our faltering feet, where we are taking one excruciating step after another.

Remember, the world is ancient, and God has been there for all of it. The God of today was the God of the ancients: When Abraham and Sarah couldn't have children, but then they birthed a nation (Genesis 17:15-16); when Elijah prayed that it wouldn't rain, and it didn't rain - for three years (James 5:17; I Kings 17 & 18); when the sun stood still for almost 24 hours so Joshua and his army could win the battle (Joshua 10:11-14).

This unchanging God, of these mighty acts, cares about the smallest of His creation: "Look at the birds of the sky. They don't sow or reap or gather into barns, yet your heavenly Father feeds them. Aren't you worth more than they?" (Matthew 6:26)

He cares about you. Today.

Though you may periodically feel like an overlooked blip in the timeline of history, your value is beyond measure. And so is the value of your suffering child. You are not insignificant, and you are not alone. Your role as a parent is not trivial. Only you can do what you can do. You're valued and needed.

Do not lose heart. He who watches over you will neither slumber nor sleep. (Psalm 121:4)

COUNSELLOR'S CORE

by Rachel Burick

Feel your feelings. It sounds easy. Well at least until we feel something hurtful or uncomfortable.

A big part of the human experience is trying to escape pain. Sadness is heavy, so we avoid it. Anger makes us uncomfortable, so we push it down. And it makes sense that we do this. It comes from a place of longing for a creation not broken by sin. The problem is avoiding or pushing aside feelings doesn't fix them or make them go away.

Our emotions have a job. Emotions are like our "check-engine" light. They tell us something about the state of our well-being. And like the check-engine light, if we ignore our emotions, bigger problems follow.

So, we take time to name what we're feeling; we recognize the check-engine light is on. We investigate what our emotions are telling us. Maybe our sadness is an indicator that we need to connect with safe people. Maybe our anger is telling us we need to set boundaries. Lastly, we let our emotions be present, knowing our current emotion is not our permanent state.

It might sound simple, but it may also sound scary. The good news is that we have a God who also experiences emotions, and He promises to be with us in ours.

Hebrews 4:15 "For we do not have a High Priest who is unable to sympathize and understand our weaknesses and temptations, but One who has been tempted [knowing exactly how it feels to be human] in every respect as we are, yet without [committing any] sin."

