

# The Mercy Moment

Mercy Canada Quarterly Newsletter



## FALL HIGHLIGHTS

It has been a busy fall at Mercy Canada and we are excited to share about the new opportunities this season has brought with it.

Our Executive Director, Nicola Bartel, has been representing Mercy at different events and conferences this fall. In the past few weeks, she had the opportunity to share more about the services and support we offer at Mercy Canada through Gather Women and the Ministers Fellowship International Conference in Hamilton, Ontario. Nicola was able to share Mercy's love for partnering with churches across Canada by providing programs and resources in support of the church and healthy community. We are deeply grateful for these opportunities to spread word of our ministry across our beautiful country.

We are also excited about the launch of two new support groups this fall, titled Safe People and Discerning & Overcoming Spiritual Abuse.

Safe People focuses on character discernment and engaging in relationships that lead us closer to Christ. These safe relationships do not only draw us closer to God, but closer to others, and help us become the person God created us to be. This group creates a safe space to gather and discuss the dynamics of healthy relationships from a Biblical point of view.

The Discerning & Overcoming Spiritual Abuse group welcomes those who have experienced spiritual abuse to process their experience in community, rebuild trust in God, and find healing alongside those who can relate. The aim of this group is to reflect the true heart of Jesus -- full of grace, truth, and love.

Update for our monthly givers: To better serve you, we are upgrading our payment processing system. Please know that this is simply a change in the name you see. The amount, timing, and everything else about your donation will remain exactly the same. If you give by credit card, we will be in touch soon to update your payment information and inform you of further updates!

Enjoy this fall edition of our newsletter and enjoy thoughts and reflections from our Executive Director, Director of Development & Partnership Strategist, Parent's Perspective, and Counsellor's Core.

Blessings from the Mercy Canada Team

## Newsletter Highlights

---

Fall Update

---

A Message From Our Executive Director

---

Counsellor's Core - Insights from Mercy Counsellors

---

Parent's Perspective

---

A Message from our Director of Development & Partnership Strategist





## A MESSAGE FROM OUR EXECUTIVE DIRECTOR

### The Gift of Presence

Lately I have been thinking about the soon coming Holy Season. I must admit, it has been promoted by all the ads on TV and social media. I truly love this season because it reminds me that because of Christ's birth and eventual death, I have direct access to God's presence- Emmanuel, God with us. For many, the pressures of the financial strains at Christmas can cause added stress, but let's all be reminded to give the gift of presence over presents this Holy season. Time with family, friends, or given to a stranger is such a beautiful gift. Remember God's presence is available to all of us, and costs nothing other than our intentional time. He is our Father, our friend, and gives us gifts that are priceless.

"You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore." Psalm 16:11 ESV

Love, joy, and peace to you this Christmas and always,

*Nicola*



## COUNSELLOR'S CORE

Healing from Shame: The Path to Connection in Overcoming Pornography  
By Caleb Chang

As a counsellor, I often see men and women in sessions burdened by the shame of a hidden struggle: pornography. This isn't just an individual issue—it may be a broader concern. Barna research suggests that a significant number of churchgoing men—potentially over half—and “most pastors (57%) and youth pastors (64%) admit they have struggled with porn, whether currently or in the past”, as cited in Psychology Today. Women are increasingly affected as well. This points to a “we” problem, inviting a collective response rooted in compassion and healing.



Shame grows in isolation, but healing comes through connection. First, a deeper relationship with God offers grace and redemption. Psalm 34:5 assures, “Those who look to Him are radiant; their faces are never covered with shame.” Through prayer and scripture, individuals find strength to confront their struggles. Second, therapy creates a safe, nonjudgmental space to process guilt and reshape views on intimacy, nurturing self-acceptance. Finally, community—whether through small groups or trusted friends—provides accountability and encouragement, as Ecclesiastes 4:9-10 reminds us: “Two are better than one... If either falls, one can help the other up.”

By fostering genuine connections with God, a therapist, and a supportive community, individuals can move beyond shame, embracing healing through vulnerability and grace.

## 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.

## Hope and Impact in Action

A message from Sonia Harding, our Director of Development & Partnership Strategist

Lord Have Mercy by Joy Bailey

“Lord, have mercy!” is a cry that has echoed throughout the ages. When Jesus was on earth, He heard it all the time. Whether the cry came from two blind men (Matthew 9:27), ten lepers (Luke 17:12-13), or a Canaanite woman about her daughter (Matthew 15:22), He heard and responded. Every time.

As a parent, you may be crying, “Lord, have mercy!”

Take heart. He hears you and He will respond. Be open to His leading, to His voice telling you which way to go, and where to seek help.

The road is long, but Mercy awaits.

*And therefore the Lord [earnestly] waits [expecting, looking, and longing] to be gracious to you; and therefore He lifts Himself up, that He may have mercy on you and show loving-kindness to you. For the Lord is a God of justice. Blessed are all those who [earnestly] wait for Him, who expect and look and long for Him.*

*And your eyes will constantly behold your Teacher. And your ears will hear a word behind you, saying, This is the way; walk in it, when you turn to the right hand and when you turn to the left. [Isaiah 30:18, 20-21]*



## A MESSAGE FROM OUR DIRECTOR OF DEVELOPMENT & PARTNERSHIP STRATEGIST

As we enter a season of gratitude, we celebrate the community that makes Mercy’s work possible. Your support brings hope and healing.

In Q3, your generosity helped us serve those in deep need of mental health and wellness support through Christ-centred counselling, discipleship, and support care services:

- 46 individuals received one-on-one support
- 75 joined trauma-informed and emotional health groups
- 11 completed their full counselling journey
- Ages ranged from 17 to 69, including 8 youth and 38 adults
- 2 speaking engagements reached 300+ people across 50+ churches
- 41 support calls and 50 applications were received

You made sessions like Safe People, Boundaries, and Processing Abuse through Story possible—transforming lives, restoring families, and strengthening communities.

“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”  
— Galatians 6:2

The need is urgent. Will you become a monthly donor or include Mercy Canada in your planned giving? Even a small monthly gift helps us respond quickly and ensure no one is turned away.

Start today at [donate](#) or call 604-535-1983 to learn more.

Together, we can keep hope alive. Your support builds a future of healing.

**Sonia Harding**