



2023 WINTER NEWSLETTER - VOLUME 38

REFLECTIONS FROM CLIENTS



Thanks for the resources you sent and thank you for yesterday's meeting. It did me a world of good!! I think it's the positivity and the whole peace and calmness that comes.

Thank you.



Thank you for being here, otherwise I would have no one.



I had a wonderful first session, it was so uplifting.



You are a treasure. It is so encouraging and helpful for me to know that you are there in this journey.



What a never-ending source of great information. I really get a lot out of what you have been sending about depression. Lots of things to remind me on how to banish the negative and embrace the positive. I've been getting better at that. I keep working on thinking truths without adding a "but" to them.

EXECUTIVE DIRECTORS REPORT

Have you ever really focused on the words of a song? One of my favourites during the Christmas season is "O Holy Night", specifically in the first verse: ***'long lay the world in sin and error pining, till He appeared and the SOUL felt its worth. A thrill of hope the weary soul rejoices.'***

There is not a soul on this earth that has escaped the pain of everyday life; the loss of a loved one, a broken relationship, addictions, estrangement of children, and the barrage of hidden secrets in one's heart. Sometimes a person has the courage to walk through our doors, and we can sense their burden and pain. Healing spiritual and emotional pain takes time. It takes time for the ***'soul to feel its worth'*** so that the ***'weary soul rejoices'***. May you have the time to relish in these words and to simply know that your soul's worth matters to God and that is the reason for this season. It is because of your prayers, contributions and financial support that we are able to remain a present for those who are struggling to find their worth, so thank you.

~ Lisa Heuving, Executive Director



A huge thank you to all those who attended, and to those who contributed to the success of this years Fall Benefit Banquet! ***What a blessing to our community.***

We hope you will join us for the banquet in an envelope in 2024 delivered by Canada Post. Our next in person banquet will be held on October 24, 2025.

Please mark these dates on your calendar.

FAMILY AND MARITAL COUNSELLING • INDIVIDUAL SUPPORT • YOUTH AND CHILD SUPPORT
CRISIS SUPPORT • ANGER MANAGEMENT • DEPRESSION AND ANXIETY SUPPORT

TO BOOK AN APPOINTMENT
PLEASE CALL: 905-309-0944

COUNSELLOR'S CORNER



My name is Rita and I've been working as a support person at the Grimsby Life Centre for the past two and half years. It's been a great privilege as well as a blessing to be part of the awesome team that works here. God is actively working at our centre and I am thrilled to be one of the mediums He has chosen to use. A large part of my ministry includes providing clients with a listening ear, a word of encouragement, a smile, a prayer or a hug. These things can give such hope and healing to a hurting or anxious heart. They are acts of love that most any of us can give to those around us.

This Christmas let us remember the One who demonstrated the greatest acts of love ever given. Jesus - the One who left the glories and splendour of heaven to be born in a dirty manger and to die a humiliating death on a cross. He did this out of a

great and amazing love and it opened the way for us to receive forgiveness and healing. May His love surround you and fill you to overflowing this season and always.

~ Rita Wall, Counsellor

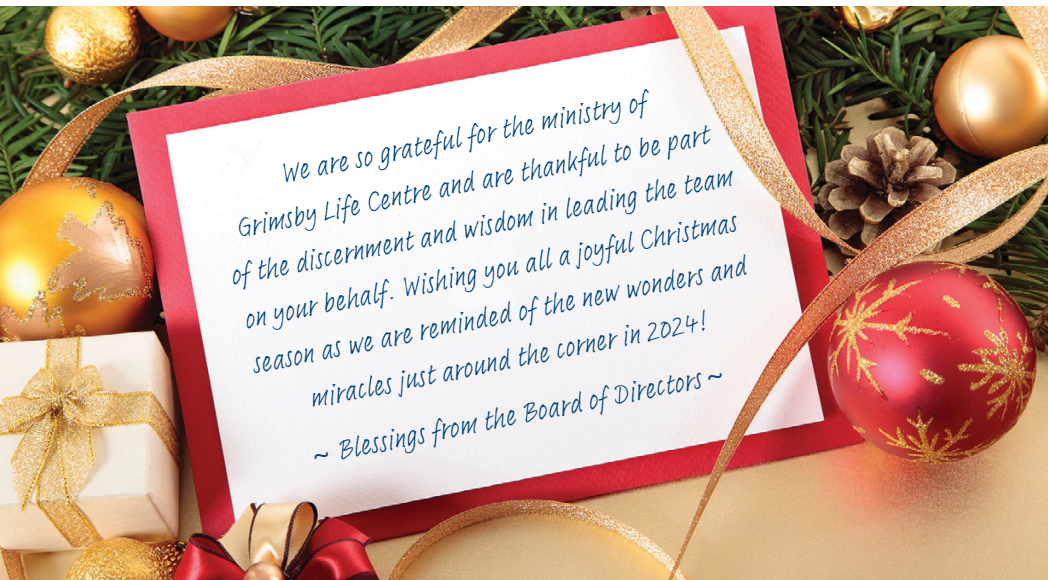
NEEDS, NOTES, + THANKS

☺ **Promise and Hope Banquet** - Thank you to those who participated in our 2023 Fall Benefit Banquet. We are so encouraged by the support of our community. Together we raise over \$75,000. It was a blessing to showcase all that we do as "agents of hope" to help hurting people within our local area. **Thank you again!**

☺ Are you someone who would enjoy working in our ministry centre? We have an opening for youth counsellor as well as a marriage counsellor. If you are interested in more information, please give us a call or send a resume to office@grimsbylife.org.

☺ We occasionally hand out Christmas cards to some of our clients who need a little extra help and encouragement during the Christmas season. We try to include a gift card or two. If you are out and about and would like to bless someone anonymously with Christmas gift cards for items such as gas and groceries, please drop them off at our centre.

☺ A special thank you to our volunteer handymen John and Ron for keeping our building up to date, fixing the railing and updating our lighting both inside and out!



We are so grateful for the ministry of Grimsby Life Centre and are thankful to be part of the discernment and wisdom in leading the team on your behalf. Wishing you all a joyful Christmas season as we are reminded of the new wonders and miracles just around the corner in 2024!
~ Blessings from the Board of Directors ~



Yes, I would like to make a year end gift to the Grimsby Life Centre!

Name _____ Email _____

Address _____ City/Town _____

Province _____ Postal Code _____

Donation
\$

- Cheque - Payable to Grimsby Life Centre
- e-Transfer by visiting grimsbylife.org/donate/
- Credit Card donations can be made by calling our office at 905-309-0944 during office hours (Mon to Fri 9 - 4)

Official tax receipts will be issued for donations over \$25

Please do not send cash through the mail. Charitable Organization BN 80678 8824 RR0001