

Winter 2017 Newsletter

Volume 24

FROM THE DESK OF THE EXECUTIVE DIRECTOR - Lisa Heuving



When my youngest son was about 3 years old, I was teaching him the Lord's Prayer; and when he came to the sentence of "lead us not into temptation", he said **"lead us into shiny time station!"** Little did he know that what he said 20 years ago I would be writing about today. The innocence of a child reminds me this Christmas season of how God's love for us came in human form with the birth of His son Jesus. No matter

what we do, no matter what we say incorrectly, no matter the temptation of an addiction, or the unforgiveness of a heart, Jesus came to this earth to bring healing to our brokenness, and one day into His very own **shiny time station – Heaven.**

As you celebrate this holiday season, whether you are alone, recently widowed, or have gone through a season of grief, whether you are going away for a holiday, or have a plethora of family events to attend, rest assured, God has you covered with HIS unconditional love and HE delights in you being you, in HIS peace, during this holiday season.

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We wish to thank all the guests who attended our major Fall Fundraising Banquet. We feel it a privilege that you enjoy the evening and we give thanks to God for the financial blessings from over 380 people that attended. It is how we are able to keep this centre running smoothly on a daily basis. Next year, the event will be held on Friday, November 2, 2018 at a **NEW** location – The Grand Olympia, 660 Barton Street, Stoney Creek with our theme "Changing Places." We look forward to seeing you there!

**Because of your kind hearts,
we are able to bless others. Thank you!**



From our centre to your home,
we sincerely wish you a heartfelt
Christmas season. We are so grateful
to you for blessing this ministry
with your continued thoughtfulness,
prayers, and financial support.

CLIENT FEEDBACK

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The Grimsby Life Centre has helped me understand that all my emotions are important but they don't need to control me. It's important to set boundaries in your life and that personal boundaries are good. I've also learned that we all communicate differently and express ourselves differently and process information differently – but we all want to be loved, accepted, heard and seen for who we are.

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The Grimsby Life Centre has been a real blessing in my life – it's been a safe place to sort things out and a safe place to express any fears, concerns and hurts. Thank you for creating a safe – loving and healthy place for our community.

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I was at a very low time in my life and in need of professional counselling with limited funds on hand. I remembered 2 fellow co-workers had been to Grimsby Life Centre and had shared their experiences with me. They had felt cared for and were provided with excellent counselling to move them forward in their lives. So I can say, I knew where I needed to go. When in a low spot, it is sometimes hard to reach out, but Grimsby Life Centre was so warm and welcoming, right from the first phone call. I have been provided with coping skills that will benefit the rest of my life, and with my counsellor, I have worked out the issues that needed addressing.

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Offering help and hope - sometimes we all need help

FROM THE DESK OF THE CHAIRMAN - John Kendall



All of my life, my birthday (Dec 28) has been overshadowed by someone else's birthday (Dec 25). Mind you, I do not consider myself a 'saviour to the world', nor does my wife consider me a 'king' or a 'lord', which tends to surprise me! This year however, the Government of Canada has decided to recognize my birthday. They are going to start sending me money every month for the rest of my life. What an honour to be recognized by our Prime Minister. Finally, I receive some attention! This season, I do have much more to celebrate than CPP. With a calendar marked with many special days, none is greater than the celebration of the One who came that we might have life.

When you celebrate "His" birthday this year understand this truth... "It is all about you!" Jesus came to earth to get OUR attention. On behalf of the Board of Directors, may you and yours be blessed this holiday season.

COUNSELLOR CORNER - Cheryl Drake



As we begin in the busyness of the Christmas season, I wish to share a Christmas reflection for one and all which reaches far beyond December 25th.

It is my prayer that you experience so much gratitude that every cell of your body fills and overflows with joy. According to research, a daily practice of focusing on gratitude improves self esteem, emotional health and physical well being. It increases mental ability, resilience, and empathy; it reduces aggression; and it even improves our sleep. And, positive emotions have a healing effect on our bodies and minds. It is no wonder what apostle Paul wrote in Philippians "Finally,

brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things" directs us to focus on them!

Remember that whatever we focus our minds on becomes more powerful in our lives. Choose to focus on gratitude so you can experience the peacefulness and joy that it brings this Christmas and throughout the coming year.



YES, I want 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)

☐ VISA ☐ Mastercard (Please indicate) ☐ One time Gift ☐ Monthly Gift

Cardholder Name: _____

Card# _____

Exp. Date ____ / ____ Signature _____

Or, you may wish to donate by visiting www.grimsbylife.org/donate or CanadaHelps.org.

Official receipts for income tax purposes will be issued for donations over \$25. Please do not send cash through the mail. Charitable Organization # BN 80678 8824 RR0001

Thank you!

... to all the individuals who volunteer their time in making this ministry thrive.

... to all those who have donated gift cards so that we can gift them in Christmas cards to our clients.
(* We could use some more if you can help!)

... to the individual and to Winona Men's Group who donated the new shed.

... to the people who randomly come to rake our leaves.

... to Uncle Dick for always being on call for maintenance issues.

... to all who donated material and time to make the the new child and youth ministry centre possible.

... to the team at the West Lincoln site for being available in Smithville on Wednesdays.

... to all of you who delivered random acts of kindness throughout the year.

Grimsby

LIFE ♥ CENTRE

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Grimsby Life Centre Ministries is a registered charity dedicated to helping those in local communities regardless of age, race, religion or marital status.

All services are confidential and free of charge.

Your donations change lives ~ Thank you!