

### EXECUTIVE DIRECTORS DESK – Lisa Heuving



One day, I answered the telephone and it was obvious that the person on the other end was quite distraught. She started by saying "I received your name from a friend of mine and my pastor recommended me to call. I am diagnosed with post traumatic stress disorder, I am clinically depressed with an anxiety disorder, and I am diabetic..." on and on she continued. I listened to her for about 5 minutes as she explained in detail

all of her ailments and conditions. I truthfully could not get a word in edgewise. Finally, this lovely woman said "I am wondering how to get an appointment with your organization, do I need a referral from a psychiatrist, family doctor or another professional?" I smiled in my heart and replied "For now, all we need is your name". The phone went silent and she whispered "you only need my name and I can get help?" I replied gently "Yes." Thankfully, a counsellor just so happened to have a cancellation and this woman was able to come in the next day. At the end of this conversation, I thought to myself, this individual has defined herself based on conditions. During our conversation she mentioned that she has grown children, who I am sure love her, she has family and friends who I am sure love her, and I know for certain that God loves her unconditionally. Sometimes in life we tend to define ourselves as "I am depressed", "I am on drugs", "I am addicted" or "I am a \_\_\_\_\_". Maybe, we should look at ourselves and say "I am a child of God, I am loved and this too shall pass". Yes, humanly speaking, we all go through difficult times throughout our lives; however, this should never, ever define who we are. At the Grimsby Life Centre, we simply help people redefine their lives and we start off with their given names, not labels or health conditions. We are so grateful for our supporters, who help redefine us with financial contributions, volunteering, support and prayers. Together with you we are creating a place that provides free counseling, offering help and hope to anyone who is having a hard time in this journey of life.

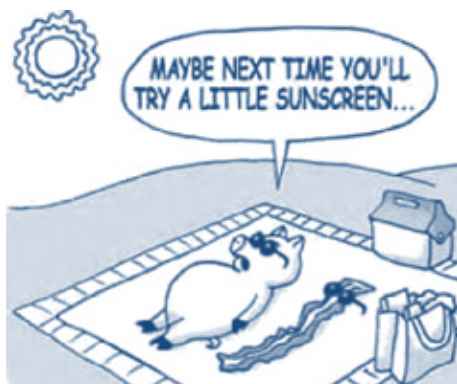
### FROM THE DESK OF THE CHAIRMAN - John Kendall



This summer has been relentless with its scorching temperatures and so needless to say, more than once I felt like an over done slice of bacon! This makes me think of all the different view points that scientists have over weather/temperatures. Some say that the world is getting warmer, icebergs are melting, sea levels are rising, and that warmer temperatures is our future (let's remember this in January!). Others are saying that the high temperatures are just systems and it goes in cycles and there is no need for concern. These are two very different opinions. Who do we believe or is this more fake news? When it comes to facts, I humbly admit that

I only know a few. One fact that I am absolutely certain of is that "People need the Lord!" We are at times broken, hurting, and empty. Our only true healing comes from above. So where can people take their needs for healing and comfort while here on this earth? In West Niagara we can find this help at the Grimsby Life Centre.

We thank you  
for your continued support  
to the ministry.



### CLIENT TESTIMONIALS

"Please accept my heartfelt appreciation for your centre. The support and guidance my family and I received was invaluable. Your counsellors provided compassionate, warm and caring advice and support during a very difficult time. I cannot thank the team at Grimsby Life Centre enough, for always making us feel welcome and cared for."



"Thank you for all that you do to help people with life difficulties. A special thank you to my son's counsellor. She was always there for him. He felt so comfortable at the centre. Please continue your wonderful work enabling people to enjoy a better and healthier life."



I like coming cause it makes me think about good things in life and not only the bad. And makes me think who I want to become. And that there is more in life than just sadness.  
~ a child's testimony ~

**RESERVE YOUR SEAT  
TODAY BY CALLING  
905-309-0944**

**2018 ANNUAL FALL  
BENEFIT BANQUET  
YOU ARE INVITED!**

**changing  
 spaces**

#### WHEN?

Friday, November 2 - Time: 6 pm

#### LOCATION?

The Grand Olympia  
660 Barton Street, Stoney Creek

#### COST?

Voluntary contribution

## WHAT'S NEW!

**SENIORS' MINISTRY** - Over the last number of years we have noticed an increased need for helping seniors during the pivotal emotional life transitions that occur between the ages of 70 - 100+ years. Gerry McCall will be spearheading counselling services for senior clients. We also have the opportunity to work alongside St. John's Presbyterian Church to facilitate a seniors' group that will help to uncover the emotional dynamics of aging. If you are interested in learning more about what we are planning, or you would like to schedule an appointment with our seniors' counsellor, please give us a call!

### INTRODUCING Gerry McCall – Seniors' Ministry Counsellor



My wife, Nancy, and I have been married for 50 years and have 2 children and currently live in Beamsville. Our daughter and her husband have 2 adult children and a new grandson and live in St. Catharines. Our son is married and has 2 children and lives in Toronto. I have a Bachelor of Theology degree and a Master of Arts in Religion degree. Over the years, I have pastored churches in St. Catharines and Thornbury. I have served on a variety of Boards; local, national and international. I am proud to be able to work at the Grimsby Life Centre with a staff of dedicated professionals.

### INTRODUCING Selena Wikkerink – Child and Youth Counsellor



In the spring of 2017 I graduated from Redeemer University with a double major in Psychology (Honours) and English. For the past four years I have been working as a Direct Support Professional for Christian Horizons, an organization serving individuals with exceptional needs. I have always felt a calling towards counselling and cannot wait to take on this new role of Child and Youth Counsellor at the Grimsby Life Centre! I have always loved working with children and am extremely excited to be able to do so as a counsellor in this faith-based organization. I look forward to being a part of this community and seeing what God is doing in it.

## News, Notes, and Needs

♡ Thank you to the individuals who 'secretly' come to the ministry centre and trim the shrubs and trees. We are so grateful to whoever you are.

♡ Thank you to the group of individuals who were involved in project "Winona downsize to London relocate". It is so amazing to be a part of a community that looks above and beyond to assist someone in need. A single mom was moving to London and needed a helping hand. She was blessed by a small group from Mountainview CRC who graciously dismantled, packed and cleaned her home. Words cannot describe how grateful we are!

♡ Thank you to our office volunteers! Without you, we could not do what we do! If anyone is interested, we are always looking for volunteers to greet our guests on Monday and Tuesday evenings.

♡ **The Life Change Campaign this spring had a record breaking high! With 24 churches participating this year, we raised \$35,000! This incredible amount helps us sustain this vibrant ministry helping over 430 families and individuals per month. Thank you again for your tremendous support!**



**Congratulations** to Clem and Jodie Bezemer who were married on a beautiful Saturday afternoon in July! Clem Jr. has lived in the apartment at the Grimsby Life Centre for close to 10 years. Together as counsellors and supporters we wish Clem and Jodie all the best and God's blessing in their married life.



*"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future" Jeremiah 29:11*

**Congratulations** also to Amy Miedema and Dan Koetsier on their wedding in August! Amy has been our child and youth counsellor for the past three years and she will be leaving the ministry and moving to her new home in Guelph, Ontario. We wish Amy and Dan God's provision in their life together.



**YES, I want to support the ministries of the Grimsby Life Centre financially!**

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 \_\_\_\_\_

**Grimsby Life Centre** 18 Elm Street, Grimsby, ON L3M 1H3

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



**Your donations change lives ~ Thank you!**