

REFLECTIONS FROM CLIENTS



You are God's angels, and we wanted to donate to the people who make such a difference in lives. Our son lost his life; but people like you all are there for the hurting and we cannot thank you enough.



Thank you for all that you are doing in our community ministering to those in need and sharing God's love and light. May you continue to speak truth, love and justice into families and lives who need hope and healing.



Thank you for everything you do for the community! I look forward to when we can gather again and show our support in person. God bless.



The Grimsby Life center has helped take me from despair to a depth of knowledge of the Lord's love that has not only transformed me but also the lives around me. Thank you.



We must find time to stop and thank the people who make a difference in our lives. Thank you.



This summer I had the opportunity to camp at Silent Lake Provincial Park near Bancroft Ontario. The natural beauty, sunsets, fresh air (and according to the park rules, no motor boats on the lake) provide a very calm and still surrounding. One night I woke up and heard a mosquito. This mosquito was not silent. Then I heard the water tap drip, one drop at a time. I thought to myself, 'Lisa, you have 2 options, either get up and fix the small annoyances or, just ignore them.' Then it struck me -- I was only dealing with two minor irritants. I began to wonder how our almighty God who has the whole world in the palm of his hands deals with His creatures – us humans in particular. All of us have our own childhood wounds, our own insecurities, our own irritants, our own seasons of life we walk through, our own joys, and our own trials. Relief washed over me and I knew with every fibre of my being that this world belongs to God. The decision to my small problem was to listen closely to the mosquito, and to the drip of the tap, and I fell soundly asleep.

Here at the Grimsby Life Centre we are grateful and busy helping people on their journey dealing with the hard knocks of life. We are so thankful to our supporting community for your financial contributions and most of all your prayers. May you too sense the relief of knowing that God is in control and the world belongs to Him!

~ Lisa Heuvig, Executive Director

Come celebrate with us by joining in our annual fundraising event; All are invited to:

2021 Banquet in an Envelope PART II

Watch for an envelope in the mail or, if we missed you, please call the Grimsby Life Centre office at **905-309-0944** and we will mail one out to you!

STRENGTH
for TODAY
BRIGHT  HOPE
for TOMORROW



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

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

COUNSELLOR CORNER



Isn't it just so beautiful around us? Take in the varieties of flowers, grasses, trees, birds, creeping creatures and so much more. Wow! And Wow! I get amazed at the fine textures, the intricate designs, some subtle and some bold. What a massively creative Creator we serve and love. Even in the dry times, the flowers that will impatiently still peep up and declare their beauty takes my breath away. How awesome is our Lord!

There is a creative complexity that covers every living thing including man! Note: "You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so complex! Your workmanship is so marvelous." (Psalm 139: 13,14a) I am so excited that present day research is now able to actually see how toxic thinking affects the brain. Neuroplasticity of the brain says that we can change so many things in our bodies by changing what we think. We are called in scripture to "fix our thoughts on whatever is true, and honourable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise." (Philippians 4:8) I believe that God knows that how we think will definitely affect how we feel and then act. This offers so much hope to us personally, as well as to the clients that come in to the centre. Clients can be challenged to process negative things from their pasts, reframe, process and find healthier ways of coping and living. Dear God, Your workmanship is marvelous! What an amazing God we serve! ~ **Della Koole, Registered Psychotherapist**

NEWS, NOTES & NEEDS

♥ Thank you so much to Rhonda who works tirelessly on keeping the ministry centre clean and tidy!

♥ Thank you to the group at Westbrook who stored our furniture since March 2020! We are so grateful that our office furniture is back.

♥ Due to the retirement of some of our counsellors the Board is looking to hire more staff! If you are someone who has the qualifications and skills and would like to apply for a position at a vibrant ministry centre please send your resume to lisa@grimsbylife.org

♥ The other day I read this quote and thought, how true it is! "*You will never speak to anyone more than you speak to yourself in your head, be kind to yourself.*" - Author unknown

REFLECTIONS FROM THE BOARD

Greetings from Grimsby Life Centre!

We continue to serve our community by providing free and confidential counselling. It is always with gratitude in our hearts that we can do this. As a Board we have been meeting via Zoom on a regular basis. Like many, we look forward to the day when we can actually hug someone outside of our bubble! By the grace of God this will come to fruition one day.

It has been rewarding to see how the team at the Grimsby Life Centre has maneuvered through the covid pandemic. We commend the staff with these words '*Well done, good and faithful servants*'. Thank you also to our supporters and prayer partners as they uphold us in being a beacon of light in this world.

Susan Scott, one of the Counsellors at Grimsby Life Centre will be retiring on

September 30, 2021. Susan has been a pivotal part of the team here at the Grimsby Life Centre and has helped many people during her 10 year tenure. We wish to acknowledge and bless her as she celebrates the next season in life! We are so grateful to have worked alongside Susan for all these years!



YES, I would like to support the ministries of 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 Monthly

Cardholder Name: _____ Signature: _____

Card# _____ Exp. Date: _____

You can also donate by visiting www.grimsbylife.org/donate. Official tax receipts will be issued for donations over \$25. Please do not send cash through the mail. Charitable Organization BN 80678 8824 RR0001

