

HOPE OF THE RESURRECTION



2023 SPRING NEWSLETTER

From the Executive Director's Desk

Resting in the Hope of the Resurrection - Getting off the Treadmill of Life.

"Because He Lives, I can face tomorrow!"

The knowledge that Jesus' resurrection promises eternal life should give us hope in this troubled world. Resurrection power and hope can allow us to quiet ourselves before God and revive our minds, bodies, and spirits. Physically resting should be an intentional practice. But is it?

While this concept is well understood, it's harder to turn it into a discipline. In his book *Leading like Jesus*, Ken Blanchard writes, "The alarm clock goes off. Have you ever thought about that phrase – 'alarm clock'? What an awful concept! Why isn't it the 'opportunity clock' or the 'its going to be a great day' clock? The alarm immediately ignites our task oriented selves as we immediately jump out of bed....."

And so starts our day on the treadmill of life. We experience it. Our clients experience it.

In order to stay on track for the purposes God has created for each one of us, we need to intentionally practice solitude with Him; practice prayer; study God's word; accept and in so doing respond to His unconditional love for us.

The habit of solitude may be difficult to attain. **But spending quiet time with Jesus daily is the lifeline that will get us off the treadmill that consumes us, creates the anxiety and stressors in our lives that He intended to rid us of when He went to the cross.** It is in those quiet moments of solitude that we hear God's whispers that draw us closer to Himself.

The hope of the resurrection promises eternal life which in turn grants us peace. This spring, let us take the time to reflect on that gift as we revel in the cross and in God's creation that bursts into life around us.

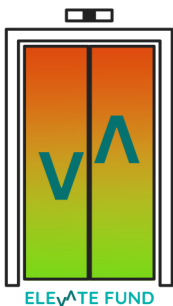
To our clients, thanks for allowing us to pour Jesus' love on you by offering help hope and healing. To our supporters, thank you for making it happen. This is a partnership for God to have an impact on His people.

Blessed Easter to you all,
Rita Makubuya,
EXECUTIVE DIRECTOR



Elevator Update

God is so good! Our Elevate Campaign was made out of the need to provide accessibility to our community space and kitchen to all of our clients... and once again God provides!



Thank you for your contributions to our elevator fund! **With your help we have raised \$67,368.13!** Through this along with a generous Will Bequest this year, the board has decided to move forward with the building phase.

With the Lord's help we will start construction this summer. It will be incredible to offer full accessibility to our clients in the near future!

New Crisis Hotline

One of the struggles we face on a regular basis at Niagara Life Centre is counselling wait times.

Waiting lists are long all across the region. That's why we have decided to launch a new crisis hotline to aid those in crisis.

We are excited to see how God will work through this new ministry opportunity and resource. Help us spread the word and raise awareness!

Crisis Hotline

In crisis?
We are here to help.

For life-threatening emergencies call 9-1-1

📞 289-968-5446

🕒 Mondays 9am-12pm

Clinical Supervisor and Trauma Counsellor Needed

Female Trauma Counsellor: Niagara Life Centre continues to provide low-fee counselling services to the Niagara Region and beyond. There is an overwhelming need for trauma counselling. NLC needs a female trauma counsellor to support our clients.

Clinical Supervisor: The Clinical Supervisor will develop and implement Christian principles and spiritual values in interactions with all counsellors and interns. NLC views Clinical supervision as a compassionate contractual relationship in which a clinical supervisor engages with a counsellor/intern to discuss the direction of therapy and the therapeutic relationship for a client. The supervisor must be a member in good standing of a regulatory college whose registrants may practice psychotherapy with a relevant Master of Divinity/Psychology/Social Work degree. **College of Registered Psychotherapists of Ontario (CRPO) requirements:**

- The supervisor must have five years' extensive clinical experience.
- The supervisor must meet CRPO's "independent practice" requirement (completion of 1000 direct client contact hours and 150 hours of clinical supervision)
- The supervisor must have completed 30 hours of directed learning in providing clinical supervision.

If you are interested in either position or would like more information please email rita@niagaralifecentre.ca

niagara life centre
counselling

Niagara Life Centre is a non-profit low-fee counselling service caring for families and individuals. We provide practical and compassionate care through consultation, guidance and support for the emotional, social, physical and spiritual needs of those we serve.

65 LAKESHORE ROAD, ST. CATHARINES, ON L2N 2T3 | 905.934.0021 | NIAGARALIFECENTRE.CA

The Wonder of a Joy Filled Life! Fabio A. Frigolé, NLC Counsellor

Recently, my wife and I celebrated the birth of our first grandchild, Freya. What excitement and joy! Words could not describe the emotion as we held her in our arms for the first time. So much joy and anticipation for the future of this little one. Whom will she turn out to be? We know she will experience many transformations from now to her future adult self. Part of our hope as a Christ following family is that she will look more and more like Christ in character and person as she matures into adulthood and beyond...

Much like the birth of a child, is the birth of an idea. Our thought life is powerful and can be transformative - for the good or the bad. Thoughts can turn us into nervous wrecks, and fear driven people, or lead us down a path of peace and great achievement (regardless of our circumstances). The apostle Paul encouraged us to consider what we dedicated time to thinking about. He said: "focus your thoughts on and fill your minds with things that are **true and honorable and just and pure and beautiful and respected.** If there is anything that is **good** [morally excellent] and **worthy of praise,** focus your thoughts on and fill your minds with these things... And the God who gives peace will be with you." (Phil 4:8)

So, how do we build a life that is resilient, strong, and encouraged; by sowing seeds of thoughts comparable to the ones the apostle Paul spoke of. Think on good things... just as a child grows from day to day to become a strong and vibrant adult, we need to be filled with joy and hope day by day. Think on the things that promote life!



THANK YOU TO OUR SPONSORS!

- A & A Power Tool Repair Inc.
- BAAC Office
- BarterPay
- DeKortes Landscaping Ltd.
- Element Snowplow Services
- H2Only Inc.
- Harbour Estates Winery
- Lincoln Appliances
- Made By Frame
- Marv Roofing for Missions
- Northland Floral Inc.
- Petals Floral
- Sunshine Express Garden Centre
- Sykes Real Estate Team- ReMax
- Westland Greenhouse Solutions
- The UPS Store #192 - Niagara Falls



SPRING is here! With the warm weather and growing grass, **NLC is in need of a new lawn maintenance volunteer** for the 2023 summer/fall season. A riding lawnmower is available for use. Interested in helping out? Please email rita@niagaralifecentre.ca

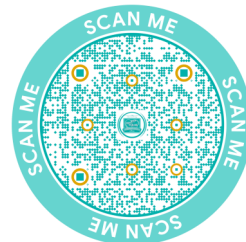
Lace up your shoes and join us for our Annual Walk and Run!

Join us on Saturday, April 29th, 2023 for our Annual Walk & Run.

This family friendly event has something fun for everyone! Activities include our 1K + 5K walk/run led by Dunkin, the River Lion Mascot, balloon twisting, face painting, games, snacks and a light lunch. Prizes awarded to top pledges and run winners!

Registration starts at 8:30am at Covenant Christian Reformed Church, 278 Parnell Road, St. Catharines ON.

Thank you to Westland Greenhouse for sponsoring!



Scan to Register!



BBQ at Sunshine Garden Centre



We are delighted to return to Sunshine Express Garden Centre for our fundraising BBQ! Come see the beautiful blooms and gain inspiration for your garden while enjoying some NLC BBQ & fellowship!

Saturday, May 13th 2023 10:00am - 4:00pm.

Sunshine Express Garden Centre is located at: 18 Carlton Street East, Niagara-On-The-Lake, ON L0S 1J0.

Let's welcome the warmer weather and support Niagara Life Centre programs and events through this fundraising event! We would love for you to drop by and say hello!

Thank you Sunshine Express for sponsoring this event!

Coin Campaign 2023

When you give to Niagara Life Centre, even the smallest of contribution can make a big difference! Our 2023 'Change is Good' Coin Campaign makes it easy to lend a hand.

Our campaign will begin Mother's Day (Sunday, May 14th, 2023) and run through Father's Day (Sunday, June 18th, 2023).

Ways to Participate:

- **Pick up a canister from your church or our office** (65 Lakeshore Road)
- **Donate online to our virtual canister** www.niagaralifecentre.ca/events/coin-campaign

No change is too little.



Yes, I want to help to bring Help, Hope and Healing throughout Niagara!

Name: _____ E-mail: _____
 Address: _____ City/Town: _____
 Province: _____ Postal Code: _____

Donation: \$ _____
 Cheque (payable to Niagara Life Centre)
 Visa MasterCard Cash
 Please Indicate: One-time Gift Monthly Gift

Cardholder: _____ Card #: _____
 Exp. Date: ____/____ CVC #: _____ Signature: _____

I hereby authorize my payment of \$ _____ per month, to be withdrawn from my account starting in the 20th of _____, 20____.

Scan to Donate



niagara life centre counselling



Official receipts for income tax purposes will be issued once a year for donations over \$20.00

Donations can be sent via e-transfer to: admin@niagaralifecentre.ca
Please indicate donation in the memo line

Donations can also be made online at: www.niagaralifecentre.ca/donate