



## 2023 FALL NEWSLETTER

### From the Executive Director's Desk

"The Lord remembers us and will bless us: He will bless his people Israel, he will bless the house of Aaron, he will bless those who fear the LORD - small and great alike. May the Lord cause you to flourish, both you and your children" Ps. 115:13-14

The Lord has indeed remembered and blessed His ministry at Niagara Life Centre (NLC). NLC clients continued to be served even as ministry work was threatened by the COVID19 pandemic. Through God's gracious and tender mercies, His provision for this ministry continued and both the ministry and clients flourished.

On October 28, 2022, over 550 guests gathered at the Holiday Inn for our first "post" pandemic banquet. We had an unprecedented number of testimonies (4 live and 1 video) of NLC healing ministry impact on client lives!! This God directed ministry is flourishing.

As God continues to use NLC staff to do His work, we cannot help but praise Him for the blessings of resources that continue to come our way. Supporter commitment to this ministry has been exceptional. Because of your unwavering support, the NLC board has been able to increase counselling hours. We are in a place of community service that seemed unlikely in March 2020. We serve an awesome God and His ways for His people will always prevail.

More clients have been served through individual counselling and group support. This past winter we were able to add an additional GriefShare program on Saturday mornings. This group, run by a volunteer from Central Community Church, provided a support group opportunity for those who are unable to drive at night. We praised God for this because the grief needs in our community have escalated.

Numbers served in 2022 increased by 47% from the previous year!! Having successfully completed the NLC Vision 2021, board and staff met in May 2022 to cast the ministry vision for the next 5 years. NLC Vision 2026 speaks of growth of community connections and ministry partnerships as we continue God's work in Niagara.

This summer, God provided an amazing opportunity. A community pastor approached us to explore the possibility of NLC training lay leaders in his congregation. The goal was to equip these individuals to serve people within their congregation by walking alongside them. Pastoral counsellors MyungJoo and Fabio embraced this opportunity. This past July, 8 participants in the NLC "Equipping to Serve" ministry attended this first session. We are excited about these new opportunities that God is presenting. The effects of the support offered by those 8 trainees will ripple through that congregation and their community.

The dream of the elevator addition to our facilities is about to be realized. Please pray for all involved with this project that will allow accessibility for all. Please pray for building permits to be expedited by the City of St. Catharines. NLC ministry is flourishing as God heals one client at a time through His servants at NLC. We thank you for your support for this incredibly flourishing ministry.



*"I thank my God every time I remember you!"*  
Philippians 1:3  
*Rita*  
Rita Makubuya,  
EXECUTIVE DIRECTOR

### Join us for a night of celebration at our Annual Banquet & Silent Auction!

Be our guests! Join us for our Annual Banquet on Friday, **October 27th, 2023** at the Holiday Inn & Suites, 327 Ontario Street, St. Catharines. Through client testimonies you will hear about God's healing of peoples lives in our community. Donations will be gathered at the end of the event. Doors open & Auction begins at 5:30pm; Dinner begins at 6:30pm. Register online or call our office.

### An Official Welcome to Bob & Jonathan as Board Members!

**We were excited to welcome 2 new Board Members to the team this past year! God never ceases to bring the right people at the right time and we are excited to see God work through them to fulfill the ministry.**



Jonathan Brouwer's partnership with NLC has truly come full circle. He first became involved as a young fundraiser for the Annual Walk & Run and has now joined our Board!

He has a passion for helping those in need, understanding the value of affordable, accessible, and professional counselling in Niagara.



"NLC is a ministry that has captured the hope we have in Christ. From the first time I heard about this ministry to now I have been impressed by the staff's compassion, the dedication of volunteers, the generous support of donors, and the wisdom of their leadership. For that reason it was a special joy to be asked to serve on the Board with such excellent Christ-followers."

Bob Loerts

NLC is in need of a qualified therapist or pastoral counsellor to join our team. Experience in marriage counselling and/or grief counselling would be an asset. If you are interested please email [rita@niagaralifecentre.ca](mailto:rita@niagaralifecentre.ca) with your resume and cover letter.

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 counselling, 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](http://NIAGARALIFECENTRE.CA)

The Beauty of Banquet Testimonies. Naomi Reimer, NLC Counsellor

As a counsellor, one of the most consistent prayers I have is that my clients will meet with and experience God in some way during our sessions. That they will know and feel an outpouring of His love, His belonging, His grace, and His healing. Since we know that all these things only come perfectly from Jesus Christ, my prayer is that God himself will fill the space and the room with Himself, and with His wisdom and guidance.

Who am I without HIS working power and presence? I have found myself time and time again in complete awe and wonder at the works of our amazing God. The ways that we as counsellors have the opportunity to sit and be present with our clients and then to experience how God shows up is always deeply humbling and awe inspiring. Those moments are sacred and precious to me. It is in those moments that my heart fills with worship and renewed faith at the wonderful works of his hands and his heart within the hurting souls of our community.

Banquet testimonies share what only counsellors usually experience. They are a beautiful celebration of the wonderful ways God has been working. It is a joy to experience His healing with clients and together be able to celebrate and praise God for His goodness! To me, testimonies bring an opportunity to express His Glory! His Power! His Character! His Healing! They delight me, build my faith, and create a thankfulness to be part of His Kingdom in this way.

Upcoming Programs & Updates

It is beautiful to know that God is always at work. It is amazing to witness His presence from individual counselling sessions to our seasonal programs, community outreach events, fundraisers, and partnerships. What a year it has been!

As the summer comes to a close we are looking forward to the start of our fall programs. Visit our website to sign up!

- Anxiety Interrupted:** Struggling with fear is a part of the human experience. However, when our worries prevent us from functioning well in our daily lives, we may need support. This 6 week program starts on Tuesday, October 3rd, 2023 from 1pm-2:30pm. Cost of class is \$60.
- Defusing Anger:** This program teaches individuals how to identify the root cause of their anger and provides strategies that work towards resolving those issues so that individuals can find freedom from the control anger holds over their lives. This 6 week program starts Friday, October 6th, 2023 from 10am-11:30am. Cost of course is \$60.
- GriefShare:** It hurts to lose someone you love. GriefShare provides a safe place of supportive people who will walk along side you through one of life’s most difficult experiences. You don’t have to go through the grieving process alone. This 13 week program starts on Thursday, September 14th, 2023 from 6pm-7:30pm. Free to join with an optional \$20 workbook.
- Healthy Relationships:** This is a dynamic group that teaches individuals how to recognize and identify unhealthy reliance's on others, how to bring real change to your life patterns, and how to form positive relationships. This 12 week program starts Wednesday, September 13th, 2023 from 1pm-2:30pm. Cost of course \$120 + \$25 for the course materials.

THANK YOU TO OUR SPONSORS!

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Made By Frame  
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Northland Floral Inc.  
Sunshine Express Garden Centre  
Westland Greenhouse Solutions  
The UPS Store #192 – Niagara Falls



Adopt-a-Family This Christmas!

With Christmas just around the corner we are preparing for our Adopt-a Family Program 2023. Many clients struggle with real financial pressures throughout the holiday season.

NLC is looking for gift card donations to help with this effort. Using gift cards enables us to give to many families and allows clients to select their own purchases. Some suggested gift cards would be *Presidents Choice, Walmart, Canadian Tire, Gas cards, Shoppers Drug Mart & Giant Tiger.*

Gift cards can be mailed or dropped off to the NLC office at 65 Lakeshore Road, St. Catharines by **November 10th, 2023.** If you have any questions, feel free to contact our office at [admin@niagaralifecentre.ca](mailto:admin@niagaralifecentre.ca) or call 905-934-0021. Thank you for considering how you can help this Christmas!



**THANK YOU** for all your support of our Spring fundraising events! We thank God for you and your help!

**2023 Walk & Run:** A \$10,000.00 match allowed us to raise a record breaking \$46,551.08!!

**BBQ at Sunshine Express Garden Centre:** A great day of sunshine and fellowship! Our total raised was \$1,426.70!

**2023 Coin Campaign:** With your help and supporting churches we were able to raise \$10,012.31!

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](mailto:admin@niagaralifecentre.ca)**  
Please indicate donation in the memo line

Donations can also be made online at:  
**[www.niagaralifecentre.ca/donate](http://www.niagaralifecentre.ca/donate)**