

“I am leaving you with a gift – peace of mind and heart.”

John 14:27a

Vision

Helping people find hope, healing, and peace in life.

Mission

As a faith based organization motivated by God’s compassion for people,
Shalom Counselling:

- Offers respect, acceptance and compassion to those seeking hope and a healthier tomorrow in their lives and relationships.

- Provides professional, financially accessible counselling to individuals and families facing emotional or relationship challenges.

- Offers education that will equip individuals to sustain their emotional health and contribute to the well-being of their community.

Today, January 18, is Martin Luther King Jr. day. Martin Luther King Jr. was an American Baptist minister and activist. He was a leader and spokesperson in the civil rights movement in the 1950’s and 1960’s, and may be best known for his famous, “I have a dream . . .” speech.

While Martin Luther King Jr. spoke eloquently on many topics including social justice, equality, forgiveness, and relationships, his most powerful messages were about love.

Two thousand years before the influence of Martin Luther King Jr. on the world, another man spoke about the transforming power of love.

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”

Martin Luther King Jr.

One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, “Of all the commandments, which is the most important?”

“The most important one,” answered Jesus, “is this: Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. And the second is this: Love your neighbor as yourself. There is no commandment greater than these.” Mark 12:28-31 NIV

Loving our neighbor isn’t always easy – we have to do it on purpose, intentionally. Loving our neighbor means treating them with kindness, generosity, grace, empathy, and forgiveness just as we have been forgiven. May the love of God fill our hearts and overflow to those around us.

Ruby Stones, Executive Director

Through regular monthly payments, additional payments as funds allowed, as well as generous donations specifically towards mortgage reduction, the mortgage balance owing has been significantly reduced.

January 1, 2020 Mortgage principle outstanding: \$72,445.05

January 1, 2021 Mortgage principle outstanding: \$34,861.82

A large part of Shalom’s ongoing ability to support individuals, couples and families in Central Alberta is due to the support of our community. Thank you to our volunteers, prayer partners, churches, businesses, and individuals.

We couldn’t do it without you!

Counsellor's Corner

Two Pennies for Your Thoughts

How will you start this new year? It really is your choice. Will we engage life deliberately and intentionally? Will we watch for opportunities to reach out to others? Will we be encouragers helping those we encounter find renewed hope and courage to move forward? Will we take risks to be creative, even trying things we haven't tried before? Will we live lives with generosity giving what we have rather than focus on what we don't have? Will you act on your compassion? Will we be sensitive and present to those we encounter? Have we determined a purpose that motivates us to step forward and make a difference?

For those of us learning what it is to follow Jesus we have an advantage. He told us that He came that we would live lives to the full. He came that we would live life abundantly. Those of us who have received His mercy are freed and empowered to pass that mercy along. Those of us who have known God's love and have been chosen to be part of His family have the power to share love. We can ask God to help us see what He values in each person we encounter. We have an advantage that motivates us to engage life fully, passionately. You can engage life with hope that is rooted in what is certain. Certainly there will be difficulties but we do not face them alone. What difference will that abundant living make to your work, your family, your community and to your own mental health outlook.

Have you ever wondered how to impress God? One story told about Jesus in Mark 12 gives us a picture of what impressed Jesus. He was sitting with his disciples outside of the temple and a woman who He recognized as being a widow gave two small coins for those in need. He drew to the attention of His disciples noticing that others had given out of their surplus but she had given all that she had. That impressed God. We often think what we have is insignificant, yet what Jesus noticed and was impressed by was that she gave what she had. God is not asking you to give more of yourself than you have. He is touched to see you share what you have of your time and effort, your heart.

As you start a new year will you enjoy giving it what you have? Will you invest your life in choosing to make a difference in someone's life? We may not be able to meet all the needs around us but we can do something. How will you invest your two small coins? How you answer that question will contribute to your mental health in the year to come. Where we put our focus does make a difference. It really is your choice how you start this new year. May God bless you in this new adventure.

Bob McKenzie, Counsellor



Shalom Counselling Centre of Alberta is a non profit registered charity incorporated under the Alberta Societies Act, Charitable Organization #317905. Donations are used for the purpose of subsidizing counselling for Central Alberta families. Shalom hopes to raise \$375,000 using 7% of Shalom's overall budget for the cost of fundraising.

Shalom will, to the best of our ability, ensure that contributions are used in accordance with donor's intentions. However, gifts received designated to particular projects or programs are received only with the understanding that if the project or program is oversubscribed or does not take place, the funds will be applied to other purposes at the discretion of the Board of Directors.

In respect for your privacy, your contact information is not passed along to any other organization. For more information or to request a copy of Shalom's most recent financial statement and current budget please call Ruby Stones, Executive Director at 403.342.0339.

Thank You for Caring

Funded by individuals, businesses and churches of Central Alberta

Sylvan Lake Endowment Fund

