

## Yes, I WANT TO HELP OTHERS

Name \_\_\_\_\_ Initial \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Prov \_\_\_\_\_ PC \_\_\_\_\_

Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Please add me to the Shalom Prayer Partner list  
(We will send by email when one is provided)

Receipts will be issued for Donations of \$20 or more

**Gift by:**  Cheque  Visa  Master Card

To donate online through Canada Helps visit our website at  
[www.shalomcounselling.com](http://www.shalomcounselling.com)

Monthly Sustainer \$ \_\_\_\_\_ / month

One Time Gift \$ \_\_\_\_\_

Credit Card No \_\_\_\_\_

Expiry Date \_\_\_\_\_ CVC \_\_\_\_\_

Signature \_\_\_\_\_

Return form to 5515 27 Avenue Red Deer, AB T4P 0E5 or for more information, please call 403.342.0339



### Thank you to the following volunteers:

Shelley Kundert – newsletter and book sale

Sandra Bonnell, Sandra & Alysa Kelly, Rita Wold, Del & Marg Fehr – newsletter mailing

Kelly Warkentin – handyman

Fred Lane, Eric Nyrose, Sandi MacLeod - book sale

Tim Nelson – photographer

Marilynne Herron – community relations

Aileen Koster – gardening

Ruth Purvis – community relations

Benton, Dee, Judah, Callie & Hope Schultz; Ashlee and Brittnay Bennett; Bryson Frost; Maggie Chadwick; Audrey Lewis; Howard & Anne Schafer; Lorrie Cotter; Benno Fath; Cathy Nelson; Bob Wing; Susan Maki; Tammy Slauenwhite; Don Edwards; Darlene Bateman; and Alex Tomalty – Kids' Corral

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 \$400,000 using 4.5% 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 Benno Fath, Executive Director at 403.342.0339.

*Thank You for Caring*

Funded by individuals, businesses and churches of Central Alberta and



Olds FCSS Sylvan Lake Endowment Fund Mountainview County FCSS

## Helping Our Neighbours

Find Peace

Fall 2018



**"I am leaving you with a gift – peace of mind and heart."**

John 14:27a

## Vision

Helping our neighbours find peace in life and relationships

## Mission

Motivated by Christian love and working collaboratively, Shalom provides to whomever seeks the services we offer:

Quality counselling for emotional and relational concerns

Family life and wellness education for the community

Training and encouragement for caregivers

Harvest Greetings,

The colours and smells of fall are in the air. Fall is a special season for me. In another time, in another place, I recall wandering in the bush near where we lived. Ostensibly, I was hunting, but it was the smells and colours and sounds that I most enjoyed. The smell (and taste) of wild cranberries, the bright yellows of the aspen and birch, and the sounds of leaves and dry grass rustling underfoot. Another time, another place - this time the smells of harvest. The smells of earth when digging carrots or potatoes, the smell of grain dust in the air. Fall - when we reap the harvest God has provided.

Harvest. I think of the work that is done at Shalom. Staff invest time and energy with clients. Sometimes it can be demanding work. Oft' times it is discouraging, but we invest in lives - we plant seeds of hope. We nurture and water the seeds with encouragement and acceptance. And we await the harvest. In a slightly different context, James invites us to "be patient, then, brothers and sisters, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop, patiently waiting for the autumn and spring rains."<sup>1</sup> Sometimes at Shalom we get to witness the harvest - lives and relationships restored - but more often we only see the seeds germinate and begin to grow. We wait patiently until the Lord's coming, then we will realize the full extent of the harvest.

At Shalom I hear about some of those who come with anxieties and concerns stemming from aspects of their lives and choices that leave me gaping; choices and lifestyles that are the antitheses of a Christian viewpoint. Yet at the heart of their need they are another hurting individual trying to make sense of and find peace in this life. What is amazing and delightful is that God has orchestrated that they come to Shalom Counselling with their need! We plant seeds, we offer hope and acceptance, and it will only be upon the Lord's coming that we will fully understand the extent of the harvest that God allowed Shalom to contribute to, in ways small and large.

Thank you for your continued interest and support for Shalom. We ask that you persevere with us as we await the Lord's coming when we will fully witness the harvest that he is bringing about through Shalom and through each of our lives.

Together to the glory of God,

Benno Fath

Executive Director

<sup>1</sup> James 5:7

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Galatians 6:9

As you know, we count as blessed those who have persevered. You have heard of Job's perseverance and have seen what the Lord finally brought about.

James 5:11

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!

*Sinnott's Independent Grocers*  
(Clearview Market)

and

*Cosmos Bottle Depot*

have allowed Shalom to set up a bottle collection bin. Proceeds will subsidize client counselling fees. Look for the blue bin at the gas bar area to return your 'bottles for a cause'.

You can also take your bottles at any time throughout the year directly to COSMOS Depot #1 located at 7428 49 Avenue Red Deer, just mention they are for Shalom Counselling Centre.

*If you know of a location where we can place another bin or two, please let Bonnie Joyes know.*

## VOLUNTEER OPPORTUNITIES

### Fall Garden Bee Saturday Oct. 13<sup>th</sup> 10am to 2pm

Come for as much time as you can to help us prepare our peace gardens for the fall. Contact Kathleen at 403.342.0339 for more details or to confirm your attendance. *Light lunch provided*

### Garage Sale

### September 27<sup>th</sup> & 28<sup>th</sup>

Volunteers required to help with pre-sale set up, on sale day and take down.

### Book Sale

Plans have begun for our 2019 MASSIVE Book Sale! If you are interested in helping out in any capacity please give us a call.

### Bruins Alumni Hockey Game & Banquet

We will be lining up our volunteer team for this exciting, unique event coming to Red Deer in partnership with The Mustard Seed. Please contact us to see how you can help us out. There will be a variety of opportunities to choose from.

### Shalom Staff On A Challenge with Their Summer Wellness BINGO!

*Submitted by Benton Schultz*

This summer at Shalom, for the 3<sup>rd</sup> year in a row the staff took up the challenge to take part in our Shalom Summer Bingo. This is a staff health and wellness initiative that we started up as a fun way to enjoy the summer, as well as to challenge ourselves to prioritize our own health. On the fridge at our office is our giant Bingo Board - a 5x5 grid of tasks to accomplish. There are 5 categories of health that each of these tasks fall into: Spiritual, Physical, Educational/Mental, Relational and Emotional/Leisure. From challenges like "Write and mail a letter" to "Bike or hike a trail", to "Go to or perform a concert", each challenge pushes us in a different way to maximize our health throughout the season. Once we get a "Bingo" (5 tasks in a row), we get a prize. And the first one to achieve a "Blackout" (all 25 tasks checked off) gets the grand prize. It's been a great way to team build, to challenge ourselves individually, and to let our competitive sides come out! And, what a great reminder to take care of ourselves, as we continue in our efforts to provide care for others.

**Thank you to our prize sponsors: Tim Horton's Clearview Market Square, City of Red Deer, Tim & the Glory Boys, Carnival Cinemas, and Kennedy's Parable**

### Clean out your closet by September 15<sup>th</sup> and help us raise funds!

Turn your clean gently used clothing and household items into cash for subsidies. Value Village will pay us for every pound of goods donated. It is preferable to put any 'soft' items into large garbage bags; household items and books can be in boxes. Items not sold to Value Village will be used for our fall Garage Sale (see below).

Drop off times:  
Mondays and Fridays 2pm to 5pm  
Tuesdays 10am to 2pm

**For more information contact Bonnie at 403.342.0339, email [info@shalomcounselling.com](mailto:info@shalomcounselling.com) or visit [shalomcounselling.com](http://shalomcounselling.com)**

## Garage Sale !!

**5515 27 Avenue, Red Deer (Shalom's office)**

Friday September 27<sup>th</sup> from 10am to 7pm and Saturday September 28<sup>th</sup> from 10am to 4pm

**Mortgage reduction** - Shalom had a small amount of funds designated for Capital Expenses to reduce the mortgage principle. When added to donations received, plus monthly payments, the reduction to the mortgage principle in the second quarter was nearly \$17,000.

#### Mortgage Principle Outstanding

31 December 2017	\$151,282
31 March 2018	\$148,747
30 June 2018	\$131,795

**Financial Position** - God has provided for Shalom over the past 18 years, and we remain dependent on him as our provider in 2018. Our finances in 2018 have varied, with better months and discouraging months. Like Black Friday in the retail industry, it is late each year that Shalom receives the extra donations that get us through the year. Nonetheless, the in between times are challenging. We are so thankful for each of you who support us through the year, as well as those who support us at the end of the year.

#### To 31 July 2018

Income	\$387,134
Expenses	\$405,922

Shortfall \$ 18,788

**Carpet Replacement** - In the last newsletter we shared our hope to replace the carpet in the reception area. It appears the time is not yet right to proceed with this project. When God does provide, we will proceed.

**Fall FriendRaiser Cancelled** For many years Shalom Counselling has held a Fall FriendRaiser. In past years this was a significant event. In addition to being a time to celebrate with old and new friends, the event was a profitable fundraiser. The past two years have seen declining attendance. While the 2017 fundraiser was a very positive event for those who were there, the sharp decline in numbers led to a decision to not hold the event in 2018. If the fall Friendraiser was the event where you supported Shalom financially, you can continue to support our ministry by sending your donation via mail, visiting us and dropping it off, or phoning us with credit card information. *Thank you!*

## SAVE THE DATE!

**Sunday, March 17, 2018**

The **Boston Bruins Alumni** are facing off with the **Red Deer HOPE Stars** at the Enmax Centrum!

Post game banquet to follow at Festival Hall.

VIP tickets on sale – **September 8<sup>th</sup>**

General admission tickets on sale – **September 22<sup>nd</sup>**

Tickets available through [www.TicketsAlberta.com](http://www.TicketsAlberta.com)

Event website: [www.bostonbruinsreddeer.com](http://www.bostonbruinsreddeer.com)

Tickets make great gifts!



**This Charity Fundraiser is a partnership between The Boston Bruins Alumni, Shalom Counselling Centre and The Mustard Seed**

## Downsizing and Moving Forward

*Submitted by Bonnie Joyes, Community Relations Manager*

In June, Shalom reintroduced the Downsizing and Moving Forward series. Facilitator Lyn Lamers presented to a group of over 100 at the Golden Circle Seniors Resource Centre to help those in their downsizing journey navigate the physical and emotional hurdles they often encounter. A workshop for a smaller group was hosted at Revera Inglewood for people who are helping others downsize – to help them understand the challenges as well as how to work through their personal emotional barriers to providing that assistance. Thank you to our Downsizing Sponsors: Mancuso Carpet Cleaning and Upholstery Services, Riverland Hearing Clinic, ABC Country Restaurant, Golden Circle, and Revera.

### Next Presentation

Thursday, September 20<sup>th</sup> 11:45am – 2:15pm

Sylvan Lake Senior Centre 4823 49 Avenue Sylvan Lake

**Coming Soon:** Rocky Mountain House and Lacombe

No charge for sessions, but please RSVP one week prior:

[info@shalomcounselling.com](mailto:info@shalomcounselling.com) or call the office

403.342.0339



5515 27 Avenue

Red Deer AB

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info@

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Face Book!



Shalom Counselling Centre

Look For Us  
in Olds!

Shalom also provides counselling out of our satellite office in Olds. Contact us if you or someone you know lives in the Mountain View County area and would like more information on counselling services.