

Freedom Centre

FALL | Issue V



Devotional by Jim Tolmie CD, PA Addiction & Mental Health Counselor:



Freedom Fighters

As someone who has spent 40 years of my life in the military, I know that life is full of battles. Every warrior will have his share of wounds. Some will be small, some large, and some will endure multiple wounds over time. Regardless of what they are, we all have had our share of cuts, or broken bones. All different shapes or sizes, whether deep or superficial, the one thing each have in common is pain. Each one of us deals with pain differently. Some will focus on this far too long, while others will brush it off looking for ways to distract from their pain, while others get stuck, confused, and overwhelmed by rushing emotions. Every one of us looks for ways in dealing with these wounds, the pain, and the scars they leave behind. Be cautious! Some of these strategies will make your struggle towards health more difficult and can intensify the pain and prolong the battle.

Here are a few:

- *I'm not wounded. (Denial)*
- *I won't talk about my wounds. (Shame and isolation)*

- *My wounds reduce who I am and what I can accomplish. (Identity Sabotage)*
- *God did this to me. (Blame)*
- *I won't seek help. (Pride)*
- *No one can help me. (Hopelessness)*
- *If God cared, He wouldn't have let this happen. (Playing the orphan)*

Do you see any of these that apply? These thought patterns are not healthy, and they can give your wounds more power than they deserve.

Your wounds do not need to weaken or destroy you.

In *Ephesians 3:20*, Paul's amazing affirmation: "**God can do anything.....far more than you could ever imagine or guess or request in your wildest dreams**" (*Ephesians 3:20 The Message*).

The past is just that, the past, and there is nothing that we can do no matter how hard we try. All of our past hurts, injustices, losses, disappointments all have slipped into the past, beyond our control. We can choose how we look at the painful realities that have touched and changed our lives and we can choose what we want to say about them. Jeremiah was a prophet, and he describes the source of our present power. "***I know the plans I have for you, says the Lord, They are plans for good and not for disaster, to give you a future and hope. (Jeremiah 29:11)***

Our God has strong hands, and He can comfort us and heal us. Using our wounds to lead us into more exciting and fulfilling days. Our lives may not be easy, problem-free, or painless, but they can be prosperous!

The world today is full of millions of wounded warriors, vastly different from each other, but pain is pain. Together we can transform a wounded warrior into a successful soldier.

TOWN HALL MEETING SEPTEMBER 25TH

We were at full capacity when we held the Town Hall Meeting for the Freedom Centre! It was encouraging to see such great interest from the community. We were covered by CTV Kitchener that evening and encouraged by the support and enlightened by the concerns that were raised. Please pray for

the board as they take the next steps, keeping in mind the issues that were addressed by our neighbours. For those who would like to continue to offer insight and have questions on the project please feel free to email info@freedomcentre.ca.



OPERATION SANTA CLAUS has begun!!!

Operation Santa Claus



Operation Santa Claus is a community initiative through the Church of the Nazarene to assist children in need in the community of Preston. The children will be writing letters to Santa stating their Christmas wish and with the help of companies, businesses, churches, and individuals we will be working to make that wish

come true! We are asking for YOUR help with donations to make their Christmas the best one yet!
For more information , please contact Erin at 519-653-6036

Meet our OPERATION SANTA CLAUS Coordinator:

Hi! My name is Erin and I am currently a first-year student at Wilfred Laurier University in Waterloo, Ontario. I am taking a Bachelor of Science in their Bio/Psych program. I have a passion for working with children and have spent the past 3 summers working with children who have various different psychological diagnoses (which is why I decided to take psychology!) Please contact me if you would like to help as we make a child's wish come true this Christmas. 519-653-6036

Community Gardens

We were able to increase our garden beds this year and it became the project of not only Jennifer O'Connor, but several youth and children who were part of our Summer Discovery Camp. We had children as young as 10 who were our biggest contributors to the care and upkeep of the garden. Next year we look forward to the expanding our gardens and watching our berry bushes grow!

NEXT CLOTHING SALE Saturday. October 16th 9 am-Noon



Prayer Time

Saturday, November 6th 8:30 - 9:15 Zoom:

[https://us02web.zoom.us/j/925686594?
pwd=TzVmNEExS1lQVkJNpbGdVNVVvVog2QT09](https://us02web.zoom.us/j/925686594?pwd=TzVmNEExS1lQVkJNpbGdVNVVvVog2QT09)

Meeting ID: 925 686 594

Passcode: 1332

Call in at +1 647 374 4685 Canada

We look forward to joining with you in prayer for the FREEDOM CENTRE. Some of our current prayer requests are:

*Freedom Centre Board
Our Neighbourhood
Completion of the Business Plan
Provision of Funding for the vision
Architect
Program development
Upcoming Social Work Students*

If you would like to join our prayer team and receive updates of needs, please email Rosemary at rosemary@freedomcentre.ca

UPCOMING...

Next PRAYER date **Saturday, 8:30-9:15 a.m.**

DISMAS date **Monday, October 18th, 6:00 pm - 8:00 p.m.**

You have been sent this newsletter because you were identified as someone who may be interested in this project and vision. Please advise if you would like to be removed.

www.freedomcentre.ca



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