



NEWSLETTER 2025

SECOND QUARTER

“The most important thing I learned about my grief is that experiencing a season of intense emotions is normal.”



“I learned so much from Lord, Heal My Hurts! I think everyone should take it.”



“I feel blessed to be part of the group at SNLM, where I can share and be encouraged through women’s fellowship. This is my support.”



“It is so great to bring back these old hymns and songs that have such deep theology and messages in the Men’s Open Door Fellowship Group. Beautiful to hear.”



TESTIMONY TIDBITS



FROM THE EXECUTIVE DIRECTORS DESK

Pray!

And when you are done praying, pray some more. The foundational focus of Jesus’ ministry was prayer. In fact, in one of my favorite texts, Jesus says: ‘Everything I do, I do because I see what the Father is doing,’ John 5:19. Now, the question is, when did Jesus see the Father doing anything? Well, Jesus could only “see” what the Father was doing in the context of prayer.

The disciples noticed the importance of prayer in Jesus’ life. As they watched Him engage in a ministry that included signs, wonders and miracles, they saw the relationship between ministry and prayer. That is why one day the disciples came to Him and said – “Lord teach us to pray,” Luke 11:1. As the disciples recognized the importance of prayer, so must we.

It is important to note that the disciples did not say – “Lord teach us HOW to pray.” But rather, teach us TO pray. In other words, Lord help us to get on with the doing. Jesus gave them the Lord’s prayer to be a tool to get them started. And that is what I want to focus on in this brief feature. We have all learned how to pray, it’s now time for us to pray.

An intentional focus that I am bringing to SNLM is a deeper and more intentional way of “doing” prayer. Yes, we pray at SNLM. We pray every morning at our morning staff prayer meeting from 9am until 9:30 am. And we have prayer requests and the prayer calendar. And we definitely pray with our clients.

Imagine what might happen if prayer saturated every aspect of ministry, life and work at SNLM. When someone comes in stressed, but not necessarily looking for counseling, we could still pray with them. Imagine someone find a 1-800 phone number, and the number is called, a voice says: “You have reached the prayer line at South Niagara Life Ministries.” We are currently working with 100 Huntley Street to get such a phone line at SNLM. Imagine if the prayer partners and prayer warriors for SNLM were invited to come together in person at the SNLM ministry centre to pray. That would be pretty awesome. Well, we are going to develop that as well. If you would like to be a part of that prayer gathering, please call or email SNLM.

Yes, prayer is important, and we want to see prayer saturate every aspect of ministry at South Niagara Life Ministries.

Bernie McGale

Executive Director of SNLM

Reaching, Rescuing, and Renewing Lives



COUNSELOR'S CORNER

Prayer in the life of the counselor is absolutely crucial. Through prayer, we tap into a cradle of strength and comfort that exceeds our human capabilities. It allows us to surrender our burdens and anxieties, placing them in the hands of a loving and compassionate God. Beginning the session with prayer and seeking God's wisdom; James 1:5 has become standard procedure. Through quiet intercession, often the Lord reveals the lie that person has believed as a result from some deep hurt. Through the renunciation of the lie and replacing it with His truth, that person is now open for the healing of their wounded spirit. Through the yielding of their rights to God, they are then able to see the power of prayer and the subsequent fruitfulness emanating from their lives. In the words of one of the disciples, "Lord, teach us to pray." Luke 11:1

Larry W. Hart

BOARD BITES



How can I better lead as a board member of SNLM?

As a board member, going to God in prayer is the number one priority and practice. As a board member, I ask myself these questions: Is my heart right before the Lord? Is there an unconfessed sin in my own heart that I need to confess? Psalm 66:18 says if we cherish sin in our hearts the Lord will not listen. Am I trusting that God is in control and will lead the ministry even when it seems things are working against us? Do we have faith that God can and will take this ministry where He wants it to be, by using us as his hands and feet? 2 Timothy 2:13 says, "If we are faithless, he remains faithful, for he cannot disown himself."

As a board member, leading the ministry to where God wants to take it requires faith. There is so much going on around us; so much clamoring for our attention that we need to be constant in prayer. Prayer ensures that we don't lose our focus and calling as a board member.

To persevere under trials and stay strong, we need to pray. James 1:12 says blessed is the one who perseveres under trials because having stood the test that person will receive the crown of life that the Lord has promised to those who love him.

It is a blessing to be able to serve the Lord in His ministry. He oversees SNLM and the one who is ultimately in control. God will give us his wisdom and he will direct us. James 1:5-8 says, "if any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be giving you. But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blowing and tossed by the wind that person should not expect to receive anything from the Lord." God is our source of strength, and we put our trust in him. It is for his glory and his good purposes that we serve on the board here at SNLM.

As you pray for the board of SNLM, pray that He will continue to strengthen us and give us wisdom to lead the ministry. Pray for our own personal life as we all face difficulties at times that would try to distract us from God's calling.

God bless you and thank you for your support of this amazing ministry!!

Sandy Ruegg

SOUTH NIAGARA LIFE MINISTRIES
LIFE MATTERS CAMPAIGN 2025
 formerly known as Baby Bottle Benefit Campaign

With God, Helping People

THRIVE IN 2025!

- Mother's Day -
- Father's Day
- \$25,000

Campaign Goal

PRAYER POINTS

- **Pray for SNLM's LIFE MATTERS CAMPAIGN – for this fundraiser to be a great success.**
- **Pray for SNLM's Board of Directors and bless them with wisdom in making decisions for the organization.**
- **Pray for clients who may be struggling with past traumas so they can move forward.**
- **Pray for the Lord's grace over SNLM to continue to reach, rescue, and renew more lives throughout the South Niagara area, and beyond.**
- **Ask God to help our area churches to assist those in need of resources within our local communities.**

EXCITING EVENTS: SPRING FUNDRAISER RECAP

South Niagara Life Ministries funding initiatives always require gracious sponsors for seed monies so that SNLM is able to hold four annual fundraising events, and offer match incentives. Guests are invited, whom in turn, bring friends, and we hope they will invest in our mission by meeting the match challenges, which are so crucial to continuing our free services.

This is pending they catch the vision and heartbeat of our mission. Usually with the help of powerful testimonials who share a certain area of our work that they have participated in.

On March 28th, during our Spring Fundraiser, two of the testimonials focused on our annual Lord, Heal My Hurts study group. SNLM's March 28th Spring fundraiser was set to raise \$30,000 and we give our thanks to all who participated and who contributed at this year's first fundraising event.

A special thank you to Bernie McGale, who brought a powerful message centered on our 2025 theme: "Thrive in 2025." Bernie spoke about SNLM's plan to continue providing group, fellowship, and community building, which we actively plan to provide going forward in our Conference Room next door at 139 Gilmore Road. The spirit of the evening was uplifting, thanks to our generous volunteers, donors, sponsors, and community partners.

STATE OF STATS

Stats from January to March 2025

Total Clients: 144

Male: 50 Female: 84

1st Time Commitments to Jesus: 0

Recommitments to Jesus: 2

Top 5 Client Needs:

- 1. Individual counseling**
- 2. Crisis intervention**
- 3. Conflict resolution**
- 4. Overcoming abuse**
- 5. Overcoming addiction**

Susan participated in last year's LHMH group and shared how it was the most comprehensive practical study she had ever participated in, including videos, homework and helpful illustrations; that everyone should take it.

Jessy, shared that she joined the study as a means to process and heal from grief; that she was relieved to learn her emotional responses are normal human responses to loss.



The community support we receive from our donors and sponsors fuels our work of reaching, rescuing, and renewing lives.

Thanks our wonderful donors, and community partners, we were blessed to present two wonderful grand prizes; a season pass for a family of four and a day pass for two, generously donated by Safari Niagara, and a \$250 gift certificate from Holt's Automotive. Thank you to all for believing in the mission of SNLM.



South Niagara Life Ministries (SNLM)

Coming soon: SNLM's Open Door Women's Bible Study Circle

Women of all ages and life stages are invited to join us for a 6-week Bible study group. In our first session, we'll explore 5 to 6 chapters from a book of the Bible—such as Ephesians, Galatians, or James—and discover how to apply its teachings to our everyday lives.



Conference Room
@ 143-139 Gilmore Road, Fort Erie
Details: Date/Time – To Be Determined
For more information, please call 905-871-0236
OR email snlm@snlimcounsel.ca

We are starting our first-ever Women's Open Door Group. We are beginning with a 6-week trial. Please call the office or email to sign-up!



UPCOMING EVENTS

2025 Mark Your Calendars

SNLMs Annual Key-2-Hope Initiatives:

2nd Initiative: May 11—June 15, 2025

Life Matters (former Baby Bottle Benefit) Campaign

3rd Initiative: July 2—Sept 13, 2025

Annual Walk & Roll —Match Challenge

4th Initiative: Thursday—Oct. 30, 2025

SNLMs 33rd Anniversary—Benefit Dinner, PROGRAM, & MATCH /DELPHI BANQUET FACILITIES—6:00-9:00

5th Initiative: Christmas Adopt A Family

South Niagara Life Ministries—sponsors welcome.

1st Initiative: Mar. 27, 2026—Tentative

1st Qtr: Spring Initiative – In the planning stages

TESTIMONIES & MATCH SPONSORS NEEDED

Coming Soon: June 19th
SNLM's Second Official Man Day
Theme: Pursuing Holiness



REGISTRATION: NOW OPEN FOR THE FALL

Phone: 905-871-0236 Reg. Hours Mon.-Fri. 9:00-5:00

OR email: snlm@snlmcounsel.ca for more details

"If we could be who we are without
[them] – we wouldn't be grieving."



Yes!—I would like to support South Niagara Life Ministries—
Helping People Resolve Life Crisis, Issues, & Problems—to make a difference.

Name: _____ Address: _____

City/Town: _____ Prov. / State: _____ Postal Code: _____

Email: _____ Day Phone #: _____

Donation \$ _____ Please Indicate: ☐ Monthly Gift **OR** ☐ One-time Gift ☐ By etransfers@snlmcounsel.ca

Please DO NOT SEND CASH VIA THE MAIL ☐ By Cheque—Payable to South Niagara Life Ministries By ☐ Visa ☐ MasterCard ☐ Amer Express

Card Holder Name: _____ Signature: _____

Card#: _____ Expiry Date: _____ CSV# _____

South Niagara Life Ministries • 143 Gilmore Road • Fort Erie, ON L2A2L9 Canada Revenue Charity #84068 6000 RR0001

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Reaching, Rescuing, and Renewing Lives



SOUTH NIAGARA LIFE MINISTRIES

MAIN OFFICES: 143 Gilmore Rd. Fort Erie, ON L2A2L9 - M-F 9-5

Extension Office: 84 West St. Port Colborne, ON - W 11:30-3:00

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