

Peaceful Heart Ministries

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Spring Seminar Info on back**A Glimpse Inside a Fragmented Mind (D.I.D)**

It means being misunderstood by everyone including your best friends who want to help. How can they understand when a calm middle-aged person suddenly turns into a terrified toddler who wants to hide from the entire world by vanishing in your skirts? Of course, that isn't possible, but is that why they hover close to you in Sunday School or after church - because church & its members feel absolutely dangerous? Does it describe in part the sudden blank stare of someone not really there, the change in tone & persona of voice; the dramatic switch of personality from one who is grappling to control everything & everyone around them to becoming so timid & frightened, they want to run out of the church door & never come back; or the happy go lucky butterfly flitting from conversation to conversation at a church picnic to bury the hidden emotional pain; switching the minute they drive away from the sunset & campfire - sobs rack the vehicle while everyone thinks they enjoyed the evening? No one sees the desperate struggle with suicide when they at last reach home. No one sees the numerous times of freezing because of past trauma; feeling too frightened to move or even tell someone what is inside. How can you tell someone "Yesterday, I was afraid of being killed." People laugh telling you it is irrational! It means turning against your best friends (those who want desperately to help); if they trigger another member who comes up to protect you. You may respond by attacking with hurtful words, turning on faithful friends because they remind you of someone abusive in the past. Suddenly to your horror you realize you have damaged the relationship you trusted most of all. How can you describe the desperate fear of rejection or abandonment because it is layered under other more surface inner members & fears of past trauma you never want to admit to anyone or relive by speaking it out loud? Instead, you switch to a more pleasant one, like the butterfly or just turn off your mind & not be present. Everything begins to change in the presence of a counsellor who makes a safe place to talk about the trauma, who prays when the fear is too intense to start talking; asking Jesus to make a safe place & when that inner member is allowed to come & tell their story; the counsellor guides and brings it to Jesus for healing. This often times includes choosing to forgive others. After asking Jesus for their new job, the most special part is when Jesus brings a new name for that member. Beautiful names like Precious, or Little Lamb. The process is exhaustingly difficult for everyone, but one is so grateful for the healing & freedom Jesus brings, the assistance of a counsellor who understands DID & those who give prayer support in the unexplainable journey.

Testimony after healing inner member connected to drinking water.

I was unable to drink water, it just wouldn't go past the lump in my throat. Advice like "Put in a slice of lemon, use a straw, drink it cold;" didn't help. But when my counsellor helped me bring the inner member to Jesus; there was fears from childhood connected. A fear my father had of drowning, a time of almost personally drowning; the memory of a threat from childhood if we didn't drink, The terror of getting water in my lungs & dying while it happened. When the entire story was related, and brought to Jesus for healing.... that night at home the lump in my throat was gone. "After the session the fear was gone & I didn't know there was fear there. Water is now 'just liquid in a cup.' It slides down my throat so easily, it is not a constant fight or fear of drowning or being forced to drink. The picture of Jesus carrying a little child across the bridge over the water to safety is so precious." It is difficult to put words to the healing and freedom Jesus brings! I can only say "Thank you Jesus!" like we often pray in a session when an inner member finds healing. - by a client.

Dissociative Identity Disorder (D.I.D)

A fragmenting of the mind that happens when the trauma in childhood was more than the child could emotionally handle.

Either the child physically dies, goes insane or fragments. Fragmenting is a sophisticated God given way of survival where the part that splits off carries the pain and trauma and the core person has no or very little memory of what happened.

Spring Seminar
Pain & Trauma: 
A Crushing Rock A Building Stone
March 24 & 25, 2023
 Pilgrim Church
 6516 Main St. Comber, ON
To register call or email

Light in the Valley Prayer Ministry
 "Call or come in person and a prayer team will care and pray for you."

First Wednesday night of each month 7:00 to 9:00
Third Wednesday afternoon of each month 1:30 to 4:30 

Bring your lunch

More Seminar Details in next newsletter

Gratitude and the Power of a Thankful Heart

We have so much to be grateful for in this life. Each and every day. But sometimes life comes with demands, struggles and worries. This can bring defeat to a heart rather than thanks. Or we forget, in the midst of busyness and pressures to praise and give thanks for all that God has done, and continues to do in our lives. Sometimes we simply don't feel thankful. We're struggling, we're weary, or maybe we feel like God has let us down and we wonder, does he really care about what's troubling me?

But here's what can make a lasting difference, "choice." We have a choice, every day, to give Him thanks. And with a heart of thanksgiving, we realize that no matter what we face, God doesn't just work to change our situation and problems, but He helps us through them. He changes our hearts. His power, through a heart of gratitude releases the grip our struggles have over us. We are strengthened by His peace and refueled by His joy.

The Lord is my strength and my shield; my heart trusteth in him, and I am helped; therefore my heart greatly rejoiceth; and with my song will I praise him. Psalms 28:7. - by Gerald Weber

Prayer Requests

- Wisdom for Dave and Abe, and a caring heart as they reach out to hurting people.
- Wisdom for the board as decisions are made for the ongoing work of the ministry.

O give thanks unto the Lord;
Ps. 105:1

Are You or Your Church Able to Help?

- Finances to support more mentors
- office chairs with wheels
- patio chairs for a retreat place in the woods by the river

Please contact Peaceful Heart Ministries to register or for more information for the following:

- 1. Family Sessions** Addressing numerous topics related to family and family relationships as a family.
- 2. Premarital Group Sessions** For engaged couples, but married couples are also welcome.
- 3. Grief Share** Helpful ways on how to work through grief because of loss.
- 4. Presentation** There have been some inquiries about doing presentations at churches. We would gladly come and share with your congregation about the work of the ministry.
- 5. D.I.D. Presentation** Insight into helping and understanding D.I.D.

Board Members

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Lester Martin (Secretary) 519-584-5693, sing4himlm@gmail.com

Dennis Weber (Treasurer) 226-808-4138, dennis@hsw.ca

If you are interested in financially helping this ministry,

- 1. e-transfer:** phministries2017@gmail.com or
- 2. By cheque** payable to:

Peaceful Heart Ministries and send to:
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Peaceful Heart Ministries is a registered Charitable Organization
 CRA. Reg # 73825 0695 RR0001

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