

Jan. Feb. Mar.  
Apr. 2025

Volume 9 Issue 1

## Upcoming Events

*Spring Seminar:*

*April 5, 2025*

*Topic: Emotional  
Health*

*Comber, ON*

*Fall Seminar*

*What Is Narcissism?*

*Speaker: Kenny Kuhns*

*October 25, 2025*

*Atwood, ON*

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DIFFERENCE!**

**YOUR DONATION will provide  
mentoring for those in pain and  
bondage that leads to  
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lifeline to those in need and  
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Christ.**

**DONATE TODAY. TRANSFORM  
LIVES TOMORROW.**



## My Mailbox Story

Why am I feeling pain resurfacing when I am asked a caring question? Mailboxes weren't a common thing to have in the church I grew up in. As time went on, my wife and I joined a local church, and this church had mailboxes, but they never seemed to bother me if I followed my feelings. There was something about them that I didn't like but never gave it much thought. Time went on and eventually we were asked, "do you want a mailbox as well?". That was a breaking point where I felt a lot of pain resurfacing which made me feel rejected. Now this does not make sense to anyone not knowing where the root of this pain was coming from. The list was long. I knew right away where this was coming from so, I shared with my wife what happened in grade 6.

I went to 14 different schools growing up, so I never had close friends during my school years. In grade 6 my teacher decided to make mailboxes for an art project. I was so very excited. "Maybe this is a time where I can interact with others without needing to verbally communicate". It turned the exact opposite. I never had anything in my mailbox so I couldn't dare put something in someone else's box. This is where I accepted the lie that I was of no importance to others. Nobody liked me and I was just in the way. Satan had his plan all written out to destroy anything good coming my way with mailboxes in church

and I even raised the question, "what else is Satan going to bring into church"? My point of the story is that nobody would understand where I was coming from without understanding my past experience with mailboxes. No, I was not building on my emotions; I was feeling past hurt and pain that had not been dealt with. In Dave's office, I experienced what it meant to be cared for, to work through current situations and past pains rather than being told to not build upon my emotions. My encouragement to others is that when something arises, seek the Lord and he will reveal what is causing the emotions. Matthew 7:7-8

~Jake Friessen

*What you see on the  
outside is not  
always what it is  
like on the inside*



## Spring Seminar

**Apr, 5, 2025**

**Where: Comber Community Center  
7100 Community Center  
Comber, ON N0P 1J0**

## Topic: Emotional Health

**Negative Thinking vs. Healthy Thinking**

**9:30 Registration**

**9:45 Welcome**

**10:00 Topic: Who Am I? / Identity** -Lester Martin

**12:00 Lunch (Bring your own lunch)**

**1:00 Topic: Lies and Agreements** – Dave Lichy

**2:35 Topic: Practical**

**Application/Renewing the Mind** -Dave Lichy

**4:30 Announcements & Dismissal**

## 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- 9:00

Third Wednesday afternoon of each month 1:30-4:00

Please contact Peaceful Heart Ministries for more information for the following:

~**Family Sessions:** Addressing numerous topics related to family and family relationships.

~**Premarital Group Sessions:** For engaged couples, but married couples are also welcome.

~ **Grief Share:** Helpful ways on how to work through grief because of loss.

~ **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.

~ **D.I.D. Presentation:** Insight into helping and understanding Dissociative Identity Disorder.

Peaceful Heart Ministries is a registered Charitable Organization CRA. Reg # 73825 0695 RR0001  
Please see Donation insert for details on how to give.

*Thank you for your support*

Our 2024 fall seminar was a parenting seminar in Atwood, Ontario. Our guest speakers were Bob and Gwen Bramhill, from Caring for the Heart Canada.

***Parenting is not first about what we want for our children or from our children, but about what God in grace has planned to do through us in our children. ~Paul David Tripp~***



***The sign of great parenting is not the child's behavior. The sign of truly great parenting is the parent's behavior.***  
~ Andy Smithson~

***It is not a parent's job to have Godly children. It is a parent's job to make sure their children have Godly parents.***

### Feedback from the Parenting Seminar:

~**The fact that we need to look at our own heart issues before we discipline- also to keep the mindset that we are "training" them to respond "positively" to God in the future. ~ Very helpful! The practical life stories of the facilitators was refreshing... thank you!**

~ **I liked the proactive approach vs always being reactive. ~ Finding their heart and having it ahead of good behavior that is forced. ~ Practical answers for things we are facing right now. Focus on the heart, mine first and then my child's.**

~ **The information about how to deal with a child's behavior by taking a break instead of timeout. And that we can use their behavior as opportunity to train them to live lives for Jesus instead of getting angry at them.**

~**The teaching is best done when young 'cause that sticks. What you were taught in the first 20 years is how you will act in relationship to others in your family, in-laws, workplace, and church life. Nothing is impossible with God when you prevail in prayer even if you come from a dysfunctional home.**

~**Thank you for the encouragement to stay on course. It was so encouraging for a mother's heart. ~ Now to put it into practice.**

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