

# April, May and June 2026

Volume 10 Issue 2

## Upcoming Events

### Breakfast Fundraiser

Coming  
Soon

Atwood, ON

See ad in this  
newsletter for more  
information

### Breakfast Fundraiser

Coming  
Later

Aug. 29, 2026

Comber, ON

More info in next  
newsletter

## Fall Seminar

### *Dealing with Grief*

*We grieve  
because of loss!*

More details in  
next newsletter



## Trauma

To heal trauma, you have to grieve a lot. You need to grieve the life you didn't have, the love you didn't get, the years lost, the way you treated yourself and others.

We don't like to feel this way so that's why most people avoid it, they suppress it, they disassociate, they will stay frozen in their grief for years and they won't even know it. But it will show up in their lives as depression, stagnancy and disconnection from their emotions and relationships. It's one of the most difficult emotional works that a person can ever do but it's the only way through, because without the grieving, without the letting go, the trauma stays with you. It poisons your body, your mind and your spirit, and makes you keep reliving and recreating the past as if it's still present. The only way out of this is by going into the emotions that weren't safe to feel when the trauma happened. If you can feel those emotions, it's a sign that you are ready to get out. "You can't heal what you can't feel" has a profound truth in it. When we feel, we remember our souls again. We regain connection to life and all that is. When we grieve, we heal our hearts and our connection to God, and every other living being. Underneath all the feelings you don't want to feel is your aliveness, your vitality, your laughter, your love for life, and your love for others and your soul.

Grieving is a soul retrieval where you dive into the darkness to recover the truth of who you are.

*Written by  
A Client*



# FUNDRAISER BREAKFAST

FUNDS SUPPORT THE ONGOING WORK OF THE MINISTRY

COME AND ENJOY  
PANCAKES, EGGS  
SAUSAGES & FRUIT

**Atwood Pavilion**  
251 Main St Atwood

**30<sup>TH</sup>** OF MAY,  
7:30am-12:00

**JOIN  
US!**

BY  
DONATION

# Understanding Narcissism Seminar in Tilbury, ON



Kenny & Irma Kuhns from Bloomfield, Ohio



Singing Group from Leamington, ON area

Peaceful Heart Ministries is a registered Charitable Organization CRA. Reg # 73825 0695 RR0001 Make cheques payable to Peaceful Heart Ministries. For e-transfer: [phministries2017@gmail.com](mailto:phministries2017@gmail.com) Please include your email address in the message section of e-transfer. We need this info to be able to provide a tax receipt.

Or scan QR Code to Donate.

Thank you for Your support!



This poem "I'm Home" comes from a heart after resolving deep rooted fear caused by trauma in the home

## I'm Home

"Run, run" the enemy slyly urged.  
 "Why tell anyone of the terror inside?"  
 "Cover up and hide, you must tell no one  
 Of the day trust in your mother died!"  
 Wrapped in a blanket so no one could see –  
 The tears, the fear, plus absolute shame;  
 The terror to think of starting to speak,  
 Fear of the cost of defaming her name.  
 Poised to leave, crying, facing the door;  
 Ready to leave, "I will never confide!"  
 "It looks easy to leave, but just remember-  
 We are with you, Jesus walks at your side."  
 Though the door stands open, the prayer  
 To welcome Jesus' presence, His love-  
 His name won the battle, the fearful heart  
 Did not run, as peace drifted from above.

Gone is the fear, the desire to run,  
 The enemy's chains broken; the vow  
 Renounced "To forever be still,  
 Not refusing to tell the truth of how -"

A little girl's world suddenly shattered,  
 Her trust in a mother so harshly torn  
 Cruel words uttered, a rash moment  
 Black terror-the monster of fear born.

As truth is brought to light, peace returns.  
 "Close the door now. I'll stay, and recall"  
 The story no matter the cost or tears  
 The fear monster at Jesus' feet must fall.

The truth – every shard, the dark, the ugly.

Black fear long years hidden inside  
 Spoken is brought to Jesus' light  
 A child's heart no longer must hide

Chains broken while vows are renounced  
 No longer trapped by someone's control.  
 Forgiving the offender, I'm healed.  
 On my way home, my heart made whole.

"I'm home" midst the tears, a child's heartache

Home to behold the Father's face, Home  
 His eternal promise, "I'll never forsake"  
 Home to be cradled in His tender embrace!" *Written by a Client*

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## Light in the Valley Prayer Ministry

"Call or come in person and a prayer team will care and pray for you."

First Thursday night of each month.  
 7:00 – 9:00 p.m.

Discipleship Mentors: Dave Lichty and Abe Klassen

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