



Healing Hearts

Support and integration

We are providing support groups and opportunities for our community to come together at the Child and Family Centre.

Celebrating two years of Rehab Pathways

We report on the success of our Rehab Pathways Team, which has been helping those in addiction for two years.

News and prayer

Read the latest news from our three projects and some points for prayer.

Healing Hearts

Psalm 147:2-5

2 The Lord builds up Jerusalem;
he gathers the exiles of Israel.

3 He heals the brokenhearted
and binds up their wounds.

4 He determines the number of the stars
and calls them each by name.

5 Great is our Lord and mighty in power;
his understanding has no limit.

When the Psalmist speaks of 'The Lord builds up Jerusalem', does he mean the place on the map? Or do we understand this as the figurative Jerusalem, the peoples of God throughout time and from every tribe and nation? The reference to stars helps me with my own question as it prompts me to think of God's promise to Abraham as he gazed at the heavenly sky. We are those stars that were determined, He knows us all by name. He builds us up, each of us the building blocks of the great heavenly Jerusalem, once exiles but now citizens.

You may have heard many times the radical testimonies, which begin with a private but wholly sincere cry/prayer; 'God if you are real I need you now!' He draws us to this point unbeknownst, waits for us to get to the end of ourselves. We call out to the very one who has been leading us from our exile. He draws us to the place of surrender, the point at which we can no longer contain our pain. Led to a place where we offer up the rags and wounds of lives lived in desert wilderness and given up as the only offerings that can lead to a transformed lives and healed hearts.



Charles Maasz
Chief Executive

Support and integration

We run various support groups at our Child and Family Centre and recently Margaret, our Family Worker, facilitated the Bible Trauma Healing course.

The course offered by the Bible Society is a Scripture-based programme that leads people through trauma towards a place of peace. Research by the Trauma Healing Institute shows that emotional trauma affects one in seven people. This course is very gentle; it is about understanding that trauma is a wound of the heart, and applying Biblical principles to life so people can heal. The course includes an emphasis on forgiveness, and writing a lament. After the course has finished, we can refer a guest to our in-house counselling service if they feel they need more support.

Encouragement to get involved

One of the women who took part; Kim* shares some of the ways Margaret and our team helped to get her involved at the Child and Family Centre and ready for the Bible Trauma Healing course.

Kim says, "Firstly, Margaret gave me a job cleaning the nursery. I was getting help with mental health but was still so lost in life with nothing to do or no one to talk to. Margaret let me know about the coffee mornings and keep fit classes at the Child and Family Centre, so I joined them. Without them, I would still not be leaving my house.

"Margaret then invited me to do the Alpha course. I found it so hard to connect with God and just couldn't pray, but Margaret never gave up on me, and she prayed for me. This gave me strength, to know that someone genuinely cared about me."

The next support group for Kim and the other women on the Bible Trauma Healing course, along with a few other invited parents, is a new prayer group based on the Stormie Omartian book 'The Power of a Praying Parent'.

These groups are essential in helping individuals move forward in their lives but so are larger gatherings, which help them to integrate into our Child and Family Centre community. This is why we hold Family Holiday Clubs during the school holidays at Easter, and in July and October.

Everyone comes together in the park

The Family Holiday Clubs, held in Elder Park, are a regular feature of life at the Child and Family Centre. These clubs help to cement the relationships we develop at our support groups. One person said, "I love spending time chatting with the other parents and learning from each other."

Many of our international families attend, which encourages further integration between these guests and our Glaswegian families. Our recent Easter Family Holiday club fell during Ramadan. Some guests, who practice fasting in Ramadan, asked if we fast. Margaret was able to share what fasting and praying means to her and other Christians. It was great for our guests to learn that we too use fasting and that we respect their faith and traditions.

*This name has been changed.

Please pray for more women to be ready to seek healing from trauma
Thank God for our Child and Family Centre community and for good connections between new Glaswegians and native Glaswegians

"I love spending time chatting with the other parents and learning from each other."

A guest



Celebrating two years of Rehab Pathways

Two years ago, as a response to the extremely shocking number of deaths in Scotland from drugs overdoses, we applied to the Scottish Government for funding to set up our Rehab Pathways Team. We were delighted that after the first year of great work, the funding was extended for a further four years. David and Tim, who head up our Rehab Pathways Team, are working with guests who want to be free from addiction, by supporting these guests to access the appropriate rehab support. This is not an easy process, and it can take many attempts for a guest to enter rehab. Some may then drop out before finishing the course, and the team in partnership with the guest then have to decide what goal to set next. Presently, they are working with 50 guests with seven of these in rehab. We also have 14 guests who have gone through rehab successfully and are still engaged with the team.

Pathways programme

Rehab Pathways run a day programme where the guests can access group work and one to one support. Each individual is supported to plan their pathway to recovery. Guests explore the possibility of recovery, taking time to work through their current circumstances, and our team engages them in a meaningful way one to one, and in groups; group work provides peer support and peer led learning. We continue to see results; one person successfully made it into rehab on the day this article was written!

Pathways to faith?

Before each group begins, we offer an ancient prayer method called Lectio Divina. Lectio Divina is the practice of praying and meditating on scripture. This prayer time is optional as we appreciate it is not for all our guests, however, we have found that those who engage find this very helpful.

Some of the insights the men who take part have are extremely profound. Recently, the

group were meditating on Jesus calling his first disciples. One guest stunned everyone by saying, "James and John were sitting fixing their nets, with their Dad, and our lives are like our nets that we are sitting fixing, we do this with our Dad, Our Heavenly Father."

Ongoing journeys

Here are snapshots of what is happening in the journey of two men we are working with. Kenny* is working hard at tackling his addiction and is now able to pick his son up after school every Tuesday. He is expecting to come home after rehab to restart work as a painter and decorator, and hopes to be fully involved in family life again.

Dan* went into rehab at The Haven in Kilmacolm, which is a Christian rehab centre, after the team had worked with him for a short time. Dan spent three months in the Haven and he now attends a local church and leads Bible studies here at the Mission. Dan is great at encouraging people in the Rehab Pathways groups, and we want to support him to be a peer mentor. He is living in a flat owned by Glasgow City Mission and he is re-establishing relationships with his kids.

Partnerships

The lives of these men are now flourishing, partly because David and Tim have built good relationships with partners. By creating trust with caseworkers in other agencies, the team work towards some of the best outcomes for the guests.

Moving forward, David has a vision to grow the team. "We are considering how we can help more people, including women as we presently only deal with men. We would also love to equip churches to deliver Rehab Pathways in their communities."

Please pray for the Rehab Pathways Team and their work, which is bearing fruit in tackling addiction in Glasgow.

*These names have been changed.

"We are considering how we can help more people, including women as we presently only deal with men. We would also love to equip churches to deliver Rehab Pathways in their communities."

David, Rehab Pathways Manager



News round-up

> Getting out and about

James, our Dads Worker at the Child and Family Centre, took a group of Dads and their children to Heads of Ayr Farm Park during the second week of the Easter holidays. The group travelled by minibus to Ayrshire for a day out. All food, snacks, travel and entry into the park were provided. The feedback was excellent, "Thanks to the City Mission for giving us this opportunity to spend quality time with the children." "My kids and I have enjoyed it a lot! Muchas Gracias! (Thanks a Lot!)." "It was a great day out and we had a great Easter holiday with all the stuff you have organised for the kids and adults. Thank you for all you have organised."

> Internships

We were delighted to hear that two of our interns recently secured full time jobs. Ashleigh and Barry have been huge blessings to our guests and to the Mission generally and we wish them every success in their new roles.

> The World Daily Mile Day

Our Child and Family Centre nursery children took part in The World Daily Mile Day on Friday 28 April. This day is to encourage people to walk more and to stay healthy. It was great fun and good to get some exercise and fresh air before we started our day. The children enjoyed having their parents or caregivers join us and they all got a little certificate to say well done for taking part.

> Myra's Story

Myra's Story is a play about a homeless woman, which was on at The Pavilion Theatre on Renfield Street for three nights in April. The playwright, Brian Foster, contacted us beforehand to see if we wanted to do a bucket collection after each performance. We were delighted to take up his offer and raised an incredible sum of £7,424.61! We have been asked to repeat the collections in October when the play returns for a four-night run. The audiences gave great reviews so we would recommend you go along if you are interested, and remember to take some cash for our buckets afterwards!

Pray with us

- > Pray for the guests from our Overnight Welcome Centre who are now in the hands of our Housing Settlement Officers. Pray for positive accommodation outcomes as we deal with our guests' unique situations.
- > Give thanks for a very successful Easter Family Holiday Club in Elder Park and pray for the planning for our summer holiday club. These clubs bring families together and allow our guests to enjoy fun and learning time with their children in a safe and loving environment.
- > We, and our agency partners, recently carried out a regular street count, which confirmed that the number of people presently choosing to sleep rough in Glasgow is ten. Please pray for breakthrough with these individuals and pray for our outreach team who will engage with them on a regular basis.
- > Pray for positive outcomes for the tricky asylum cases that we are dealing with at present. Pray for patience and discernment for our staff as they help our guests.

More online

Stay up to date with our latest news and plans on Facebook, Instagram and Twitter.

www.glasgowcitymission.com



Respond

"I want to transform lives in Glasgow"

1 I'd like to set up a monthly donation

The sum of £3 £12 £24 £36 £50 Other £ _____ every month

On the 1st 15th of every month, starting in _____ MONTH _____

Account holder: _____

Account number: _____ Sort code: _____

Charities Aid Foundation processes donations on our behalf and will send you a Direct Debit Guarantee and advanced notice letter before your first donation.



I'd like to give a one off gift of £ _____

I enclose a cheque (payable to Glasgow City Mission) Or Please debit my card

Card No: _____ Expiry: _____ Start: _____

Security code (last 3 digits on the reverse of your card): _____

Please tick here if you do **not** require a receipt and please be assured of our thanks.

2 Title: _____ First name: _____ Surname: _____

Address: _____

Postcode: _____

Tel: _____

I want to make my gift worth 25% more at no extra cost.

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I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

Signature: _____ Date: _____

We'll not share your details with any third parties for the purposes of their marketing or phone you to ask for more money. We'd like to let you know the impact of your support but if you don't want to hear from Glasgow City Mission in the future, tick here .

3 Please send me more information about:

- volunteering booking someone to speak at my church/group
- fundraising I want to receive prayer news by email
- leaving a gift in my will

Email: _____

Completed forms can be posted to: 'Freepost, Glasgow City Mission'

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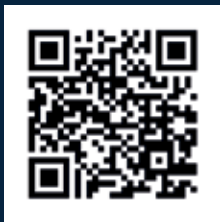
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First Friday Tours!

Join us in 20 Crimea Street on the first Friday of every month to see first-hand the impact your support has on our work with those affected by homelessness and poverty in Glasgow.

This free guided tour of our five-storey building will include refreshments and a Q&A session.

Book online at
[www.glasgowcitymission.com/
news/events/](http://www.glasgowcitymission.com/news/events/)
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welcoming you to
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