



# Perch

FOR WOMEN

## MERRY CHRISTMAS FROM PERCH

WINTER  
2019



## BETTER TOGETHER

Together. For some that word and concept can be daunting. For others, we know that it's really the path to greater wholeness.

How do we navigate the difficult parts of life? We all have them. They all look different. A challenging boss. A child who struggles. A health diagnosis. A sibling or friend who is distant. A marriage that is difficult. Or, the death of a parent.

What do we do when life is harder than we ever imagined? How do we combat the image or picture we had in our minds of what life was supposed to look like? Do we retreat? Or, do we lean in to community or ask for help? Do we rely on our faith? Do we accept realities about our lives that aren't good nor right? Do we resign ourselves to believing things that culture dictates and perhaps aren't fundamentally true?

While we wish it wasn't true, there are times that we ask for help from people in our lives and they disappoint. They don't come through and we feel abandoned.

But, more often than not, when we surround ourselves with wise and loving community, walking

through the difficult parts of our lives seems easier. The burden is shared and we can travel through, not around, the challenging to reach the other side and find we have indeed become better because we chose together.

That is the type of community we are and have been building at Perch. A group of women who face challenging circumstances together in light of the transforming power of Jesus. A band of warriors who look at their lives and choose to look reality in the face and believe the truth about who they are and the future that is possible.

Your donations and monthly partnerships help us walk, in a deliberate and directed way, with the women and community of Perch. To continue offering hope and tangible transformation, financial support is crucial.

We've said it before, Perch is not on a rescue mission but exists to give hope and offer a platform for restoration and transformation. We are walking one step at a time and believe that EVERY need that Perch has will be provided.

What do you believe? Truth? Or lies? Lies are like a disease. Eventually, the symptoms of a disease show up. If you see the symptoms, you will be able to identify when you are standing on a faulty foundation. The quicker you realize you are on the wrong foundation, the sooner you will be able to hold on to the truth. Our minds cannot find peace when we are standing on faulty foundations. Only when we stand on the true foundation of God's love can we feel peace, no matter what circumstances surround you. This is our true identity. This is who we really are. Loved. Whole. Free.

~ Dr. Rob Reimer, Soul Care

*\*Please make all donations payable to **Perch For Women**.*



# OPPORTUNITIES

We can't and don't want to do this endeavour alone. Perch is funded by private donation and not affiliated with any other agency. There are several ways you can partner with us.

- \* Pray regularly for Perch + our participants
- \* Participate in a workshop
- \* Become a mentor
- \* Become a monthly or yearly donor

*We couldn't do what we do to walk deliberately and intentionally with women without your support. Your financial partnership is instrumental in serving women at Perch.*

**\*\*Please make donations payable to Perch For Women. You may also visit our website to donate via credit card. Charitable Number: 83172-7268 RR0001**



# HAPPENING @ PERCH FOR WOMEN

Our recreational workshops and monthly book club have continued throughout the past year. We've just finished an 8 week group focussed on lies women believe. Once women are able to, with tools, move through the lies and toxic thinking, they acquire a new perspective and the ability to move forward in life. Plans are under way for a young girls' after school program with the hope of preventing vulnerabilities. In addition, foundational to all we do at Perch is curriculum from Dr. Carolyn Leaf that is intent on helping us transform our thinking, which in turn, has a significant impact on how we make decisions and live.

In total, we have had 104 participants attend a programs or workshops since January 2019. Visit our website [perchforwomen.co] and be sure to follow us on Facebook and Instagram for the most up to date information.



## LIFE STORIES

Workshops and programs are really just a path and tool for us to discover truth about life and who we are within the context of God's love. Below are some of the many examples of transformation and hope we are experiencing.

**From our Switch On Your Brain group:** 'I can't believe the difference in my life and family in just a week. When I actually use the tools I've learned, everything changes.'

'No matter how chaotic life and scheduling is, I can slow my thoughts down and operate out of a more peaceful place. We can choose joy in spite of circumstances.'

'I am getting language around my feelings that I've never had before. That's the old me, I don't think like that anymore.'

**From our book club:** 'I want to operate from a place of love instead of hustle and control. I don't need to have it all together or perfect. Choosing to come to the table, sit and be present is a new normal for me.'

**From one to one mentoring:** 'My attitude and my faith have brought me through much tragedy in my life. We can't control the events and circumstances of our lives, but we can control our reactions. It is hard work but I have gained so much strength and insight and learned that my mind controls my brain and that I can make choices.'

## STAFF TEAM

'Love each other just as much as I have loved you.' [John 13:34]

Looking back on the year, we're so thankful for the transformation each of us have had in our own lives and anticipate next year to be even more exciting as we walk with and work with the Perch community.

From Left To Right:

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