

**Join Us for  
Breakfast**

What: Shalom Fundraising  
Breakfast

When: Saturday May 5,  
8:30 a.m.

Where: St. Jacobs  
Mennonite Church

Who: Hon. Michael Wilson

See page 2 for details

**New members  
join Board**

Shalom is pleased to welcome **Larry Martin** of St. Jacobs and **Fred Loganbill** of Waterloo to the Board of Directors effective October 1, 2012. Both bring proven business experience and commitment to Shalom's mission to their new roles.

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**Lebold's Vision Continues ...**

As a young pastor in London, Ontario in the early 1960's Ralph Lebold had a life-changing experience after a young member of his congregation took his own life.



"I had been in conversation with him for an extended period of time," Lebold recalled. "I had made several attempts to get him into counselling with a professional counsellor, a psychologist whom he knew and trusted. But alas, his inner turmoil and emotional stress proved to be more than he could handle."

Even though he had seminary training, Lebold reflected that "I felt ill-equipped to face the challenges of this tragedy ... I questioned whether I had chosen the right vocation ... I was swimming in a sea of indecision."

"Several months after the funeral I received a letter from the chaplain at the London Psychiatric Hospital inviting me to join a group of pastors for weekly discussions on mental health issues that pastors face in their pastoral care," Lebold recalled. A few years later, Lebold studied at Crozer Theological Seminary. His Masters thesis outlined a model for pastoral counselling centres.

In the late 1970's, soon after starting a 10-year term as President of Conrad Grebel University College at the University of Waterloo, Lebold convened a meeting of 13 people to discuss the idea of establishing counselling centres across Ontario under Mennonite sponsorship. A few years later, centres were opened first in St. Catharines, then Waterloo and later in Leamington-Windsor. The St. Catharines and Leamington-Windsor centres have both since closed.

Since its beginning in 1983 under the leadership of founding Executive Director Delphine Martin, a key role of the Waterloo centre, in addition to providing professional counselling services, has been to support pastors by accepting their referrals of those needing professional counselling and also by assisting with pastoral counselling education and consultation.

Shalom's latest venture in this area is the launching of groups called **Pastors and Counsellors in Consultation** (see page 2). Ralph Lebold's vision lives on.

## Hon. Michael Wilson to speak at Spring Breakfast

The **Honourable Michael Wilson** will be the guest speaker at Shalom's annual **Fundraising Breakfast** to be held on Saturday, **May 5, 2012** at 8:30 a.m. at **St. Jacobs Mennonite Church**. Wilson is a passionate advocate for mental health and will speak on **Mental Illness: The Cost of Doing Nothing**.



Wilson is the Chairman of Barclays Capital Canada Inc. He was Ambassador of Canada to the United States from 2006-2009. He served as a Member of Parliament from 1979-1993. In 1984 he was appointed Minister of Finance where he served until 1991. He then became Minister of Industry, Science and Technology and Minister for International Trade.

Mr. Wilson has been active in numerous profession-

al and community organizations, including The Centre for Addiction and Mental Health, NeuroScience Canada Partnership, the Canadian Cancer Society, the Canadian Council for Public-Private Partnerships and the Canadian Coalition for Good Governance. He has received many awards for his work in these fields. He is a Companion of the Order of Canada and has honorary degrees from the University of Toronto, York University, Trinity College at the University of Toronto and Royal Military College of Canada.

Mr. Wilson and his wife Margie have two children and five grandchildren. He enjoys golf and skiing.

Tickets for the Breakfast are **\$20** and must be purchased in advance. To reserve tickets call the Shalom office at **519-886-9690** or email through "Contact Us" on our website at **www.shalomcounselling.org**



## Pastors groups to be expanded next fall

As noted in our lead story, Shalom's vision has always been to serve as a resource to clergy and faith communities, as well as to respond to the mental health and emotional needs of the wider community.

In the fall of 2011, two **Pastors & Counsellors in Consultation** groups were created to provide a place for pastors to meet with colleagues and a counselling professional in a safe, confidential setting to discuss issues that they experience in their ministry.

The groups were created because pastors told us they would be helpful. Each group had six pastors and was facilitated by a senior counsellor from Shalom.

Evaluation from the two pilot groups was very positive. Two-thirds of participants experienced this involvement as "Very Helpful" and one-third as "Helpful." Participants asked if the groups could continue on a monthly or bi-monthly basis.

When asked to name what they valued most about the groups, responses included the following:

- *Candid sharing and the wisdom of others;*
- *Counsellor's clinical insights and wisdom;*
- *Shalom leadership provided wise counsel with relational, emotional and spiritual dimensions;*
- *I would welcome the opportunity to meet in a group with pastors from various Christian denominations.*

The original groups were subsidized by a donation from **W-S Feed & Supply**. Their support continues. A significant new five-year funding commitment from the **Wallenstein Feed Charitable Foundation** is allowing for the expansion of the program. Shalom thanks these two generous donors.

**Pastors seeking more information or wishing to register for one of the new groups should call the Shalom office at 519-886-9690.**

## The Wisdom of the Maytag man

by Wanda Wagler-Martin, MSW, RSW — Executive Director



A recent conversation with an appliance salesperson, underscored for me one of the simple lessons of living well. When I inquired about the dependability of front loading washing machines, this young “Maytag” man replied that “it’s all about balance.” He was referring to loading the machine in a balanced way. His perspective is an apt metaphor for life. We’ll all do better if our life load is balanced.

We often think of balance in our personal lives. Have we achieved the right mix of rest, work and play, of giving and receiving? A healthy community also requires balance - good government, healthcare, education, social services, healthy faith communities, not-for-profit charities and private enterprises. Each of these is a needed and vital part of a well functioning society.

Shalom is a part of the non-profit charity network within Waterloo Region. We are a United Way partner agency, and are one of the seven community counselling agencies within this region. Many of the charities within our community were started by faith-based groups. Shalom, for example, began under the auspices of Mennonite Central Committee in 1983 and then was established as an independent not-for-profit charity in 1993. Although Shalom is well integrated in the fabric of service-delivery within this community, it continues to maintain its Christian-faith rootedness. In a post-modern agenda some may not value the importance of this foundation, but Shalom continues to define itself in this increasingly counter-cultural way.

We live in a community with a rich diversity of cultural and ethnic backgrounds, belief systems and levels of education. We are fortunate to have many services and programs that address the variety of needs among us.

Shalom is a professional counselling service. We require our counsellors to have a master’s degree and recognized counselling accreditation. We also expect them to engage in ongoing professional development to stay current and respond to the range of concerns that clients bring. In this way, we are similar to our sister agencies. And, over the past fifteen years I have been delighted to experience the spirit of collaboration that exists among these agencies.

Our Christian faith base is foundational to our work at Shalom. Our mission statement reads as follows:

*“Helping People Grow Toward Peace and Wholeness” by providing therapeutic counselling, consultation, and educational programs that integrate emotional, relational, and spiritual dimensions. The services provided promote healing, growth, and well-being for individuals, couples, families, groups, churches, and communities...*

*SCS Inc. exists to serve the mental and emotional health needs of people in our local community. This commitment extends to individuals and families from all cultural, ethnic, religious, and racial backgrounds; and does not restrict any person from seeking and receiving the services of SCS Inc.*

*The services provided respect the diversity of persons, backgrounds, and beliefs within our community. As the staff members are Christian professionals, SCS Inc. is uniquely able to serve those who desire a faith dimension to counselling. SCS Inc. is committed to providing accessible and affordable counselling services, and will make every reasonable effort to ensure services are available to those unable to pay the full cost of the service...*

Our operational focus at Shalom is the provision of professional counselling. We do not impose beliefs or theology, but our foundation assures that our counsellors will be receptive to conversations of faith and spirituality when initiated by the client. Many clients don’t choose to talk about their faith but some do. For some, the awareness that the significance of their beliefs will be understood provides needed assurance to pursue counselling. Shalom is uniquely positioned to assist those who wish to discuss faith issues in the counselling process.

For some, Shalom may be “too Christian” in an age when being Christian has lost some of its political correctness. For others, perhaps it is not “Christian enough”. Yet for many, Shalom has served as a trusted resource when the struggles of life loom large.

Living in a balanced community means that we offer a range of services so when people need help they can choose the option that best fits for them. Shalom’s continued identification as a Christian faith-based organization is one way to enhance this balance. As the “Magtag” man’s adage reminds us, a balanced community helps us carry the load together.

# Seedlings

THE BI-ANNUAL NEWSLETTER OF  
SHALOM COUNSELLING SERVICES INC.  
VOLUME 2 ISSUE 1

*Seedlings* is published twice annually. The editorial team is Brian Hunsberger, Susan Schwartzentruber and Wanda Wagler-Martin. It is printed by St. Jacobs Printery.



*Helping People Grow Toward  
Peace & Wholeness*

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## Highlights from the past year

Each fall, following the end of our fiscal year on September 30, Shalom produces **A Stewardship Report to Donors** that highlights key information from the past year.

Here are few highlights from 2011:

- 3449 hours of counselling, consultation & resourcing were provided;
- 1,590 people received service at Shalom;
- 85% of counselling hours required fee subsidy;
- 48% of counselling fees were from people with family incomes below the poverty line;
- The two primary reasons people sought counselling at Shalom were mental illness (depression, anxiety, etc.) and relationship difficulties. These accounted for 30% and 28% of cases respectively.

A complete version of our Stewardship Report to Donors is on our website at [www.shalomcounselling.org](http://www.shalomcounselling.org) under **News & Events**.

## Leave a legacy gift through the Partnership Fund

### What is the Partnership Fund?

The Partnership Fund, established in 2005, is an endowment fund to provide long-term financial support for Shalom's mission. The principal remains intact but the income generated is distributed annually to help fund Shalom's work.

The Partnership Fund is owned and managed for Shalom by Mennonite Foundation of Canada (MFC). For more information about MFC visit their website at [www.mennofoundation.ca](http://www.mennofoundation.ca) or call their Kitchener office at 519-745-7821.

### Why invest in the Partnership Fund?

More than 85 percent of people seen by Shalom's counsellors are not able to pay the full cost of the counselling they receive. Your donations are needed to help cover the balance. Shalom is also a key resource to faith leaders and faith communities. Your gift through the Partnership Fund will ensure this work continues beyond your lifetime.

### What kind of legacy gift is best for me?

The most common way to make a legacy gift to the Partnership Fund is through a bequest in your will. Other ways include gifts of shares in publicly traded companies, mutual funds, life insurance policies, RRSP's, RRIF's and Tax-Free Savings Accounts. Consult your personal professional advisors to determine what is best for you. Your advisors or MFC staff can also advise you of the tax benefits. Gifts to the Partnership Fund are eligible for a charitable receipt at the time the gift is received. When writing a cheque, designating an asset or making a will bequest to support this fund, name Mennonite Foundation of Canada, designated for the Partnership Fund. Thank you for partnering with us in our mission - *"Helping People Grow Toward Peace and Wholeness."*

**For more information on the Partnership Fund contact Shalom Counselling Services at 519-886-9690 or Mennonite Foundation of Canada at 519-745-7821.**