

30th Anniversary coming in 2013

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The Legacy of Delphine Martin

Board changes

Brenda Leis of Wellesley has joined Shalom's Board of Directors. Brenda is a recently retired nurse who brings significant nursing and management experience to our Board table.

Gloria Shantz of St. Jacobs and **Bob Shantz** of Baden have left our Board after completing the maximum three terms (nine years) of service.

Shalom thanks Gloria and Bob for their dedicated service and welcomes Brenda to her new role.

Staff changes

Paula Quarrie has been hired as a new part-time counsellor. Paula has significant counselling experience and is a welcome addition to the Shalom team.

Ellery Penner has been hired as a part-time evening receptionist.

Adrienne Schellenberg has left her position as an evening receptionist to move to Winnipeg.

Shalom thanks Adrienne for her capable service and welcomes Paula and Ellery to their new positions.

In the Spring 2012 issue of *Seedlings*, we shared the vision of Ralph Lebold that led to the founding of Shalom Counselling Services. Delphine Martin was one of the people who met with Lebold and others in 1981 to discuss starting a counselling agency. She became the founding Executive Director of Shalom Counselling Services (Waterloo) in 1983. Delphine died on September 5, 2012 at the age of 78.

In the early years of her marriage to Lloyd, Delphine managed the busy home front, taking the lead in raising their five active children while Lloyd built the family business, Wallenstein Feed & Supply, into a successful venture. In the 1970's she returned to school, earning a B.A. in Psychology from Wilfrid Laurier University in 1977, followed by an M.A. in Psychology & Counselling from Goddard College in 1981 and certification in Marriage and Family Therapy through Interfaith Pastoral Counselling Centre (1981-1983). This was a unique career path for a woman of her generation from a small rural community.

Delphine's tenure at Shalom spanned 20 years. It was her decision to move from Executive Director to the Clinical Director role in 1989 and then to scale back to be a part-time counsellor for the final five years of her career. She navigated these shifts with dignity, always extending respect and encouragement to those who took on her previous role. Throughout her time at Shalom, Delphine touched many lives. She always worked as a counsellor in addition to her other responsibilities, balancing the administrative and clinical roles with much grace. She was an esteemed counsellor who extended much compassionate wisdom in her work with clients. Many people were assisted to move beyond their struggles as a result of Delphine's capable care.

Delphine's commitment to Shalom's mission established a strong foundation for a professional counselling agency. The impact of her leadership and vision continues to this day. She lived an exemplary life that was an inspiration to many. Delphine will be greatly missed but will always be fondly remembered as Shalom's founding Executive Director.



30th Anniversary Celebration on April 20, 2013

Shalom Counselling Services will be celebrating its 30th anniversary in 2013. A special dinner is being planned to mark this significant milestone.

When: Saturday, April 20, 2013, 6:00 p.m.

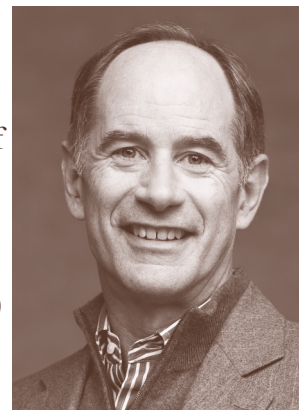
Where: St. George Hall, 665 King St. N., Waterloo

Who: Keynote Speaker - **Roger Martin**, Dean, Rotman School of Management, University of Toronto. His address will be entitled “Lessons My Mother Taught Me.”

Tickets: \$100 per person (maximum allowable tax receipt will be provided) and must be reserved in advance. To order tickets or to reserve a corporate table call the Shalom office at 519-886-9690 or email admin@shalomcounselling.org

Roger Martin, a native of Wallenstein, has been Dean of the Rotman School of Management at University of Toronto, since 1998.

Roger has authored seven books. In 2011, Roger placed 6th on the Thinkers50 list, a ranking of the most influential global business thinkers.



Roger is the son of Shalom's founding executive director, the late Delphine Martin (see page 1). Delphine, along with other key people in the history of Shalom Counselling Services, will be honoured on this occasion.



“Mental Illness: The Cost of Doing Nothing”

On Saturday, May 5, 2012, the Honourable Michael Wilson, former Canadian Ambassador to the U.S. and former Minister of Finance, spoke at Shalom's Fundraising Breakfast held at St. Jacobs Mennonite Church. Approximately 225 people attended. Wilson was introduced by his friend and former cabinet colleague, the Honourable Reverend Walter McLean.

Wilson became a strong advocate for better mental health services after his son Cameron died by suicide. His address was titled, “**Mental Illness: The Cost of Doing Nothing.**”

Wilson noted that one in five Canadians is impacted by mental illness and it is the number one cause of disability claims, workplace illness and absenteeism. Each day in Canada, 500,000 people (the population of Waterloo Region) are absent from work due to mental illness. Over 800,000 children and youth are affected by mental illness each year. Suicide is the second leading cause of death among youth. Stigma and discrimination are deadly barriers to treatment and recovery. Over half of

those affected are too ashamed to talk about it. Yet there is reason for hope. Early diagnosis leads to early treatment. Early treatment leads to early recovery.

Shalom thanks the Honourable Michael Wilson for his commitment to de-stigmatizing mental illness and for his informative address at our event.



Shalom Executive Director Wanda Wagler-Martin with the Honourable Michael Wilson (right) and the Honourable Reverend Walter McLean (left)

“Light in my Darkness”

By Brian Laverty, M. Div., M. Th. – Staff Counsellor

National Geographic photographer, Dewitt Jones, says it is important to “celebrate what is right in the world.” Through the lens of his camera Jones seeks to highlight the beautiful and positive things in people and in nature. This is in contrast to much in our society that focuses on what is not right. The media ensures our awareness of the trouble, the crime, and the disasters in the world. It should therefore not be surprising that people are increasingly struggling with mental health problems such as anxiety and depression.

Our mood is often established by negative thoughts that lead to anxious and depressing feelings. When our minds are full of negative thoughts about our relationships, self-esteem, body image or work difficulties we can feel depressed, worried and distressed. If we continue to be obsessed with such negative thinking it can evolve into dark habits that are hard to break.



Increasingly I appreciate the healing potential in a creative hobby such as photography. A photograph is a reflection of light and darkness. When I capture a scene I am focusing my attention on a particular aspect of the world that is meaningful to me. I am saying that this precious child, this gorgeous

flower or beautiful forest, are special and wonderful to me.

Hopefully the viewer can find it special too. When images of light and darkness, clarity and resolution, saturation of colour and luminance serve to minimize the distance between us, it enhances connectivity and community. We can share the emotion

and perhaps even chat about it. We can be less lonely and more at peace. Together we can take pleasure in what is right in the world and the negativity of depressive thinking has less chance to settle its deep darkness into us.



Helen Keller said, “I believe that God is in me as the sun is in the color and fragrance of a flower – the Light in my darkness, the voice in my silence.”

Photography can help to fill our darkness

with light and our silence with a keener awareness of spirituality – whatever we understand that to be. A photo invites us to pay attention, to be mindful of the light that is available to fall into our shadows. It reminds us of our proper place in the midst of this beautiful Creation.

There are so many reasons for gratitude. Grateful thinking and grateful feelings help to heal negativity and bring us peace and wholeness.



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*Helping People Grow Toward
Peace and Wholeness*

9 Avondale Avenue South
Waterloo, ON N2L 2B5
Phone: 519-886-9690
Email: admin@shalomcounselling.org

www.shalomcounselling.org

More Shalom News & Events

In past issues of *Seedlings* we have reported on the development of our **Pastors & Counsellors in Consultation** groups. These 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 face in their ministry. This fall three groups of pastors are running, each facilitated by a senior counsellor from Shalom. Significant funding is being provided by the Wallenstein Feed Charitable Foundation. This complements pilot funding continuing through W-S Feeds. An additional group will be offered in the winter. Pastors interested in this group should contact the Shalom office at 519-886-9690.

A **Visioning and Strategic Planning** exercise facilitated by Maura Purdon of Bright Harbour Partners, has just been completed at Shalom to set direction for the future. Board and Staff engage in this process every five years. Among the questions under consideration is how big Shalom can grow and still remain financially viable. The results of the visioning process will be shared in a future issue of *Seedlings*.



Large and small, we thank you all!

In the past fiscal year, Shalom received donations totalling \$171,474.00 from 14 businesses and foundations, 20 churches and 174 households. Without your generous support we could not continue to provide affordable and accessible counselling.

A couple of unique donations that were not expected deserve special mention. On May 16, 2012, the 95 member **Waterloo County Teachers' Choir** gave a special concert titled "**Spring Serenade**" at First United Church in Waterloo. Proceeds totalling \$1600 were generously donated to support the work of Shalom.

The choir performed a variety of numbers ranging from African spirituals to other well-known sacred, jazz and folk tunes including a medley of highlights from the soundtrack of the movie "Mamma Mia."

As a tribute to Shalom, the choir sang Paul Simon's iconic number, "Bridge Over Troubled Water." Shalom thanks the Waterloo County Teachers' Choir for this generous assistance.

As a small not-for-profit agency, one way we can balance our books is by keeping our expenses low.

This past July when Shalom was in need of a sofa for one of our counselling rooms, **St. Jacobs Furniture House** generously stepped forward and donated one. They are one of many corporations that support us in various ways. We thank them for their generosity.

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Shalom thanks all our generous donors for partnering with us in our collective mission of "**Helping People Grow Toward Peace and Wholeness.**"