

240 Powers St. Winnipeg MB R2W 5L1 (204) 479-4893

## Special Highlight:

We welcomed students from Steinbach Bible College. One group of students attended our Friendship evening while another spent a musical evening with us at Hand Chimes. Both evenings were a lot of fun. With the students' help at Friendship, we were able to make 5 blankets and 32 scarves that have been given to various Winnipeg missions to help keep people warm throughout the cold months ahead.

## Upcoming:

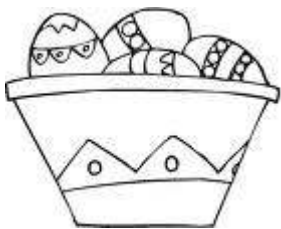
### Easter Basket Bonanza!

Once again we will be reaching out to the children in Winnipeg's North End. Last year we made 120 Easter baskets.

We are happily accepting donations of the following:

- Baskets
- Easter grass
- Plastic Easter eggs
- Hygiene items—such as soap/toothpaste/toothbrushes
- \$\$
- Gender neutral toys

\*\*please note we can not distribute skipping ropes or anything that can be perceived as a weapon



*Hope Centre Ministries exists to celebrate the gifts and uniqueness of individuals who live with disabilities and support them in their walk with God and their faith community.*



## A Time to Laugh

Can you remember the last time you had a really good laugh? A time where you laughed until your sides hurt? One of our family's favourite past times is to tell funny stories. The kids love hearing crazy and silly things that have happened. When we gather with extended family we often fall into the 'remember when' phase and undoubtedly we laugh together. My favourite memories include lots of laughing. Laughing is good medicine. It lowers blood pressure, improves circulation and relieves stress.

One of the goals of Hope

Centre Ministries is to support individuals with disabilities by helping them develop a sense of community within the broader faith community. We intentionally look for ways where we can help bring people together. We want to build bridges and strengthen relationships. A faith community is important—when times are tough, we rely on each other and help each other. That is good but we need to remember that there is also a time to laugh. Laughter brings unity. Laughing together creates powerful and positive memories and helps communities to bond.

Laughter is more than just fun—it brings strength by eliminating the barriers and walls that have been built up among us. The body of Christ is a body that looks for ways to build each other up and laughing together provides that opportunity.

It is comforting to know that we have a supporting community that walks beside us and supports us in many ways. We hope that in this new year we will have many opportunities to live out our call and not only "weep when you are weeping" but also find times to "when you laugh, laugh with you".

## Live, Love, Laugh, HOPE

*"Because of this, my heart will be glad, my words will be joyful and I will live in hope." Acts 2:26*

Hope Centre Ministries is looking forward to an evening of community and laughter at our spring fundraising event. You are invited to LIVE, LOVE, LAUGH, HOPE featuring comedian Ken Davis. Make sure to mark Saturday, May 1, on your calendar as this is an event you do not want to miss!

### Ken Davis Live!

**\*Live\*Love\*Laugh\*Hope\***

*A Comedy Event to Benefit Hope Centre Ministries*

**Saturday May 1 at 7 pm**

Covenant Christian Reformed Church  
653 Knowles Avenue  
Winnipeg, Manitoba

**Tickets go on sale February 15th**

\$20 General Admission  
\$15 Group Pricing (packages of 10)  
\$35 Hot Seat Ticket Package

Tickets available at your local Christian Bookstore  
or online at [www.hopecentreministries.org](http://www.hopecentreministries.org)  
Sponsorship Packages Available!

*“Those of us who have worked in this field know firsthand that people with disabilities have ministered to us as much as we have ministered to them. Ministry is spirit to spirit. It does not depend on the state of a person's eyesight, hearing, ability to walk, talk or sit still. Nor does it depend on one's intellect. It depends on one's heart.”*

*--Terry Sieck and Rebecca Hartvigsen (2001, p.iii)*

## Equipping Churches

A lot of what happens at HCM is about our programs: Friendship, Seniors, Sunday evening service, etc. But there's more to HCM than programs. We also are available to churches to be a resource as they walk alongside people with disabilities in their congregations. We want to advocate for people with disabilities in Manitoba's churches, and create awareness and tools for congregations to support and learn from people with disabilities.

Here's some of what we

can provide for congregations:

- Workshops for pastors, Christian Education leaders, deacons or elders, and others, to help them have resources they need to support individuals and families.
- Books, videos and materials to educate and equip Sunday School teachers and other servants of the church
- Services for families with members who

live with a disability, including financial planning and adult life transitions.

- Assistance in getting programs started that support faith development in people with disabilities.

Do you know of a church that is looking for some resources and support? Contact us online at:

[info@hopecentreministries.org](mailto:info@hopecentreministries.org)

or call 479-4893 to speak to our staff.

## Steps Towards a Greener HCM

### Did you know?

Over 300 million print cartridges are consumed in North America each year. . . over 130 million cell phones are retired each year. Help us keep them out of the landfills!

Last year we joined a recycle program that allows us to collect used ink jet cartridges and cell phones **and** receive funds for doing so. We would like to encourage our supporters to help turn trash to cash and get into the habit of recycling instead of throwing away. Please help HCM by recycling with us. There is a collection box at Transcona CRC and at Covenant CRC. Cartridges can be passed on directly

as well. If you would like to help us expand this initiative by setting up a collection box on our behalf please contact us .

We are also taking steps towards reducing the amount of newsletters we print. If you would like to receive our newsletter via e-mail we would be happy to add you to the list. This would also support us in lowering our cost and reducing paper waste.

Every little bit helps!

We are currently working on our website and hope that we will be able to have our current newsletter as well as archived newsletters available.

via e-mail

[info@hopecentreministries.org](mailto:info@hopecentreministries.org)

or by calling our staff at **479-4893**.

### Our Steering Committee

Eta Meinders  
Margaret Jongsma  
Don Miedema  
Betty Hazeu  
Mesafint Haile  
Val Wagner  
Ray Anema  
Lynell Bergen  
Shellie Power

### Contact our Staff:

Lynell Bergen, Outreach Coordinator  
[lynell@hopecentreministries.org](mailto:lynell@hopecentreministries.org)

Shellie Power, Spiritual Care Coordinator  
[shellie@hopecentreministries.org](mailto:shellie@hopecentreministries.org)

## Our World Belongs to God

Life is a gift from God's hand, who created all things. Receiving this gift thankfully, with reverence for the Creator, we protest and resist all that harms, abuses, or diminishes the gift of life, whether by abortion,

pollution, gluttony, addiction, or foolish risks. Because it is a sacred trust, we treat all life with awe and respect, especially when it is most vulnerable—whether growing in the womb, touched by disability or disease,

or drawing a last breath. When forced to make decisions at life's raw edges, we seek wisdom in community, guided by God's Word and Spirit. Article 44, *Our World Belongs to God*, © 2008, Christian Reformed Church in North America, Grand Rapids MI. [www.crcna.org](http://www.crcna.org). Reprinted with permission.

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