

PRAISE & PRAYER MINISTRY REPORT

SPRING 2022

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DEFEATING DEPRESSION – BE PREPARED

The last 2 years have been a challenging time in my life. The responsibilities of leading a ministry, staff, students, budgets, family, and then going through a bad hospitalized covid experience, I am now aware that my self-care and mental health needs some time for restoration. God has blessed me by placing some powerful mentors in my Life! There is something special about men being real and trusting others to hear our struggles.

Last week I was sharing on not knowing how retirement was going to affect me in 4 years. One of my mentors was able to speak into my life, my marriage and share his experience and wisdom with his own retirement from ministry. I now know that when I feel the early signs of loneliness, I have a man I can go and share with!

While down in Abbotsford preparing for our AGM, I got to spend a couple of days praying to God over this area of my life. You see, I was a product of childhood depression and carried various traumas for 27 years and must remember that the affects will still be within me. It is important to continue to work on myself so I can be there for others who are starting out their own journey.

Psalm 23 Transition Society works everyday with men who are struggling with various levels of depression. Everyday I must be like a boy scout and be prepared for the stress that awaits me. I must look to God's word for help when it comes to dealing with the top four sources of stress in life: career, money, marriage/relationships, and parenting. One thing I know is that there is always a cause to the stress.

I have experienced being two types of people in the world... one going through my childhood to 27 years old drowning in despair and pain without hope, and then after my 2 suicide attempts, calling out to God, surrendering, and experiencing His rescue. Therefore, I can be so encouraged about the near future because I have experienced God's rescue. I know from experience that the Lord will hear the cries of all people and according to Psalm 40:2 will, "...lift them out of the pits of despair...out of the mud and mire and set their feet on the rock..." I would like to challenge anyone who has worked through depression to share that truth with a hopeless world and those struggling around them. Depression is a silent killer that takes too many lives...be a difference maker. Speak up and share your Hope!

Psalm 23 Transition Society is a place where people can come to find healing. It's a place where people can honestly admit their struggles and find rest from them. Remember Jesus said, "Come unto me all who labor and are heavy laden and I will give you rest." So, all Christians should take seriously Paul's injunction in 1 Thessalonians to "encourage the fainthearted, help the weak, be patient with all men."

For a depressed person during a depression spell, it can be hard to articulate to those around you what it is that you need. I've come up with a list that I think can help loved ones and care takers help someone who is going through a depressed spell:

1. Keep the house as quiet as possible--Loud music, tv shows, or voices cause agitation in the depressed person and want to make the person withdraw even more.
2. Allow the depressed person some extra sleep and rest, but don't let the person stay in bed constantly.
3. Give the depressed person a specific task to do and give them only one thing at a time. --Make a list or schedule of things the person needs to do, but do not give them the whole schedule, just one task at a time, and if the task is still overwhelming, help them with the task. The depressed person needs to do something, especially something that can be considered helpful or necessary.
4. Keep as much of a routine as possible. The depressed person will function better if there is predictability. Surprises are not good for someone who is depressed.
5. Give the gift of your time. Be ready to listen, but even if the person does not want to talk, just sitting and being with the person lets the person know that they really are not alone. God says, Trust in Me! You are never alone.
6. Use words of encouragement, not criticism. Do NOT tell the depressed person to "get over it." This is not helpful and can be harmful.
7. As soon as possible, the depressed person needs to do something for someone else. Anything that can get the person serving and less self-focused is good. The person needs help becoming outwardly focused.

But Christ will never reject us. And with Christ, we are never alone. In Christ we have the power to overcome our fears. And by Christ, we are commanded to reach out toward others.

Someone wise once told me that when I refuse to make my needs known, I deprive another person from being able to help meet my needs. I have learned over my years of healing that people are going to disappoint me, and I must learn to lower my expectations so I can achieve. Through my Spiritual growth, God will send people into my life to support, pray and encourage me, but only Jesus can meet my deepest needs, the voids of my abandonment issues and only Jesus can meet my every need. But still, I am called to reach out to others.

Ask yourself why you are where you are at this present moment. Most likely this is exactly where God wants you to be, even though it might hurt. God is ready to enable, strengthen, and call you to bear the burden and carry out His kingdom purposes. Let Him restore your soul. Jesus told us not to be anxious about tomorrow, worry cannot add to our lives. Each day has enough trouble of its own. It will come to pass. Hang in there and hold on to God. It takes 10 seconds of COURAGE to reach out and talk to someone...remember, you are not alone. This writing is very personal for myself as I have now been placed on a 6 month leave of absence to reduce my stress levels and I am grateful that the board of directors has hired a Program Manager to help take some of my daily tasks off my plate. Please pray that our Lord would recharge my batteries and provide me the rest needed.

I pray that this is helpful to someone who is in need!

Marvin Declare



SHELLEY DECLARE
Administration Director

ADMINISTRATION REPORT



As Psalm 23 enjoyed a strong year end giving campaign in 2021. We are very grateful for the continuing support that has kept the ministry out of the line of credit over the last 3 years!

In 2021, Psalm 23 took advantage of the government business loans and we did 2 of them through our bank. One was for \$40,000 and must pay back \$30,000 by this December 2022 and the other was for \$20,000 and must pay back \$10,000 by December.2022. In November 2021, Psalm 23 has placed our \$40,000 of loan payments into a 1-year term deposit and the loan will be fully paid in December 2022.

The largest Capital Project cost in 2021 was the Exterior Restoration of our facility. It was decided by the board of directors to take a \$50,000 loan out to cover the cost. This loan and the \$17,000 we had saved in 2020 covered the whole cost of the renovation and restoration. We thank the donors who came along side to help raise the \$50,000 and it was paid off by the end of 2021, and the building looks fantastic.

Going into 2022, Psalm 23 was granted 2 grants for our 2022 Budget. Psalm 23 received a \$80,000 gaming grant to go towards salaries and utilities. The 2nd grant was a \$17,500 food grant from Food Rescue.

Psalm 23 is also looking forward to hosting our fundraising events that have been on hold for the last 2 years. More info will be placed in our Praise Reports and on our Facebook page.

The Board of Directors would like to clearly communicate our 2022 financial picture so there is opportunity to pray about the needs of our budget giving.

Our prayer request is that God would provide financially between now and December 31, which would allow Psalm 23 to not only meet this year's program budget needs, but also our project grants towards our Training Programs.

If you are interested in supporting Psalm 23...

- E-transfers can be sent to psalm23society@shaw.ca
- You can call Shelley Declare at Psalm 23 and she can put credit card donations through with our interact machine. 250-489-2220
- You can also send cheques to the addresses on our cover page.
- Donations can also go through PayPal.
- **ALL DONATIONS MADE TO PSALM 23 WILL RECEIVE OFFICIAL TAX RECEIPTS IN JANUARY 2023.**

From our Board of Directors and Care Team Staff...we would like to thank you all for the continued support in 2022 to help continue to Restore Lives, One Person at a Time!

"Do not be afraid. I bring you good news of great joy that will be for all people. Today in the town of David a Savior has been born to you, He is Christ the Lord..." Luke 2:11



PRAISE & PRAYER 2022 FINANCIAL REPORT

Revenue – January - \$35,030.20
Expenses – January - \$30,553.14
SURPLUS (DEFICIT) \$4,477.06

Revenue – February - \$26,638.74
Expenses – February - \$33,670.77
SURPLUS (DEFICIT) (-\$7,032.03)

Revenue – March - \$27,780.80
Expenses – March - \$35,019.19
SURPLUS (DEFICIT) (-\$7,238.39)

Revenue – April - \$31,427.23
Expenses – April - \$30,804.09
SURPLUS (DEFICIT) \$623.14

YTD REVENUE = \$120,876.97

YTD EXPENSES = \$130,047.19

SURPLUS (DEFICIT) = (- \$9,170.22)

2022 BUDGET REVENUE
\$398,530.00

2022 BUDGET SHORTFALL
(-\$277,653.03)



2021 YEAR END

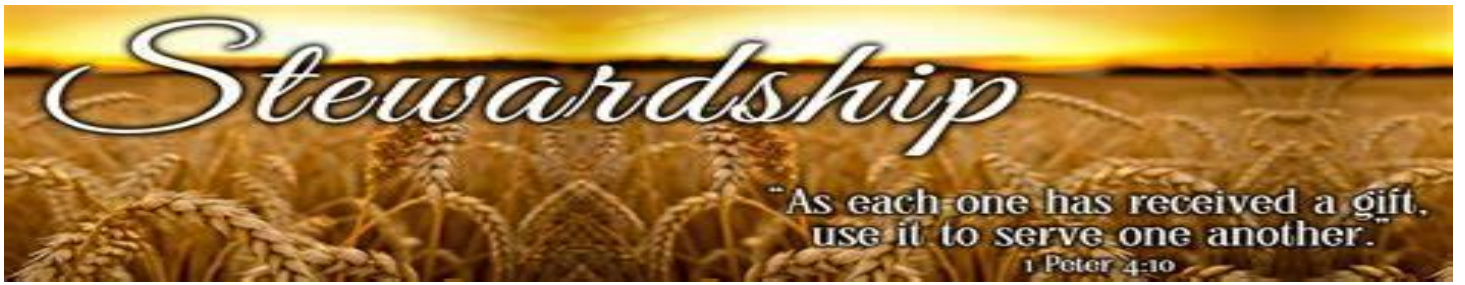
2021 BUDGET - \$357,278.00

REVENUE = \$333,144.12

EXPENSES = \$265,755.10

SURPLUS (DEFICIT) = \$67,389.02

*****Note: From the 2021 financial balance, Psalm 23 has \$40,000.00 in a 1-year term deposit. This \$40,000.00 is to pay the Covid-19 business CEBA Loan in 2022.**



PSALM 23 BOARD OF DIRECTORS



Matt Thiessen
Board Chair



Ed Dyck
Vice Chair



Leon Chretien
Board Treasurer



John King
Secretary

PSALM 23 MANAGEMENT TEAM



Marvin Declare
Founder
Executive Director



Shelley Declare
Administration
Director



Darrin Lauder
Program Manager
Facilitator

PSALM 23 CARE TEAM



Bob Rodford
12 Step Program
Facilitator



Marcus Reich
Work Therapy
Community Outreach



Phillip Schaefer
Vehicle Maintenance
Vocation Training Program

PSALM 23 VOLUNTEER TEAM



John King
Life Group



Leon Chretien
Life Group



Rod & Jan Schneider
Bible Study



Dave & Vicky Skoda
Alpha Group

PSALM 23 IS PROUD TO ANNOUNCE 2 NEW MEMBERS TO THE FAMILY

John King (Board of Directors) – At this years AGM, Psalm 23 Board of Directors voted John onto the board and was given the postion of Secretary. John has been volunteering in Wednesday’s Life Group and God touched his heart for him to put his name forward to serve on the board of Psalm 23. Welcome to the family John!

Darrin Lauder (Program Manager) – As Psalm 23 looks at developing a stronger and healthier team, the Board of Directors are proud to announce the hiring of Darrin Lauder. Darrin Will come under training over the next 6 months. With the addition of Darrin, this will allow both Marvin & Shelley Declare to focus more directly on the Executive Director and Administration Director positions. Darrin has a heart for Ministry and will be a wonderful asset to manage various aspects of programs and lead the Care Team and students.

5th Annual KEITH ROWLANDS MEMORIAL GOLF TOURNAMENT

PRESENTING SPONSOR:
**ServiceMASTER
Restore**



SATURDAY
SEPTEMBER 17, 2022

TEE TIMES STARTING AT 11AM

FRASERGLLEN GOLF COURSE
36036 S PARALLEL RD, ABBY

\$125 per ADULT
\$110 per 65+

4 PLAYER BEST BALL



HOLE SPONSORS NEEDED: **BURGER BUFFET**

\$250 / Hole

SPONSORED BY:



TO REGISTER EMAIL psalm23society@shaw.ca or VISIT www.psalm23society.com

WERE BACK! – After 2 years of no fundraising events, Psalm 23 is thrilled to announce that we will be hosting our 5th Annual Keith Rowlands Memorial Golf Tournament on Saturday, September 17th at the Fraserglen Golf Course.

There are still some Sponsorship spots available. 2x Closest to Pin – Tee Box Sponsorship, Major Prize Sponsorships, Prize/Gift Card Sponsorships...if you would like to receive a Sponsorship Booklet please email psalm23society@shaw.ca

Time to start putting your teams together...!

Psalm 23 would like our current sponsors for your generous support!

	PSALM 23 IS PROUD TO ANNOUNCE OUR 2022 PRESENTING SPONSOR 		PSALM 23 IS PROUD TO ANNOUNCE 2022 BURGER BUFFET MEAL SPONSOR 		PSALM 23 IS PROUD TO ANNOUNCE 2022 BURGER BUFFET MEAL SPONSOR 		PSALM 23 IS PROUD TO ANNOUNCE 2022 GOLF CART SPONSOR 
	PSALM 23 IS PROUD TO ANNOUNCE 2022 REGISTRATION TABLE SPONSOR 		PSALM 23 IS PROUD TO ANNOUNCE 2022 CLOSEST TO PIN – TEE BOX SPONSOR 		PSALM 23 IS PROUD TO ANNOUNCE 2022 CLOSEST TO PIN – TEE BOX SPONSOR 		PSALM 23 IS PROUD TO ANNOUNCE 2022 CLOSEST TO PIN – TEE BOX SPONSOR 
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	PSALM 23 IS PROUD TO ANNOUNCE MEN'S LONG PUTT SPONSOR 		PSALM 23 IS PROUD TO ANNOUNCE MEN'S LONG DRIVE SPONSOR 		PSALM 23 IS PROUD TO ANNOUNCE MAJOR PRIZE SPONSOR 		PSALM 23 IS PROUD TO ANNOUNCE MEN'S LONG PUTT SPONSOR 
	PSALM 23 IS PROUD TO ANNOUNCE PRIZE / GIFT CERTIFICATE SPONSOR 						

THE MIRACLES CONTINUE

Alumnus Sobriety Celebrations

JANUARY CELEBRATIONS

Ron B. – 18 yrs, Mark K. – 17 yrs, Kent L. – 16 yrs.
Brandon Mc. – 15 yrs, Caleb Y. – 15 yrs. Gary B. – 15 yrs,
Minh T. – 14 yrs, Adam V. – 14 yrs, Abe S. – 12 yrs,
Diego T – 10 yrs

FEBRUARY CELEBRATIONS

Joseph M. – 18 yrs, Don B. – 18 yrs, Brian M. – 18 yrs.
Walter M. – 17 yrs, Tony S. – 17 yrs. Bruce P. – 16 yrs,
Frank B. – 15 yrs, Kelly K. – 13 yrs, Greg M. – 11 yrs,
Emil S. – 10 yrs, Leigh D.. – 8 yrs Connor B. – 7 yrs.

MARCH CELEBRATIONS

Dale W. – 18 yrs. Chris G. – 18 yrs. Kevin T. – 18 yrs.
Randy W. – 17 yrs. Mike B. – 17 yrs. Joe J. – 16 yrs. Jack N. –
16 yrs. Ed T. – 15 yrs. Paul. V. – 15 yrs., Stephen J. – 15 yrs.
Kyle A. – 14 yrs. Wayne H. – 14 yrs. Ken Mc. – 14 yrs. Kent G.
– 13 yrs. Nic C. – 12 yrs. Rick G. – 12 yrs. Albert A. – 10 yrs.
Daniel S. – 7 yrs. Chris K. – 6 yrs. Gabriel N. – 4 yrs.

APRIL CELEBRATIONS

William C. – 17 yrs. Terrance D. – 17 yrs. James M. – 17 yrs.
Clifford D. – 16 yrs. Greg M. – 8 yrs. Scott K. – 8 yrs.

MAY CELEBRATIONS

Michael P. – 18 yrs. Rick R. – 17 yrs. Scott E. – 16 yrs.
Vince M. – 15 yrs. Scott Z. – 13 yrs. Ron B. – 12 yrs.
Joe H. – 3 yrs.

JUNE CELEBRATIONS

Rick S. – 18 yrs. Ian Mc. – 18 yrs. Dan B. – 13 yrs.
Lawrence G. – 11 yrs. Robert D. – 10 yrs.

Congratulations!



Tyrin F. – March – Assessment/Stabilization Phase



Joswald C. – April – Assessment/Stabilization Phase



Colton H. – May– Assessment/Stabilization Phase



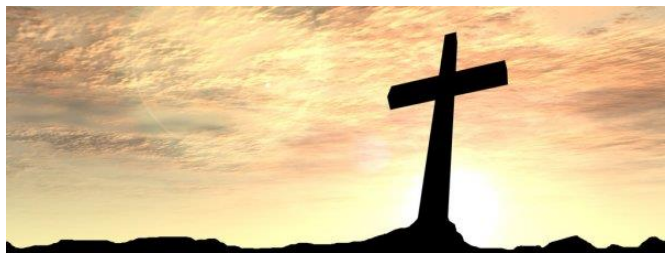
FUNDRAISING

Psalm 23's 5th Annual Keith Rowlands Memorial Golf Tournament

Saturday, September 17, 2022

All teams that register and pay their entries between May 1st to July 31st will be entered into an EARLYBIRD PRIZE DRAW. You can register at psalm23society@shaw.ca or www.psalm23society.com

There will be a silent auction at this event, prizes for the top 3 teams and draw prizes



Psalm 23 is excited to announce that student Tyrin F. has asked Jesus into his heart and given his life to Jesus.

In Tyrin's words "I sealed the deal on May 11, 2022".

PLEASE pray for protection against any spiritual attacks and please pray for God to continue to open doors for Tyrin and his family.



Psalm 23 Starfish Award Fall Dinner

Friday, October 21, 2022

Clearbrook Mennonite Brethren Church
2719 Clearbrook Rd,
Abbotsford, BC

Tickets are \$50.00 each to cover the catered dinner

EVENING DINNER MENU

- Roast Beef with Yorkshire pudding
- Baked BC Salmon
- Mashed Potatoes
- Peas with Mushrooms and Buttered Carrots
- Tossed, Traditional Greek and Caesar Salads
- Apple Pie with Ice Cream

There will be a LOVE OFFERING and Silent Auction to support Psalm 23 Transition Society Recovery Programs

You can book now by emailing psalm23society@shaw.ca



PO Box 387, Clinton, BC. V0K 1K0 - B - (250)-459-2220, F - (250)-459-2260, E-mail - psalm23society@shaw.ca

Registered Charitable Organization - Business Number # 85907 4171 RR0001

PERSONAL / FAMILY / BUSINESS PLEDGE CARD

YES - I would like to support the Ministry of Psalm 23 on a monthly basis "

"If you prefer to use Pre-Authorized Checking then please include a VOID cheque"

All personal information is for the sole purpose of Psalm 23 and will not be shared with anyone outside our organization



- | | | |
|---|---|--|
| (Starfish Club)
\$30.00 X ____ = (\$ _____ per month) | (Sponsor a meal)
\$3.23 X ____ = (\$ _____ per month) | (Business Starfish Sponsorship)
\$50.00 X ____ = (\$ _____ per month) |
| (Hope Fund)
\$100.00 X ____ = (\$ _____ per month) | (Half month Student Scholarship)
\$500.00 X ____ = (\$ _____ per month) | (Full month Student scholarship)
\$1,000 X ____ = (\$ _____ per month) |
| _____ 15th of the month | _____ 30 th of the month | this is a one-time gift of \$ _____ |

Name: _____

Signature: _____

Address: _____ City: _____ Postal Code: _____

Email: _____ Telephone: _____