

SCHROEDER NEWS

October 2020



Bringing the Healing Touch of
Jesus to Wounded Hearts

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www.healinghearts.ca

Support Information:

Cheque to
Healing Hearts Ministries Inc.
Box 12, Regina, SK S4P 2Z5
'Project 450' on memo line

Credit Card on-line
www.healinghearts.ca
Indicate - Arlene Schroeder
project 450

E-transfer to
hhmregina@gmail.com
Indicate - Arlene Schroeder
project 450

Pre-authorized debit
(request form)



“Are you stressed?”

Whenever I was asked that question I would say “No.” Quite honestly, I could never define stress – to me has been ambiguous and undefinable.

Michael Dye says, *“The number one problem that people in our society struggle with is STRESS. As much as 80% of all our physical and mental problems are stress related.”*

Gabor Mate says, *“The research literature has identified three factors that universally lead to stress: uncertainty, the lack of information, and the loss of control.”*

This spring and summer I struggled with health problems and I was so tired; added to that was everything Covid related. As I was sharing this with a friend she read an article by Michael Dye and in there he said, *“stress (anxiety, worry) is another word for fear...Ask yourself what you are afraid of...once you name the fear it reduces stress/anxiety, then you can do something about it.”*

I realized I had been stressed out for quite some time and decided I had to find time to slow down and have time with God and time to heal. As I began to name my fears and the lies had begun to believe I was able to take it all to God in repentance and then found scripture verses so I would put God’s truth into my mind. I realized that I forgotten one of my most important priorities—times of silence with my Heavenly Father—just sitting in His Presence allowing Him to work in my heart.

Two of the verses God gave me were:
Psalm 46:10 (TPT*) - “Surrender your anxiety! Be silent and stop your striving and you will see that I am God.”
Psalm 37:7 (TPT*) - “Quiet your heart in His presence and pray; keep hope alive as you long for God to come through for you.”



Enjoyed Sunday gatherings at the campground this summer.

*TPT—The Passion Translation

On the lighter side of things—Summer Fun

We are so blessed to have our family close and to be able to spend time together. They say a picture says a thousand words—here is a peak into some of our summer fun with family and friends...



Would you like to
hear more about
God's Kingdom work
that I am a part of
in Regina?

I would love to
chat with you...

one-on-one,
in a small group,
or in your church.

Praise & Prayer

Praise:

- For B. who graduated from the Shayil Home program. She has worked hard and continues to grow in the Lord.
- For our seasonal campground site where we were able to unplug and have fun with family and friends.
- Sunday gatherings of worship & sharing at the campground this summer.

Prayer:

- For God's wisdom and discernment as we serve Him; so that we would be working with God and not for God.
- That we would keep our eyes on Jesus and not circumstances.
- That we would have an attitude of gratitude—to find a reason to smile each and every day.