



Resourcing pastors to
build lives that thrive

Upcoming Events

Pastors Day 2020

January 30, 2020 9am – 3pm

Soul Focus

March 5, 2020

Half Day Retreat–(includes breakfast)
Other dates – June 4, Sept. 10, Nov. 12

Date Night for Pastoral Couples

An evening out with 4 to 5 couples
including dinner and a time of marriage
enrichment.

March 2 & 3, 2020

May 25 & 26, 2020

September 28 & 29, 2020

November 9 & 10, 2020

Unfinished Business Groups

begin the week of March 9, 2020
(daytime groups available)

Ministry Wives

small group meets monthly

Visit www.thriveministries.ca
for more information or email
info@thriveministries.ca to register
for these retreats and groups.

UPdate

Impacting the Life of a Pastor

When Thrive Ministries impacts the life of a pastor, we impact an entire congregation. In 2019 your generous support enabled us to offer new opportunities for pastoral couples (Date Night) and pastors who have a desire to deepen their personal relationship with God (Soul Focus retreats). Pastors and their spouses have journeyed toward wholeness through Unfinished Business groups. Thrive's dedicated volunteers continue to come alongside of individual pastors and leaders as they navigate the challenges of life and ministry. I wholeheartedly thank you for your ongoing prayer and financial support of this ministry. Brenda's story illuminates the ripple effect from one leader's life touched by God through Thrive.

Cathy Gates – Thrive Ministries Director

Brenda Drost on Unfinished Business

“I grew up in church. My dad was a pastor. I have been in church my whole life. This was the single, best thing I have ever done for myself spiritually.”

Brenda Drost

Brenda loved serving in full time ministry from the beginning. She was passionate about the work God had set in front of her to do. It energized her and filled her with joy, but after a while, she noticed that passion slowly fade. During a time of extreme pressure and difficulty, Brenda recalls how her joy in serving God drained away and instead became a heavy burden.

Instead of energizing her, ministry became draining. Brenda was starting to burnout. She threw herself into the work with renewed resolve, but it just got worse. Eventually she reached a point where she just wanted to quit.

“Here I was a pastor, counselling other women, but I felt like I was lost. I had nothing left in me to give. I didn't know how to get back to that place (of joy). I was depleted spiritually, emotionally, and physically.”

Brenda decided to get away and have a quiet retreat for a couple of days to seek God. During that time she told God she wanted to quit, but He didn't release her from it. So, instead she asked for someone to help her through. Two weeks later she met Cathy Gates.

“I knew right away that she was that answer to prayer that I needed, and she invited me to Unfinished Business.”



Unfinished Business is a Christ-centred, small group environment where hurting Christians and ministry leaders can explore their "unfinished business" and experience healing and freedom in Christ. It usually runs over a four to five month period.

Brenda didn't really know what to expect, and was nervous about being vulnerable with other people, but she relays how the confidential and intimate nature of the group laid those fears to rest:

"A lot of times pastors feel like they have no one they can talk to. Thrive was a place to be broken. People who were willing to take my hand and walk me through it. It was a safe place."

After Unfinished Business, Brenda says she feels more equipped for ministry, that her relationship with God has grown deeper, and that she was able to put a lot of her own fear and insecurities behind her. She knew she had overcome some serious issues and should a difficult season like that come again, she has the tools to deal with it. The joy is back!

"The really cool thing is that I can now turn around and help other women who need it. As I work as a pastor, I come into contact with other women in leadership who are going through the same (difficulty), and I can turn around and be that safe place for them. I have the tools to help them now."

We're Growing Again

Thrive Welcomes Rick Wukasch to Our Ministry Team

Rick is a pastor, spiritual director, and formational prayer caregiver. He is retired from pastoral ministry at Spring Garden Church, North York, and The Meeting House, Oakville Site, supporting small group community, spiritual formation, prayer, care, and relationship ministry teams. Rick has personally been in spiritual direction for over 30 years. He trained at Tyndale Seminary and has provided spiritual direction for the past 12 years. He has a special interest in journeying with pastors.

Rick provides leadership to our Soul Focus retreats for pastors and church leaders.

Consider making a donation that will provide pastors with the opportunity to deepen their walk with the Lord. Go to www.thriveministries.ca/donate, click DONATE, and write "for Soul Focus" in the comments.



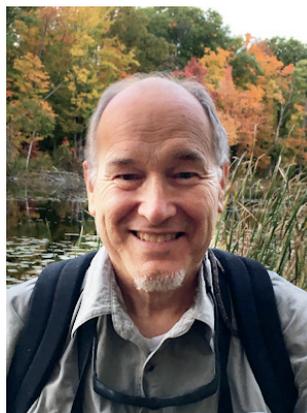
Many pastors struggle with their own identity.

Join us for an encouraging and interactive full day event for pastors and ministry leaders and their spouses. Guest speakers **Liz Honeyford** of Healing Care Canada and **David Forrest** of the Thrive Ministries team unpack this question that all leaders grapple with from time to time... Who am I really?

- Come expecting an **encounter with Jesus** and a fresh revelation of who he says you are.
- Listen to **real stories** from fellow leaders.
- Experience opportunities for **honest conversation** about common challenges we have with identity.

JOIN US
Thursday, January 30 2020,
from 9 am to 3 pm, including lunch
at Northend Church
455 Geneva St., St. Catharines.

Register online at Thriveministries.ca
Email info@thriveministries.ca



Thrive Is Ready to Serve You

Want to be part of a monthly Women in Ministry Small Group?
Would you like to speak with one of our pastoral advisors?
Are you challenged with a sense of being overloaded or overwhelmed?
Being bullied? Visit www.churchbullying.org and/or email us.
Know someone in church leadership who may benefit from our services?

Please connect with us info@thriveministries.ca or 905-228-3043.

Your Gift & Prayer = Thriving Pastors and Churches in Niagara

Your donations help:

- Provide burnout prevention coaching & education
- Resource small groups for pastors
- Equip church leaders to deal with bullying
- Support Annual Pastors Day

Donate by credit card or cheque through:
Great Commission Foundation
Thrive Ministries Project #139
TEL: 1-855-488-7020 (credit card donations)
61 Meredith Dr., St. Catharines, ON, L2M 6R9



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