

CHRISTMAS BLESSINGS MENU

(from Port Nelson United Church, Burlington)

Advent allows us the time to intentionally approach the marking of our being blessed in the coming of the baby Jesus. As we enjoy our blessings, we are called to share those same blessings with others. Below are some ways to share. Let this brief "menu" map a blessing path, given to others – perhaps as a Christmas gift for your loved ones. Just fill out the menu below and bring it or mail it to the church office.

ITEM	VALUE	QUANTITY	SUB-TOTAL
Sponsoring a Port Nelson youth for one day in a Toronto urban outreach experience program	\$75.00		
Supporting a refugee family through Port Nelson's sponsorship group	\$50.00		
A 40 th anniversary gift for the Nelson Youth Centres to support children's mental health services	\$40.00		
Food Voucher for Port Nelson's Thursday Program	\$25.00		
GRAND TOTAL (with Remittance enclosed; Please make cheques to Port Nelson United Church, 3132 South Drive, Burlington ON L7N 1H7)			
Number of Gift Acknowledgement Cards requested <i>(Deadline for ordering is Sunday, December 16th)</i>			<input type="text"/>

Name: _____

Address: _____

Postal Code: _____ Phone: _____

THANK YOU!

"A candle is burning, a flame warm and bright, a candle of hope in December's dark night. While angels sing blessings from heaven's starry sky, our hearts we prepare now for Jesus is nigh.
United #6, verse 1)



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Two Journeys: Ally and Steve

Ally is an 11 year old girl with a learning disability and struggling with anxiety. Even though the school and family doctor were supportive, Ally's mom realized that her daughter needed something more. The first call mom made was to Nelson Youth Centres. Why? Because Ally's brother, now 20 years old, attended Nelson Youth Centres when he was nine. Not only did mom feel that Nelson Youth Centres helped him, but he is still friends with some of the boys that he met in the group treatment program. Mom's wish for Ally is that she would have a similar, positive experience at the Centre where she can get the support she needs and become part of a welcoming and nurturing place with her peers.

Steve is a 13 year old boy with ADHD and a Learning Disability. Even though Steve was in a specialized class at school, he was not able to emotionally regulate himself which resulted in frequent tears and explosive anger. Steve often misread social cues and felt people were rejecting or making fun of him. His teacher spent time trying to help Steve interpret situations correctly and learn to cope with waiting his turn. While at Nelson Youth Centres, the staff focused on teaching Steve how to regulate his emotions when under stress. Steve was also coached on challenging his own perceptions of events so as not to always assume people were making fun of him or rejecting him. Through working in partnership with his teacher and parents, Steve's counsellor was able to make sure everyone was mirroring the strategies that Nelson was using with Steve on a weekly basis. Having this consistent approach in all areas of his life enabled Steve to self-regulate on a more consistent basis without needing an adult to coach him through times of stress.

*Nelson Youth Centres was started in 1978 by members of Port Nelson United Church. **You** can help the Nelson Youth Centres celebrate its 40th anniversary this year by making a contribution through the Port Nelson Christmas Blessings Menu.*

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