

FAIRHAVEN CHRISTADELPHIAN CHARITABLE FOUNDATION

WINTER 2019



*Turn to me and be
gracious to me, for I am
lonely and afflicted.
Relieve the troubles of
my heart and free me
from my anguish. Look
on my affliction and my
distress and take away
all my sins.
Psalm 25; 16,17*

COPING WITH LONELINESS

Older adults may experience a loss of connectedness as their friends pass away and their independence diminishes. Loneliness is an emotion that can leave us feeling empty, isolated and left out. God created us to be social creatures. *It is not good that man should be alone.* Loneliness is not the same as being alone. It is a reflection of whether or not we feel connected to others. Loneliness may be short-term or situational such as in a new ecclesia or at a new care facility where we don't know anyone. It can also be long-term or chronic where there's a feeling of isolation and not belonging. Often depressive thinking is closely linked to chronic

loneliness. Some are not able to see the positive things in life—like recognizing friendship, love and the concern of others. These feelings can cause the sufferer to withdraw and it's easy to conclude that they want to be left alone, when in reality he or she is desperate for help. With sensitivity, it can be worthwhile persevering beyond the first rebuff when trying to help. Loneliness can arise for different reasons. The single person may feel ecclesial activities are all family oriented. Senior members can also experience loneliness when their children re-locate and their peers fall asleep. Those who have come into the Truth from 'the outside'

may feel out of place, not being part of the extended families that are a feature in many ecclesias. Becoming part of Christ's Body may not stop our sense of loneliness and make social problems miraculously disappear. However, a life in Christ can help us persevere through the hard times. Prayer affords us unlimited access to Our Father. 'Christ died for us while we were yet sinners'. We are loved before and while we change. And Jesus remains our constant friend. He said, *Come to me you who are all heavy laden and I will give you rest.* Indeed, loneliness can lead us to a deeper appreciation of God's love.

Fairhaven Christadelphian Charitable Foundation

c/o 39 Knox Avenue

North, York, ON, M9L 2M2

www.fairhavenfoundation.ca

Directors: Alan Ghent, Marie Klien, Ian McPhee, Jennifer Narjes,
Mike Nielsen, Penny Sheppard, Tom Thorp



HOW CAN I HELP THE LONELY?

- * Be aware of those on the periphery and be approachable. Look for opportunities to invite others to join in
- * Be sensitive. Others may not want to admit to being lonely and most do not want pity.
- * Give support and love before you give advice. Be an empathetic listener.
- * Don't assume you can't help someone because you're a different age or are in different circumstances. Anyone can care and take an interest.
- * You don't have to understand or have all the answers to be kind.
- * Avoid making assumptions. Others may not want the same level of companionship as you do.
- * Have faith that Jesus can help. Pray for the lonely and tell them so. Invite them to join in prayer with you.
- * Don't underestimate the value of little things. A kind word, a card or email can mean a lot.
- * Encourage everyone. Even those who may seem to be socially engaged can long for friendship.
- * Help others to see that loneliness can draw us closer to God.
- * Be optimistic. Being a positive influence can help dispel sadness and negativity.
- * Be patient. When people are lonely, particularly if it's associated with poor mental health or physical health, they may get irritable or feel misunderstood by others. You may need to offer gentle assurance.

The love and support of our brethren and sisters has helped to sustain us through the incredibly difficult days of [his] illness...



THE FOUNDATION'S TERMS OF REFERENCE

How can the Fairhaven Foundation be of assistance to your ecclesia? Are there health and welfare needs in your meeting that require attention, but ecclesial resources are strained or insufficient? The Foundation, operating under the applicable government regulations, may provide grants only to registered charities in Canada. We must disperse a percentage of our investment income each year, based upon a government regulatory formula.

Ecclesias in Canada may request assistance from the Foundation by following these guidelines:

Only requests from Arranging Boards will be considered. Requests from an individual member of an ecclesia will not be accepted by the Foundation. Priority is to be given to the welfare needs of Christadelphian elderly, since this reflects the original purpose of Fairhaven House. If additional funds are available after meeting these needs, then more general health and

welfare needs of the Christadelphian community will be considered, followed by health and welfare needs of the community at large. Requests must be in writing and should document, in confidence, the need, the background, the amount of help required and the amount of help being provided by the ecclesia. It is expected that the ecclesia requesting support will also provide funds to assist from its own resources. It is preferable, if possible, that ecclesias address emergency situations, and subsequently follow up with a request to the Foundation. The board of the Foundation considers requests at its semi-annual meetings in February and June each year. Emergency requests will also be addressed as quickly as possible. Requests may be sent to: The Fairhaven Christadelphian Foundation
c/o Sister Penny Sheppard, Secretary
39 Knox Avenue
North York, ON, M9L 2M2 or via email to fairhavenfund@gmail.com

It is important to appreciate that the primary responsibility to meet the welfare needs of our brothers, sisters and young people lies at the ecclesial level, and consequently the Foundation's role is to supplement, rather than supplant this ecclesial responsibility. We encourage ecclesias to be actively aware of situations where there is a need, extend help, and then approach the Foundation as a funding partner.

AN APPEAL

In this low interest rate environment, income generated from investments has been inadequate to address the needs of recipient ecclesias. The Foundation would welcome ecclesial and individual gifts to support this work. Donations may be sent to the treasurer:

Sis. Jennifer Narjes
8 Royal Rouge Trail
Toronto, ON, M1B 4T4



WHAT CAN I DO TO FEEL LESS ALONE?

- * Acknowledging bouts of loneliness and understanding that it is a feeling and not a fact can help us move past it. Many things are in our control and we can change behaviors and experiences to feel more connected.
- * Make an intentional plan to change your habits. Work on one objective at a time until it becomes second nature.
- * Focus on others, not yourself and your own insecurities. Show a sincere interest and curiosity in others.
- * Stay connected. Use technology or simply letter writing to establish and build relationships. Volunteer, take a class and look for opportunities to meet new people.



Year End Financial Report

Statement of Revenue,

Expenses And Fund Balance

For The Year Ending

March 31, 2019

Revenue

Investment Income	4,928
Donations	200
	5,128

Expenses

Grants	18,067
Professional fees	3,206
Administrative	103
	21,376
Net Income	(16,248)

Opening fund balance 279,394

Closing fund balance 263,146