

# Nahum Support Group

## Nahum Group Volunteers:

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You may reach out via phone call, text or email.

## How Can We Help?

Abuse  
*emotional, physical, sexual, verbal, neglect*

Addiction  
*alcohol, drugs, gambling, sex, pornography*

Life Changes  
*personal or family illness, postpartum, separation*

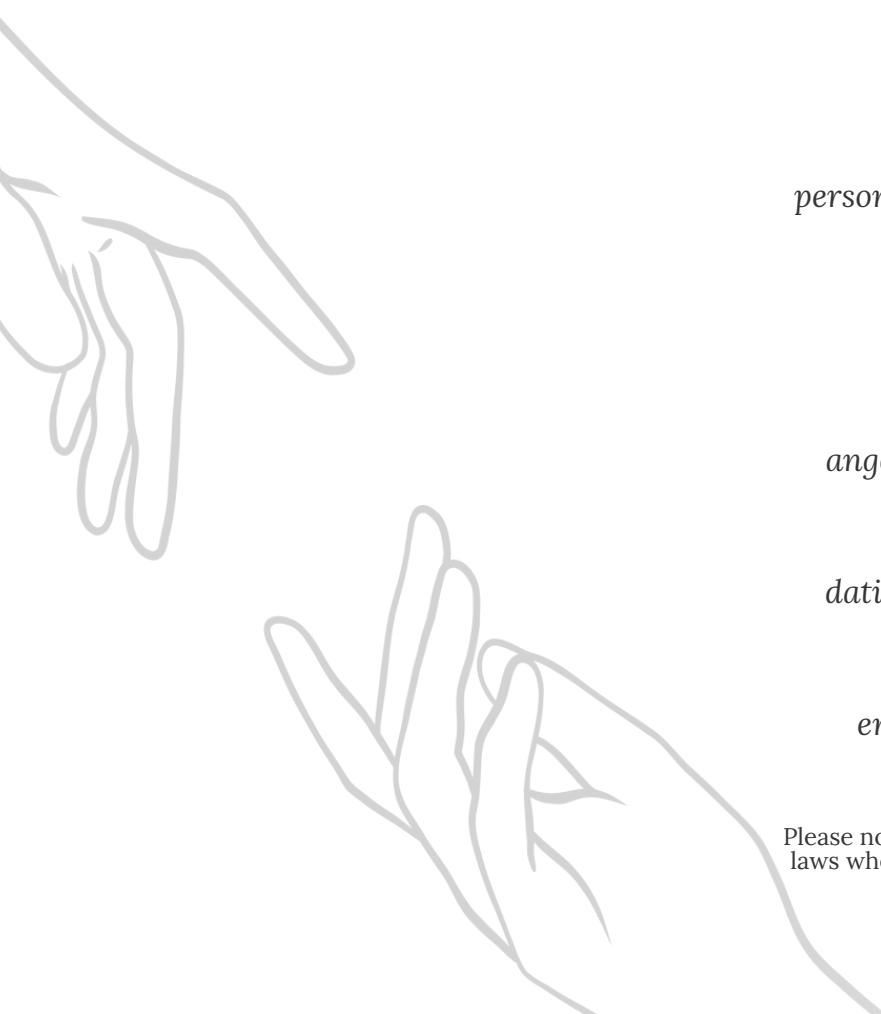
Mental Health  
*depression, anxiety, personality disorders*

Mind States  
*anger, hate, isolation, loneliness, grief, self harm*

Relationships  
*dating, marriage, familial, pregnancy, infertility*

Work Situations  
*environment, joblessness, burnout, retirement*

Please note that we are bound by Canadian mandatory reporting laws when we receive information about harm to self or others.



# Background and History



June 2024

Dear fellow members,

Our NRC consistories in North America have become increasingly concerned with the growing social struggles in our society. This is reflected in our church community as well: mental health struggles, addictions, relationship challenges, parenting challenges, struggling with life changes etc. In 2016, the NRC Synod appointed a committee to investigate whether more could be done to assist local consistories. This committee recommended a model that was already in use in the Norwich congregation; “Rissah-Norwich NRC” is a volunteer support group put in place to act as a first responder network, available for members to call upon for a listening ear or support in their personal or family difficulties.

In 2019, our consistory requested our own Chilliwack committee be established to consider starting our own group based on the Rissah model. The name “Nahum Support Group” was chosen by the committee for the Hebrew meaning of the word *Nahūm* which is often translated as “to console or comfort”. We are called to consider the loving example of the Lord Jesus Christ as it says in Galatians 6:2, “Bear ye one another’s burdens, and so fulfill the law of Christ.” With this in mind, the Nahum Steering Committee began to develop the support group framework and have recently provided training to a group of support volunteers.

The Nahum Support Group volunteers will serve as a listening ear for our members, to walk alongside those in need in our congregation as short-term support or serve as a guide to more formal counselling available in our area. You can contact a Nahum volunteer of your choice, either by email, phone call or text message. The support offered is confidential between you and the support volunteer.

There will be times in our life that we face difficulties, some temporary and some long term. You may feel the need to reach out for help, requiring a listening ear to hear your struggles and concerns, or perhaps you need more professional help but don’t know where to begin. Please refer to the back of this letter to see a list of volunteers and a few topics you may want to reach out for.

We hope to provide you with prayerful support, always remembering to seek the Lord, the Great Comforter, as our only Hope in life and death.

Sincerely,

The Nahum Support Committee