

# The Cornerstone Press



## A Message From our Executive Director, Dennis Sanders

It is so good to be back with this newsletter. People keep asking what we are doing with Rainbows in Calgary and Southern Alberta so here it is. Since our last newsletter in 2004, thousands of Children in Southern Alberta have participated in the Rainbows program. New sites in Lethbridge, Taber, High River, Bragg Creek, Cochrane, and Calgary have been added. We have added two new programs: Divorce Care and Just Me and the Kids. We have added a summer Rainbows camp. Divorce Care is available at two of our churches and it is for parents who want to deal with the issues caused by divorce in their own life, help their children deal with their issues,

and improve their relationship with God. Just Me and the Kids helps parents to help their children through the painful divorce. Rainbows summer camp is 6 days of fun and Rainbows peer support group sessions up at Pine Lake Christian Camp near Red Deer. This is an awesome time for our Rainbows families. As one boy told his school teacher in the fall, "Rainbows camp was the best time of my whole life".

We value the support of every one of you. Your prayers and your financial support are a blessing to the families in Rainbows and are what help us keep going.

## NEW - Single Parent Get-togethers

**Get to know other single parents!**  
Many Rainbows parents have expressed an interest in social time for the adults.

As a result, in cooperation with New Beginnings Family Church, we will be offering a once-a-month two-hour get-together for single parents.

A Special speaker will start the evening off with a short presentation on a topic relevant to single parents. The rest of the time will be for snacks and casual socializing with other single parents.

The Children will be having supervised fun in another room with games, activities, DVDs and more.

## Thank you to Our Volunteers

It takes many volunteers to run programs, banquets, fundraisers and Rainbows Camp.

Thank you to all the facilitators who diligently give of their time week after week to teach and listen to the Rainbows children and adults. Thank you to

**When:** the last Saturday of each month

**Time:** 6:30pm-8:30pm

**Location:** To Be Determined

### First Get-together

Saturday, Sept 27, 2008

For more information and details call Wendy Knox at 730-0200 or email: [wendy@cornerstoneofhope.ca](mailto:wendy@cornerstoneofhope.ca)

all the individuals that have helped out with the many fundraisers and annual events. You are appreciated!!

"Volunteers do not necessarily have the time; they just have the heart." Elizabeth Andrew

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### Our Board of Directors

Linda Anderson

Dr. Karen Colburne

Dr. Randy Johnson

Irene Sanders

### Our Staff

Dennis Sanders  
Executive Director

Wendy Knox  
Promotions Manager

## Garage Sale Results

Cornerstone of Hope had it's First Annual Garage Sale the last weekend in May 2008. We literally had thousands and thousands of donations of goods to sell. The tables were overflowing and completely took over the Bow Valley Christian Church's gymnasium.

After months of gathering and storing merchandise, a very long Thursday setup into the night and some very dedicated volunteers, we were ready to sell on Friday and Saturday.

Customers began arriving two hours prior to the start time. Friday proved to be our busiest day. After

expenses, our net profit was around \$3300.00.

We appreciate our volunteers!

We would like to extend a HUGE Thank you to all of our volunteers for their help at the garage sale! Every job, big or little was greatly appreciated. We couldn't have pulled it off without every one of you. With the help of all of our wonderful volunteers, our first annual garage sale was a success!

Thank You to our many

Sponsors & Donors:

Bow Valley Church

First Assembly Church

Light House Church

New Beginnings Church

Calgary Christian School

Mountview Cottage Bed and Breakfast in Cochrane

Calaway Park

London Drugs in Brentwood

World Financial Group

Starbucks

North Hill Safeway

Brentwood Safeway

Klingon Fan Group

plus many generous Calgarians.

## Christmas Banquet 2007 at First Assembly Location

Our Christmas banquet for the single parents and their children was held in early December. It was a great success with thanks to all of our volunteers and donors. The parents and children were treated to a full turkey dinner, entertainment, a Christmas sing-song and were given

Christmas gifts. The highlight of the banquet was watching the look of amazement on the faces of the parents that were given the opportunity to select a toy and a teddy bear for each of their children. It was priceless to see. Many of the parents expressed their thanks and gratitude

for the help offered to them this Christmas.

We would like to extend an extra thank you to First Assembly Church for partnering with us. Thank you to Sara Curdie for your leadership, support and all your work in the kitchen on the night of the banquet.

## 2007 Christmas Toy Drive

A BIG THANK YOU to all the sponsors, donors and individuals who participated in our Christmas 2007 Toy Drive.

In Alphabetical Order: Bow Valley Chiropractic, First Assembly Church, New Beginnings Family Church, St. George's Moving and Storage, and

World Financial Group, Shawn and Jamie Cull.

Enough toys and gifts were received this year that we were able to distribute to three Rainbows locations. As well, we were able to give an overflow of toys to another organization that helps single parents and

their children. Many of the parents expressed their thanks and gratitude for the help offered to them this Christmas. Thanks to your thoughtfulness and generous caring, we were able to bring many smiles and some assistance to these families this past Christmas

## Additional Thank You

We thank our supporters for all their contributions. Without you, we could not do it. Many children and their families are receiving help because of you.

Encana, Bank of Montreal Employee Charitable Foundation. Rick Dembicki and Karol Fritz, Rob and Cherie Dack, Eric and Laura Marsh, Shawn & Jamie Cull, Lyle and Karen Simpson



Some of our Rainbows Facilitators January 2007

# Resources

**Book Pick:** If you want to learn more about how to help children who have suffered loss of family or friends; try reading, "When Children Grieve" by John W. James. This book will impress on you the importance of dealing with children's grief and will give you some tools to be able to help your children.

**Website Pick:** [www.divorcecare.org](http://www.divorcecare.org)

This is the official Divorce Care Website. "One Day at a Time" daily emails that provide encouragement and reminders of the recovery process.

Here's a snippet from the emails:

'Be honest. You were hurt, and it's

lousy. But physical and emotional wounds should not keep you from forgiveness.

"How do you forgive when you've been hurt so badly?" says Jan Northington. "Forgiveness comes in knowing the facts and being willing to let them go. Forgiveness is the only thing that allows you the kind of peace that will turn your mind from injustices in your life toward God."

When you forgive your former spouse, it does not release your former spouse from being responsible for his or her actions. It does release you from orbiting around those hurtful events.'

## New Promotional Video

With Thanks to Shane at Mantilla Video Services, we now have a new promotional video for the Rainbows program. The video debuted at the Garage Sale on May 30, 2008. The video features many of our facilitators and Rainbows families. This video will be used get the word out to churches and organizations that may want to open up a new Rainbows site.



## A Snapshot of the Programs we offer

### Rainbows

The Rainbows program helps children learn to deal with their self-worth, accept what has taken place in their families, and get on with being a child. The aim is to provide an opportunity for the children to share their feelings in an accepting environment supported by trained, caring, compassionate adults. Support groups are comprised of 3-5 children and are led by a caring adult who has received special training and curriculum resources.

### Divorce Care

Divorce Care groups meet weekly, providing adults with an ongoing "support team" as they deal with the issues surrounding separation or di-

orce. This is a two part series; during the first 30-40 minutes, the group watches a DVD featuring top experts on divorce and recovery topics. The tapes contain valuable information about recovering from divorce and are produced in an interesting-to-watch television magazine format. Following the DVD, the participants spend time as a "support group", discussing what was presented on that week's videotape and what is going on in the lives of the group participants.

### Just Me and the Kids

Just Me and the Kids is a twelve-week bible-based course that addresses the needs of both the child and the parent.

### Important Dates:

- Friday, Aug 1 - First Day of Rainbows Camp
- Wednesday, Aug 6 - Last Day of Rainbows Camp
- September - Rainbows programs start all over Alberta phone 403-289-8555 for start dates and locations in your area
- Saturday, Sept 27 - Single Parent get-together begins in Calgary

Parent Program - Topics include: understanding the stages of grief, God's desire for wholeness in our lives, helping children cope with loss, children's phases of grief, developmental stress in children, time management, the single parent's role in a child's sexual identity and understanding true intimacy.

Children's Program - Twelve active learning sessions will help children: acknowledge their feelings, process their pain, work through denial, guilt and anger, help them regain their self-esteem and move toward healing and wholeness. This program helps children feel loved, comfortable, and free to communicate what is going on inside and experience God's Love.



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**For Newsletter Submissions, articles or classifieds (free to Rainbows families) to be considered for publication or to ask about paid business ads, please contact Wendy Knox 403-730-0200 E-mail: [wendy@cornerstoneofhope.ca](mailto:wendy@cornerstoneofhope.ca)**

[www.cornerstoneofhope.ca](http://www.cornerstoneofhope.ca)

### *Mission Statement:*

*Cornerstone of Hope is dedicated to helping families live through loss and thrive in the face of adversity.*

*Cornerstone of Hope is a dynamic not-for profit charity that offers the very successful **Rainbows**, **Divorce Care**, and **Just Me and the Kids** programs. Over the last 20 years, the programs have touched thousands of youth and adults that have been impacted by death, divorce or some other form of loss in the family environment. In response to requests for programs Alberta-wide, we have launched in Calgary and developed other locations in Lethbridge, Coaldale, Cochrane, Crossfield, Sylvan Lake, High River, Okotoks, Black Diamond, Turner Valley, Strathmore, Rockyford, Vulcan and Bassano.*

## Supporting Cornerstone of Hope

Cornerstone exists through the generous support of it's donors. If you would like to support the work of Cornerstone in Southern Alberta, you can send a cheque made out to "Cornerstone of Hope" or contact us at 403-289-8555 or [dennis@cornerstoneofhope.ca](mailto:dennis@cornerstoneofhope.ca). Tax deductible receipts will be sent for all donations over \$10.00. You can also donate online at <http://www.canadahelps.org> Enter: Cornerstone of Hope

## Designed for Success

We are committed to designing programs with measurable outcomes to demonstrate that programs have a positive impact. For example, 60% of participants will either return with their families or decide to contribute as a volunteer for future programs. Our programs typically have waiting lists for both youth and adult participants.

The key to our success is compas-

sionate and trained facilitators, and other volunteers who are role models for youth and help us deliver outstanding programs. They and other volunteers share their time, love and life experiences. In Alberta we have over 100 volunteers and the list is growing. Our programs are offered twice a year and begin in January and September.

Rainbows, Divorce Care and Just

Me and the Kids are all designed to promote love, forgiveness, connection and healing. They are also customized for the needs of adult, age, and gender groups (all female, all male, male and female). They include teachings of forgiveness, interactive and reflective games, sharing of stories, and celebration

## Locations in Calgary and Surrounding Area

### Powered by Partnership:

We deliver excellent programs in Alberta, through partnerships with well-respected organizations such as First Assembly, Westside Kings, Central United, Bow Valley Christian Church, Royal Oak Victory Church, St. Lukes Catholic church, Cochrane Boys and Girls Clubs, FCSS groups, Family

and Social Services, Public and Catholic schools, etc...

There are several other locations throughout southern Alberta. Please give us a call and we'll help you find a location for you.

We are always looking to open new locations. If you know of any

churches, organizations or schools that would be interested in running Rainbows or any of our other programs, please let us know. We will train your volunteers and help you get set up to run these much needed programs in your facility.

To find a location and sign up for one of our programs, please call Dennis Sanders 289-8555