



## Carol's Story

### Finding Purpose in Life



All people have strengths.....

Those familiar with the Empowered Faith Community (EFC) culture will recollect that we are strong in mining for the strengths inherent within individuals in our local communities.

To paraphrase Charles Ringma, all people have strengths even those who are doing life tough.

In our training materials, we speak of acknowledging that we can view people who may have significant life challenges through a "deficit lens" or through a "strength based lens".

We also talk about empowering individuals and communities through the perspective of Asset Based Community Development. This is where we see people use their strengths for their own benefit and for the benefit of others in their local community.

As a new born baby, Carol experienced a significantly traumatic childhood birth. This led to Carol sustaining a traumatic brain injury which presents lifelong daily health challenges.

Carol has had some frustrations in finding sustainable long term meaning and purpose in her life.

Within her local EFC, Carol spoke about her passion for a form of craft called Cross Stitch.

Through an initiative called Art Peace – a spin off from her EFC community meal, Carol decided she could use her passion for Cross Stitch for the benefit of others.

Carol is now making and selling Cross Stitch bookmarks in your favourite AFL or NRL team colour.

Carol's Spiritual Parent, Keryn is supporting her as she sells her book marks. Keryn takes orders and accounts for the payments.

This is obviously a benefit for Carol in that she has found purpose, meaning and structure in her life. But how does this benefit other.

Well, Carol is using the funds raised to support a local charity! The money is being contributed toward food parcels for local families who are struggling to make ends meet.

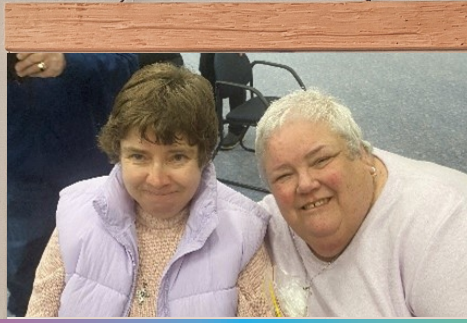
Through her Cross Stitch, Carol is rising above her own challenges and is becoming a part of the solution to other people's challenges.

Mark Matthews

Empowered Faith Communities  
National Manager

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