

Rose's Story

Community & Belonging



Within Empowered Faith Communities, we want to see people find a sense of belonging, flourish and learn to use their strengths to serve others in an independent manner. We want to support people to understand the "Life to the Full" that Jesus offers as they grow and develop, find purpose in their lives.

Rose's story exemplifies this aspiration.

Rose is a regular member of the Forrest Hill Chase Empowered Faith Community, (EFC) in Victoria, Australia. Rose was in need of support from the Community Pantry at Crossway Lifecare. Life hasn't been easy for Rose and she was seeing a psychiatrist and on medication for anxiety.

Through a sense of belonging with her friend Jyoti, Rose accepted an invitation to attend the Jyoti's EFC. Now both women attend and participate regularly with the EFC gathering for lunch. They both stay for the conversations, art and Bible reading.

Rose has been living with a significant anxiety disorder. This disorder contributes significantly to limiting her potential in life.

Within her EFC, Rose has learnt how to overcome her anxiety by doing deep breathing she learnt in the group last year. Ordinary things that perhaps many people can do was not possible for Rose. And yet, in her EFC her growth and resilience has been quite remarkable.

One small and yet significant example of Rose's growth is that she has been able to go to the movies and sit through a whole film for the first time in many years because she remembered to breathe deeply which helped her relax.

Rose is learning to smile more and to focus on positive thoughts - now she is actively participating in her community.

Rose brings soup and cakes that she cooks to her EFC gathering as this is her strength - and they are delicious!

Rose also attends other community gatherings too and is now with her doctor's support, she has ceased taking medication and doing much better. She rarely misses her EFC gatherings and outings together.

Rose now has a sense of deep belonging with others. This is exemplified when she is seen smiling and interacting with other group members. She is grateful for the life and friends she now has and loves sharing her resources with the group.

She is a happy participant in the art activities and Bible reading. Perhaps Rose is hearing from God? How so?

Well, Rose is inspiring the leaders of her EFC to organise an Alpha course during the daytime so she can attend.

Mark Matthews

Empowered Faith Communities
Co-founder & National Manager

Partnering together with

CROSSWAY LIFECARE