

Lent offers a time for us to attend to parts of our lives we often neglect: prayer, Bible study and times of reflection to sort out what we believe and how this sets our priorities and shapes our actions. May this Lenten calendar help us count our blessings and share what we have with those who have less.

JEVI is a community organisation, offering services in both English and French, whose aim is to prevent suicide and promote well-being in the population of the Eastern Townships.

JEVI began in 1984 as a *Prévention du suicide en milieu scolaire* [Suicide-prevention in schools] project. It became an official organisation in 1986: *Fondation pour la prévention du suicide chez les jeunes JEVI*.

In 2001 it enlarged its clientele to become *JEVI Centre de prévention du suicide – Estrie / Eastern Townships Suicide Prevention Center*. It serves people of all ages with suicidal thoughts; people who have lost someone by suicide; family, friends, acquaintances and professionals; people of all ages. JEVI works in the following four areas : promotion, prevention, intervention and postvention.

In 2020-2021 JEVI made a total of 13,891 interventions: 13,674 by telephone and 217 in person; 2,292 people received assistance.

In October 2021 the telephone crisis line was suspended due to a lack of staff and chronic underfunding. Telephone support services are now provided through the CHUS. Beginning in 2022 JEVI will rely more on in-person, face-to-face interventions which are considered more effective than telephone interventions. The director notes: *Our staff can work more in-depth with clients on the multiple causes of their distress, and the gains last much longer. All services are free of charge.*

In the past two years many people are more anxious and stressed due to the pandemic; many are discouraged, depressed and have suicidal thoughts.

Call JEVI at 819-564-1354; seven workers are on hand to respond. Interventions will take place either at JEVI's offices - 120 11th Ave. N. in Fleurimont or at the home of those seeking help.

If you, or someone you know, is in crisis you can also call *Info-Social 211* or 1-866-APPELLE or visit suicide.ca to be connected with a counsellor in English or French.

JEVI depends on private funding/fundraising for about half its budget. More money means more counsellors. Our gifts will help support suicide prevention in the Townships.

Donations (Interac or cheques marked "Lenten calendar") to be forwarded to Plymouth-Trinity c/o Allan Marshall, 42 Academy, Sherbrooke, QC J1M 1R1, on Easter Sunday or soon after.

ÉGLISE UNIE PLYMOUTH-TRINITY UNITED CHURCH

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LENTEN SHARE CALENDAR 2022 CALENDRIER DU CARÊME

in support of / au profit de

JEVI

Eastern Townships Suicide Prevention Centre
Centre de Prévention du Suicide Estrie

Lenten Calendar/Calendrier du carême 2022

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
			March 2 <i>Ash Wednesday/mercredi des cendres</i> <i>He cured many who were sick with various diseases and cast out many demons. Mk 1.34</i>	March 3 Do you know anyone who received help from JEVI in a crisis situation? If so, donate 25¢; if not, 50¢.	March 4 If you never had to spent time in a special care home because of long-lasting depression, give \$1.	March 5 Do you know anyone who has become seriously depressed since the beginning of the pandemic? Please give 75¢.
March 6 <u>Let us pray</u> for those who have serious illnesses of mind and body.	March 7 Do you know which age group was JEVI's initial clientele? If <i>Yes</i> , put in 50¢; if <i>No</i> , 75¢.	March 8 Good nutrition leads to better health; add 75¢ if you ate fresh fruit or vegetables today.	March 9 Do you know anyone who has committed suicide? If so, donate 25¢; if not, 50¢.	March 10 Be grateful for our healthcare system and give \$1 for JEVI.	March 11 Have you ever supported a community organisation? If <i>Yes</i> , put in 50¢; if <i>No</i> , 75¢	March 12 Have you ever referred someone to JEVI or given them more direct info? Either way, give \$1 to JEVI.
March 13 <u>Let us pray</u> for those who have no place to call home.	March 14 Do you know when JEVI began? If so, 25¢; if not, 75¢.	March 15 Those who are fortunate enough to have a family doctor should give 75¢.	March 16 Did you hear that in 2021 there was a marked increase in suicide attempts by teenage girls? Give 75¢ either way.	March 17 To give thanks for medical and dental services you receive, put in \$1.	March 18 Did you know the number of suicides is 3 times higher in men than in women? Give \$1 for JEVI.	March 19 If you've never been in debt, be thankful and pay \$1.
March 20 <u>Let us pray</u> for those who have lost hope and are in despair.	March 21 Do you know where the JEVI centre is located? If you say <i>Yes</i> , give 50¢; if not, 75¢.	March 22 Give thanks for phone calls and texts from friends caring for you: this is worth \$1.	March 23 Do you know a family where someone took their own life? Either way, give \$1.	March 24 If you regularly eat three meals a day, put in 75¢; if not, 50¢.	March 25 Were you aware of JEVI before reading this calendar? Give \$1 with thanks for suicide prevention.	March 26 If you've never been a client of a food bank, pay \$1.
March 27 <u>Let us pray</u> for those in prison with untreated mental illness.	March 28 Do you know when JEVI enlarged its clientele to include adults? If so, give 50¢; if not \$1.	March 29 If you've never felt depressed or isolated from your family, give a generous \$1.	March 30 Have you ever supported a community group: JEVI, Moisson Estrie, AubeLumière? Either way, donate 50¢.	March 31 Put in 50¢ for volunteers of all community organisations.	April 1 Give 50¢ if you haven't had to see a health professional in the last six months.	April 2 Did you know private funding/fundraising makes up about half JEVI's budget? Please contribute at least \$1.
April 3 <u>Let us pray</u> for community workers and volunteers.	April 4 Does JEVI offer services in English? If you know, give 50¢; if not, \$1.	April 5 Think of five things you're grateful for, and donate 75¢.	April 6 Have you ever volunteered at a school? Give \$1 anyway.	April 7 If you've never been treated for a mental health illness, donate \$1 to JEVI.	April 8 Give 50¢ if you ever felt you weren't in charge of your life.	April 9 Put in 75¢ if you live in a heated house or apartment.
April 10 <i>Palm Sunday/Dimanche des rameaux</i> At the beginning of Holy Week, <u>let us pray</u> for those with broken lives and relationships.	April 11 If you know someone who works at JEVI, pay 25¢; if not, pay 50¢.	April 12 Have you ever had to console someone who lost a person dear to them by suicide? If <i>Yes</i> , put in 50¢; if <i>No</i> , 75¢.	April 13 If you've never dropped out of school, add \$1.	April 14 If you've ever eaten food from another country (apart from the US), give 75¢.	April 15 <i>Good Friday/Vendredi saint</i> Have you ever been asked for money to buy food? Either way, donate 75¢.	April 16 Do you feel you've learned about JEVI? Give \$1 toward their mission to prevent suicide.
April 17 <i>EASTER / PAQUES</i> Hallelujah! Christ has risen! He is risen indeed! Hope is credible, Love triumphs over hatred, Truth over lies and Life over death!	PAIX	PAZ	SHALOM	SALAAM	FRIEDE	EIPHNH