



# A Life Transformed: From Darkness to Light

## *Tim's Story*

*Sometimes all it takes is one person to walk alongside someone—and help transform a life.*

Every day, patients arrive in the Emergency Department carrying invisible burdens—struggling with mental health crises, addiction, or feelings of hopelessness. For some, life feels unbearable, and they believe they are beyond help.

A few months ago, Tim\* came into the ED having reached rock bottom. He was ashamed of his choices, overwhelmed by grief and trauma, and certain he had become a burden to everyone around him. ***“They’d be better off without me,”*** he told Chaplain Bronwyn.

Beside him lay a pounamu, a gift he had received when he graduated from the Alcohol and Other Drug Treatment Court (AODTC), some years ago. It’s a program helping people turn their lives around instead of going to prison. Tim no longer felt worthy of the pounamu. Bronwyn recognized an opportunity for transformation—both practical and spiritual.

Sometimes renewal begins not with words, but with presence. Bronwyn sat with Tim, prayed with him, and gently reminded him of his courage and achievements. Over the next week she visited him often, guiding him to see that he was not defined by relapse or past mistakes.

Within days, Tim reconnected with his faith, embraced God’s grace, and began sharing his long-held trauma. Wearing his pounamu again, he signaled a growing sense of self-worth. With Bronwyn’s help—connecting him to AA, social workers, and estranged family—Tim slowly rebuilt bridges to his loved ones and a renewed sense of purpose.

By the time he left the hospital, Tim had rejoined AA, found housing, and rekindled relationships with several of his adult children. Months later, he called Bronwyn—not in crisis, but to say thank you. ***“You saved my life that day in ED,”*** he said.

***“Sometimes all it takes is one person to step into the darkness—and help someone experience new life.***

***That’s what your support makes possible.” – Bronwyn***

Stories like Tim’s are only possible because of churches such as yours.

**In this season of Lent, your support ensures that chaplains can walk alongside patients in their darkest moments, guiding them toward spiritual, emotional, and practical transformation.**



Chaplain Bronwyn

\*Name changed to protect identity