



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.

When Tim* came into the ED, he had 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 a demanding rehabilitation program some years ago. 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 following days, she visited him often, guiding him to see that he was not defined by relapse or past mistakes.

Gradually, 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, Tim slowly rebuilt a renewed sense of purpose.

By the time he left the hospital, Tim had reconnected with community support groups and begun rebuilding important family relationships. 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 and photo are fictional to respect confidentiality while sharing this patient’s journey.