

January 23<sup>rd</sup> 2026

Hello everyone,

Brad and I wanted to write an important update about our family and ministry.

Since November, my pregnancy symptoms have gotten quite difficult to manage with family and ministry life. I have experienced terrible nausea, insomnia and fatigue. At the start of January, our family was hit with the flu. The aftereffects have left me with extreme fatigue and dizziness. This is along with the other symptoms I have been experiencing throughout this pregnancy.

**After thoughtful prayer and conversations, the decision was made this week, for my health and baby Bergen to go on Mat leave early starting on Monday.**

As before with Luke, this does not mean I will leave InterVarsity or student ministry.

The plan at the moment, Lord willing for me, is to return to ministry next year April and to make it to Spring Camp with the students. Currently, our next steps is to talk with the doctor, to rest and to care for myself as we wait for the arrival of Baby Bergen.

I can't speak well enough of how much Village Missions and IVCF have cared for our family during this time. Both ministries have been incredibly supportive and acknowledged the need for support and rest.

**Our board at Lakes has also offered Brad a leave of absence at the start of summer to rest, go to the States and spend some time at Peace Haven Ministries.**

Brad will continue to do Pastoral work at Lakes. Thankfully after the Christmas rush things have gotten quieter and we are able to go at a slower pace as we wait for Baby Bergen and the coming Spring.

There are many highlights and ways Brad and I have seen God move in our ministry in the Northern BC in 2025 and even at the start of 2026. But there are many sorrows in this world and there is a great need of hope for many of the men and women we work with. I have sang more at funerals this year then weddings, seen the crying tears of parents and loved ones in grief. Death even followed our personal family life, on New Years Eve, I was at a spiritual retreat with a few peers, students and ministry leaders. I received the news during that time that my grandmother had passed away.

I am thankful that both IVCF, VM and our families are on the same page that while we could continue as we have, our goal has always been for long term ministry in Northern BC. Which means, acknowledging the times were God is calling us to a slower pace. We certainly love this place, the people, community, the students and campus! Five years of ministry has only increased that love.

As our ministry partners, all of you are dear to us and our family. Whether through prayer, encouragement or financial support, we are so thankful for all of you and would like to invite you to continue support over this year as we have a bit of a different year.

One way we would love your support is through prayer.

- Pray for my health and Baby Bergen 2. Baby Bergen 2 is very active, healthy and growing well. But pray for my strength as I finish this last trimester in my pregnancy. Pray for relief from the nausea, fatigue and dizziness. Pray that we would prepare for this child well as we wait for him to come on April 3<sup>rd</sup> (His due date is Good Friday. I am looking fondly to Easter this year.)
- As Baby Bergen is due on Good Friday, I would love for your prayers over Lent. As I've spent time in prayer, I do think God wants to do something special in our lives over this season. Pray for healing for our hearts, for comfort in our grief, for a deeper understanding of his love and mercy for us.
- Pray for my family, on my Dad's side specifically. Just last night we received news of another death after my grandmother. I did not know this family member but please pray for my Mom, Dad, Grandpa, Uncle and Aunts and cousins as they go through this time.
- Pray for Luke. It hurts my heart how often he has seen me bedridden when he is so much fun to play, dance and run around our home with! He has had lots of play time with Daddy, time with Grandma and Grandpa and has been making lots of friends at Lakes. He is growing, talking so well and learning a few simple verses from Psalm 23. I am hoping that on the days I am feeling well enough I will be able to spend some special time with him in these few months before his baby Brother arrives.
- Pray for Brad and his pastoral ministry. He has taken on more responsibilities in our home since I have gotten sick all while being a solid rock for many in our congregation. Pray for wisdom as he navigates pastoral ministry.

If you have any questions, you can reach out to myself or Brad through this email, text, (Brad answers his phone (587 298 9647). I am notorious for letting it go to voicemail, but I will call you back if you leave a voicemail.)

I'll leave with this passage of Scripture that has comforted my heart. I am so thankful for Scripture, the psalms and the words of dear Saints who have been through suffering.

<sup>3</sup> Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, <sup>4</sup> who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. <sup>5</sup> For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ. <sup>6</sup> If we are distressed, it is for your comfort and salvation; if we are comforted, it is for your comfort, which produces in you patient endurance of the same sufferings we suffer. <sup>7</sup> And our hope for you is firm, because we know that just as you share in our sufferings, so also you share in our comfort. <sup>8</sup> We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself. <sup>9</sup> Indeed, we felt we had received the sentence of death. *But this happened that we might not rely on ourselves but on God, who raises the dead.* <sup>10</sup> He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us, <sup>11</sup> as you help us by your prayers. Then many will give thanks on our behalf for the gracious favor granted us in answer to the prayers of many. (2 Cor. 1:3-11)

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