

ISI Men's workout and breakout Session ~
"Friendship that makes a difference"
Saturday, April 1, 2023



Ron St. Hilaire

FRIENDSHIP that makes a DIFFERENCE



This breakout focuses on the friendship that men need today ! It will share the realities men seek in our changing world focussing on engagement with real purpose. The value and importance of "real" friendship.....not just acquaintances.

Who are your friends?

Real friends are intentional pals you can share anything with in confidential trust. They are Brothers in Christ.

Engaging, Encouraging, Supporting, and yes, holding each other accountable. We all need real and strong friends. This breakout touches on the realities ~ strength and purpose of "intentional & trusted friendship" with purpose from a Christian perspective.

About the presenter....Ron St. Hilaire

✓ Personal note.... I am married ♡ ... to my incredible wife for 54 years....we have 2 daughters...6 grandchildren and one great grandchild. Presently we live in Abbotsford, BC. - although our family is spread out in BC.

- * I was engaged & worked my whole life in communications...almost 25 years as an award winning broadcast journalist, foreign correspondent travelling the world, sports commentator, writer, producer and author.
- * I owned and was President of a broad-based communications firm w/2 partners and a staff of 12 dealing mostly in crisis communications.
- * Then my last working position was in communications as a senior administrator for a large hospital~ Misericordia Health Centre in Winnipeg, Manitoba.
- * Over the years Men in UNITY ministry, to, through and for men, has grown....throughout North America and through social media-digital technology...now connecting with men around the world digitally through Social Media.

Nowhere is a review of what we shared...

“FRIENDSHIP THAT MAKES A DIFFERENCE”

The phrase *“Iron Sharpens Iron”* is found in Proverbs 27:17: “As iron sharpens iron, so one man sharpens another.” ~ this is friendship!

Men are searching and seeking... men need friends...perhaps, now more than ever. *We need each other.*

Us guys need to find balance and real engagement in support for and with each other in an ever changing world... in regular life... at home... at work... as a man, dad ..father, grandfather etc. Friendship is needed and IMPORTANT. It's an important and needed gift.



Friendship is needed by ALL... especially us men... an important “relational” part of life. I can't say that enough.

Let's be clear on this... a quick - NO-contest example...was Jesus.... Has the ultimate relationship with God.... however, we know during his time on earth he spent time with 12 disciples... and as the Bible † tells us....

These were challenging times... So many challengers for Jesus like...Job, Moses, Peter and David to name just a few.

NEEDED REALITIES...Engaging, encouraging, supporting and caring for each other – Mentoring each other and holding each other accountable as brothers in Christ.

In closing men...wherever you are today in your journey.... My only point to you is to treasure the need and value of a strong and trusted friendship.

And if there is a friendship gap in your life... search and seek to fill this important void in your life's journey.

Friendship...should be intentional, relational, trusted, and confidential. When this happens... that friendship over time, will encompass Strong & intentional engagement, be encouraging, support each other in every way...and help us be accountable...and that can be a strength and challenge. Guys friendship... is relational....we need it.....and God calls us to have it.... Friendship is a biblical call to action.

The next obvious question is HOW ? This is a good question!

Reach out...➔ REACH UP ☒ 🙏 ✓ find needed time to connect. Perhaps through mens ministries (and there are many) ...churches....and mens groups. My only strong suggestion is search and seek a men's connect that is Christian.

Friendship - Scripture - offers valuable guidance when it comes to choosing friends. God knows our desire to be known and to be loved! He made us for companionship. Read Bible verses about friendship and how if chosen right, our friends can be the greatest source of love, healing, joy, and encouragement. Within this collection of Scriptures, you will also find advice on how to forgive others when you are hurt and how to handle difficult situations within friendship.

***"A friend loves at all times, and a brother is born for adversity".
(Proverbs 17:17)***

Men... we all need time to think through " stuff" .

Please.... If you have questions, thought or comments you would like to share, let's connect....I also help churches. "GROW YOUR MEN...GROW YOUR CHURCH" .

I have material to share and help grow and strengthen men's ministry and there is no cost or charge.



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ministry to and for men
Brothers in Christ ~
"Gathering His Men With Purpose"

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- + Member, Abbotsford Christian Leaders Network
- + Member, National Coalition of Ministries to Men
- + Member, BC Christian Marketplace Opportunities
- + Communications Advisor, St. Joseph's Food Bank, Mission, BC

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Now serving men along the Pacific Coast- BC Canada, and in the United States, in California, Oregon, and Washington...and beyond.