

Amelia, and tens of thousands of others, are supported by your gifts and prayers

### Gifts

Your gift today will help support families across Scotland, facing circumstances none of us would choose, to find light and hope for their future.

Your church may be uplifting an offering or holding a fundraising event - remember to use a Gift Aid envelope.

Alternatively you can give online via the QR code on the right.



### Prayers

Your prayers today and throughout the year will uphold everyone supported by CrossReach across the whole of Scotland.

Please pray with and for CrossReach for God's blessing for everyone we work with.

Pick up a copy of our prayer diary or download our app which includes prayers and devotions for every week as well as other updates and ways to support people like Amelia. Download via this QR code.



**CROSSREACH SUNDAY**

*Let light shine out of darkness*



16th Nov  
2025

The theme of CrossReach Sunday is light.

In one way or another, many of the people who come to CrossReach for help and support have found themselves in a dark or difficult place, physically, emotionally or mentally. CrossReach works to help bring light into each of these situations.

On CrossReach Sunday, the church across Scotland takes time to celebrate and support the work and impact of the church as perhaps the largest provider of social care in Scotland, through CrossReach.

Together we can bring light to people all over our country. People like Amelia.

17 year-old Amelia is now a student in Edinburgh, living an independent, fulfilling life.

But that is a far cry from her childhood experiences which were dominated by the effects of her parents' alcoholism in **"a house that was built on uncertainty, violence and lies."**



## Amelia's story, in her own words

I was born in Scotland but my parents are not originally from here. For most of my life it's just been me and my mum with glimpses of my dad, which has meant that I've felt stuck for most of my life.

Ever since I was born, my parents were alcoholics which meant I was raised in a house that was built on uncertainty, violence and lies. When I was younger, I thought every pre-teens life was like this. Protecting your parent from another one, making sure no physical harm is done to the other.

knew in my gut it wasn't right, but they lied to me, reassuring me that they would get it under control, and that "arguments like this happen sometimes in relationships". Because they were so lost, they did a great job at making me lose myself as well.

The struggles that I have faced were not normal, and caused me to feel numb, with very little emotions. When I did allow them to come out, it came out in anger and impulsive decisions and severe regret.

When things started escalating I was referred to the Sunflower Garden at CrossReach. At first I was sceptical to accept help because I was so focussed on pretending like nothing affected me. When I let my emotions out, they would be so strong to where I tried hard to shove them back into an imaginary box with a lock on it. With counselling, I felt strong enough to use the key that I tried so hard to bury, I finally unlocked the box and felt safe enough to let out my emotions.

My counsellor did a great job in reassuring me that I'm loved and respected and reminding me that I'm strong and that none of this should've have happened to me. She gave me a voice when for so long I felt shut down because my experiences and trauma would get ignored.

In early 2024, in a spontaneous moment, I packed my bags and left. Although I didn't have a clear path of where I was going It felt safer to be 'officially homeless' than living at home. I had finally decided to take back my life that was taken away from me.

**I finally have faith in my future, which is the first time I've felt that in a while. Living by myself has been different than most teenage high-school experiences, but it has been such a blessing that I am so thankful for. I finally feel safe enough to try out new hobbies and push myself to grow.**



Across Scotland, CrossReach runs more than 70 projects to bring light and hope to people and families facing their own dark situation

over  
**17,000**  
people are supported every year

Your gifts and prayers make this possible. Your support is a beacon of light to our communities

**'In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.'**

Matt 5:16

