



# October 2015 Newsletter

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## ***Board Members for Next 2-Year Term Announced at Santa Rosa Beach, FL***

Fifteen board members were selected to serve the organization for calendar years 2016 and 2017. Shown above are the members who were present at the October 8th quarterly board meeting at Santa Rosa Beach, FL. They are, from left to right, John Woods of Pace, FL, Joseph Sheehan of Pensacola, FL, James and Lorna Hendrix of Niceville, FL, Beverly Shatterly of Destin, FL, Eleanor Larson of Sarasota, FL, Suzanne Wilson of Sarasota, FL, and Donald Pratt of Bradenton, FL. John Woods, Joseph Sheehan, Eleanor Larson, and Suzanne Wilson are all new to the board.

Other returning board members not shown are Ed White, Fred DeMouey, and Helen Campbell, all from Lakeland, FL, Geneva Presha of Palmetto, FL, Joseph Johnsick of North Fort Myers, FL, Ted Gaines of Fort Myers, FL, and Donald Carter of Bradenton, FL.

Elected to the Executive Board were Donald Pratt, President, Donald Carter, Vice President, Fred DeMouey, Treasurer, and Eleanor Larson, Secretary.

**New ministry brochure online:** Check out the new Ministry Brochure on our website. It presents our program simply with all the initial information needed by new viewers of our website. To access it, go to our website at [www.familyintegrity.org](http://www.familyintegrity.org) and click on "Forms" at the top. Then click on "Ministry Brochure".

**Comments from the field:** this quote comes by way of the Chaplain of the Walton Correctional Institution where Jim and Lorna Hendrix facilitate our program.

# FIT Salutes Anne Armstrong



**Anne Armstrong**

**M**y heart belongs inside the prisons and jails. It was on November 6th of 1995 that my life got turned around. That was the day that I decided to turn my life over to Christ. This made me look at who I am. Next came 2 ½ years of cleaning up, working out of my anger, and dealing with forgiveness and remorse. I did one-on-one counseling with a Christian counselor, took a course in building better business and personal relationships. I also went through a Christian 12-Step program. My final step was going through Walk to ,Emmaus, a Christian 3 ½ day retreat. Finally, I began to hear what I was supposed to do. Within two weeks of that retreat I had three signs in one night that I was going into prison. When the third sign was a dream saying “yes, you are going in prison but I will bring you out (God)!”. I knew from that I could do it.

After that came a career change of 18 years as a Travel Agent/Manager to becoming a Certified Addiction Counselor CADCII in Georgia and later moving to Florida and transferring to a CAC in Florida. My volunteer work with Kairos Prison Ministry in Georgia won my heart. I loved working with the ladies and letting them know we can change. I am currently employed with the Bradenton Bridge (state prison work camp) as an addiction counselor and continue to volunteer in the jails in Florida with the FIT program. I mostly teach the Anger Dynamics course with FIT and work with my church, Bayside Community Church, as a leader in Celebrate Recovery. I have seen a lot of ladies lives changed through these types of programs and I am blessed to be a part of the FIT program.

Anne B. Armstrong, CADCII, ICADCII & CAC

**E**ditor's Note: We are very proud of the team that God has brought together to serve in this sometimes thankless but rewarding ministry. Our readers say they enjoy hearing about what is happening and the personal stories such as the one above. As long as that is the case, we will continue to feature the wonderful gifts that God has giving us in the from of these dedicated workers. The FIT ministry is dedicated to enabling meaningful ministry among its members. As described below in the “Many Faces of FIT”, this month's featured volunteer has multiple ministries and works collaboratively with other Christian groups.

## THE MANY FACES OF FIT

People join FIT to enhance their own personal ministry. Many times they already have an established ministry, but want to have better tools, organization, or support. FIT is more than a set of books. While we do try to give you the best, professional materials that are spiritual and focus on the essentials, we are a support team, too. Few of us simply show up for class and then go home. There is also preparation, prayer, networking, working with chaplains and case managers, as well as serving in other ministries.

What type of ministry is FIT effective in? Our critics have suggested several areas where we would not be successful, such as in ...

- **Jails** because jails are not set up for programs, do not have the meeting rooms, and inmates are not there long enough to make and impact. *Our most successful institution has been the Sarasota County Jail where we have had 1,200 course graduations and several 100-hour graduations.*
- **Prisons** because our 100-hour curriculum is not long enough or in enough depth. *It is by far one of the most in-depth in prisons anywhere and prisons account for the great majority of FIT graduations.*
- **Recovery houses** because inmates want their freedom when they get out, and food and shelter, not more programs.. *FIT is successful in numerous recovery houses, with former residents becoming residential managers. and successful on the outside.*
- **The Community** because we don't provide mentoring. *We do mentor and many of our community are lifers who are permanent residents of the prison system.*