



March 2021 Newsletter

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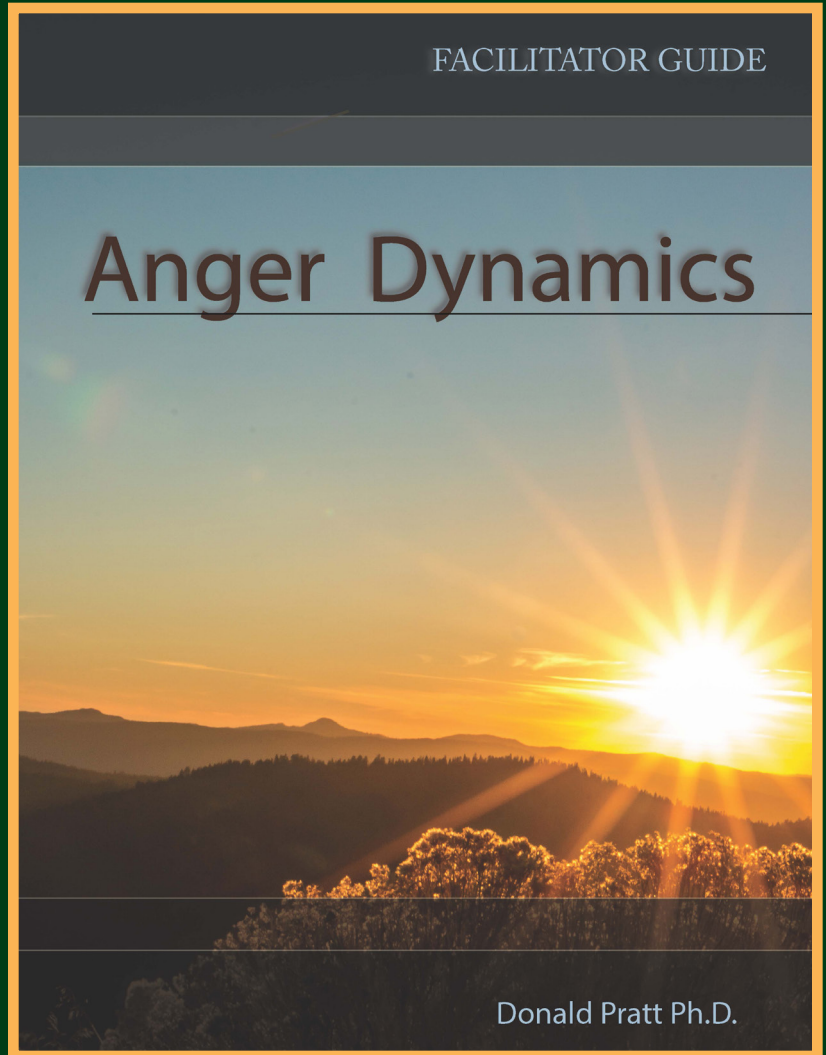
The revised Anger Dynamics books are being sent to press!

2021 Facilitator's Guide is 92 pages
Published 2013, 2018, 2021

New Features include a new cover, streamlined, easy-to-use formatting and goals and objectives for each lesson

Could someone help us with \$5,000 for the first PRESS RUN?

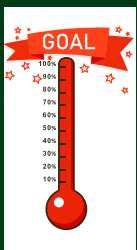
See next page for more book details



2021 Spring Fundraiser

This Year's Spring Fundraiser April 27, 2021
Next Year is Giving Challenge April 26, 2022

**All Day Tuesday
April 27, 2021**



**Our Goal
\$5,000**

This year there are no matching funds through the Giving Challenge. That will return next year. You can give online by going to our home page and using any "Donate Now" button that you see. That will take you to our payment portal for processing. Just be sure to type in "Fundraiser" in the comment box. You can use the same process but send a check. That way we will be expecting it. Or, you can set up a Facebook fundraiser and send it to your friends. A number of us do it this way and there is no processing discount. Just let us know if you do it this way.

Anger Dynamics combines Christian ethics and best practices in dealing with anger issues through a small-group discussion. It is easy use because practical applications come from the real-life situations of the participants themselves. A few paragraphs of content is followed with pertinent thought-provoking questions that allow participants to gain insights from each other as well as from the content material. They learn to share and benefit from the experiences and thoughts of their peers. They discover that their situations are not unique, that anger is complex, and find much better ways of handling difficult situations.

The course is a plus for Christians who want to become better Christians at the same time that they make life better for themselves and those around them.

There are nine lessons appropriate for up to two hours of productive discussion. Each stand-alone lesson emphasizes a different aspect while at the same time progressing from understanding personal issues to understanding how this can lead to leadership in helping others with theirs. The text is easy to read and avoids technical terms.

Lesson 1 addresses “What is Anger” and shows the many aspects and dimensions of angry reactions. Anger is universally applicable to everyone unless we are emotionally dead. That is why it is called an anger management class and not an anger elimination. Some anger may even be beneficial if it leads to productive living.

Lesson 2 is “Whose Anger is it Anyway?”

Lesson 3 addresses “How to approach Anger”.

Lesson 4 is “Settling Differences Peacefully”.

Lesson 5 focuses on “Strategies to Reduce Stress”.

Lesson 6 provides “Biblical Insights”.

Lesson 7 shows how anger management will help you in “Finding Your Voice”.

Lesson 8 explains “Living with Peaceful Character”. Lesson 9 is about “Helping Others”.

This facilitator guide contains all of the page-by-page content of the group guide with the addition of facilitator notes in shaded boxes in the text to help guide the facilitator in leading the discussion. There is very little additional preparation time needed because of the structure provided, the notes, and the specially-designed questions to get the discussion going. Like all FIT course books, years of love, thought, and preparation have gone into producing them.



More and more prisons and jails are requesting to use our program. One of the newest is Lawtey Correctional Institution in Raiford, FL. The only problem is that, because of COVID, we don't know how many volunteers we have left after the year of shutdowns. Anyone from the Ocala, Gainesville, or Jacksonville interested in helping out? Let us know.

Status report on progress on new course book versions: Anger Dynamics English version is being prepared for publication. Anger Dynamics Spanish version is in the final editing stage. New course Starting Over is mostly finished.

The next board meeting is online on Saturday, April 24, 2021, 9-11 EDT. The next online leader training session is Saturday, May 1, 2021, 9 AM - 4 PM EDT.