

Spring Fundraiser Raised \$4,295!

We raised funds by two different ways. \$1,195 was given through our website and \$1,800 through a link to the Giving Challenge site. The Patterson Foundation matched \$1,300 of that \$1,800, bringing the total to \$4,295. Thank you to everyone for your support. It provides a significant amount towards meeting our needs.

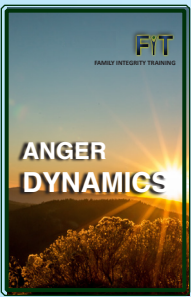
\$1,300 Matched by the Patterson Foundation

You can help us even more by considering a recurring, monthly contribution. There are many ways to do this but the most popular one is to use the "bill pay" or "recurring payment" option through your local bank. There are no discounts taken out that way and you have more direct control of your payments.

Our Office Hours are 9-2, Monday-Thursday

If you have any questions, call us at 941.799.4975 during office hours.

FIT receives \$1,000 Grant from the Baycross Foundation



The Baycross Foundation has awarded FIT a \$1,000 grant to purchase a paper folding machine and to produce, print, and distribute brochures featuring our Anger Dynamics course.

Thank you, Baycross!

2 Leader Training Sessions in May

Online Training on May 7

included seven from Dowling Park, Lakeland, Winter Haven, Haines City, Orlando, and Bradenton, FL.

Training at the Lakeland (FL) Dream Center on May 18

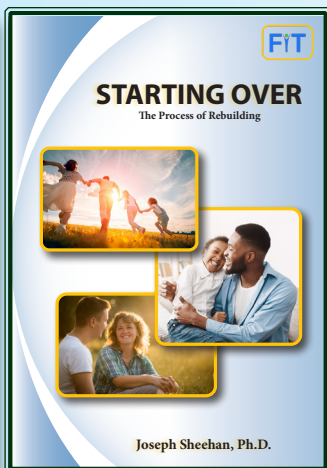
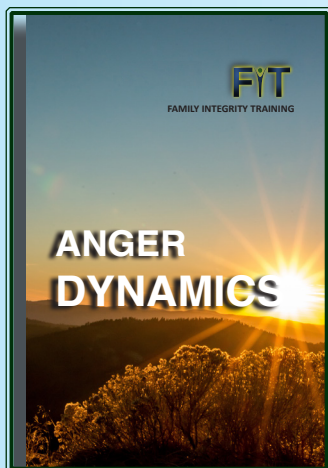
included four individuals associated with that facility. It is important to be trained for our distinctive style of course presentation for effective use of our carefully-crafted course books.



**our next online leader training is
Saturday, August 6.**

Training at Dream Center in Lakeland, Florida. 3 to work at the Dream Center and 1 to help at the Polk County Jail.

2 Printable Course Brochures now Online



In addition to our general curriculum brochures which you can print off our website, we now have added two more brochures which feature a single course: **Anger Dynamics** and **Starting Over**. Feel free to print and distribute them. Or, you can request a number of them directly from us by calling 941.799.4975 or emailing us at info@100hour.org.

The link is <https://100hour.org/brochure1.html>

Speaking of Curriculum

Did you know that we have a short description of each of our courses to guide you in selecting

one of them on our website? The link is <https://100hour.org/curriculum1.html>.



from facilitator Cia McKoy

Having been trained as a facilitator a number of years ago, I had a wonderful time leading (mostly young) female prisoners into understandings about finance, successful dating and marriage relationships, handling anger, etc.

The women surprised me by eating up the stories I was able to easily add to let them know they weren't alone in getting things wrong before learning better ways of parenting or relating to others, etc.

I have huge respect for the bare bones nature of this organization as well. There is no squandering of donations here! No high salaries, no extravagant expense accounts (!) Every dollar given is carefully allocated to materials and minimal administrative costs.

I would encourage everyone (who wants to help those never given a proper education about certain foundational principles for success) to consider giving something to F.I.T. to help turn some broken, uninformed folk back onto safe paths.

And for those afraid they could never lead a group, that is not the Holy Spirit talking! You can lean heavily on the written curriculum and its questions and you will likely be surprised by the conversations that come from folk you thought were forced to be in your group or had a hostile attitude.

We can't know what anyone will do, down the road, with truths offered. I dare you to take up the challenge. Give... or go! Thanks for hearing me out,

One more pilgrim stumbling toward the best life --- Cia McKoy

from FIT Trainer Linda Mejias

Hello Everyone, As you may already know Hernando County Correctional Institute (HCI) has announced that due to the increase in male prisoner population, HCI will become an all male compound. It will no longer be a faith based institute and the ladies will be housed elsewhere. There was no time line given. Some "speculate" that women will begin to move in 30/60/90 days, so that by July they will be off the compound.

The ladies really enjoy the FIT program and benefit much from the courses. Some ladies with long term sentencing would like to know if they can become FIT facilitators. Can you provide me with some info if there is a possibility for this? I told them that I would reach out to you. [Editor's note: Yes, of course. There is that possibility.]

God bless you all. In Christ, Linda F. Mejias