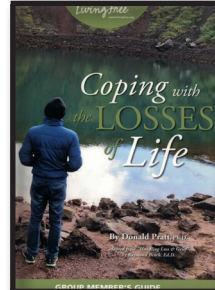
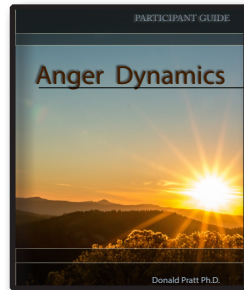


From the President's Desk

Perfect Together

May Graduations
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Our course books are designed to meet two critical needs that Christians everywhere have — living our daily lives as Christ would have us to live them and developing Christian character. Today, we are looking at two of them that go together in helping us to manage our emotions — *Anger Dynamics* and *Coping with the Losses of Life*. Most of us face issues in both areas. The *Anger Dynamics* course helps you to discover when your anger is appropriate and when it is not as well as how to manage it. Many scriptural examples are included. Likewise, our *Losses* book helps you to take an inventory of your disappointments that have led to frustration and built-up anger. The interactive structure of the group leads us to examples of successful management of our troubles. Some help comes from the course books themselves, some from the group and some from the Bible. As far as the course books go, we have devoted many years in developing them to be practical, easy to use, Biblical and reflecting the best practices of what is known.

We have had years of experience with these courses and can verify that they are effective. Even our facilitators are often surprised at how unresolved anger and disappointments have been pulling them down for a very long time. Our clients in jails, prisons and recovery have especially big issues in these areas and need help in dealing with them. They, too, will benefit even if they do not think they need anything like this.

From Betty



As I sit here thinking about FIT and each of you, our faithful hard-working volunteers, giving so much of your time and energy to help others. I can't help but ask myself, what am I accomplishing through FIT? What more can I do with the time I have to help? Does FIT really need my help? I'm old and can't move as fast as I used to.

Have you ever thought about any of these things? I don't think any of us will ever be comfortable with what we accomplish because we will always wish we could have done more. There are so many areas that you can help in. Have you ever thought that if you were just sitting in a class that God could use you to encourage or help someone in need by just the words you speak? Some could facilitate classes in their home, church or any organization they are involved in. We are always needing donations to financially support this ministry. Maybe sometimes we can sacrifice that milkshake or ice cream we were going to buy and instead send that donation to FIT. When I think that we have some that give a \$5.00 sacrificial gift, tears come to my eyes and I pray for that family just as I do those that give more. I realize most all donations are a sacrifice of love.

One thing that is very important is to remind you that you don't need to have a big class. I have facilitated a class of just 2 or 3 people for 9 weeks to complete the course and the students were very comfortable, opening up and talking about their issues.

Please pray about what you can do to help FIT and tell our friends about how we help those that truly need help. God Bless you!

What Constitutes A Graduation?

Many are not up to date on the requirements that allow a person to receive a FIT Certificate after a course is completed. Four areas are looked at by the facilitator: chapter work completed before the class, class participation, attendance and facilitator approval.

For our courses to be most effective, the participant should have completed his chapter work prior to the teaching of the chapter. When this is done, the materials have been thought about and opinions are formed. Questions may come to mind. When the person comes prepared, the facilitation is very rich.

Class participation is essential in our courses. Our materials are designed to bring the participant into the discussion. That is when we discover what and how a person is thinking. As a person shares, others begin to understand, empathize and trust is formed. This is never about the facilitator!

Attendance is essential to group participation. While we prefer perfect attendance, there are times when a person is unable to attend a session because of something out of their control. The facilitator may permit one missed session for this reason.

The facilitator is the key to making all of this into a session that many may never forget and with it an opportunity for each student to make a decision that will change their life. When the guidelines are followed, successful changes are much more likely to follow.

What Do We Need to Do this Ministry?

I have been searching for FIT action words that give the organization a laser-like focus. I have thought of those we serve. What do we mean to them? How do we serve them? What is the end goal of our ministry? Why do we go into locations where others may not?

I believe our end goal is to present people with new tools that will help them to succeed in life. We give them the opportunity to try Christian ways and in the process, choose Christ. It is difficult to find a book in the Bible about dating and marriage, how to identify and deal with our grief, manage a budget and so on. That is where our curriculum excels.

Many feel that they have failed Christ and can never make up for their mistakes. Many have been cut off by family and friends. When we show up, they find hope, others of like goals, support, acceptance, trust and a sense of community. Knowing Christ adds a whole new dimension, a constant source always present, always ready to help, available 24/7.

We are an unusual group. Some might compare us to their grandparents. We are available to come in during the day. Maybe it is easier to talk to us. Maybe it is easier to listen without judging them. God makes it work.

Our God-given success has three factors: **Compassion, Courage, Commitment**. Compassion requires us to see others through God's eyes and act accordingly. Courage requires us to go to "character-building" locations. Commitment requires us to stick with our classes, our participants and our organization. The rewards may be visible here and after we enter Heaven.