



Thirteen New Volunteers Trained in Florida Panhandle

Thirteen trainees completed the FIT Volunteer Training on February 19, 2011. It was the third training to be held in the Panhandle area in the last 15 months. This event was graciously hosted by the Vision Church of Santa Rosa Beach, FL. Ed White, Todd Knaack and Beverly Shatterly facilitated the training.

Beverly Shatterly, regional organizer for the event, gave this account: all the trainees were very excited about the class. Founder Ed White gave us the background on how FIT was started and his vision for the curriculum. At each step of the way God opened doors to get things off the ground. The biggest step was in finding someone to put together a curriculum for the prison system inmates that would meet the requirements of the Department of Corrections. Dr. Don Pratt eagerly took that challenge and FIT became a bona fied program that met the state requirements for the mandated 100 hour reentry training that inmates must take before being released. We took that challenge also and have started FIT classes in four prisons and still have regular weekly trainings in two of those prisons. It is our desire to expand to many prisons and trust that with the graduation of the thirteen new FIT volunteers we will be able to do just that.

Bro. Todd Knaack, gave us a complete overview of the Insight Manual and the Financial Recovery, with many points on how to make the teaching go smoothly. He reminded us to let the Holy Spirit lead by opening with prayer and closing

with prayer.

You could see the excitement in the faces of the attendees as we continued to share how this curriculum was written to help those who had problems in each of the six areas of the manual. They all agreed that it was the duty of the church to reach out to these hungry and hurting souls, thus fulfilling the commands of Matthew 28:19-20.

Knowing it was a challenge for us to change our methods of teaching, we incorporated role playing, to practice doing a lesson without preaching or lecturing. Using the feedback of the others to learn together how to facilitate a small group. The volunteers asked after the session if we could actually go through a whole unit and get to see how it would work and get a chance to receive from the materials as well.

This curriculum has worked so well, we have seen God take one group of men, who were struggling or even backslidden, and change them into leaders and prayer warriors for the other inmates in their compound. By the time we got to lesson 9 in the Insight book, they caught the vision of body ministry and shared freely of their addictions and how God had showed them what they must do to stay free. Then the others all made encouraging comments and asked questions and even prayed over the one who had just given his testimony asking for the Holy Spirit's work to continue in their lives. They became a group of men committed to each other and the Lord.

HOW TO REDUCE THE COST OF PROVIDING BOOKS

Many ministries, like ours, struggle with the day-to-day financial pressures placed upon them. After finding volunteers who will work for nothing, they often find them discouraged by the cost of providing a set of books to their clients – clients who cannot pay for them. One set of our books can cost \$100-\$200 per class, depending on the book and size of the class. FIT helps as much as it can by keeping the cost as low as possible (\$175 for the complete curriculum set is not a lot of money for 16 books and over 1,000 pages). FIT also assists as much as possible by supplying free books to the extent that funds come in for it. Beyond that, it must also rely on sales to the public and facilitators funding their own classes. FIT-trained facilitators may make a donation for their own classes. This will save them sales tax, be tax deductible, and have shipping and handling waived (see our website at www.100hour.org for details). Interested parties may also make a donation online designated to supplying books.



The books are important. Five of the books are from the Living Free™ curriculum and three from FIT™. Teaching without them is like asking a schoolteacher to teach without any textbooks. The books are important if you want to do the job right. Cutting corners by duplicating materials is not very practical, either. There are too many pages, too many lessons, and too much time lost in this-time that would be better spent in ministering to the needs of the class.

Here are some **suggestions** to get the most out of the books:

- Provide a book for each student if you can afford it. Our program is most successful when a client can personally write in his or her own book and use it for reference and preparation for next week's discussion.
- Do not issue the books in the first class or two unless you are sure that all the students will be coming back.
- If financially pressed, issue the books for the course but then collect them at the end to be reused.
- If really pressed, do not issue the books at all. Use them only in class. Then collect them.

If you really do not want clients writing in the books, **download our "Personal Lesson Notes" form** from our website. Click on "Forms" on the top ribbon and then on "Personal Lesson Notes" in the red area. This form has a place for name, book, lesson, page, date, etc., as well as blank lines for answers to specific questions. It is an organizing tool that class members can use to respond the work they are doing.

FIT is a 100-Hour Faith-based Program for Transitioning from Offending and Addictions to Productive Citizenship

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"All funds will be applied where most needed unless otherwise designated"