



# March 2011 Newsletter

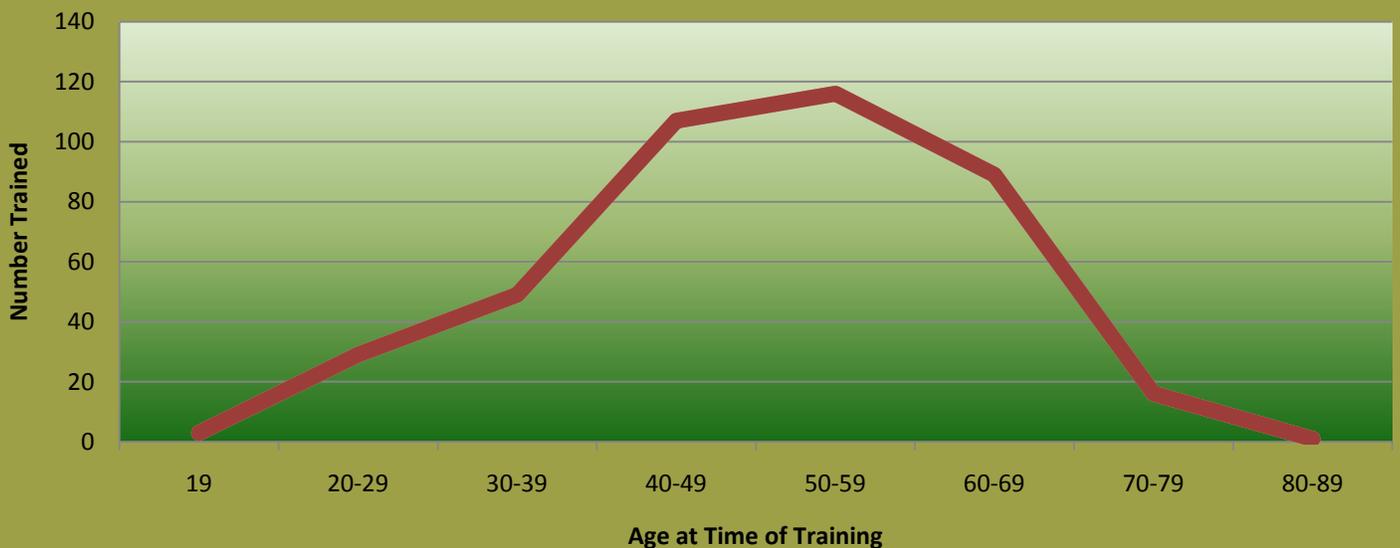
[www.100hour.org](http://www.100hour.org)

## 464 LEADERS TRAINED IN PAST 5 YEARS

FIT began 6 years ago to offer an alternative, 100-hour, faith-based program that could be used in Florida state prisons to satisfy the statutory exit requirements for state prisoners. After a year of curriculum development, leaders were trained to facilitate the materials using interactive small groups similar to AA and NA. Approval was granted from the Florida Department of Corrections in 2008 (copy of authorization on home page at [www.100hour.org](http://www.100hour.org)). What began with an informal structure changed into a proprietorship and then to the present nonprofit corporation. Federal recognition as a tax-exempt, deductible 501.c(3) corporation occurred in February 2010.

In this issue, we salute the 464 leaders who have been certified through our one-day training sessions since 2006. They came from Florida, Mississippi, Ohio, and Rhode Island. Their ages ranged from 19-85, and were about equally divided between female and male. This also reflects the gender of the clients we serve. The graphs below illustrate these statistics.

### AGES OF LEADERS TRAINED

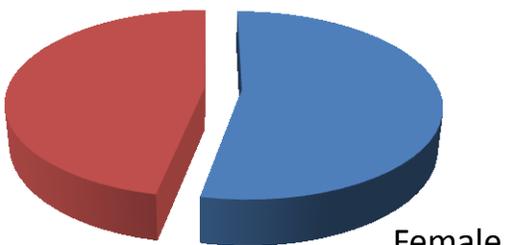


### FIT LEADERS TRAINED

(last 5 years)

Male

47%



Female

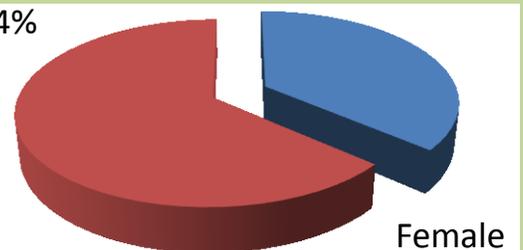
53%

### FIT CLIENTS

(last 3 years)

Male

64%



Female

36%



**My name is Christopher Ryan Fenimore. This is my testimony.**

I grew up in a small town in Delaware. My parents divorced when I was too young to remember. My father was an alcoholic and was never home. I was disruptive in school and dropped out my senior year. I got married at eighteen and had three beautiful children. After three years the marriage fell apart. The hurt was so deep into my heart, I turned to drugs to cover up the pain. After six months of using, I moved to Florida to try to run from the pain and met another girl who was into drugs and my use increased. Unable to hold a job, I stole to support our habit. Then I started dealing drugs myself. On September of 2009 it all caught up with me and I was arrested with eighteen felony charges and transported to the Sarasota County Jail. After one month in the old part of the jail, I requested to be placed in the Recovery Pod, but instead, I was placed in the Faith based dorm (The God Pod). This is where my life was changed by the Grace of God working through two men, **Jon George and Joe Moore**. Through their hard work and devotion to help save lives that seemed lost... [they showed] me the Glory that God has in store for me. I feel so alive inside now each day. My eyes have opened to see God working all around me. And I have learned that

when you are walking with Christ all things are possible. My life is filled with so much joy and happiness that carries me beyond the razor wire of this prison. Special thanks to Jon George and Joe Moore.

1 Thessalonians 5:16-18, Chris Fenimore

*Editor's Note: Christopher graduated from Free to Grow (Jon George and Joe Moore) and Parenting 101 (Don Batterman) while at the Sarasota County Jail. Your generous donations made it possible for these classes to receive books. Now, we wish Christopher well as he serves out his time in prison – and then a fulfilling life after that!*

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## FIT LEADER TRAINING

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The "FIT family" is an informal group of volunteers from all walks of life and Christian churches. Membership is defined by one unifying event: Completion of a one-day FIT Training class. This "graduation" formally registers each participant as eligible to carry on the FIT mission and gain access to the following FIT services:

- Providing support to find a location of ministry
- Providing free, custom-printed, completion certificates for each member of a FIT-approved session.
- Providing free books for FIT sessions (as funds permit) or reduced costs when funding one's own session.
- Being there when you need us

FIT has an extensive tracking system where the name, date, class, hours, and facilitators of every client in every session is recorded and custom-printed on a completion certificate. Because of this accuracy of records, many who are incarcerated or released have used our certificates as proof to their judges or court officers that they are improving their lives.

The FIT leader is the heart of our program. Our goal is to provide him/her with all the resources needed to have maximum effect. It is a daunting responsibility. Here is part of what may need to be addressed in a typical FIT client:

poverty of resources and poverty of mind, low education level and low achievement in life, abusive or non-existent family life in upbringing, struggling even harder in a bad economy, hopelessness, years of neglect, years of association with friends of bad influence, relationship disasters, shunned by society, steeped in subculture thinking, little or no understanding about God, leery of church and church people, short-sighted with few long-term goals, hopelessly in debt, child custody issues, and domestic violence.