

## FIT Spring Fundraiser is APRIL 22

### \$100 Matching Available

Contribute to our online Spring Fundraiser anytime on Tuesday, April 22. Simply click on the “Donate Now” button on our website <https://familyintegrity.org> on that date and check our website from time to time for updates on how the fundraiser is going. FIT conducts two fundraisers each year, one in the spring and one in the fall. All funds

are deeply appreciated. If you give during this event, President Don Pratt will match the first \$100 of your gift. Our goal is \$5,000. Please help.

**Goal \$5,000**

You can help us even more by

1. Setting up a monthly recurring bill payer account with your bank payable to Family Integrity Training.
2. Setting up a fundraiser for FIT on your personal Facebook account and post it to your friends.
3. Joining us by becoming a member.

See our Member Benefits video at <https://vimeo.com/694034653>.

## Membership Benefits Video

### THE BENEFITS OF BEING A FIT MEMBER ARE SUBSTANTIAL.

Since FIT primarily acts as a service organization, our focus is on helping our volunteers as well as other organizations to fulfill their mission. This includes providing facilitators trained in effective use of our course books and methods or training their own staff to do so. We also provide the materials at no cost in most cases.

**Our next online leader training session is Saturday, May 3, from 9 AM to 4 PM (ET) with an hour lunch break.**

## Volunteers Needed

We have recently trained and appointed 100 inmates to facilitate our program. This is wonderful, but this does not diminish the need for our volunteers to go in and also facilitate beside them. In jails and recovery homes there is a similar need. We are still recovering from COVID in both of the areas of volunteer strength and finances to support our growing inmate leader group.

If you would like to become a FIT leader and member, click on the link below.

<https://100hour.org/leadertraining1.html>

# Anger Dynamics Insights

## Part 2

*John Ringleb*

**The third source of ideas** came from the Anger Management class I did at my church on Wednesday nights.

It leads me back to the old albums I collected in the 60's and 70's. After a while, my favorite group would come out with a "Best of the..." album that contained the best songs from past albums. I decided that we would come up with a "Best of the Anger Management Class" solutions for difficult situations. We used a central theme of what could we do when the inevitable confrontations were staring us in the face. Although the ideas didn't all fit in the guidelines, the ideas were too good to pass up. So, here they are. When confronted:

**...time...** The more time we allow between the confrontation and our response will allow us to come up with better responses. Let's face it, our first response is definitely not the one we should use! Time will also allow us to think instead of being controlled by our anger.

**Walk away.** This is usually the first idea that comes to mind. Just walk away. Some advice here: If you do, you will most likely make the other person madder and they will say and do anything to draw you back in. If you do walk, know that ahead of time and be prepared for their response and keep walking in spite of what they do.

**Listen.** Listening requires great skill. You can't be offended by what they say, but there may be something in there that may be important. Listening is a thinking skill and if you are able to listen to words instead of tones and other inflammatory adjectives, you can be prepared to come up with a better answer.

**Lead by example.** This may not help you in a confrontation, but it can prevent one. A positive attitude and using praise when appropriate may cool things down to where the person may come to you in a better frame of mind and you can talk things out. Stay positive and honest!

**"Why is the confronter acting this way?"** This takes great skill when you are being verbally sieged, but will keep you in the thinking phase instead of the emotional stage. It could lead to questions that may also help the other person move away from their anger. A question like, "Did something happen?" or "How can I help you through this?" could prove beneficial.

**Give respect.** One day I was pulled over by law enforcement for not obeying the "Pull Over" law. I was angry when the officer came up and said, "Good afternoon! I am Officer \_\_\_\_\_ and I pulled you over because you did not obey the Pull Over law." He then explained the law and at all times was respectful. I was emotionally disarmed, but I understood. However, I did have to pay the \$164 ticket!

**...however...** This is a marvelous word if you know how to use it. Try this: "I understand what you said, however I cannot agree with you. This is giving respect, and yet conveying your message.

The following phrases can be very helpful when used: **"You're too important to me..."** "to respond to you right now", or, **"I love you too much..."** "to respond to you right now" or, **"I'll get back to you when..."** "I am able to think about what you said and give you an appropriate response." You could also use... **"I respect you too much..."** as a lead in. Warning! To keep the respect level up, you must come back with a response after you have thought about it.

**Repeat back the general idea.** I didn't know it, but I actually had an airline representative in my group! Many times he came out to interface with very upset customers when their flights were cancelled! Boy, I can imagine the treatment the representative got. The representative was taught to filter out the colorful adjectives the customers used, ignore their tone, and after they were finished, repeat back the general idea. They were mostly flabbergasted, but then things were more easily worked out. I would not want that job!

**HALT (Hungry, Angry, Lonely, Tired)** These are the times that you could be vulnerable to anger. Don't go there if you are!

**Writing (or texting)** Writing can get you out of the emotional into the thinking stage. After time, you can revise. This allows time to delay your immediate response. Someone suggested texting, so I added it in.

**No external blaming** We do like to blame others or events for being angry. One of my grandchildren slipped while getting into the car and hit their shin. "Stupid car!" We will get nowhere in our anger recovery if we continue to put the blame somewhere else.

**Save up for the big ones!** I must confess - I was an angry person who complained about everyone and everything. One day, I realized that everyone was tuning me out. What if I needed to talk about something important to me? It was then I dropped my past behavior.

**Ten years from now, will this really matter?** A giant of a person came up with this one. He was so tall! I could hide behind him! This was the question he asked himself before anything could get started. It helped many in the class realize how little things are until we blow them out of proportion.

**There is no winning in losing your temper, only degrees of losing.** What a sobering thought! Don't let the anger emotion make you lose.

**In child punishment, let the child do the work.** So many times, I would tell my children that they were grounded for a week. Who else was grounded? Me. The punishment doesn't need to involve me. I liked weed pulling. For a while, I think I had a weed-free yard. Think of something that will not involve you.

**How can I change my angry thoughts and behaviors?** Start with this verse every morning.

"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, if there be any praise, think on these things." Phil 4:8

I believe that Paul used this as well. He was in Rome, awaiting his sentence from the emperor, Nero. Nero hated Christians and used them as human torches to light his gardens. Yet during this time, Paul wrote 4 books in the Bible that we commonly call the prison epistles. He was not ruled by his fate, but by his words.

## Ministry Opportunities

**Chaplain Werling, the Senior Chaplain at Lake Correctional in Clermont, Florida,** is looking for anyone wanting to offer their organizational and/or library skills to assist in the Chapel library. For further information, you may email Chaplain Werling at: [wolfwerling@gmail.com](mailto:wolfwerling@gmail.com) or call him at 941.685.9695.

You may review the volunteer options here: <https://www.fdc.myflorida.com/volunteer-services/volunteers-and-programs> and apply to volunteer here: <https://apps.fdc.myflorida.com/VolunteerApplication/volunteer/create>.

**John Ringleb is looking for assistance** at Lake Correctional in Clermont, Florida, on Wednesday afternoons from 1:00 -3:00 PM. He is also looking for assistance at Zephyrhills Correctional in Zephyrhills on Thursdays from 1:00 - 3:00 PM. If you are available for either or both locations, please contact him at 863.670.3497.

## The Clean Slate/No Eraser Needed

1 John 1:9 "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

I was lying in bed this morning letting my mind wander, not thinking about anything particular, just enjoying the warmth of my wife, the relaxation of a good nights sleep, and praising God for giving me a new day. Bear in mind I didn't have any requests on my heart for God to bear, just praise for His goodness towards me and my family. All of a sudden comes the thought into my heart, "You have a clean slate/no eraser needed" Write about it!

In previous letters I have shared the fact of the joy available to all of us by recognizing the amazing gift of grace given to us by Jesus dying on the cross for our sins, "By His stripes we are healed." My letter today will focus on the fact that God says in His word that when we ask Him to forgive our sins coming from our contrite heart He will! His word is very specific, here are some examples of this truth from His Word:

They are blotted out [Isaiah 44:22; Acts 3:19)

Forgiven (Exodus 34:7; 1 John 1:9, 2:12]

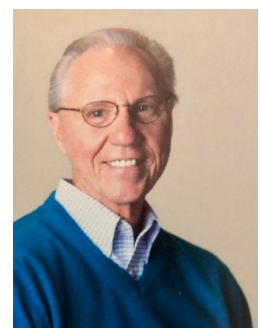
Made white as snow [Isaiah 1:18]

Purged away [Psalms 79:9; Hebrews 1:3)

Freed from them [Romans 6:7, 16-23, 8:2)

There are many more references in the Bible regarding the forgiveness of sin. The point is: we don't need an eraser, God provided the "clean slate" through His Son Jesus, His dying on the cross was/is all the "eraser" we would need FOREVER MORE! How can it not bring tears of joy to our hearts when we grasp the magnitude of this truth? Each day we start anew, without blemish, thank you Jesus! Here we have a God that loved us so much, He gave us a "free" will wanting us to choose Him, and sacrificed His Son on the cross because He knew we could not reconcile our souls to Him on our own, HOW GREAT A LOVE IS THAT?

I humbly ask each of you, like me, to start your day praising and glorifying God for this wonderful gift from Him "A clean slate/no eraser needed."



*Joe Johnsick*

## Member Highlight: Don Pratt



Don Pratt has served in both the secular and faith worlds throughout all of his adult life.

Dr. Pratt has a BS in Physics from Syracuse University as well as additional graduate work. His MEd degree from St. Lawrence University focused on science and mathematics education. His PhD degree from the University of South Florida was in the field of curriculum and instruction with a cognate area in social psychology.

The research of his dissertation was later published in the international Journal of Research of Science Teaching. His curriculum study was published in the international journal of the School Science and Mathematics Association, the oldest continuing science or mathematics organization in the United States. He served eight years as its Executive Director and compiled the first 100 years of its journal into a digital, indexed format. He has held the positions of science and mathematics teacher both as a classroom teacher and university professor in several different states.

Don has used this to advantage as being FIT's curriculum developer and Executive Director/President for approximately the past twenty years. There is so much focus on programs being "evidence based" these days and the PhD degree is generally considered to qualify a person to conduct and evaluate research. His educational background and experience in dealing with students with different learning styles has led to the producing of materials based on best practices and engaging people from all walks of life. The deep questions of life's most difficult problems are addressed tactfully and respectfully.

On the spiritual side, Don has been an ardent Bible student since his preteen years and has read, studied it, and applied it throughout his lifetime. He has been a board member in many different churches and vice chairman for eight years in one of them. He was a locally ordained pastor in another church for fifteen years. Don understands the need to bring the spiritual and the practical together for those who want that kind of holistic approach to life. The "greater power" is God the Father, Jesus, and the Holy Spirit. Proven problem solving approaches are helpful, too, and many of them are in the Bible. Don's vision for the FIT ministry is to provide mature Christians from all backgrounds with the tools they need for effective ministries that engage their participants and help them to have a better life.

### March/April Anniversaries

Luz Anoveros	March 17	Larry Wade	March 24
Lee Alexander	April 5	Norine Hodder	April 5
Katherine Gratto	April 11	Joseph Johnsick	April 21
Sarah Granberg	April 22		