

Will You Help Us Help Them

Help Us Celebrate Our 12th Birthday



Lutheran Military Veterans and Families Ministries

Invite You To

Dine To Donate

October 23, 2019

Granite City Food & Brewery

3809 Coldwater Road
Fort Wayne, IN 46805
260-471-3030 • 11am-10pm



Granite City will donate 20% of your meal including drinks to LMVFM to help us continue providing free counseling and programs to our Veterans, Military Contractors and their families.

October



LMVFM is almost 12!!!

You're Invited to help us celebrate our 12th year of military ministry and have some cake on October 23d, 2019 by joining us at **Granite City Food & Brewery** for a Dine-2-Donate. *See flyer for details.*

Running for Their Lives



LMVFM is hosting a 5K Run/Walk on Saturday, October 26, 2019. All proceeds will go to help fund the free counselling and services LMVFM Provides to Veterans, Contractors and their family members.



Saturday, October 26, 2019

**St. John's Lutheran Church
7914 W. Cook Road
Fort Wayne, IN 46818**

9:00 AM - Shotgun Start

Sign up at:

<https://runsignup.com/Race/IN/FortWayne/BattleRattle5KRunWalk>



Why your help matters

LMVFM provides veterans, contractors and their family members with *free* counseling services and assessments, help with VA claims, assistance locating and connecting with other types of resource support.

- ♦ LMVFM does not solicit or accept any government funding or resources.
- ♦ All LMVFM programs and services are free to our clients.
- ♦ LMVFM has *never* turned a veteran, contractor or family member away for any reason.



Donating Your Choice Dollars is Easy



In-Kind Donations help us, help them

There are two ways to Donating your Thrivent Choice Dollars to Lutheran Military Veterans and Families Ministries.

1. Call 1-800-847-4836 and when prompted say "Thrivent Choice" which will connect you to a friendly Customer Care Agent and tell them that you would like to donate your Thrivent Choice Dollars to: **Lutheran Military Veterans & Families Ministries.**
2. You can also donate your Choice Dollars by logging into your account at Thrivent.com/Thriventchoice and direct your Choice Dollars to Lutheran Military Veterans and Families Ministries.

Lutheran Military Veterans & Families Ministries
3480 Stellhorn Rd
Fort Wayne, IN 46815
260.755,2239 WWW.LMVFM.Org@Gmail.com

Find us on
Facebook



LMVFM is a 501(c)(3) Non-Profit Ministry . In keeping with our faith beliefs, and need to remain free of government mandates, that conflict with the teachings of our faith, *LMVFM does not solicit, or government funding or resources.*

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Lutheran Military Veterans and Families Ministries, Inc.

3480 Stellhorn Rd., Fort Wayne, Indiana 46815 260.755.2239 www.lmvfm.org

"Serving with Christ's Love Those Who Serve"

2019

Leave No Buddy Behind

It was a quiet Saturday afternoon at the office, just perfect for getting ahead on some projects that were quickly coming due. One of my projects was writing yet another story about the epidemic of military and veterans suicides. I dread having to write about the suicide crisis, but it has to be done. Why? Because it is rarely reported by the media, and thus the majority of Christians don't have clue as to the extent of the problem.

Earlier in the week, I had purchased a new cell phone to use when traveling to contact clients. It had never been used, and didn't have anyone's contact information loaded. It was so new that I didn't even know the number. Being an unpublished number also made it easier to identify spam calls.

So there I was reading through the latest suicide figures when my new phone rang. The funny thing though was when I looked down at it, I saw the name of my buddy, Dave, who I had served with in the Army and who is now a pastor. I picked up the phone and said hello, and Dave replied in his trademark booming, cheery voice, "Hello Cindy, this is Pastor Dave". I said "Cindy? Dave this is Leslie". "Leslie?" he said, "yes, Leslie", I replied. And then it struck me that something odd had just happened.

Once Dave realized it was me, his voice changed, no longer happy, but quite serious, and somber as he proceeded to tell me what had happened the day before.

Like many veterans with PTS, Dave's day began after another night of fitful sleep, as painful images from his time in combat played in his head. It was nothing new for

Dave to wake up tired, but this day was different. This time when he got up, he felt the enveloped by this deep seated depression which made every step more difficult than the one before.

I listened as Dave told me "I just couldn't take it anymore," and that he went and got his revolver. He said tearfully that he had put the barrel up to his temple and as he was about to pull the trigger, his phone rang. He then put the gun down and took the call.

After the call was over Dave put the gun away, and he said he just held himself.

I was stunned to hear him say those words, but at the same I realized that I had just witnessed a miracle. My first words were "Dave, who is Cindy?" Dave said she was the daughter of a woman he had buried earlier in the week. I asked him what her phone number was, and he told me. I said "Dave, you realize that the area code and the number you dialled are nowhere even close to where I'm at". I then went on to tell Dave that the phone he called was brand new, had never been used, and that I didn't even know the number for it. And then there was silence on both ends as we both took in what we had witnessed.

Ironic isn't it. We talk all the time about the miracles that Jesus performed, and yet when we witness one, we're in shock.

I thank God for the opportunity we at LMVFM are given to minister to our military brothers and sisters who struggle with the wounds of war, and for the miracles He performs each and every day with those we serve. Thank you for partnering with us through your prayers and support which allows us to help them.

Leslie

Serving with Christ's Love Those Who Serve

Military Suicide Epidemic

“Soldiers are more likely to die by suicide than in combat”

In 2018, military suicide set an all-time record. Some 325 US troops killed themselves, a 14% increase over 2017. Veterans suicides across the country continue to increase, with 19 taking place at VA facilities. The grim reality: Since 9/11, more US soldiers, sailors, marines and airmen have died from suicide, than in combat.

Recent studies have revealed that 99% of Vietnam-era veterans diagnosed with military service-related Post-traumatic Stress (PTS) **also suffered from one or more psychiatric disorders such as Major Depressive Disorder, Panic Disorder, and substance abuse and dependence.** As many as 25 percent of veterans who saw combat in Iraq or Afghanistan were found to have PTS along with **uncontrolled anxiety, confusion or anger.**

Chances are that you know or have known someone who has thought about committing suicide. “I should have known”, “I should have done something” are the words we hear most often from family members and friends of someone who has taken their life. Among other feelings, these family and friends left behind to pick up the pieces, also face a life time of dealing with feelings of guilt.

Without keeping a person in four-point restraints, none of us can stop a person from killing themselves if they are determined to die. However, we can help give that person real hope and a reason to keep on living. One first step is to learn how to **Recognize and Respond** to the unseen moral and spiritual wounds of war borne by the veterans in our midst. See the article below and schedule a Binding the Wounds of War Seminar today!



Many in our military community struggle with spiritual wounds or moral injury. These bruises on a warrior's soul are best addressed with Christ-centered care and support. LMVFM seminars can be tailored to any group or organization — from lay caregivers and congregations, clergy or other professional groups — that want to grow in recognizing and responding to the ministry needs of warriors and families in their midst.

Veterans are more likely to go to *non-mental* health counselors, such as clergy, friends and family members for help with PTSD and mental health issues than mental health professionals. With training as a member of clergy, a friend or family member you are well positioned to screen for PTSD, depression, and suicidal thoughts/ideation.

At LMVFM, we value those who serve *and* those who care for them. We put this value into action through our **“Binding the Wounds of War” seminars.** These high-quality, practical, affordable military awareness and training programs. These seminars educate, assist and equip civilian caregivers (clergy; counselors; therapists; social workers; congregations and groups and others who work with the military population) with insights into military culture, issues common to military households, and practical, proven ways to recognize and respond to them.

To schedule a “Binding the Wounds of War” seminar for a congregation, clergy or other group, call: **(260)755-2239.**

“Let us not merely say that we love each other;
let us show the truth by our actions”
1 John 3:18

Military Suicide Rates

LMVFM presentations presence at events across the nation afford us the opportunity to raise awareness of the unique challenges of military service. Many of those attending are either family members, or friends of someone serving, or a veteran. These events provide us the opportunity to hear their questions and or concerns about things they have observed in their veteran and have led to many referrals.



MAIL CALL



Dear LMVFM,

How do you use therapy dogs in counseling.

Jay

Thank you for your question Jay.

We use therapy dogs, such as “Dooly” who is a British Cream Retriever in most of our counseling sessions. We have found that having a therapy dog interact with the person we are working with helps with feelings of anxiety and in helping the person to relax during the session.

Have Questions? We'd love to hear them.
Please email: lmvfm.org@gmail.com or send us your questions at: <https://www.facebook.com/>