

Support



Lutheran Military Veterans and Families Ministries, Inc.
3480 Stellhorn Rd., Fort Wayne, IN 46815
260.755.2239 www.lmvfm.org



Scan with your phone to sign up!

LMVFM's 5th annual "Battle Rattle 5K/10K Run/Walk" is set for **October 28, 2023** at **St. John's Lutheran Church, 7914 W. Cook Rd, Ft. Wayne, IN**. Please join us for a scenic run/walk through the country roads of Lake Township, while we facilitate community involvement in the support and assistance of our Veterans, Military Contractors and their family members. This year, in response to overwhelming requests we are offering a **10K option!**

LMVFM was established in 2007 and provides free care and counselling to our military Veterans, contractors and their families, no matter how long they served, where they served, or what branch of the military they served. By being non-profit and not accepting government funding, LMVFM is able to keep Christ at the center of our services and care.

The Battle Rattle is fun for the entire families as we race along the scenic country roads of Lake Township. The race will be timed by Watt's My Time. Sign-up is easy-peasy at: <https://runsignup.com/Race/IN/FortWayne/LMVFM>

Find us on Facebook



Make a Donation at no cost to you!

That's right. Take advantage of the generous programs offered by Thrivent. Each year, Thrivent distributes a portion of its funding to member selected ministries. Eligible Thrivent members have an opportunity to direct their "Choice Dollars" to LMVFM at no direct cost to them! To donate your Choice Dollars please visit [Thrivent.com](https://thrivent.com), or call them at: **1-800-847-4836**. LMVFM receives approximately \$3,000 each year from Thrivent members who direct their Choice Dollars.

Donations of these items help us to keep our programs and services free to those we serve.

Gift Cards (especially gas and general merchandise) of any amount, **Unused stamps, Small/Large Business Envelopes**

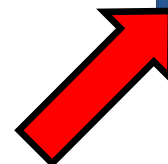


Why give to LMVFM?

For more than 15yrs LMVFM has provided free Christ-centered care and programs to veterans, military contractors and their families who are at grave risk of suicide or other destructive behaviour. **LMVFM accepts no government funds. We rely solely on gifts of supporters like you** to keep our services free to all veterans, military contractors and family members.

Donations made easy by scanning here...

We need your help



Springing Into Action

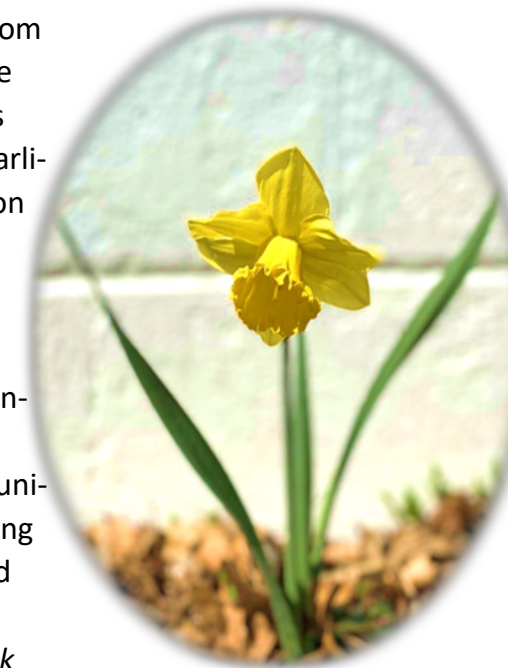
And He who was seated on the throne said, Behold I am making all things new-Rev 21:5a

Only the morning before, I had awoken to the sight of a fresh light dusting of snow. A day later, less than 24hrs later-as evidenced by the lone chrysanthemum that greeted me as I started off to work it was obvious, Spring had sprung. The newness of life can be seen in the blossoms on the trees, greenness of the grass. It can be heard in the chirping and songs of the birds and felt as winter clothes are put away in preparation for warmer days ahead.

Spring also produces a palpable energy, serving to fuel our LMVFM team. The feeling of relief we get from this "refueling" is very much like the feeling you get when you spot a gas station after discovering 10 miles earlier that a bright red **E** was flashing on your vehicle's fuel gage.

From our full time team members (*Chaplain Leslie*-Executive Director, *Deb Myers*-Ministry Operations Manager (MOM) and *Rob Myers*-Development Outreach and Communications (DOC) coordinator) each bring unique, yet complimentary gifts and talents. Our "Paws & Effects" team members *Stanley-Tucker* and *Patrick Dooly* round up the full time team.

TEAM LMVFM



The LMVFM team members who assist in providing guidance and assistance in the governance of LMVFM are the members of our Board of Directors. Two of these members (*Max Myers*, and *Susan Till*) have been serving since LMVFM was officially established over 15 years ago.

Though often times unseen, we cherish our LMVFM ministry partners. These are the many people, churches and groups who faithfully provide LMVFM with the prayers and financial support that allows us to provide our veterans, contractors and their family members with free care and counseling services. Were it not for these team members we would not have the ability to fulfill the direct human care mission that God has given us.

Equally important to the LMVFM team are our Volunteers. These are the faithful men and women who join us on Tuesdays to perform the operational and administrative tasks that are so critical to keeping a ministry running smoothly-to include labeling and stuffing the envelope which contained the newsletter you are reading.



Spring has sprung, and now with renewed energy, we look forward to the ministry opportunities which lay ahead. In just about four months (October) we will celebrate 16 years of service all of which has been made possible by God, and the amazing LMVFM Team. Thanks

Leslie

LMVFM is a 501(c)(3) charitable organization. Your gifts are tax-deductible

"Fouled-up, Insecure, Neurotic &, Emotional"

PTS(D)-is a label no warrior wants to receive. It's tantamount to a chink in the armour that we clothe ourselves in. Our armour is how we imagine ourselves. The reality that our armour has chinks is unwelcome and we avoid it until something like a mirror reflects that we are no longer as young, or fit as we like to think we are today, as we once were. The chink may be the hole in the wall, made during an argument we had because we don't believe we need to talk anyone, because we've told ourselves and everyone else that we're **fine* and we don't have PTS!



Whether you have PTS, or know someone with PTS please understand that it is a gift that keeps giving, *treatable*, but not curable. With timely treatment, many of the destructive behaviours can be either resolved or reduced. However, if not treated, PTS can have devastating consequences for not only the bearer but his/her family and friends. Of these consequences, suicide leads the way. In a 10 year study of Ohio National Guardsmen, researchers found that those with PTS were 5.4 times more likely to commit suicide

***Fine: "Fouled-up, Insecure, Neurotic &, Emotional"**

Spring 2023 Dine-2-Donate a "Tasty Success"

Surrounded by Friends and Family (Dine to Donate)



Twice a year, the LMVFM team has the opportunity to spend time with many of our local friends whose generous support helps us carry out our mission of providing free care, and counselling services to veterans, contractors and their family members. We greatly value the relationships we have with our supporters and our Dine-2-Donate events are a perfect way to come together sharing the latest news and even a few laughs over good food. The event also allows us to meet new friends and share with them the work we do with our veterans and their family members.



Our supporters often tell us that they feel as though they are a part of this mission, and that through the work of LMVFM, they know that they are directly impacting the lives of veterans. In this way, we are united in our effort to bring the love of Christ to these hurting warriors and their families.

Be Prepared

When service members were asked who they would prefer to seek counseling from, the majority responded that they would seek help from nonmilitary (clergy, civilian counselor, or a friend) over a military provider (counselor, chaplain or a VA counselor). This is hardly a surprise as seeking mental health care is not only stigmatized, but can be a career ender. So, our question to you is, if a veteran, or their family member came to you for help, would you be prepared? At LMVFM we are offering you or your church/group training, and important information and insights to help you to help you, help them.

Basic Training 101

- Understanding military culture, and the potential challenges that veterans may face when they return to civilian life.
- Understanding the relationship between "Moral/Spiritual injuries and "PTS", and common causes.
- Addressing negative coping strategies, i.e., Alcohol/Substance abuse, Avoidance of triggers/painful reminders, withdrawal from society....
- Suicide-when the desire to end the pain results in death.
- Effective Strategies and tools/resources for caregivers working with veterans, contractors and their family members.

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



At home or abroad, LMVFM reaches the hearts and minds of many. Our "Paws & Effect" team provides unconditional love to those we counsel in the office.



We also know that our mission is bigger than us, and so we seek opportunities to raise up the next generation of faithful servants. Support and prayers come from so many sources, including young children. Reminding them of God's love as well as how much their support means to us is an extra bonus!

"Oh the places you'll go, the people you'll meet with team LMVFM"

