



## Lutheran Military Veterans and Families Ministries, Inc.

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[www.lmvfm.org](http://www.lmvfm.org)



# August

# 2024

“for God gave us a spirit not of fear but of peace and love and self-control.”

2 Timothy 1:7

Have you paid attention lately to how much fear and anxiety are running rampant in our society today? Unless you are living under a rock, it would be hard to escape. Most notable is the fear and anxiety caused by the nonstop vicious political rancor that runs rampant especially during presidential election cycles. Both individuals and families are affected regardless of age, sex, occupation or season of life. The phrase “Life is hard” is the “PG” way of reflecting what many people feel about their struggles with fear and anxiety.

During times like these, as we seek relief from the fear and anxiety, it is easy to focus inwardly and forget that God is in control. Our fears and anxieties only increase by not giving the things that are causing us fear and anxiety to God.

So how do you deal with fear and anxiety? How do you help your friend, neighbor or family member deal with destructive feelings?

Who do you turn to for guidance and help as you navigate the struggles and strains of this life? Have you stopped for a moment to think about how the “world” tells you to deal with fear and anxiety and compared it to what God offers?

**“The hand of the Lord feeds us; He answers all our needs.”**

**Psalms 145:16**

In July, LMFVM concluded an 8 week bible study, called “Strength for the Struggle” by Laura Ibach, as part of our “Home Front Heroes” program. We began these studies to help the heroes on the home front: the spouses and families of our service members. In this recent study, we focused our attention on how it feels when “Life is hard” - and sometimes even overwhelming. Our group looked at a variety of individuals throughout the bible and the struggles they incurred. As we read and discussed their stories, we couldn’t help but notice that through it all God was with them providing them with

His power, protection, grace and mercy. We then reflected how He does for us too!

Life is indeed hard at times for all of us! But God, who is faithful and just, promises us that when (not if) life gets hard, He is there to protect and comfort us and answer all our needs. Sometimes, as our recent bible study helped illustrate, we

simply need a reminder.

LMVFM’s Homefront Heroes bible studies are held several times a year, based on our ministry travel schedule. Please check our website, or Facebook page for updates and information.

God’s Blessings to you,

*Deb*

If you are a veteran, contractor or family member who is feeling overwhelmed your life experiences, please give us a call at: 260.755.2239.

# Understanding PTS(D)

PTS(D), the abbreviation for Post-Traumatic Stress (Disorder), has become a favorite catch-all go-to term used to explain away troubling behavior/s of a person who has experienced a traumatic event. Despite its placement in the "holy bible" of mental health professionals, known as *DSM-5-TR*, PTS(D) is not a mental health disorder but a condition some people develop after experiencing or witnessing a traumatic life-threatening event or serious injury they had no control over.

Some examples of traumatic events include: assault, road traffic incident, natural disasters, domestic and child abuse, acts of terrorism and traumatic childbirth.

While many people go through events they'd call traumatic, only about 20% go on to develop PTS (D). The defining characteristic of a traumatic event is its ability to provoke fear, helplessness or horror in response to the threat of injury, or death and causes us to feel vulnerable and unsafe making it difficult to trust other people, ourselves and our judgements.

An additional complication is that people with PTS(D) often develop additional disorders such as depression, substance abuse, problems of memory and cognition, and other problems of physical and mental health. PTS(D) is also associated with the impairment of the person's ability to function in social or family life, including job stability, marital problems and divorces, family discord, and difficulties in parenting.

My good friend Jody Ford shares a part of her journey with PTS(D) as the wife of a veteran.

## MILITARY WIFE

*Short temper, depression, needy or wants to be left alone, focus on one thing at a time, losing things, doesn't like crowds. When driving, your veteran has a quick temper about other drivers or otherwise known as road rage. Welcome to my world!*

*In 2012 I started working for Lutheran Military Veterans and Families Ministries (LMVFM). As I started to understand some of the issues that veterans go through I realized I was a military wife and my husband had PTSD. It was quite a revelation for me.*

*My husband was in the Air Force for 4 years and in the Army for about 10 years. We didn't live on or near an Army base and our friends and folks we socialized with were civilians. I never really thought of us being a military family, much less considered myself an Army wife. I also didn't understand why my husband did some of the things that he did, or the underlying condition (PTSD) behind his behavior.*

*It's not easy living with someone who has PTSD. You never know when they might suddenly get angry, or when we would be shopping in a store he would want to leave because there were too many people around him. I just thought okay, so we would leave. I never knew why.*

*Working at LMVFM, I was able to recognize some of these issues and because of that we were able to understand and realize why my husband would do these things. We have been married for 47 years. Thanks to LMVFM for helping me understand why my husband is the way he is, we might make it to 48 or even 50 years!*

*If you are having difficulties understanding your veteran and they do some of the things listed above, or issues that are concerning, please call LMVFM and talk to our counselors. We have people on staff to help you understand and help you and your veteran work through issues that are related to PTSD. LMVFM counselors are here to help you to learn the signs of PTSD, and how to cope with and work through these issues.*

*Jody*

## FACTLETS

### MILITARY SUICIDES

2021	2022	2023
328	332	363

- \* An estimated 23% of military members and veterans with post-9/11 service have PTS(D), according to NIH research.
- \* Veterans are more likely to die by suicide than non-veterans.
- \* The number of active duty personnel and veterans who have died by suicide is more than four times the number killed in combat over the past twenty years.

As of January 2023 the military lacked 43% of its authorized civilian mental healthcare providers.

### BINDING the WOUNDS OF WAR



Congregational  
Training Seminars

If your congregation would like to learn more about the unique challenges of military service and how to help those who have served we would love to put you on our 2024-2025 schedule. To schedule a seminar please call us at: **260.755.2239**, or shoot us an email at **lmvfmooffice@gmail.com**



# God's Timing



Late last year when planning out our ministry schedule I felt a twinge of concern. For many years now by November we will already have a number of confirmed mission trips on the calendar for the upcoming year. This time, with the exception of visits to area Lutheran schools and short trips to churches out of state our travel schedule was fairly light. There was no obvious reason for the unusual change in travel tempo. Even the fact that our yearly church-wide convocation had been changed to every other year. Convocations, are our best opportunity to meet with

pastors and representatives across the church. This time together allows us to discuss the needs of veterans and their family members, our work with them, and ways that we can help their congregations in their military outreach efforts. Most of our support and invitations come from this engagement during these convocations, resulting in the greatest impact to our travel schedule. Still though, I suspected that there was something far bigger behind the change, and as 2024 arrived, that reason would become abundantly clear.

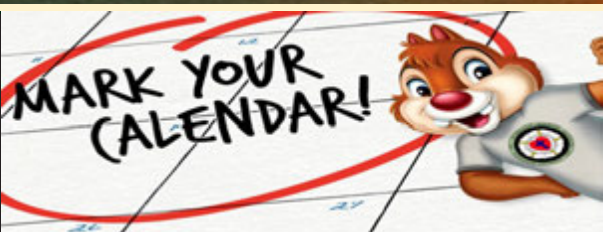
I was working late at the office on a Saturday evening in January and just wrapping up to go home when the phone rang. Just as I was about to answer it, the phone went to voice mail. Usually if it is a "spam" call, no message is left. This time though I heard the voice of a woman clearly in distress and I quickly picked up and answered. Our conversation lasted around two hours and led to regular counselling sessions. I won't go into the details of her call, but will say that I am very thankful that we weren't traveling that day.

This was by no means a "one off", and critical calls similar to the nature of this one have occurred throughout this light travel period. Out of curiosity, I compared the dates of these calls with where we were at on the same dates of last year. What I found was that in each case, had those calls come on the same date last year we would have been out on mission trips. Other events and necessary commitments this year would have been difficult if not impossible to meet had we had the same mission travel schedule as last year. It's become abundantly clear that *God* makes the schedule, and that His timing is perfect and purposeful, and we just need to execute it.

## Just a glimpse into the first half of 2024







**DINE TO DONATE**  
celebrating **LMVFM'S**  
**17TH BIRTHDAY**



Wednesday, October 23, 2024  
Granite City Food & Brewery  
3809 Coldwater Rd  
Fort Wayne, IN  
from 11am-8pm

20% of proceeds to Lutheran Military Veterans and Families Ministries, Inc.  
- a non-profit organization providing free counseling and resources for our  
military veterans, contractors and their families for 17 years!  
LMVFM 3480 Stelthorn Road, Fort Wayne, IN [lmvfm.org](http://lmvfm.org)



Changing Footprints will be accepting donations of your unneeded shoes, of any type or condition.



Sign Up go to: [www.lmvfm.org](http://www.lmvfm.org) or for easy access scan the QR code

*Support*

Wondering how you can help?



- Pray for LMVFM
- Become a member
- Monthly pledges
- Join our Volunteer Team
- Donate needed items
- Digital Giving
- Legacy Planning
- Invite us to your church!



At the beginning of 2024, the cost of a first class stamp was .63¢ and with two increases is now .73¢

Find us on Facebook



Donations of these are a great way to help us, help our veterans and their families



Thrivent

Choice Dollars donations help us help our veterans and their fami-

Donating your Thrivent Choice Dollars is easy

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.

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



Online Donations



Lutheran Military Veterans and Families Ministries is a 501(c)(3) ministry.

As a matter of conscience, we neither accept or receive any government funding. We rely solely on gifts of supporters like you to keep all of our counselling and services free to all veterans, military contractors and family members.