



November 2022 Newsletter

<https://familyintegrity.org>

developing
life skills
through faith

ARE YOU COUNTING YOUR BLESSINGS DAILY?

Have you truly given any thought as to why you first volunteered to facilitate the FIT Classes and why do you continue to facilitate the FIT classes in the locations you have chosen?

What led you to become a part of the FIT Family?

Do you still have the Excitement and Joy, when you see the evidence that something has changed the attitude and heart of some one in your class? Maybe for the first time in their life they really feel someone, namely YOU, TRULY CARE about them.

Have you ever thought about the fact that God has personally called each of you to this particular Ministry because he had already prepared your heart and filled you with Love and Compassion to help people that very few people want to help.

Sadly it only takes a split second to destroy your life forever and the lives of others. When this happens most people don't want anything to do with you. Many families have been destroyed as a result of bad decisions made by family members. They may think you should be put to death or never ever get out of the prison you are in.

I can't help but think where would I be as a sinner, if Jesus hadn't been willing to forgive me over and over and over till the day I die, because I still make mistakes no matter how hard I try not too. True, I never killed or did some of the really bad things that some have done and ended up in prisons and jails but Jesus does not have a scale on sin. SIN IS SIN!!!

You cannot out-give God. He sees all you have done to help others come to know HIM.



I Believe we have so much to be so thankful for every day of our lives, but as Thanksgiving draws near let's each take a few moments to thank God for all the good things he has taught each of us through the FIT ministry family. Let's ask God what His plan and desires are for us. May this be the beginning of many life changing events for Gods glory to shine brightly as we continue to seek and accomplish His plans.

Love, Blessings, And Prayers To All Our Family, Betty Drawdy, Office Manager



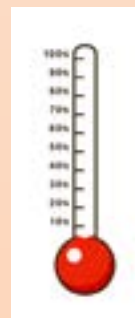
Thank You to all our
FIT Family for all your
support and service

Happy
Thanksgiving

Giving Tuesday is November 29

Giving Tuesday is our Fall Fundraiser. You can give online or send us a check. Go to our our secure website at <https://familyintegrity.org> and click on "Donate Now". Donate on November 29 or type in "Fundraiser" in the message box on the final checkout screen if you want to donate on other days . Be sure to check our progress on our website on Giving Tuesday. We will be updating the results. Throughout the day. Thanking you in advance for your generous gift.

Goal
\$5,000

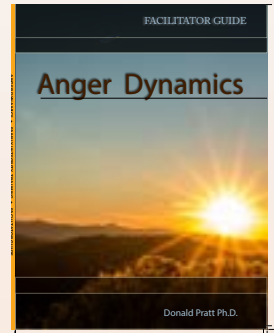




Hello Everyone,

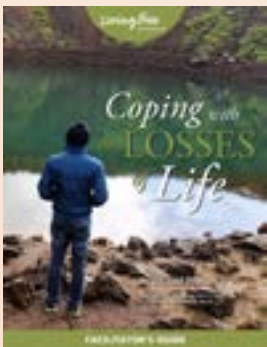
I am a FIT Facilitator for the women at the Hernando County Detention Center and have been facilitating the Anger Dynamics class to hundreds of women for the past seven (7) months. Although not many certificates of completion have been awarded, there have been many testimonies

of times where the women have applied what they've learned and avoided further trouble. Some have even helped other inmates to keep their anger in control. I often hear the ladies tell me that if it weren't for this class, they would have hurt another inmate but did not due to what they have learned. Some even say that the class was just what they needed to hear to deal with an ongoing situation in their pod with another inmate or even a family member.



God Bless You All!! In Christ, Linda F. Mejias, Facilitator

Companion Books: Anger and Losses



Editor's Note -We are pleased to have Linda on our leadership team. She is a certified FIT trainer and qualified to train you to be a FIT facilitator.

After writing this wonderful piece for us, she asked us what a good sequel or companion course might be. Without hesitation, we suggested [Coping with the Losses of Life](#). Though *Anger Dynamics* is our most-used course and the most-likely to be approved to satisfy court, sentencing, and custody requirements, our **Losses** course plays an important part in bringing to light the causes of anger. It is ironic that this course is one of our most neglected courses. It sheds great light on why we have just put up with the anger produced rather than just dealing with it. Every time it pops up we just try

to ignore it hoping it will just go away. It is like knowing that a fire burning somewhere but not being able to put it out because you don't know where it is coming from.

The course deals with things we don't like to talk about but should. Death, disappointments, being victimized, passed over for promotion, loss of job, and marriage ruined are not things we want to talk about, even to ourselves. Our small group format eases the pain and provides very valuable insights as others share. The gentle progression of the course as well as the respectful focus helps. The personal inventories are simple and straightforward and can be shared or kept secret.

We have had great success with this course. People from all walks of life have found relief from their pain that they have suffered for years. Every one of us has had our dreams smashed, been taken advantaged of, and suffered losses of every description imaginable. Being brave to take this course can help more than you realize.

Finally, here is help to better define what is bothering us, why it is bothering us, and come up with better options of dealing with it. The course structure allows for confidentiality and is appropriate for all kinds of settings. Small groups in churches would be especially useful if the participants would be willing to open up with their fellow associates. And what could be better than in jails, prisons, and recovery houses? These folks have hit bottom and lost it all. When they do our anxiety scale, the results are off the charts!