



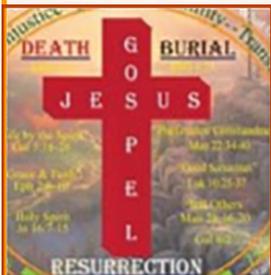
FSBH Website: firststepbackhome.net

*** THE MIRACLE NEWS ***

First Step Back Home
PO Box 966,
O'Fallon, MO 63366

How Can People Even Question the Existence of God?

by Paul Kruse



Just recently experienced a far-away, for us anyway, vacation to the northwestern area of North America by way of Washington, Idaho, Montana and the Canadian Provinces of Alberta and British Columbia. We experienced places called Glacier National Park, the snow-capped American and Canadian Rockies, Lake Louise and Lake Moraine. Actually this will qualify as two of our normal vacations per year. After all we are retired, HA!

These destinations were the most beautiful and heavenly places we have ever seen, along with the fall colors of the leaves in the New England states from an earlier trip. We are so Blessed to have such a Godly and beautiful country. We are Blessed to have even seen such beauty! Pictures included here (see Page 2). Sorry, but to say all this just happened out of nothing- stardust, evolution or whatever, and other lame explanations of our world and **God**, that people come up with is so ridiculous it hurts. So-called geniuses claim we were made by stardust. We need to pray for these people, they are as off the course of the life that **God** has prepared for us as the universe is big. Eph:2:10.

God's creation is so beautiful, unbelievable, unfathomable, fantastic, overwhelming and hundreds of other adjectives anyone could think of. It is so obvious **God** is the only one who could have created it (Psalm 19:1-4), (Rms. 1:18-20). The Bible has sold more copies in the U.S. than any other book. That should tell you something as far as being popular and the most revered book of all. Also the words **God** and **Lord** are used in the Bible over 11,000 times, more than any other words in a personal sense in the Bible. Not to mention **Jesus** and **Holy Spirit**. There is more information in the Bible about **God** than any other entity or subject.

The Bible also lists the attributes of **God** so we can learn to know Him and know about Him through Biblical descriptions, miracles and many other ways. Just to name a few, He is **before all things and holds all things together** (Col. 1:7). He **never changes** (Mal.3:6), (Jn5:26) The **Father has life in Himself**, as He has granted to the **Son** that He also has life in Himself. He is **all-powerful** by creating the Heavens and earth (Psalm 33:16) He is **all-knowing** (Isaiah 46:9-10). He is **everywhere** (Psalm 139:7-10). He has **perfect, unchanging wisdom** (Rms. 11:33). He is **faithful and true** (Deut. 7:9). He is **infinitely kind** (Psalm 34:8). He is **Just** (Duet 32:4) and many others.

We won an award a few years ago called the **Focus Award in Social Justice** from the City of St. Louis for helping thousands of homeless people in many ways. Because of God's teaching on love, justice and being sympathetic and empathetic towards the poor, we recognized the pathetic way these people were treated.

(Continued on next page)

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How Can People Even Question the Existence of God?

(Continued)



These are just a few of hundreds of ways to know and describe **God**. Don't have time here to cover them all. Let me know if you want to do a Bible study on this sometime. He will see to it that we will receive justice in this life (Isa. 30:18)!

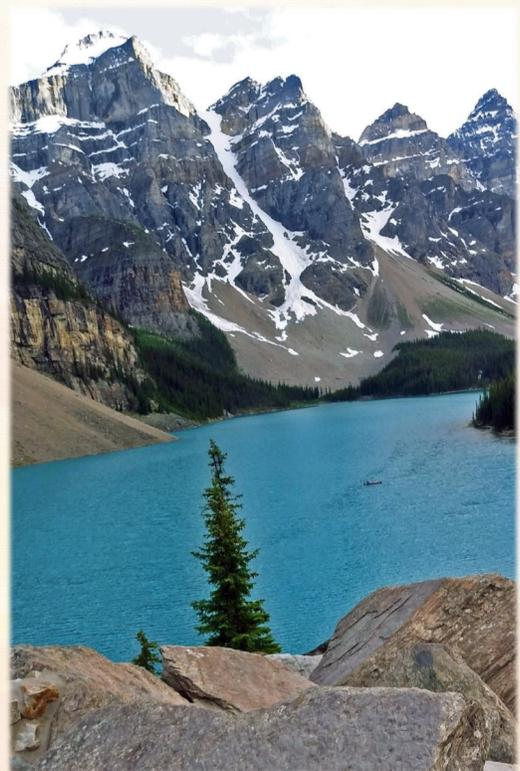
Miracles are another way we can know **God**. We are Blessed with seeing many of **God's** Miracles work in the lives of our clients. We have hundreds of examples of them. Just to name one, a lady who called me in great excruciating nervous pain with her situation. Rose had just had an accident and was taken to the hospital and her car was towed in totaled condition. Someone gave her a ride to the motel

from the hospital we use for emergency housing for the homeless. She did have her phone but her ID, wallet, clothes, papers and belongings were in her car. She was still dressed in her hospital-dispensed disposable gown when I went to interview her. The problem was the tow company wouldn't give her the ID or anything else in the car. This was absurd to me so I took her to the tow company and after arguing for a half an hour and praying, the company finally let her get her wallet and ID. What a Miracle from **God**! I couldn't even give her any motel time without an ID. So after buying her clothes and giving her time in the motel she was able to call some friends and get a job and a place to stay. This was **God** giving us another Miracle and I was Blessed to be used by **God** in it all. Chills me to think of what might have happened to her if we hadn't helped her. This is just one of the hundreds of Miracles we have seen from **God**!

So go, and be bold about praising **God** and His **Love** for us in many ways and spreading the Gospel: the Life, Death, Resurrection, and Ascension of Jesus as found in 1 Cor. 15 and many other verses.

Thank You!

God Bless You!



Phones Provided for Homeless Clients in Montana

It is always a blessing to meet people and ministries like ours in other parts of the country. In June when we traveled to the Northwest we connected with **Missy Schroeder**, Volunteer Coordinator for **Samaritan House** in Kalispell, MT. We found this to be a vibrant ministry providing shelter, transitional and permanent housing for the homeless in their community.

We gave them four cell phones for current clients. The church we visited that Sunday was having an outreach project that week called "Rock This City" doing hair-cuts for clients and they serve meals monthly, such as we have at FSBH.



6th Annual Give STL Day Successful Outcomes

The numbers are in! Thanks to all of our donors---known and unknown! You have helped us with great funding to help us continue the mission!

With the \$1k midnight hour prize, another \$721 in "lift" dollars based on gifts that came in during specific time periods, \$17,000 in matching funds from 5 ministry friends, and YOUR donations, we ended up with more than **\$37,768** altogether! What a blessing it was to be a part of the 6th Annual Give STL Day this year. FSBH came in 15th of all agencies participating for amount of dollars raised!

More than \$3 million was raised for 843 charities by 24,107 donors in just one 24 hour period! Amazing!

Watch for details on GiveSTL Day 2020.



18 Year Mark for Trucker Church by Lana Kruse



The 18 Year Anniversary of Trucker Church happened in July, 2019. It began at the TA Travel Center in Foristell with 16 truckers and 14 locals from **Westplex Community Church**. Since then, we've met every Sunday (except for a handful of nasty weather winter icy times) and we've had more than 5,500 truckers and travelers participate in services there.

We're so thankful for the men who volunteer to teach/preach each Sunday and for the women and families who come out to fellowship, sing and otherwise support the outreach to the trucking industry demographic. New people every week! Come join us sometime. 9 am in the Driver's Lounge. Currently FSBH Board Member **Chris Bray** coordinates the services. Along with him are **Tom Street** and **Bob Henson** as rotating weekly speakers.

Our first pastor-leader for Trucker Church was **Rev. Jim Kane**. He served with us from the beginning until it was time for him to retire. Above are some photos of him with his wife **Nancy** and another couple that served with us, and a trucker who came one day. A couple of these images are from a Trucker Road-E-O we hosted at the TA Travel Center in the early years.

FSBH Ministry Featured at LSL Ambassadors Club

The **Lake St. Louis Ambassadors** welcomed Paul and Lana Kruse to their meeting on 5/31/19 to speak about First Step back Home. About 40 folks were on hand for the early morning breakfast meeting to get an update on the ministry.



CAPS Students Showcase Tools Made for FSBH

We enjoyed celebrating with the **St. Charles Co. CAPS** students May 1, 2019 at the St. Charles County Community College at their First Annual Showcase. FSBH was privileged to be a business partner with a team of students who did several marketing projects for us this school year. Our group of five senior high school students were **Faith Rush**, St. Charles West HS, **Alison Aguilar**, Liberty HS, **Michael Howrey**, Francis Howell HS, **Justin Stepney**, Ft. Zumwalt East, and **Henry O. Young**, Liberty HS. Our own ministry Board Member **Dr. Dan Tripp**, Lake St. Louis, was the teacher/facilitator for this project.



RunnyMeade Activities

Ministry helpers building a storage shed for one of our families at RunnyMeade MHP. Others helped this week with lawn care, mobile home repairs and gutter cleaning. So thankful for those who come alongside to help us make it all happen!

Thanks to **The Way Church**, Wentzville, on their Worship without Walls morning in early May, telling residents at RunnyMeade about our new Neighborhood Network FB Page and upcoming social events for folks living there. Beautiful morning to meet neighbors!



Rolling Meadows Recent Outreach Events



Easter Sunday was the fourth year we have ministered to the residents of one local mobile home park with church services for kids and adults. It was a joyous time celebrating God's perfect gift to us.

4th Annual VBS hosted by **Gateway West** at Rolling Meadows was held for 5 consecutive Tuesday evenings in July and August. All girls for the first week. Wonder where the boys were? They were having loads of fun learning about the life of David. "The Lord sees into the heart" was the theme and action item was "You can serve God!!" 1 Samuel 16: 7b. Each session included Bible stories, crafts, games, refreshments and dramatic presentations. This year **Mrs. Cheryl Street** coordinated the program.



Element Church Serve Day 2019

This was the third summer that FSBH participated in a Serve Day with friends from **Element Church**. On the very hot summer morning of July 13, 2019, several hundred folks gathered at the church, then dispersed to several community focused outreach projects. Eight people came to Rolling Meadows Mobile Home Park to tackle about 10 projects, including painting sheds, carpentry repairs, tree removal and general lawn clean up. Those who participated with us were **Kayla Emge, Kris & Bryan Resnik, and the Wojczyk family of Joy, Courtney, Kaylee and Kimberly**. Thanks to our Element friends for being the hands and feet of Jesus in the community! We are blessed because of you!





Save the Date!

December 21 is the 11th Annual Christmas Wonderland

The 11th Annual Christmas Wonderland will take place on **Saturday, December 21, 2019** from 10:30 am - 2 pm at Wentzville United Methodist Church. Please mark your calendars now and Save the Date!

If you want to volunteer in any of the activities of the day, please contact:

Janie Wolfangel at 314-650-2386 or janiewolfangel@yahoo.com.

For food donations, please contact:

Janice O'Rourke at 314-737-8400 or malonyrourke@gmail.com.

For general questions call:

Lana Kruse, 314-799-3694 or lanakruse@gmail.com.

More details to follow as we get closer to the date!

Christmas (Planning) in July!

Now's the time to start collecting items for laundry baskets and other treats for the working poor and homeless who will come to our **11th Annual Christmas Wonderland** on Saturday, December 21, 2019. The event will once again be held at Wentzville United Methodist Church, 725 Wall Street, Wentzville, MO from 10:30 am – 2 pm.

Here's what to put into the laundry baskets, so we have consistent "gifts" when distributing them. In the past several groups have made it a project to collectively gather items and then assemble them towards the end of the year. This list is also posted on our ministry website under "tangible assistance."

- Sturdy Basket
- Laundry Detergent
- Powdered Bleach
- Dryer Sheets
- Toilet Paper
- Window Cleaner
- Paper Towels
- Toilet Cleaner/Brush
- Hand Soap/Bath Soap
- Dish Soap
- Bathroom Cleaner
- Dusting Spray
- Stain Remover
- Sponges
- Dish towels
- Hangers
- \$5.00 in quarters (optional- for laundromat use)



Other items you might consider collecting are clean, gently used purses, diapers and wipes, ladies cosmetics, new underwear, and socks for teens and adults.

Last year we had enough filled baskets donated to be able to send one home with each family that came to the Christmas Wonderland!

Janet Derr Receives Rotary Award for FSBH Work



Rotary International has named our wonderful volunteer **Janet Derr**, O'Fallon, a **Paul Harris Fellow** for the charity work she has orchestrated for FSBH, raising money through the **Taste of St. Charles** to give FSBH a \$10,000 grant. The Taste of St. Charles flyer that named FSBH as a grant recipient caught the attention of **Steve George**, and through that **New Life** became a FSBH supporter at Thanksgiving, donating dinners to the Rolling Meadows residents.

Janet has been a key supporter of the FSBH Annual **Christmas Wonderland** events in the past. She enjoys helping the children get connected to all the activities of that special day and she has donated many, many items to this event. Last year she designed beautiful centerpieces that were given to families at the end of the day. This year she is creating cute Santa Stockings on a wrapped Christmas package as centerpieces for each table.

Lana first met Janet when she volunteered for her department at **St. Joseph Hospital West** in Lake St. Louis many years ago. Janet's selfless generosity is infectious and her heart is always in serving in loving care in whatever setting she finds.

Janet is married to **Mike Derr**. They live in O'Fallon and are active at **New Life Church** – St. Louis and in the **St. Charles Noonday Rotary Club**.

Newstime Volunteer of the Month: Chris Bray

The **Newstime** newspaper of Lake St. Louis featured FSBH Board Member **Chris Bray** as Volunteer of the Month in the March 27 edition. Chris Bray has been involved with First Step Back Home as a Board Member since 2013. He leads our Sunday morning **Trucker Church** services at the TA Truckstop, finding speakers periodically and managing all the details there. He also mentors men and has been the local men's Bible Study leader at our Rolling Meadows Clubhouse Church activities over the past three years. He was instrumental in getting **Gateway Church**, St. Peters, to commit to an ongoing outreach at the Clubhouse Church with VBS programs, Sunday School classes and weekly church services there.

Chris also frequently presents the needs of FSBH to the community using a professionally produced Powerpoint slideshow that he developed and keeps up-to-date for us.

Founder and CEO for **Speed Virtual Product Development**, Chris and his wife **Dawn** have lived in Lake St. Louis for many years (3 Lussac) along with their five children. Chris and his family always participate in our Annual **Christmas Wonderland** event, leading activities, crafts and games and helping with the setup of the event.

We are blessed to have the vision and leadership skills of Chris helping us be able to help others as we minister to the needs of the homeless and working poor in St. Charles, Lincoln and Warren Counties.



Recent Donor Acknowledgements

We want to thank several businesses, churches and community groups who have financially supported FSBH this past quarter with these recent gifts.

- \$5,000 – **Central Presbyterian Church**
- \$4,000 – **Cuivre River Electric Cooperative** Operation Round-Up
- \$3,500 – **Tammy Stratman Brown Charity**
- \$1,300 – **Mary Martha Thrift Store**
- \$1,200 – **Steve Crawford Trucking, Inc.**
- \$1,000 – **Wentzville Community Club**
- \$ 900 – **Mission Financial- St. Peters**
- \$ 600 – **Abbvie** Corporate Match from employee contributions
- \$ 600 - **Grace Community Chapel**
- \$ 500 – **Vilatte Institute**
- \$ 306 - Thrivent Choice Dollars as allocations from
Dennis & Donna Hall, Susan Bauer, Tina Koncki and David Nickel
- \$ 300 - **New Life Nazarene Church** - \$5 for each visitor who attends their services and donation from 2 winners of Winter Wt. Loss Challenge (**Brad Chapman and Cookie Pangilinan**)
- \$ 300 – **Element Church, Wentzville**
- \$ 300 – **Warrenton Christian Church**
- \$ 225 – **Chapel of the Lake, Lake St. Louis**
- \$ 75 – **St. Mary's Institute, O'Fallon**
- \$ 65 – **Network for Good**
- \$ 50 – **AT & T** Corporate Match from employee contributions
- \$ 27 - **Amazon Smile** Designations

THANK YOU

We are so very thankful to all of you who think of donating to our public charity when opportunities present.

Donation Methods to Support FSBH

We want to remind you that your tax-deductible charitable donation is a great way to support the ministry. We are a public charity per IRS Regulations of a 501(c)(3) non-profit organization. All donations will be receipted for tax-deductible documentation purposes. Here are several options to consider:

- **Corporate Matching Grant Donations**
 - Some matching grant companies are **AT&T, Wells Fargo, Monsanto, Boeing, MasterCard, Pfizer, VMWare, CarMax, Coca-Cola, Exxon, BP Gasoline, General Electric, Avon, IBM, American Express, Gap** and **Thrivent Financial Services**.
 - Boeing and perhaps other corporations offer **volunteer time grant matches**. If you volunteer 25 hours with our ministry, Boeing will send a \$250 cash gift.
 - If you work for a company that offers match gifting, please initiate the paperwork for this to be done, and we'll complete the required elements so you and others can participate.
- **Write a Check payable to "First Step Back Home"** and send to the following address:
First Step Back Home, Inc.
Paul Kruse
PO Box 966
O'Fallon MO 63366
- **Log onto our ministry website and click PayPal** for direct donation via your credit card. There is a small fee charged to the ministry with this option. www.firststepbackhome.net
- **Thrivent Members** can create an "Action Team" and receive \$250 "seed money" twice per year for charitable causes. Details can be found at this link: thrivent.com/actionteam.
- Log onto **GoFundMe** to support the **FSBH Sponsored Housing Project for Mobile Homes**.
- When you shop online, use **Amazon Smile** and choose **First Step Back Home** as your charity. They will donate 0.5% of the purchase price from your eligible AmazonSmile purchases. You can use this direct link to our page: smile.amazon.com/ch/20-8676289

amazonsmile
You shop. Amazon gives.

Meal Ministry Update

We are continually blessed by the volunteers from various churches, organizations, families and some individuals who serve meals to the families staying at the Economy Inn. Some serve on a monthly basis, others fill in by choosing open dates on the calendar. All are appreciated!

In the last quarter, we have welcomed new meal serving groups: **G3 Academy** (led by **Kris Seton**), **Schroder & Friends** (led by **Michelle Schroder**), the **National Homeschool Honor Society** (led by **Thaddeus Bailey** and **Hildsy Petrossian**), **Junior Girl Scout Troop 1453** (led by **Samantha Branson**), the **Angelo Family** (led by **Cheryl Angelo**), **Liberty Christian Academy** (led by **Jessica Grow**) and the **Fromm Family** (led by **Cherie Fromm**).



Group from the National Homeschool Honor Society serving April 17.

Current openings are: 2nd Sundays, 2nd Thursdays, 3rd Sundays, 3rd Fridays (even months), 4th Sundays and 4th Saturdays.

The calendar is always available online at firststepbackhome.net/meal-calendar. Contact **Kim Orf** to sign up for serving meals. (Contact info is on Page 1).

We have a new YouTube channel and have posted videos about the Meal Ministry and our Hotel Ministry! Until we get 100 followers we can't choose a custom address on YouTube, so here is the link we created for our channel by using a different tool: <http://bit.ly/FSBHYoutube>

Don't forget we are also on Facebook and Twitter as well. The links are on Page 1. Follow us to get the latest updates on what is going on with our ministry. Like and share to spread the word!

Girl Scout Cookies Always a Hit!

Girl Scouts blessing the less fortunate today... 3rd year in a row to shop, collect, sort, pack up and distribute blessing bags for men, women, boys and girls then bring them to our clients along with Girl Scout Cookies donated by our ministry friend **Jim McCormick**. Fun times for a record cold and rainy spring day! 19 families enjoyed the treats and goodies! Thanks, **Rockwood Valley Middle School Girl Scout Cadets- Clara Bass, Sophia Hueckel, and Olivia Harris**. Toiletries were collected during a drive at **Chesterfield Elementary School** this spring. Last year the GS Troop won the Bronze Award for this project.



How I Pulled an All Nighter - A Warming Experience

by Lana Kruse



It all started w/ the anticipation of what the all-nighter would bring. In early March I was notified we'd be "activating." No surprise as the daytime temps were in the teens. This was my first night to volunteer at one of the **Warming Centers** in a local church building for homeless on bitter cold winter nights. The **Warming Centers** were activated when predicted temperatures were 20 degrees or less, as a practical way to provide a death prevention strategy for the homeless people in our region from December 1 - March 30 since 2015. Our homeless ministry **First Step Back Home** helped to launch this program the first season when the plan had been to use local motels for lodging. Now churches are used in-

stead, and it's a much more cost-effective way to be of service.

I'd been coached by someone with experience to try to take a nap late in the afternoon of my assignment, which I tried to do, but my mind kept me thinking with anticipation about what this night might bring. Will it be like being a chaperone for a church youth group, or being the parent at the all night graduation bash at the Rec-Plex, or walking the hospital halls during an all-night watch waiting for the newest grandbaby to arrive?

All I knew is that it was COLD... Bitter cold... And I had a lot to learn.

So I did my best to get some rest ahead of time, grab a snack, then head over to the church site to arrive on time, about 1/2 hour before the homeless were to arrive.

The first task upon arrival was to set up the room. That meant we needed to unload the trailer of cots, blankets, pillows, sheets, vacuum machine and first aid kit. Then we needed to set up cots, blow up mattresses and get beds made. One guy even noticed that I made "hospital corners" on all the beds. That skill was instilled in me as a child of a nurse. We ALWAYS made the beds with hospital corners.

Slowly, one by one they came, and we got them settled and offered them some food to eat. We ended up with four guys, hungry and tired. Each one was happy to have some warm chili and soup in his tummy. A little after 11 pm it was "lights out" and before too long they were all settled down and snoring.

The other two volunteers and I visited for a while, then I laid down to try to sleep, as they said they were well rested and intended to stay up all night. **Vance** brought his book on tape and listened to it all night, and **Betsy** played some games on her laptop. I struggled with sleep, but at least I was able to recline and try to snooze, even if just with one eye open most of the time.

At 5 am the early morning activity started. We got breakfast food ready, put some toiletries and gift cards in stacks for them and brewed a pot of coffee. **Betsy** turned on lights at 6 am and slowly they rose and gathered themselves up, ate and packed up stuff for a planned 7 am exit.

We volunteers took off about 7:30 am after cleaning up the bathrooms, fellowship hall and kitchen as well as loading all the cots, bedding and supplies back in the storage trailer. It was 13 degrees out, but sunny, and no extra winds, so after scraping the frost off the windshields we were all ready to head home.

Our guests walked to a local laundromat about a half mile from our **Warming Center**, a heated public place with a TV, so there was something to do before the library opened at 9 am. Since each of them was given a few restaurant gift cards, I think they were planning to walk there later in the day for a yummy warm meal.

This all-nighter was a warming event in my life book, for sure. It was a neat experience to participate in this well-designed program. In the 2018/19 winter season, a total of 22 nights of activation happened for 134 men, women, children and even some pets. Some people spent more than one occasion in a warming center, as there were 50 different guests altogether this year. Typically 5-10 volunteers stay at the **Warming Center** each night.

(continued on page 11)

How I Pulled an All Nighter - A Warming Experience *(continued)*

For anyone to be involved as a volunteer all it takes is an interest in serving others, getting an official background check done and taking a short one-evening training session on fire safety, CPR and orientation to the program. More churches are needed next winter season to help the program grow and "share the load" so the six churches in the eastern and two in the western sections of St. Charles County running this now can have fewer weeks of assignments throughout the December - March season. With more church participation, perhaps the threshold for operation can be raised from a predicted 20 degree temp to a higher number. **If you're interested, contact Mrs. Kathy Thompson, LINC, at 636-332-5127 x 222.** The hotline number to call when the program is activated is **636-395-0492.** Save it for next winter if you come across a homeless person on a bitter cold night.

This entire experience once again made me thankful for the blessings of a warm home and lifestyle of stability. However we can be involved to help the less fortunate have less suffering and feel that someone cares is another great blessing for us and for them. 50 people were helped this winter and no one died from the bitter cold in our area. I'm thankful for having had this warming experience in my life.

Broken and Beautiful

by **Dave Bonney, FSBH Board Secretary**

Broken and Beautiful is a Christian ministry that has been serving the Women's Prison in Vandalia Missouri since 2014. Our program is based on a book written by **Tony Ingrassia**, Pastor of **Outpost Church** in St. Charles, called "God's Healing Path." The foundation of this program is understanding the individual story of our life and how we've learned to deal with pain in unhealthy ways. For the women in prison this usually means turning to alcohol and drugs at an early age to escape all types of abuse and neglect. By understanding their story they trace their most recent pain management techniques back to early childhood and start to understand the root of this pain and how it's progressed to destructive behavior. They start to realize how this immense pain is not what God intended and that there is a God who loves and cares for them. We work with them to grieve and turn this pain over to God rather than their previous destructive pain management techniques. Every Thursday night we walk them through God-based principles to help them along this path.



One of the biggest challenges with the ladies is the very low self-esteem and shame that accompanies them to prison. Many of the ladies are separated from children and grieve over this separation. Often their families have abandoned them as a lost cause. They are desperate to change their life and acknowledge that what they've done in the past hasn't worked. We share our own stories and how we have stumbled and also dealt with pain in ways other than what God intended. We share how God has entered into our story and how He can enter into theirs. As a result, many ladies accept Christ and acknowledge they can't change on their own. We love the ladies for what they've been through and the change that God is bringing about in their life. Our constant reminder is that they are who GOD says they are - beautiful, wonderfully made in God's image and much loved. God will never abandon them and will always provide a path to escape their future trials. As part of this we have them recite "Who we are in God" every week and end it by labeling themselves as the **"Angels of Vandalia."** Their image of themselves is changing bit by bit every week. My life has been so blessed spending time with them and watching God work with them through their challenges.

(Lana Comment: I have been blessed to be a penpal to two of these Angels of Vandalia over the past year. Each of my new friends has left "the gated community" and is now struggling in their new-found freedom outside of those walls. The struggles continue, often in new, unexpected ways. If any of you ladies reading this would like to be a penpal to someone needing encouragement while there, let us know and we'll get you connected to **Dave** and his ministry!)

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First Step Back Home Newsletter
Save the Date for Christmas Wonderland!
See Page 6 for details.



Newsletter Mailing Options

If you would like to receive your future FSBH quarterly newsletters more quickly and with less cost to the ministry, please give us your email address so we can add you to that confidential distribution list. Please email Lana Kruse at LanaKruse@gmail.com

For every newsletter that is mailed out, the work is labor intensive and expensive, in creating hard copies, getting them folded, and sorted by zip codes, then taking them to the US Post Office for bulk mailing. At this time we have about 340 that still go out by snail mail. We do thank Chapel of the Lake Church and ministry friend Cheryl Smith for doing most of this work. She does her part with a smile and is very gracious to us in her "labor of love" to get it all done timely.

If you would consider receiving your newsletter by email instead, or reading it from our ministry website, please let us know and we'll remove you from the hard copy mailing list.