

Reflections from the Well



Girls Restored and Christ Exalted



Club H2O and Heart of Cook Make a Splash in our Community

Well of GRACE Ministries received a \$500 grant from Heart of Cook to support summer programming of Club H2O. Currently, Club H2O is making splashes at St. Joseph High School, Benton Harbor Girls Academy and Bridgman F.C. Reed Middle School. Club H2O will start an after school program at First Congregational Church in St. Joseph on May 1st, and plans are under way for a class at Mosaic in Benton Harbor. Club H2O is a group designed for adolescent girls to engage in therapeutic discussions and activities that address self-esteem. Participation is free and the group is facilitated by a Master's level therapist. For more information call our office at 428-9355.



Grab a Buddy and Get Muddy

Mud Volleyball is returning this summer, Saturday, August 4th, at NIMBY Pond in Baroda. We're looking for teams of 6-8 players who desire an extreme volleyball experience and spectators to cheer them on. Team registrations are \$120 per team and registration forms are available on our website at www.wellofgraceministries.com. If you or your business/organization is interested in sponsoring this event, please call our office at 428-9355. So, grab a buddy, and let's get muddy!



Growing In Grace

On Saturday, April 24th, Well of GRACE Ministries, First Church of God and Southwestern Medical Clinic Christian Counseling and Psychological Services partnered together to organize a day-long conference called "Growing in Grace". The conference featured keynote speaker Dr. Linda Mintle and there were breakout sessions facilitated by six local counselors from Southwestern Medical Clinic Christian Counseling. Dr. Linda is a Christian clinical therapist with expertise in relationships, anxiety and body image, and author of many books

including her latest, Letting Go of Worry. Dr. Linda spoke about growing in grace in relationships and letting go of worry to a large crowd of conference participants and volunteers. The highlight of the day for most participants was an intimate luncheon with Dr. Linda where she shared her personal story of traumatic loss and how God had given her victory over her circumstances so that she could let go of worry.

Dr. Linda is originally from St. Joseph and graduated from St. Joseph High School. It was a thrill for her to return to her hometown and a thrill for us to host her.



What's For Dinner?

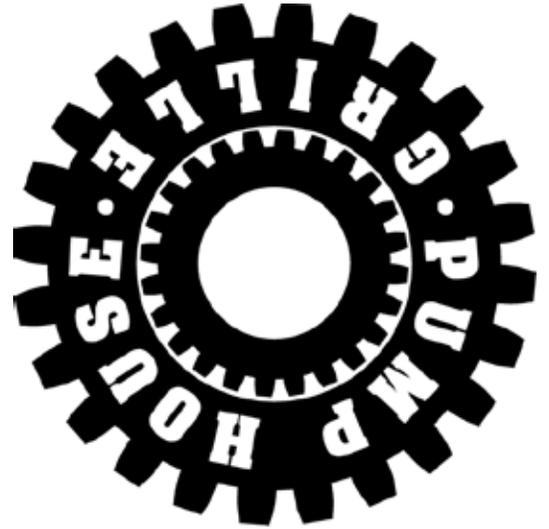
The most common question asked by spouses and children everywhere. Here is a great answer to that question: Whatever is on the menu. We're going out! Restaurant owner Tom Jennings has graciously offered to host fundraising nights at his restaurants, Pump House Grille in St. Joseph and Casey's Bar and Grill in New Buffalo for Well of GRACE Ministries. Tom donates 10% of your bill and then matches it with another 10%. There are no presentations or forms to fill out. You simply present a coupon (from this newsletter or postcard in the mail) with your bill and Tom takes care of the rest. You enjoy a great dinner with your spouse, family and friends, and Well of GRACE Ministries receives a monetary donation to continue its programming for young women in our community. Our next dining event is Thursday, June 8 at Pump House Grill in St. Joseph. Clip the coupon in this newsletter and we hope to see you there!



WELL of GRACE MINISTRIES
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Simply present this coupon at the Pump House Grille on June 14th, from 5-9 p.m. when you order your dinner and 10% of your check will be donated back to Well of GRACE Ministries to help sustain the faith-based character building programs that they offer to girls and young women in Southwest Michigan. All classes are offered free of charge to class participants.

to give you the opportunity to enjoy good food,
 good friends, and good fun for a good cause.



DRAWING FROM GOD'S WELL

Praises:

- Praise God for an amazing day at the Growing in Grace conference. There were 110 conference attendees and 24 volunteers. Dr. Linda Mintle challenged and encouraged us in our faith, gave us practical information on how to let go of worry and focus on God, and instructed us how to grow in grace every day in our relationships.
- Praise for Dr. Linda Mintle, the 6 local counselors from Southwestern Medical Clinic and the 24 volunteers who gave their time and effort to minister and serve conference attendees. All was truly done to give God glory!
- Praise for the receipt of the Heart of Cook grant to pay for the expenses of another Club H2O in area schools.
- Praise for Club H2O at St. Joseph High School, Benton Harbor Girls Academy and Bridgman F.C. Reed Middle School.

Prayers:

- Pray that God will direct 4 young women to enroll in The Well, our day program for adult women.
- Pray for additional professional staff who have a passion for God and for young women to join our ministry.

Our Mission: Well of GRACE Ministries is a non-profit, Christ-centered organization that transforms physically, emotionally, and spiritually wounded young women.

www.wellofgraceministries.com

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