

Reflections from the Well



Girls Restored and Christ Exalted

ANOTHER OPPORTUNITY TO OVERFLOW THE WELL!

Well of GRACE Ministries has been the recipient of a matching gift from an anonymous donor for the past few years. This year our donor has generously offered to match the end of year gifts up to \$15,000.00!!

Considering the current economy, this is a great way to "double" the value of your tax deductible donation. Please indicate your intention to participate in this offer by writing "overflow" in the memo line of your check.

To give you an idea of how your donations will impact young women in our area:

\$1000 will cover the cost of Fall and Spring classes of "Club H2O" at St. Joseph High School, Benton Harbor Girls Academy or at F.C. Reed Middle School in Bridgman.

\$500 will finance one 6 week session of "Club H2O" that will serve up to 10 girls. \$150 will cover the cost of supplies for 10 girls to participate in "Club H2O".

\$75 will cover the cost of journals for 10 girls in "Surf Club". \$15 will cover the cost of supplies for one girl to participate in "Club H2O".

Well of GRACE Introduces New Club

Last spring, Well of GRACE Ministries introduced a new pilot program designed for high school girls to address and teach positive coping skills and managing stressful situations in an effective, healthy way. The program is called *Surf Club, learning to ride the waves of life*. The idea and development of the program was a joint effort between St. Joseph High School counselors and Well of GRACE Ministries.

After facilitating several of our "Club H2O" programs at the high school, it was apparent that some high school girls needed more in depth intervention; they needed more time to discuss issues important to them and education specific to positive coping strategies. Much of the program is focused on teaching girls about choices and consequences in the context of connections between triggers, feelings, choices, and consequences. One of the coping strategies the girls learn is how to journal. Each girl received a journal at the first session, and they were encouraged to use it throughout the program. The girls met for 90 minutes after school once a week for six weeks. St. Joseph High School counselors referred girls to the program and obtained prior permission from parents or guardians for girls to participate. Like "Club H2O", the program was free to participants and the program was facilitated by a Master's level therapist.

Because of the program's infancy, we decided to limit *Surf Club* to only St. Joseph High School this year. It is our desire, however, to graduate *Surf Club* from a pilot program to one that can be duplicated in many settings and schools in our community.



Supported by Local Grants

Well of GRACE Ministries has received two grants from local foundations. This summer we received a \$500.00 grant from the Heart of Cook Foundation, and this fall we received a \$4,000.00 challenge grant from the Frederick S. Upton Foundation. We are very grateful to both of these foundations for supporting our ministry and many other organizations in our community. Grant monies will finance our "Club H2O" programs in area schools and in the community.

Looking Ahead

Last March, Well of GRACE Ministries partnered with First Church of God and Southwestern Medical Clinic Christian Counseling & Psychological Services to host a conference entitled, "Growing in Grace". We are planning another "Growing in Grace" conference in the Spring of 2013 featuring Dan Seaborn from "Winning At Home." If you or your organization would like to be added to the mailing list for this event, please contact our office at (269) 428-9355 or email us at leslie@wellofgraceministries.com.

THANK YOU DONORS

It is with sincere gratitude that we recognize the following individuals and businesses for their generosity. Thank you to all who have donated financially to Well of GRACE Ministries over the last year. Without your support we would not be able to continue to offer our programs at no charge to our participants. Donors to Well of GRACE Ministries 11-01-11 to 10-31-12.

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Gifts were received in memory of:
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from Kathryn Ann Rocha

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from Nancy Tripp

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from Kenneth Mulder

Gifts were received in honor of:
Her children
from Beverly Jager-DeVries

In Their Own Words...

“Club H2O” is designed especially for adolescent girls ages 13-18. It is a faith-based, six week curriculum that utilizes a variety of therapeutic discussions and creative activities to address issues related to self-esteem, boundaries and healthy relationships with family and friends. The program is facilitated by Master’s level therapists and is offered at no cost to the participants.

“Club H2O” has groups that meet at schools during the school day at St. Joseph High School, Benton Harbor Girls Academy, and Reed Middle School in Bridgman. After school and this past summer, we offered “Club H2O” at First Congregational Church in St. Joseph and at Mosaic Resale and Resource Center in Benton Harbor.

In their own words, here is what girls have said about their participation in “Club H2O”:

- “I wish we had this more because it is helping me with the hard times I have.”
- “I don’t feel as alone as I did before. I’ve learned a lot about other girls I didn’t know.”
- “I learned about boundaries; when it’s okay to let people in and when it’s not.”
- “It helped me understand that I’m not alone and there are more girls out there like me.”

If you would like more information about “Club H2O”, please contact our office at 428-9355.

Thank You! Marcia Wiinamaki

Well of GRACE Ministries extends a very special thank you to Marcia Wiinamaki for her many years of service. Marcia has been actively involved since our ministry started serving young women in southwest Michigan. She has served as a board member, board secretary and volunteer. Marcia has also been instrumental in researching and writing grants to help fund our programs. Marcia is the director of Southwestern Medical Clinic Christian Counseling and Psychological Services, a Lakeland affiliate, in Stevensville. We are grateful for her past service to Well of GRACE and her current service to people in our community.



Dave Weichhand Memorial Fund Changes a Life

In 2006 after the sudden death of Dave Weichhand, many individuals and families gave generous donations to Well of GRACE Ministries in memory and honor of Dave. Dave and his wife Beth were strong supporters of our ministry and mission. They had a passion for hurting young women in our community. In addition to Well of GRACE, they were also faithful supporters of Southwest Michigan Young Life.

Well of GRACE Ministries Board of Directors decided to use the donations to develop the David Weichhand Scholarship Fund designated to help young women who have completed one of our programs to attend Young Life Camp. This summer we sent our first young woman to camp.

Here are her words:

"I would like to thank you so much for giving me the opportunity to attend Young Life camp in Colorado this past summer. It strengthened my relationship with God and I met many truly amazing people. It was such an amazing experience! I loved the horseback riding and the club talks that we got to listen to at camp. I had no idea what to expect going into this experience, considering I didn't know anyone on the bus ride there. However, by the time our bus got to Colorado, I knew quite a few people. During camp, I noticed something different that I saw in all of the leaders and people that attended. I began to realize that I wanted to be a bigger part in it. I moved to Grand Rapids for college and I am now a Wyldlife leader at East Grand Rapids Middle School. Getting the chance to go to Colorado motivated me to reach out to others. I am now getting involved with these middle school kids and making many new friends through Young Life. I feel like it only gets better and it is becoming one of the most important things in my life." - Kelly

Well of GRACE Ministries is thrilled to have this fund for this purpose. We give God the glory for how He could use a tragic death to give opportunity to make positive changes in the lives of young women.

MUDDY FUN AT MUD VOLLEYBALL 2012

On August 4th of this past summer Well of GRACE Ministries held its 4th Mud Volleyball Tournament in conjunction with the Snowmobile Races at NIMBY Pond. NIMBY Pond owner Mark Schutze invited Mud Volleyball to be a part of his annual event. He graciously donated the use of his property, excavation of his property to create two volleyball courts, and water to fill the courts with six inches of mud. Teams and spectators enjoyed all of the day's events that culminated in a lot of muddy fun. Well of GRACE Ministries would like to thank all of our 2012 Mud Volleyball Sponsors!

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If you would like to be a part of Mud Volleyball 2013 as a team or sponsor, please call our office at 269.428.9355 or email us at leslie@wellofgraceministries.com. Proceeds from this event are used to enable our ministry to continue to offer faith-based classes designed for adolescent girls, with activities to help them learn about self-esteem, explore their strengths & connect with others.

PRAISES:

- Praise for Marcia Wiinamaki and her many years of service in our ministry
- Praise for our pilot program, “**Surf Club**”, meeting needs of high school girls.

PRAYERS:

- Pray for strong leadership and wisdom as the Board of Directors makes decisions to move the ministry forward.
- Pray for opportunities to expand “Club H2O” to new schools and new communities, especially in south county areas.

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