



Happy New Year to our supporting churches and friends!

While 2020 didn't go as planned for everyone and became a challenging year for most, there were still positive blessings that happened in 2020. January and February were challenging on a personal level as we said goodbye to Sarah's last grandparents that were living. We are grateful for the time spent with family before the lockdown procedures took place beginning in March. During the month of March is when we began learning how to attend church virtually, learning how to do work meetings via Zoom, and adding the role of teacher to our job descriptions. While we were saddened by these changes that transpired over the course of 2020, we are grateful for the technology that made it easier to adjust to these changes. Over the course of the next several months, we watched as scheduled meetings after meetings were postponed. Many have yet to be rescheduled and we are anxiously waiting for those to be rescheduled in the near future.

Another positive for 2020 was the quality family time we had. We thoroughly enjoyed the many more game nights we were able to have as a family that would be harder to do had our schedule not been adjusted. The girls really thrived on having all the extra family time that we have had.

While travel has been cut back and meetings have been postponed, it has allowed us to connect with several local organizations that support veterans and first responders along with our local first responders. Our information has been circulating these groups which has opened the door for many more meetings via zoom where we can share our passion for those struggling with PTSD. While we have not been able to visit the local police and fire departments in person due to COVID-19, they have reached out to us and asked Paul to do some one on one counseling sessions. Paul has also been able to speak to the Westfield Chamber of Commerce about our ministry and how to deal with PTSD biblically. We thank the Lord for all these extra opportunities that we wouldn't have been able to do had we been traveling.

In October, M.A.S.H. was able to hold its first ever Gala and Silent Auction. While we had to rearrange plans for this from 370 to about 150 due to gathering size limits, we were able to have a successful first event. The fire chief of Westfield's fire department was our speaker. There was a considerable number of veterans, first responders, local business men and women, political officials and a former Indianapolis Colt in attendance.

This year has also led to the starting of three more PTSD groups around the Indianapolis area. These are in addition to the PTSD groups that we already have going on. Right before lockdown took place, another PTSD group near Wrights Patterson Air Force Base started. Our plan is to visit that group when restrictions have been lifted.

Thank you all for your prayers and support during an unusual time. We are grateful for each one of you and look forward to being able to visit with you all again in the near future. This new year has already been filled with meetings online and many more to come in the coming months.

Paul, Sarah, Alyssa, Anna, Alexandra, and Ava Phelps  
M.A.S.H. Ministries (Mobile Assistance for Service men and women at Home)

[Come see what M.A.S.H. Ministries is all about](#)

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