

June 2021



### Phelps' Post Traumatic Stress Ministry Update

Dear Supporters, Prayer Partners, Family, and Friends,

It is hard to believe that we are already in June and that school is out for summer break. It doesn't seem possible to have a 6th grader, 3rd grader and 2 in K-5 come the fall. I'm so grateful that the girls all enjoy learning and going to school each day. We are grateful that the kids were able to complete school in person this past school year minus 2 weeks when the city required us to go virtual and the one time they were sick. Praise the Lord for good health!!

It has been a busy several weeks since are last update. We have been blessed by God on what all has taken place over these weeks. None of what we are doing would be possible without God's help, your prayers, and your support. The COVID-19 pandemic has really given us a chance to be able to redo all our print materials and signage, start new support groups, and complete another major project that has been in the works over the last couple years that I will discuss later in the update. If you have not checked out our new and improved website, you can do that at the below link. We are grateful to God for His calling us into this ministry and for bringing Paul through fighting in war and other challenges so that we can help those who are going through the same struggles he went through. Only by God's grace, His hand guiding us, and your prayers and support is this ministry possible.

Paul, Sarah, Alyssa, Anna, Alexandra, and Ava Phelps

MASH Ministries website

### MASH Ministries Memorial Day 5k Fundraiser

Saturday, May 29th was our inaugural 5k for MASH Ministries. It was a cold, fun, morning raising awareness for Post Traumatic Stress and MASH Ministries. We had about 70 in attendance. People came from the surrounding areas as well as from Florida, Tennessee, and Arizona and a few did the race virtually from Hawaii, Michigan, and Pennsylvania. Many are already planning on coming next year. We were able to hand out information about MASH Ministries and share with them our passion for those with Post Traumatic Stress. We have already booked next year's race for May 28, 2022. We are grateful for all those who helped put this event on. This event would not be possible without your time, commitment, and help. To view more pictures of the race, please visit our MASH Ministries Facebook page.



## Golf Fundraiser

MASH Ministries will be hosting a Golf Classic on July 19th, 2021 at Pebble Brook Gold Course. We are really looking forward to spreading the word about our ministry and raising awareness about Post Traumatic Stress. We are grateful for those who have come along side of us to help put on this event. This event would not be possible without these volunteers help and commitment to MASH Ministries. To register for the Golf Classic, please visit the following link.

[Registration for the MASH Ministries Golf Classic](#)



## Support Groups

We are grateful to those who faithfully attend these support groups each week. The discussions are helpful and it is a joy to watch them grow. While many that attend these support groups each week know Christ, there are some who do not. They are searching and are open to the gospel. Please pray for them to put their faith and trust in Christ alone. There have been new attendees at each of these support groups.

We have been asked to be a facilitator for a Women Veterans retreat to speak on Spiritual topics with women veterans. The organization that has asked us to speak is AMVETS. We do not know when this retreat will be but please be praying for those who will be in attendance and that their hearts will be open to the gospel.



## Hamilton County Support Group Meeting Update

On May 19th, I was able to present our ministry to the entire Hamilton County First Responders group that is in charge of mental health. There



were about 8 people in person with another 20-30 attending via Zoom. I was able to answer questions on what we do and how we view Post Traumatic Stress. They were very intrigued with the fact that we are a Christ centered group wanting to help others who are struggling with Post Traumatic Stress. They love that we look at Post Traumatic Stress as an injury (something that you can heal from) and not a disorder (something that is permanent). Please pray as we start this support group in the near future. It will take place via Zoom every Tuesday morning for all first responders within our county.



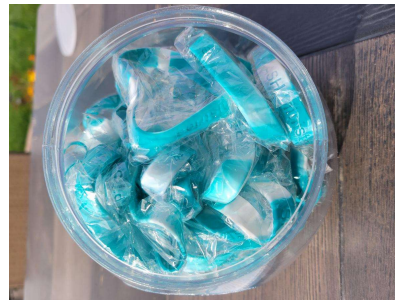
## Chaplain Training June 14-16, 2021

Please be in prayer for us as we take part in a chaplain training conference as well as some other sessions on how to better our ministry. The training will take place at our home church here in Indianapolis. Please pray as we incorporate what we learn into our ministry and that our ministry will continue to grow as we serve the Lord helping those who are struggling with the effects of Post Traumatic Stress.

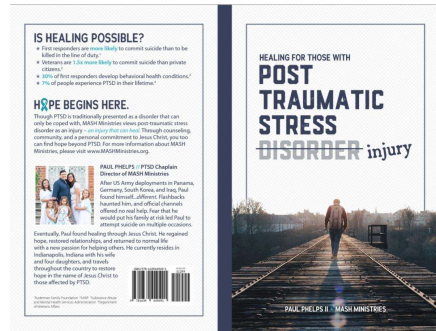


## PTSI Awareness Bracelets

MASH Ministries just received a shipment of these awareness support bracelets. They are \$1 each and are available for purchase. The money that we raise from these will go back to helping others who are struggling with Post Traumatic Stress Injury (PTSI) such as purchasing resources and materials for these support groups.



# "HEALING FOR THOSE WITH POST TRAUMATIC STRESS INJURY"



## Now Available on Amazon

Paul was searching for the right materials and was struggling to find a curriculum to use for our support groups. Over the past two years, Paul was led to begin writing a curriculum for our support groups. The process began to write a curriculum that could be used for support groups and help other individuals who were struggling with the effects of Post Traumatic Stress Injury. There were many late nights involved but the Lord blessed and we were able to complete this long project. The book hit Amazon on Friday, May 28, 2021. This is the first book that is completed with more books in the works. We thank the Lord for His leading in this project. We are grateful to have found an amazing editor and design person to help us complete the book. Stay tuned for more books in the curriculum. To purchase your copy, please click on the cover image and it will take you directly to the link to purchase your copy.

As you read through this book, you will see why we view Post Traumatic Stress as an injury and not a disorder.

**Psalms 46:1--"God is our refuge and strength, a very present help in trouble."**

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