

June 2022



Ministry Update

Our family and ministry are so thankful for your prayers and support. Paul has been able to add another support group that will begin locally in July. We learned yesterday that they already have several attendees and for that we are grateful. Our family will travel to Ohio on Monday to meet with some people that called and asked us to host a PTSD workshop all day on September 10th just outside Wrights Patterson Air Force Base. Please pray now that this workshop will be profitable and that those in attendance will see the hope that we have in Jesus. Over the past several months, we have been working on a revision to the book that Paul wrote. Prayerfully, that book will be sent to Amazon to be published very soon. We are in the reformatting stage for this book. This book is part of a series that Paul is writing on specific topics that people deal with those that are struggling with Post Traumatic Stress. Some of the topics will include suicide, moral injury, traumatic brain injury, taking a deeper look on topics covered in book one, and looking at other topics that have not been discussed yet that pertain to Post Traumatic Stress Injury. Over the last few months, Paul has been part of a medical study through Purdue University for injuries that he suffered while he was in Iraq for 18 months straight. We are grateful for the opportunity to be a part of this study. Below you will find further discussion on this study, how the process worked, and how this opened the doors to talk with other veterans that were also in the study. On Memorial Day weekend, MASH Ministries hosted our 2nd 5k and 1 mile walk in Carmel. We are thankful for the opportunity to share about MASH and share a quick devotional before the race began. While our girls had a week at their grandparent's house in town this past week, we were able to attend our annual Chaplain's training with our endorser. Training this year was held in SC. We are grateful for the training and fellowship with our fellow chaplains. We look forward to this time away each year. Now that life is returning to a new sense of normal, we will be contacting our supporting churches to set up a time for our family to come and provide an update on what God is doing in our ministry to veterans and first responders who are struggling with the effects of Post-Traumatic Stress Injury.

MASH Ministries Website

Upcoming Events

Two upcoming events that MASH is hosting are the **Golf Classic on September 12th at Plum Creek Golf Course in Carmel, IN** and our **Gala at the Ritz Charles in Carmel on November 4th**. We look forward to these events and being able to reach more people in our community. Stay tuned for more information. If you are a business owner or know of a business owner that would like to sponsor one or both of these events, please contact **Paul Phelps at themashunit4077@gmail.com**. Please pray for us as our team of volunteers seek to secure sponsorships and silent auction items for these



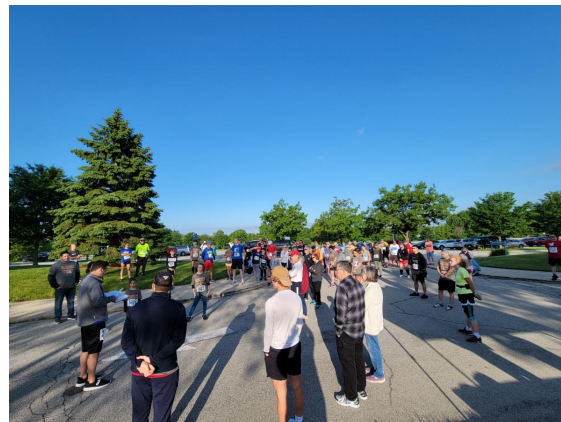
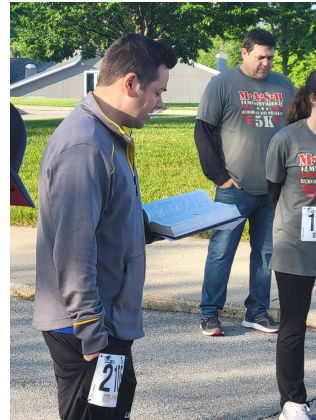
Chaplain Training

During June 12-14th, chaplains and their families traveled from all over the United States and overseas to South Carolina where we had great time of training and fellowship. This is by far one of the highlights of our year and ministry. Looking forward to next year's training in Iowa at Faith Baptist Bible College.



MASH Memorial 5k/1-mile walk

On Saturday, May 28th, MASH Ministries hosted its second 5k and 1-mile walk. Micah Beckwith, who is a local pastor and heavily involved with politics in the state of Indiana and our nation, gave a short devotional from God's Word and led the start of the race in prayer. We had a 30% increase in participants from last year. MASH had 8 sponsors for this event and raised over \$7,500. We did have a lot of new sponsors for this year's race. People traveled from Pennsylvania, Michigan, Virginia, Georgia, and all over the state of Indiana to run or walk this 5k event. We look forward to next year's race and are excited to see where the participants will travel in from to support MASH Ministries.





Medical Study at Purdue University

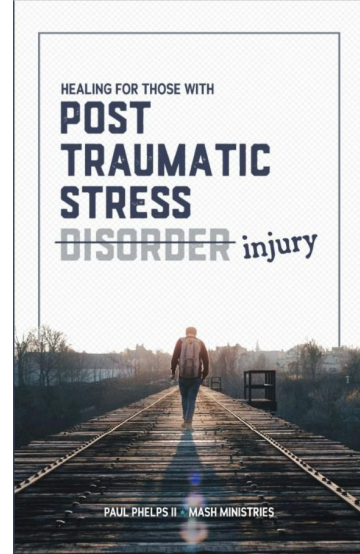
Over the last couple of months, Paul participated in a medical study out of Purdue University. The focus of this study was to learn if HBOT (Hyperbaric Oxygen Therapy) would help those with Traumatic Brain Injury (TBI). Paul went to HBOT five days a week for one hour a day plus go through other testing each visit. When you add everything together, Paul was gone till almost lunch time each day. On June 9th, Paul completed the required 40 dives of this medical study. Paul's brain injury came during his 18-month stint in Iraq. This therapy will help not only veterans with brain injuries but also athletes as well. It does appear to have helped Paul out a lot and for that we are grateful. During the study, Paul was able to talk with other veterans that were in the study. Paul is waiting on his final MRI to take place at Purdue University. Hopefully this will happen soon. Before treatment could begin, Paul had an initial specialized MRI and also one at the halfway point. We are anxious to see the results of how this medical study healed some of the injuries he sustained while he was in Iraq. We are blessed to be able to participate in this study and the opportunities Paul had to talk with other veterans.



Stay tuned.....

Stay tuned for the re-release date of book one in a

series that Paul is writing on Post-Traumatic Stress Injury.



Phelps Family Update



It is hard to believe that the summer break is flying by. We are enjoying soaking up having the kids home from school. As fast as the summer break is going, before we know it the girls will be back to school and new chapters will be starting. Alyssa finished 6th grade in May and a new chapter has begun. Alyssa will now be in Junior High come the fall. This also means that she is in youth group in the same building where Sarah spent her teen years. Anna just completed 3rd in May and is excited to be in 4th grade in the fall. Out of the four girls, Anna grew the most (6 inches). Another chapter has also just closed for our family. Alexandra and Ava finished Kindergarten and will be in 1st grade in the fall. We can't wait to get back to our supporting churches soon so you can get reintroduced to our girls. They have definitely grown since you saw them last.

All four girls are loving playing softball this spring/summer. All four girls have grown as a team player and as individual in their softball skills. We thank the Lord for the opportunity He has given each of them.

Sarah is enjoying a break from teaching as that became a norm for her this past semester. Now that we are on break from school, Sarah is enjoying the time to be home with her family (although she loves seeing the girls on a pretty regular basis at their school). Sarah is keeping busy with the ministry doing a lot of our admin work and helping prepare for the various events and tasks that come up with MASH.

Paul loves having his girl's home from school (although it is harder to get work done with them home). We look forward to the rest of the memories that we are able to make as a family this summer. Thank you for praying for us and supporting us each month. It means a lot to our family.

We are also glad to have found the needed part to fix our van. Never did we think there would be a time where it was a challenge to find car parts. There were only 6 parts in the nation to be able to choose from that could get the van up and running safely. We are thankful for the second opinion and



mechanic who found this part. Our first mechanic told us it would be upwards to a year before the part would become available.

We are praying that our other van repair would be a simple fix. We discovered that there is a leak in the cooling system. This repair can be a fairly expensive to fix.

