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Sent: Sunday, April 30, 2023 7:58 PM
To: Alaina Hepworth
Subject: Don't miss this update...



MASH Ministries Update

While we have been quiet and haven't updated lately, things have been busy. Paul has been devoting a lot of time and energy to writing the next book on Suicide. We all know someone who has committed suicide and the toll it takes on those who may know them. We are excited to see how this will help others who are struggling with the thoughts of suicide. Suicide is something that had crossed Paul's mind when he was struggling early on with the effects of Post Traumatic Stress. It is a topic that is not talked about too often but one that you can't take back if someone would choose to go through with it.

Another exciting opportunity that Paul was able to be a part of was that he had the chance to talk about what MASH does and who we are at the IMPD Training Facility. Paul was also able to give the hope that we have in Jesus. There were about 40 in attendance ranging from rookie officers to detectives to seasoned officers. We look forward to being able to grow the contacts that were made.

Paul also had the opportunity to speak at Fishers Century Club which donated to MASH Ministries last year. Paul was able to share his passion for the ministry and Post Traumatic Stress. We look forward to deepening the connections that were made.

We are excited to announce that a new support group will be starting May 5th in Noblesville. We are excited for those who will be in attendance and to be able to share the hope that we have in Jesus. Paul also leads another support group in Shelbyville. We are thankful for the relationships that have been made over these last few years.

Paul was asked a few weeks ago to be a part of a 3-day conference in southern Indiana (about 40 minutes north of Louisville). Little did we know the events that would take place in Louisville recently. Paul just returned home from this conference. We are thankful for all the opportunities and open doors Paul had to be able to talk with the first responders from Louisville plus others in the area. Paul had called the pastor that is hosting the conference as soon as we heard of the shooting. This pastor has connections to first responders in the Louisville area. Obviously, we aren't thrilled that another shooting took lives but are thankful for God orchestrating the meeting and connections that have been made. Some of the opportunities this weekend that Paul had were talking with several nurses from

Louisville that also brought their families, had the opportunity to talk with about 20 veterans and their families, and others that were interested in MASH Ministries. Paul also had the opportunity to hold informative classes about three different times over the weekend and participate in a round table discussion for various speakers. One of the individuals Paul had the opportunity of talking with was a veteran who happened to be getting food near the bank when the shooting happened. We are so grateful for all the opened doors and opportunities that God gave Paul over the last several days.

Paul has had the opportunity to sit down with several people individually and share his desire and heart for veterans and first responders who struggle with Post Traumatic Stress. We are thankful for those whom God has allowed our paths to cross with.

On Wednesday (April 19th), Paul was invited to be a part of a local community prayer breakfast honoring our local first responders. We are thankful for this opportunity to share Christ and Paul's passion to helping other first responders who are hurting deep inside.

With May already here, we are finalizing things in preparation for our 3rd MASH Ministries 5k. Please be praying for participants to sign up, finalizing sponsorships and any other last-minute details. We love this event and thankful to be able to host this event within our community.

Phelps Family Update

While ministry has been busy, so has family life. In between ministry responsibilities, Paul has had multiple visits having dental work done. Sadly, this process has been quite extensive, time consuming, and painful. We are praying it will be over shortly. Paul has also picked up the slack while Sarah has been quite involved with substitute teaching. Sarah was asked to take on a several week sub job that will last 6 weeks while a teacher recovers from surgery. Sarah has three more weeks left of substitute teaching this year. During Bible time at school back on March 8th, the twin's teacher was having a discussion on sin and hell. The twins along with several others began asking some in-depth questions. Several got saved that day at school including Alex and Ava. we are overjoyed at their decision to ask Christ to save them!!! Alyssa has been enjoying learning the clarinet over the past few years. She has been taking lessons 2.5 years now. In just a few short weeks, she will have her recital which we are looking forward to. Alyssa also had the opportunity to compete in a fine arts competition. She competed in band and choir and entered two pieces in photography. Her choir placed 1st with superior ratings. Her two pieces of photography also placed 1st with superior ratings!! We are proud of all her hard work. Anna has also begun the process for braces now that Alyssa will be having hers taken off this summer. She has been a champ so far in the process and can't wait to see her smile beautified even more. All four girls are entering their third season of softball and are improving each year. We are grateful for this opportunity for them to grow and learn this sport. We are grateful to have found a league that doesn't have games on Sundays. God has certainly blessed our family in so many ways over the years. We look forward to all the time we are able to be together this summer as a family!!

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