

"I never thought I'd be going to counseling in my late-60's. I started seeing a therapist almost a year ago because I felt like after 40 years of marriage, I couldn't take another day with my husband. After meeting with my therapist a few times, he suggested that my husband and I both attend a few sessions together. I didn't think my husband would agree to go, but he did. We both agreed that we had communication issues and we both avoided talking about conflict.

After the first session, my husband recognized that it might be cheaper to continue counseling than get a divorce. This is something I can laugh at now. We started working on love languages, listening skills, and being intentional about having fun with one another. We also talked about deeper emotional needs, communication styles, and personality differences. We both worked on our issues individually and in between sessions.

We recently returned from a 10-day vacation together and it was probably the best thing we've done for our relationship. We didn't fight or argue.

We had some deep conversations and really enjoyed ourselves. Praise the Lord."

Learn more about counseling

crosswinds.org

- Peggy, 67 - Evansville, IN







lifelineyouth.org | crosswinds.org CHANGE 4150 Illinois Road | Fort Wayne, IN 46804

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"How easy is it to forget what's good for us?"













Have you ever started something new because you knew it would be really good for you? The first thing that comes to mind for me is the diet we all start at the beginning of each year. I'm no different. I eat well and exercise for a while and I feel great — better than I have in years. Then something happens. For me, that "something" is usually pizza. From there it's a slippery slope, and before I know it, I'm completely off track. How easy is it to forget what's good for us?

I've been reading about some of the prophets in the Old Testament. Obadiah, specifically, talks about how the Israelites forgot that God brought them out of Egypt and to the promised land — the land of milk and honey.

When I first read this, I thought, "How could they forget this? Why would they turn their backs on God and stop doing what's good?" Then I realized how similar this is to my diet, and my love of pizza. Much like the Israelites, I sometimes find myself ignoring what is good.

I was recently reviewing our organization's impact last year. We served more than 21,000 individuals in 2017. We hired over 300 new people. We opened nine new offices across Indiana. It would be easy after such a good year to start feeling "too big for our britches," as my dad would have said. Reading this verse in Obadiah reminded me not to ignore what's important:

The pride of your heart has deceived you, you who live in the clefts of the rocks and make your home on the heights, you who say to yourself, who can bring me down to the ground? Though you soar like the eagle and make your nest among the stars, from there I will bring you down, declares the LORD. | Obadiah 1:3-4

It is very important for our entire organization to remember what God started 50 years ago when Lifeline was created. God has been so good to us. As He continues to position us for growth, I pray that we will be humble, we'll remember the original work God started here and the mission where it all began, and put Him in the center of everything we do.



I've challenged our organization to spend more time in God's word and keep it close to their hearts. I want us all to ask God for forgiveness whenever we forget the real reason we're here. Myself included. If all 700 of our staff decided today to pray and fix their eyes on God, I can't image what He will do and where He will take us. I hope you'll do the same. If you feel like you're off track or forgetting what's good, just pray.





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The Need



Our Impact



The Goal

Changing hearts & bringing hope to individuals, families, and communities.

Ready for a challenge? Take on our high or low ropes course in Pierceton!





Schedule a high or low ropes event at Pierceton Woods Academy with family, colleagues, or friends. With proper guidance from our expert facilitators, your group will learn, grow, and bond in ways that are not possible in everyday situations.

The low ropes course uses cables, ropes, and wooden beams strung among trees to create a fun obstacle on the ground. The high ropes course takes you to the top of our gymnasium at Pierceton Woods Academy You'll strap on a helmet, secure yourself to cables, and climb on ropes and wooden beams strung in the rafters of the gym to complete the course. Email us at info@lifelineyouth.org to learn more or schedule your group.



Counseling • Coaching • Mission Trips • Therapeutic Boarding School

Improvements to our Dominican Republic Campus Because of YOU



Last summer, we launched the Faith To Move Our Mountain campaign to raise money to renovate and improve our facilities in the Dominican Republic that so many call home. Because of your generosity, we have been able to complete eight new projects around campus and purchase a new van to safely transport our students, staff, and mission teams. Thank you for answering the call when we needed your help.

We want to invite you to visit our campus. Come experience a mission trip and witness God moving in the lives of our staff, mission teams, and those we serve. Together, we're making a difference!

Why the need for our services is so great:

- In Indiana, suicide is the 2nd leading cause of death for ages 15-34
- 70% of youth in juvenile justice systems have at least one mental health condition.
- One of every 10 children whose parents have divorced will also see three or more subsequent parental breakups.
- 1 in 5 adults experience mental illness.



Jazzin' Up January Raises Over \$250,000

We are happy to announce that more than \$250,000 was raised at our 4th Annual Jazzin' Up January Gala. Jazz music was provided by The New Millennium Jazz Orchestra featuring Judge Heath and a silent auction was held.

Supporters from all over the region and state gathered to celebrate 50 years – to the exact day – of service to individuals and families in crisis.

"Lifeline was created to be a beacon of hope for families when there is seemingly nowhere else to turn," says, Mark Terrell, Chief Executive Officer of Crosswinds and

Lifeline Youth & Family Services. "We have grown immensely over our 50 years as the needs of families in our community and state grow as well. And as long as families need us, we will continue to work tirelessly to provide them with solutions that spark lasting change."

The Presenting Sponsor of the 4th Annual Jazzin' Up January was First Merchants Bank. Other event sponsors included Sweetwater, Business People, Ambassador Enterprises, DeVore Chapel Pyle, Inc., Gibson Insurance, MBN Properties, Parkview Health, and many more.









More Jazzin' Up January Photos available on our Facebook page. facebook.com/crosswindsorg

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