

connection AND restoration

MAY 2025



Your Partnership is Unlocking New Avenues of Support

At My Father's Arrows, our mission has always been to provide not only a safe and nurturing environment for children, but also meaningful support to the whole family. Thanks to your partnership, we've been able to expand our services with several new resources and program enhancements designed to facilitate encouragement, healing, and hope.



Red Light Therapy & Mindfulness

Research has shown that red light therapy in conjunction with mindfulness practices may support emotional balance, reduce anxiety, and promote cellular healing – benefits that are particularly impactful for children affected by trauma.

Special Strong Groups

This new group adaptive fitness program is centered on neuroplasticity exercises that aim to strengthen the brain's ability to adapt, heal, and form healthy patterns. This supports emotional and behavioral growth in children recovering from trauma.

Expansion of our Clinical Team

Continued enhancement of our clinical team by hiring additional therapists. This will allow us to offer broader therapeutic availability and more individualized support for every child and family entrusted to our care. Pray that God will send the called.

New Biofeedback Tool: Mightier

Mightier is a research-based biofeedback system that empowers children to build emotional regulation skills through child friendly interactive games. This tool teaches children how to manage their emotions in real time, reinforcing self-regulation.

A Beautiful Goodbye: Matthew's Reunification Story

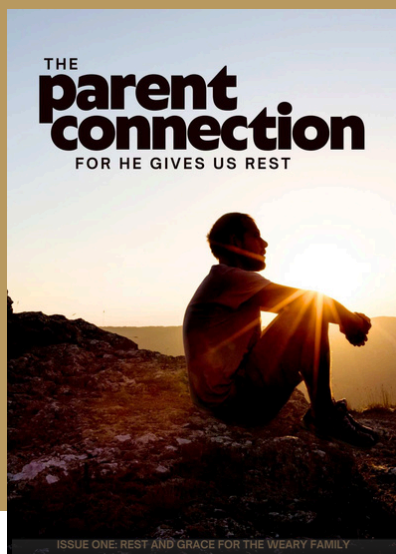
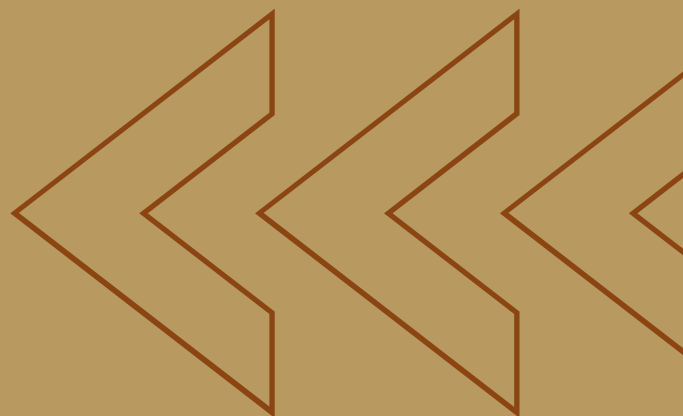


At My Father's Arrows, one of our greatest joys is seeing a child's story come full circle. This month, we celebrate the reunification of a precious little boy named Matthew with his family. When Matthew first came into our care, he carried the weight of early childhood trauma that no child should ever have to bear. But thanks to God's grace, compassionate caregivers, and a family that never gave up, healing began to take root. Through prayer, structure, therapeutic support, and consistent love, Matthew's light began to shine again.

His family walked alongside us every step of the way, committed to learning how to support Matthew through his healing journey. Today, they are stronger, healthier, and more united—testifying to what God can do when we trust Him with the broken pieces. We are honored to have been part of Matthew's story and we send him and his family forward with love, blessings, and prayers. Their journey isn't over, but the foundation laid here at My Father's Arrows will continue to support them as they move ahead—together, as a whole family once more.

*A merry heart doeth good like
a medicine: but a broken spirit
drieth the bones.*

Proverbs 17:22



Introducing our **NEW** parent support magazine! Check out our social media for a preview.

Opry in the Barn

Saturday, May 3rd

Gospel Music | Silent Auction | FREE Dinner

FOR MORE INFO & TO RSVP

- 📞 DENEEN | 850.918.9093
- ✉️ SUSTAIN@MYFATHERSARROWS.ORG
- 🌐 MYFATHERSARROWS.ORG
- 📍 4025 COUNTY ROAD 178 JAY, FL 32565

Gates Open @ 5:30 p.m. | Dinner 6:00 p.m.



Chopping, Cooking & Eating....Oh My!

Thanks to wonderful partners, we are blessed with a well equipped kitchen where the children can enjoy good food prepared FOR them, but also enjoy good food prepared BY them. Boys and girls alike are able to explore life skills that will stay with them for years to come.

One of the classes our children look forward to the most is the home economics and cooking class. Whether it's learning how to bake a batch of cookies, prepare a healthy dinner, or basic dish washing and cleaning, these activities give our children a chance to build confidence and independence.

It's not just about learning recipes or techniques—it's about teaching responsibility, creativity, problem solving, and the joy of accomplishing something with their own hands.

These skills are for everyone! Both boys and girls have the opportunity to develop practical skills that will benefit them throughout life whether in the kitchen, the laundry facilities, or outside in the animal pens.

None of this would be possible without your giving of financial resources, necessary daily supplies on our needs list, and your time. Volunteers with a heart for our children and patience to instruct are the backbone of our program. You truly make a difference. With your continued support, we can keep empowering our kids with the skills they need to succeed....and have fun doing it!

As Proverbs 22:6 reminds us,

“Train up a child in the way he should go: and when he is old, he will not depart from it.”

Together, we're giving these children the foundation they need to thrive inside and outside of the classroom —one meal, one lesson, one skill at a time.



A Time of Reflection and God's Faithfulness

As we approach Mother's Day, many of us are reminded of the sometimes complicated emotions this day can bring. For some, it's a day of celebration and joy, a time to honor the love and sacrifices of mothers. However, for others, it may stir feelings of sorrow, grief, or longing. In our work at the children's home, we understand that this day can bring up a wide range of emotions, particularly for those who have experienced infertility, the loss of a mother, separation from their children, or challenging relationships with their moms.

For individuals who have faced infertility, Mother's Day can be a reminder of dreams unfulfilled, of longing for a child that hasn't come. Similarly, for those who have lost their mothers, whether recently or long ago, the day can be a painful reminder of an irreplaceable loss. The void left by the passing of a mother is deep, and the emotions that surface on Mother's Day can be complex and heart-wrenching.

For some of the children we serve, the separation from their mothers due to circumstances beyond their control can create a profound sense of loss. Mother's Day can bring up feelings of confusion, loneliness or anger at being separated. And for those in difficult relationships with their mothers, Mother's Day may serve as a reminder of strained connections or unresolved pain.

Despite the variety of emotions Mother's Day can stir, it's important to remember that we are not alone in our journey. In the midst of difficult moments, God's faithfulness shines through. He has a beautiful way of bringing women into our lives who walk alongside us and show us His love, even if they are not our biological mothers. These women can be mentors, spiritual mothers, or surrogate mothers who offer guidance, encouragement, and care in ways that help us heal and grow.

In the Bible, we see examples of how God provides for His people in unexpected ways. Ruth and Naomi, for example, shared a bond that transcended biology, as Naomi became a mother figure to Ruth, guiding her with wisdom and love. Similarly, God brings women into our lives who act as vessels of His nurturing presence—women who provide emotional support, guidance, and wisdom, reminding us that His love never fails.

This Mother's Day, while we acknowledge the wide array of emotions that come with the day, let us also celebrate the women who embody God's love and faithfulness.

Blessings,
Sarah Ellis
Sarah Ellis
Executive Director
My Father's Arrows



Honoring Mothers

Whether you give in honor of your own mother, as a way for you to nurture children, or because you know that ache a child feels when they are apart from their mother, we invite you to give generously this Mother's Day.



GIVE ONLINE!
Just point your
phone's camera
here:



myfathersarrows.org/mothers_day/

