

connection AND restoration

OCTOBER 2025



Harvesting Blessings Together



Fall at My Father's Arrows is filled with the sights, smells, and sounds of the season. This month the children have been busy baling hay and stirring kettles of homemade apple butter.

We thank God for His harvest, because these simple tasks, woven into daily life, become opportunities to teach patience, teamwork, and gratitude—slowing down, sharing stories, and creating memories around the stove. Each chore becomes a moment where our children discover stability, rhythm, and joy in the work of their hands.

As the air grows cooler, we're reminded that harvest is more than crops—it's the fruit of nurturing hearts and building trust. Part of that harvest includes the hay we gather, which is vital to our therapeutic equine program. Every bale makes a difference, and we are deeply grateful for God's provision. Looking ahead, we hope to expand this blessing by cutting additional hayfields in future seasons. If you have land available, please consider partnering with us. Together, you help provide a safe place where children can experience not only the season's bounty but also the deeper harvest of healing and hope.



A New Chapter Begins

This fall brings more than cooler days—it also brings a beautiful new season for one of our older girls. After much prayer, preparation, and growth, she is stepping into her new living situation with confidence and hope for the future.

We have had the privilege of watching her mature during her time at My Father's Arrows. Her journey is a testimony to God's faithfulness. She has worked hard to develop life skills, embrace responsibility, and build healthy relationships that will serve her well as she moves forward.

Transitions like these are bittersweet. We will miss her daily presence, but our hearts overflow with gratitude as we see her ready for the next step. Please join us in praying for her continued growth and success in this exciting new season.



Opry in the Barn

Special Musical Guests:

Kelly Crabb + the Bowling Sisters

Saturday, November 1st

Gospel Music | Silent Auction | FREE Dinner

FOR MORE INFO & TO RSVP

📞 DENEEN | 850.918.9093

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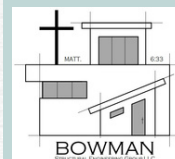
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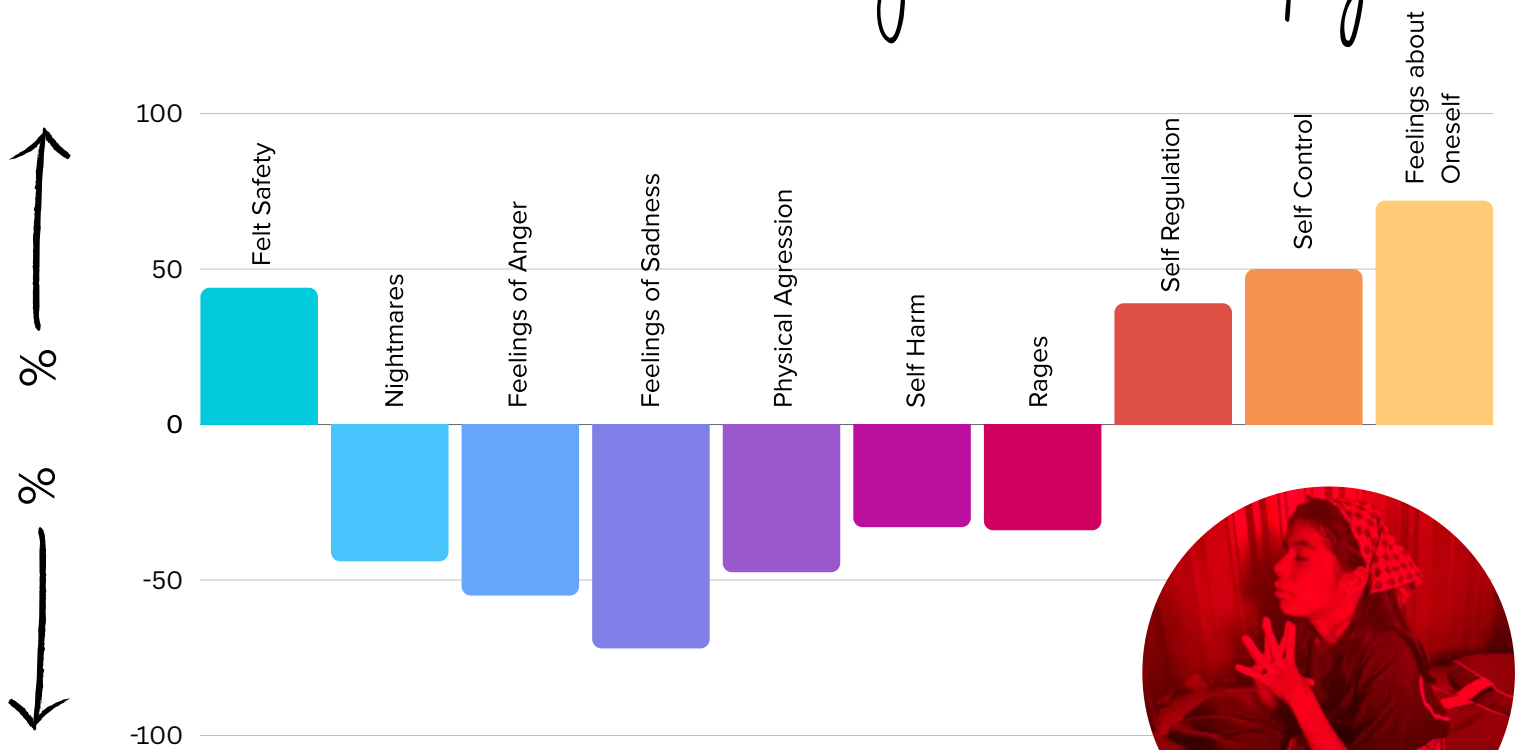
Gates Open @ 5:00 p.m. | Dinner 5:30 p.m. | Music 6:30 p.m.



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Results of Red Light Therapy



survey says ...

We are always seeking safe, effective ways to support the children in our care. One of the tools we've recently introduced is red light therapy, and according to the study we did on eighteen of our children, we're already seeing wonderful results.

Red light therapy is a non-invasive treatment that uses low-wavelength red light to penetrate the skin and promote healing at the cellular level. Research shows it can reduce inflammation, improve circulation, and support healthy sleep patterns. It has also been linked to improved mood, reduced anxiety, sharper focus, and even relief from seasonal sadness during the darker months of the year. In short, this simple therapy helps the body and mind do what they were designed to do—heal and restore balance.

Not only can we use red light therapy here at the ranch, but the devices are also portable and can go home with the children. This allows for continued use after transition, so families may benefit as well. The ongoing access makes it a valuable tool for helping children maintain consistency, stability, and wellness in their daily routines, while also giving them a healing strategy to share with their families and caregivers.

We're grateful for this opportunity to provide a resource that supports both immediate care and long-term well-being.

Red light therapy is a shining example of how the right tools can help children reach their full potential and thrive well beyond their time at the ranch.

Walking Through Life's Turning Points

As the seasons change, we are reminded that life is full of transitions—some joyful, some bittersweet, and some deeply painful.

Each transition carries with it a measure of grief, because change always requires letting go of something familiar.

We grieve when we lose a loved one, because their presence was a steady part of our lives. We feel a pang when a child graduates, not because we aren't proud, but because we know childhood is slipping into adulthood. Even something as tender as the last time you rock your child to sleep can stir a quiet sorrow in your heart. **These moments remind us that time moves forward, whether or not we feel ready for it.**

Yet, in every season of grief and change, God's Word offers us comfort. **Psalm 34:18 reminds us, "The Lord is near to those who have a broken heart, and saves such as have a contrite spirit."** What a blessing to know that we never walk through transition alone—He draws near when we need Him most.

At the same time, scripture encourages us to look ahead with hope. **Ecclesiastes 3:1 declares, "To everything there is a season, a time for every purpose under heaven."**

The same God who walks with us in our grief also has a purpose for every change we face. Nothing is wasted in His hands.

As we move through life's seasons, may we learn to grieve with gratitude—**thankful for the moments we've been given, even as we let them go.** And may we lean on the steady presence of our Heavenly Father, who promises to never leave us or forsake us.

Transitions may not be easy, but they are opportunities to see God's faithfulness in new ways. Whether you are in a season of celebration or sorrow, know that you are not alone. We at My Father's Arrows are praying for you, trusting that God will bring beauty, healing, and hope in every step of your journey.

Sarah Ellis

Executive Director
My Father's Arrows



Stocking the Shelves with Love

So thankful for the donation from Pace Assembly, who blessed the children's home with 8 pallets of non-perishable food! We are grateful for a community that loves our children.



A Salute to the VFW's Generosity



We are so thankful for the faithful support of our friends at VFW 4833.

Their donation helped to furnish the school desks in our recently remodeled school rooms on campus.