



connection AND restoration

DECEMBER 2025



Fresh Air and Full Hearts



While life often feels busy and full, **learning to slow down is just as important as gaining new skills.** At My Father's Arrows, we spend very little time on screens; instead, we **invite our children to step outside, breathe deeply, and enjoy God's creation.** At the park, the Arrows ran freely, played tag, and laughed together—burning energy while connecting with the world around them.



These outdoor moments remind the children how to take care of themselves—recognizing when they need a break, pausing to recharge, and finding peace in nature. Time outside helps them stay present: watching leaves dance in the wind, feeling the sun's warmth, or listening to birdsong. **Even a few minutes of quiet observation improves their mood and reduces stress.** They are learning that **being present is just as important as being productive.**



By blending active play with peaceful rest, our Arrows are learning that **both movement and stillness are essential parts of self-care.** A walk in the sunshine or a game of tag isn't just fun—it's fuel for resilience and growth. Thank you for supporting our children as they learn to rest, play, and thrive. And thank you for supporting their growth both inside and out.

Growing Stronger, One Skill at a Time Hearts



This month marked a meaningful milestone for our Arrows as they completed their one-month Anger Management track in group therapy. This rotating topic helps them understand themselves, manage emotions, and build healthy patterns for the future.

Each Arrow received a certificate of completion—small to hold, but powerful in what it represents. These certificates symbolize perseverance and the courage to try new things, even when it's hard. For many, it's the first time they've been recognized for personal growth rather than performance—and that recognition matters.

Moments like this remind us that growth is often steady, quiet, and deeply brave. Watching our kids step into that bravery is one of the greatest joys of the season.



The Holidays

The holiday season is just ahead, and our Arrows are buzzing with anticipation. From decorating cookies and creating

Joy for Every Arrow

This holiday season, many of the children in our program face the reality that their families may not be able to provide gifts. You can help make their holidays brighter by giving a special gift on their behalf. A recommended donation of \$100 can provide meaningful presents, warm memories, and the joy every child deserves. Your generosity shows these children they are loved and valued, even in challenging times. Join us in spreading hope and happiness.



Healthy Habits, Hopeful Hearts

This month, our Arrows took a trip to the dentist. Thanks to the generosity of our partners and partnering businesses, these visits become opportunities for growth rather than stress. Your support and the patient care of the dentists and technicians allows us to show our youth that caring for their bodies is a meaningful step toward caring for their futures.

Watching them gain confidence—whether brushing correctly, asking thoughtful questions, or proudly celebrating a good report—reminds us **how transformative these small victories can be.**

We are deeply grateful for those who invest in the well-being of our Arrows. **Your partnership helps build healthier futures one tooth and one child at a time.**



are Here!!

gifts to singing carols and enjoying festive stories, every activity is a chance to build joyful memories together.



Can Somebody Testify?!

Would you like to hear firsthand how lives are being changed? **We'd love to come to your group or church and share the incredible ways the arrows in our program are growing, learning, and thriving.** From overcoming challenges to celebrating victories, each story is a testament to hope, faith, and transformation. Invite us to speak, and let's celebrate the arrows' journey together—because every success is worth testifying about! Reach out to **Deneen Goforth at 850-918-9093** to schedule.



Mary's Yes: Courage in the Hard Calling

There are moments in life when the task before us feels far bigger than our strength. The weight of responsibility, the fear of what we might lose, or the uncertainty of what lies ahead can make us question whether we're capable of moving forward. Yet throughout Scripture, God reminds us that **He equips those He calls—often in ways that stretch us beyond comfort but draw us closer to His purpose.**

Mary, the mother of Jesus, is one of the most powerful examples of this truth. When the angel Gabriel appeared to her, she was a young woman with **her whole future laid out before her**—an engagement to Joseph, a respected place in her community, and the security of a traditional life. **But the message she received threatened all of it.**

Carrying the Messiah meant she risked losing her reputation, her relationships, and even her safety. In her culture, an unwed pregnancy **could cost her everything.** Her future with Joseph hung in the balance. The support of her community could vanish in an instant. The life she expected was slipping away before she ever held Jesus in her arms.

*And still,
Mary said yes.*

Her response—“**Let it be to me according to your word**”—was not spoken from a place of certainty but from **deep trust in God.** She **stepped into the unknown believing that if God asked it of her, He would also sustain her through it.** Scripture reminds us of this same promise:

*“For with God nothing
will be impossible”
(LUKE 1:37, NKJV)*

Mary's story teaches us that **obedience often feels costly, and faith rarely comes with all the answers.** But when God places a calling on our lives, He also provides the strength, courage, and provision to walk it out. **What seems impossible to us is more than possible with Him.**

Sarah Ellis

*Executive Director
My Father's Arrows*



Warming Hearts & Toes!

The High Road School of Santa Rosa blessed our children with a generous Socktober donation, providing warm, cozy socks for the winter season. **Their kindness brings comfort to little feet and big hearts alike.** We're grateful for their support and the warmth they've shared with our kids this year.

