

## Hello CFM family!

God has blessed CFM with many opportunities to share His love in the last two months. We have been praying that He make visible areas we can help, and He has answered our prayers in amazing ways. He has blessed us so we can bless others.

Over the past 8 months, Josh has been corresponding via e-mail with Edinah and her brother Philip in Kenya. Edinah had found our website and reached out inquiring about spiritual growth. They have been leading a small group of about 50 people to Christ by leading worship services under the shade of a tree in the village of Getumbe. Edinah has a heart for the Lord and it is very evident in our communication. When asked about their needs, she responded that they don't have many Bibles. After discovering that most of their church body speaks Swahili, we set out looking for Swahili Bibles. CFM then purchased and shipped 50 bibles to the closest post office, which is about an hour and a half from their village. We were notified the bibles arrived on 11/8 with much praise to the Lord. It took about a month to get there, and a little time and money to place God's word in the hands of these hungry people. Thank you, Lord!

With the events related to Superstorm Sandy, Michelle reached out to a childhood friend who lives in northwestern New Jersey to make sure that she and her family were safe and sound. Praise the Lord, they were all okay! However, many of their friends and family were without electricity, so she & her husband were housing family members, feeding neighbors and helping others in need. They had easy access to stores and supplies and assured us that they didn't need anything. We still wanted them to know that CFM would support them and share God's love with the area in some manner. After praying, we decided that the best thing to do was to send a cash card to my friend knowing that she would use the funds in the most appropriate, God-honoring way. Today, I received an email thanking CFM and explaining how she determined the best use of the funds. She knows of a family who lost their business several years ago in a fire, the loss of which they never financially fully recovered. Then, last December, the wife was diagnosed with stage 4 breast cancer. Bills were already piling up, but with the loss of supplies caused by the storm, the daughter confessed to my friend "it's just so hard for mom and dad these days." My friend stated, "when I presented one of the daughters with your donation today, she cried. The generosity of CFM overwhelmed her, as it will her family." Through a friendship that has been cultivated since I was in kindergarten and with much prayer on all parts, CFM was able to show God's love and provision to a family who had never heard of CFM before.

Within our local community, CFM is also at work in small ways that will have huge rewards by showering others with God's love. We were able to help a single woman who was struggling financially get caught up on some back bills. We were also able to donate winter hats, gloves, jackets, tennis shoes, and undergarments to children who needed them. We held our down & dirty peanut butter drive to help replenish protein supplies at the Good Shepherd Center again this year. Through our Flame Team's generosity and resources God has blessed us with, we turned in 221 jars of peanut butter.

Over the last couple of weeks we have been made aware of a family whose son is suffering from cancer. Through some unexpected connections, we are currently working to line up a cleaning service and provide meals a couple of times a week to help relieve some of the strain this family is under. If you live in our area and would like to help provide a meal for this family, please contact us.

This is an overwhelming experience! God has blessed us with so much, and we are honored and privileged to be the vehicle of His choosing for this time and place along people like you!

As you can see, God has been working hard through CFM over the last month. For those of you who have been with us on this journey of Christian Fitness Ministries, you will have noticed that we are evolving and growing with God's guidance every day. This has been a very exciting experience for us as we learn to follow God's perfect timing and plans in every part of our lives, and especially for CFM. We are very thankful for your continued support of financial donations, money, and most importantly prayers as we continue to equip ourselves and others to live with the light & hope of Jesus Christ.

In His love,

Ash + Michelle