



## Maria's Story . . .

Describing staying at the Sheepfold is like trying to explain the calmness of the sea after a storm. It feels unreal. It's too calm to be true. Your heart doesn't pound in your chest anymore. Your thoughts are quiet. You feel at peace. That same peace most of us haven't experienced in a long time. Instead of always being in survival mode the Sheepfold gives you a moment to pause and reflect on your next moves.

They help you to develop a connection with God, Jesus and the Holy Spirit, to heal and mend the deep scars of abuse and trauma. You learn everyday that you'll never be alone again, you know that this is true. The structure of Sheepfold and the Word of God they share, guided us to the healthy boundaries we now follow. It raises up your standard of living and gives you the tools to start building a strong foundation to be able to thrive.

We loved being there, my 2 boys and I. We loved the staff and the other Sheepfold families. We loved every single moment of it. We were on "the run" for a long time with no where to go while our custody battle was going on, so we could go back home to Canada. We finally won, and we are now back surrounded by friends and family. We are so deeply happy to finally be safely back home.

The Sheepfold provided what we needed and more. They gave us support and help in every way they could. It was a delight to be there and to feel safe in body, soul and mind.

Thank you to all the donors, all the volunteers, all the friends of the Sheepfold and just everybody trying to help this organization. Your help is not forgotten. You are in our prayers and our minds everyday. It is difficult to sufficiently express our gratefulness in words. Thank you again from Canada.

Loves and kisses,

*Marie, Dex and Baby Ames*



"Come, let us sing for joy to the Lord,  
let us shout aloud to the Rock of our salvation.  
Let us come before him with thanksgiving and extol him with music and song."

—Psalm 95:1-2

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# LIVES - IN JESUS' NAME



DELIVERANCE



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HEALING



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# The Sheepfold



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*"Oh come, let us worship and bow down,  
Let us kneel before the Lord our Maker.  
For He is our God,  
And we are the people of His pasture,  
And the sheep of His hand."  
—Psalm 95:6-7*

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## Our Kids . . .

*O*ur Sheepfold kids always have so much to talk about during meal times, and I love to listen to their conversations. One time, the topic was God. One of our boys, Nicholas, had a lot of questions about who God was. Owen, who is 9 years old, began to explain the Trinity to Nicholas. The Trinity is a difficult subject for theologians to explain, let alone a 9 year old boy, yet here he was explaining in his child-like language who God is to his friend. It was the sweetest thing to witness.

Before coming to the Sheepfold, Owen didn't know much about God or even how to read a Bible. Since being at the Sheepfold, he has learned to use the Bible, which he reads on a daily basis. He has come to believe the gospel and has taken classes at our church in preparation for his baptism. It is exciting to see how God changes the hearts of the little ones here at the Sheepfold.

—*Olya*, Sheepfold House Manager,



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