



ATLAS of Osceola Co.

Attaining Truth, Love And Self-control

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From the Director's Desk...



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"If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!"
Ecclesiastes 4:10

Being bullied is no fun— it's awful. Just ask Nicole, she'll agree. She, like so many others, was being bullied mercilessly by her peers in school. Then she met Tricia, staff mentor from ATLAS, and . . . I'll let Nicole tell her story.

Back 3 years ago in 6th grade, I struggled with self-esteem. My peers were bullies. According to them, I was overweight. I felt alone and at times even had suicidal thoughts. Due to wanting to lose weight and fit in, I began to not eat. One day I told my friend about my thoughts and she quickly told the school counselor. Before I knew it I had a lady from ATLAS coming to school and meeting with me weekly. I was slow to trust this person I did not know. But Tricia was quick to pick up on this and would lessen my anxiety by going through conversation starters with me, not even talking about my issues. As time went on, she and I would discuss healthy ways to manage weight by exercising regularly and eating the right foods. It took me about 6 months to realize Tricia was there for me. At the same time, I was in a faith support group (that my parents put me in) and when I began to trust God more, I began to trust ATLAS. The trust was built through consistently being there— giving hope and encouragement. Tricia encouraged me to discuss my concerns with my family and when I did, I found out I already had people in my life willing to be supports to me. At first I did not think my family would be a good support but later realized they were. The beautiful part about beginning to trust both God and ATLAS was that I learned to stand up for myself and was able to tell my peers how their



words affected me. When I did this during my 7th grade year, the majority of my peers apologized and offered to be there for me. By the 8th grade, I had accepted myself. I realized I had no need to worry what others thought. I was able to accomplish this positive way of thinking with help from my family, ATLAS and my youth group. Now that I am in High School I continue my relationship with Tricia. An on-going friendship has been formed. She and her family even attended my Quinceanera (15th birthday party celebrating the transition from childhood to young womanhood).

ATLAS is helpful for anyone needing a connection and not sure where to turn. They listen and they make you think by asking questions like, "Have you thought of this?" The best part is they never tell you what to do! I do continue to struggle with internalizing my emotions but have learned how important it is to lean on my supports in time of need. I want my peers to know they can lean on me for support if they are being bullied or just need someone to talk to. Thank-you, Tricia, for letting me lean on you.

"Perfection is not attainable, but if we chase perfection we can catch excellence." ~Vince Lombardi

Nicole Olvera

No one needs to put up with being bullied. So if you're being bullied or know someone else who is, please talk to someone you trust—like Nicole did. Everyone has the right to feel safe and you can find that safe place at ATLAS.

Clark

Board Members:

John Van Diepen-Pres.
Deb Kosters-Secretary
Steve Swenson
Peg Van Kley
Kathleen Osterman
Doug Noonkester
Bill Boer



To the ATLAS staff,

You don't know me, but you helped me, my husband and our family more than you know. Last fall my husband admitted his dependency on alcohol and the poor choices he'd made that hurt our marriage and our family. Then he came to you. I had been praying for many years for change and for about 6 months had prayed for REVIVAL in our family. While at his lowest, broken and alone, he received Jesus as his Savior. He truly is a "new creation" and has been sober for 10 months. When God said, "Behold, I make ALL things new," He wasn't kidding. Our marriage, family-relations, my husband's health and mindset are all healing, growing and becoming new. I just wanted to thank you for your part in our Revival.

From A Grateful Wife



WE CAN'T DO IT WITHOUT YOU!

It's really that simple. Without financial partners the ATLAS door would close. But we know God can afford His work—this is His ministry, not ours. The board and staff offer our deepest appreciation to first-time givers, monthly givers and the faithful partners who've supported us since the beginning. Offerings collected for ATLAS in our area churches seem to happen at just the right time and are a tremendous blessing. We praise God for the farmers who donate gifts of grain, families who direct memorial gifts to ATLAS and the folks who respond to our newsletter wish-lists. Special thanks to Osceola County Rural Water for their charitable donation this year. Each gift is stretched and wisely used to touch as many lives as possible. We ask you to join us as we pray-in the rest of our 2016 budget (approx. \$36,000) and praise God in advance for providing.

If you've not contributed before, come join us! Your Thanksgiving and year-end tax deductible gifts will be greatly appreciated and timely. **When we join together using our gifts, God works to accomplish great things.**

STATISTICS

2016 Appointments to date: 1411

BUDGET

Received to date: 63% of yearly budget

Do you shop amazon?

ATLAS of Osceola County is now registered to receive .5% of eligible purchases from the Amazon Smile Foundation also known as **AmazonSmile**. It is easy to help us receive this charitable donation. Instead of logging into Amazon.com, you can log onto your same account using www.smile.amazon.com. This site is just like the one you already use. When you open the site the first time, you will be asked to select a charitable organization. Remember to use the AmazonSmile site from now on and we will receive the donations. It really works!

 **THRIVENT FINANCIAL** Also, we responded to a request to register as an eligible charity/nonprofit with Thrivent Financial. Their clients in Iowa number over 98,800 and many in our area use their services. We share their belief that **"all we have is a gift from God and that generosity is an expression of faith."**

ATLAS Wish List

"Jesus Calling" by Sarah Young

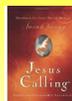
Canon printer ink #240

Bottled Water

Toilet paper ~ Stamps

"Boundaries" by Drs Cloud & Townsend

"Codependent No More" by Melody Beattie



"Jude's Jottings" A Bird's-Eye-View

Lately I've been told I make a lot of racket. What can I say?? I like to sing. Now I'm being told to keep this message on-point. So I'd better get right to it. For those of you who want to bless the individuals and families who come through our ATLAS door, here are some super-simple ways to do that this Christmas.

The staff has put together short lists of inexpensive, easy to find gifts for both our men and women. Stop in the office any time after Nov. 21st and pick-up a list or two if you like to do some quick shopping to make someone's day! We'll even hand you an ATLAS tote-bag to put the gift-items in.



 If shopping ruffles-your-feathers, here's an easier option. Gift cards from any local business/gas station/Walmart are a great way to anonymously encourage a struggling individual/family and allow them to purchase items they need. Our staff will utilize the gift-cards throughout the year to bless our peeps as needs arise and to celebrate victories of accomplishment, sobriety and self-control.

None of the above strike your fancy? Here's an idea for you. Many of our peeps cannot afford a traditional holiday meal. So please feel free to bring in a frozen ham or turkey. A gift like this can change-up a holiday meal from meatloaf to magnificent!



Please bring gift-cards, filled ATLAS tote bags and frozen hams/turkeys to our office by Monday, Dec. 12. We'll then begin blessing our peeps with the fruits of your generosity during the two weeks prior to Christmas and well into 2017.

Wishing all of you a great Thanksgiving, a wonderful Christmas—AND thanking you for blessing our peeps so generously.

Joyfully yours,

Jude



Client Quotes

- ♦ "God knew I needed ATLAS but I sure didn't."
- ♦ "I can't seem to get out of my own way."
- ♦ "My marriage is like pushing a huge rock up a mountain."
- ♦ "Every in-law I've got is a moron—every single one."
- ♦ "ATLAS saved my life."
- ♦ "I'm gonna sell my kids on Craig's List. Can I get in trouble for that?"
- ♦ "ATLAS is so important in my recovery and vital in my success."
- ♦ "Everybody in this place reminds me of Jesus."