

## UPCOMING EVENT

May 29

### 6th ANNUAL IMI MINISTERS & BUSINESS CONFERENCE

9:30 - 2:00

Harvest Church International • 40 E Illinois Hwy. 61  
Plymouth, Illinois • Kevin Lingenfelter  
(309)458-6677 or (309)458-3293 or (217)242-6213

## HONDURAS MISSION TRIPS

Join us at the City of Refuge

**Coordinator - Cindy Schupbach**  
cindys1948@yahoo.com  
Call or text (740)485-1010

**We will custom design a mission trip for your church or group  
Call Tom at (612)202-6064**

*These are Tom's days. Feel free to come before or stay longer.*

**May 13-15 • June 12-14**

**July 3-5 • August 28-30 or 29-31**

**September 6-8 • October 2-5**

**November 13-15 • December 26-28**



*"I love those who can smile in trouble, who can gather strength from distress, and grow brave by reflection. 'Tis the business of little minds to shrink, but they whose heart is firm, and whose conscience approves their conduct, will pursue their principles unto death." – Leonard da Vinci*

**Stammaxim** The Bible scares the hell out of me.

\*\*\***THIS MONTH'S MESSAGE**\*\*\*  
Please read\*\*\*Scary verses

## WISDOM FROM THE *Word*

We read in Matthew 25:31-46 that Jesus will have to say to some, "I was hungry, and you didn't feed me. I was thirsty, and you didn't give me to drink. I was naked, and you didn't clothe me. I was a stranger, and you didn't invite me in." Verses like these scare the hell out of me and make me afraid for my brothers and sisters in Christ. How many believers never feed, clothe, give water, visit the sick, invite people in – never, ever! I watch during church services, and many people give zero to the orphans. Yet they say they love God. I have seen people who love to pray and worship and give nothing to help the poor. Then, I have watched people who rarely attend church and don't always have a very strong devotional life give and serve and come on mission trips and help others. I don't understand the disconnect. How can we say we love God and don't love people? *"But whoever has this world's goods, and sees his brother in need, and shuts up his heart from him, how does the love of God abide in him?" I John 3:17*

### *Mistakes that Christians make*

One of the biggest temptations is to pick and choose which verses to live by. Here are some mistakes that many of us make:

► We cherry-pick the promises and ignore the premises. We quote Philippians 4:19, *"...God will meet all [my] needs according to the riches of his glory..."* and totally ignore that this promise is not for every Christian. It is originally meant for the Philippians, but can be applied to people who meet the needs of ministers of the gospel. We quote Psalm 37:25, *"I've been young and I've been old and I have never seen the righteous forsaken, or his seed begging for bread,"* and stop there and declare and believe, but ignore the very next verse that says, *"They are always generous..."* Every promise has a premise. Some promises are solely by faith; others require actions.

► We read a Bible promise, quote a Bible promise, declare a Bible promise, but we don't obey the Bible verse. Jesus told us that a person who hears the word and doesn't do it is like a man who built his house on the sand; when the rains came, they washed it away.

► Believing in right doctrine doesn't mean you are righteous. I have met so many Christians from so many denominations who can quote Bible

doctrines that pertain to their denomination, but they don't feed the poor, love their neighbor and help others. Quoting your favorite doctrines and their proofs may work in your particular denomination, but the world is unimpressed. Jesus said that they will know us by our fruits. Having right doctrine and not living righteously is living exactly the way the Pharisees did. They had their right doctrines, but Jesus rebuked them for lacking compassion and love and mercy.

► We mix two types of righteousness and lump them together. There is a righteousness that comes by faith in Jesus. We receive forgiveness and salvation by faith and are clothed with His robe of righteousness. But there is another type of righteousness, based in the first covenant, that is doing actual deeds of righteousness. This is what John referred to in Revelation 19 when he said the wedding gown of the bride is the righteous acts of the saints. Righteous acts do not save but spring out of our faith and love response to what Christ has done. True faith will result in loving and serving others.

► *"Faith without works is dead,"* according to James, the leader of the church at Jerusalem. God said that Abraham's faith was counted as righteousness, but James pointed out that Abraham had such great faith that he was willing to sacrifice his own son knowing that God could raise him from the dead. True faith is proved by true actions. For example, I can believe tithing is a good thing, but if I don't tithe, then I don't really believe it. I can believe in forgiving people, but until I actually forgive, my faith doesn't benefit me. I can believe that loving my family is important and is biblical and brings blessings, but until I act out my faith, I don't really believe. Did not James say, *"You believe that there is one God; you do well: the demons also believe, and tremble?"*

► Generally speaking, liberal Christians emphasize helping humanity, and evangelicals emphasize preaching the gospel and discipleship and relationship with Jesus. Let's take the best of both without neglecting the other side. Read Matthew 25 and the three parables. The ten virgins and the oil simply means get saved, get filled, get disciplined. The parable of the talents means double your money and invest to make more money. The parable of the sheep and goats means take your profits and give them away. First, we love God; then, we love people.



May 2017

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**Report from Teresa** The children at the City of Refuge are preparing for Easter break. We are having tests every day. Pray they do well in school. The children are having music classes with their teacher, Dustin Miller, from Washington. They are learning to play piano, guitar, and violin with Josh Otte who is expert in violin classes. Megan Miller, Dustin's wife, is training our educators how to take care of children and how to discipline them. She is very knowledgeable about teaching and is a blessing for the City of Refuge. Cherry, Dustin's mom, is helping the little children get ready for school in the mornings. Nicol, our youngest child, was very sick



Nicol

with food poisoning. She was hospitalized for seven days. Her medical bill was \$1200. Thank you, Jesus, we could save her life. Pray for her to get better. Also, Wendy is in the hospital. Pray that she gets better and comes back soon.

**Fifteen new children recently added to the City of Refuge** It's amazing how the new children have fit in with very little controversy! They are learning in school and growing in God. They love their new home. Even little Esther was waving at me the other day. They know they are loved.

**Great comment:** "I thought the children will be depressed and sad, but they are actually very happy."

**March mission trips – busy, busy month for us** We had six different teams come to Honduras. Group one was Pastor Jeni Belmore with her friend and two children, another one of her friends from Wisconsin and an engaged couple from Ellendale, North Dakota. Pastor Jeni is an awesome preacher, and my wife said that she was one of the best preachers ever. She preached two powerful sermons. The group painted the school. The school needed it. They also evangelized door to door in the community. One afternoon, we had a pool party and over a hundred people came. Pastor Jeni preached and dozens received Christ. A number of their group want to move to Honduras.

We had Pastor Kurt Verhoeven, Ed and Scott with his wife and teen daughter from Janesville, Wisconsin. Kurt is one of my board members and he and Ed have been here over ten times. Scott and his wife and daughter came for the first time. Pastor Kurt didn't feel well, so he spent most of his time relaxing. Ed and Scott made tables and chairs for the children's dining room. Scott's wife counseled some of our children.

We had Pastor Kevin Anderson and a group of eleven people come from Devil's Lake, North Dakota, come for a second time. They were here two years ago, and they were amazed at the big changes that have happened in the City of Refuge. Pastor Kevin's son preached a powerful message. They also finished the painting of the whole school. It looks beautiful. At night, they played a lot of soccer with the kids. During the day, they also evangelized in the streets. They went to the garbage dumps and preached the gospel. One lady in his group is a nurse and her husband works for an ambulance service. They helped out in the medical clinic. Pastor Kevin said that they enjoyed the trip. He liked that there was a variety of things to do and that it was very relaxing.

Mike and Cindy Schupbach from Ohio come to the City of Refuge about three times a year. Mike is our pizza baker and ice cream maker. The City of Refuge is their second home. He and his wife organized the pool party and helped out with the missionaries on the trip. Cindy is our missions director.

Justin Barbeau with his wife from Seattle, Washington, and his father-in-law from Nicaragua came for their first time. They totally organized the donation room. Wow! It hasn't been this nice since we first moved in. Justin enjoyed playing soccer with the kids and loves it here. I know if his wife would let him, they would move down here.

Rev. Dave Holmbeck and Mark Bezdicik came to Honduras for their first time. Rev. Dave was a YWAM base director in Wisconsin for almost twenty years. Mark is a window contractor and is studying to be an IMI minister. Dave preached for Pastor Julio, did an all-day evangelism conference and preached to our children and our workers. Mark shared his testimony, built furniture and installed windows.

**April mission trips** We have a college student coming down for a week to minister. She is on-fire and I met her at Pastor Hermon Colon's church two years ago. She is coming the first week of April.

**Wrestling** Justin's dad from Nicaragua cleaned the wrestling mat. The last two months we have been wrestling. It's so much fun to see the children body slamming each other – in love, of course. We actually had more girls wrestling than the boys.



**Internship – new opportunity** Send your high school or college student on a mission internship to Honduras. From Missouri, we have a female college student, who is studying to be a social worker, coming for three months. From Illinois, we have a female freshman college student coming in May for three months. From Wisconsin, we have a music teacher coming for three weeks. Potentially, we will also have two high school students from Illinois and Georgia and two college freshmen from Iowa and Wisconsin. They can choose their activities – art, music, children, evangelism, prayer, teaching, sports, painting, construction or agriculture. Call **Tom** for more information **(612)202-6064**.

**Have you ever blessed someone and it backfired!** This is a cool story. Have you ever borrowed something and it came back broken? Or let someone live in your house and they destroyed it, or tried to be a good Samaritan and it backfired? My wife and I have so many negative stories, it could steal your joy. But many times, we don't have patience to watch God redeem the situation. For example, we invited a village to come and play soccer against our boys. As I watched the game, I noticed a boy aggressively ram into another boy to get the soccer ball, and he dislocated his elbow. He was screaming in pain. My wife came and wrapped his arm, and we put him in the van and brought him to the hospital. I began to think, "Hmm! Who is going to pay for the doctor bills?" Understand, we don't have a budget for this. Two, we were being loving to let them come and play. Thirdly, these are poor people who don't have the money to pay the doctor. Most Christians would pray about what they should do and wait on God long enough so, hopefully, they won't have to do anything. My dilemma is that he is in major pain; he could be handicapped the rest of his life. We don't have the option of praying about something for two months. We are EMT. Like the good Samaritan on the road to Jericho, we couldn't walk by and do nothing! Well, the doctor bill was \$150. Of course, this is nothing compared to our \$100,000-a-month IMI budget. The rub was that I did something nice, and now, I have to pay for someone's aggressive behavior. So out of love and sucking it up, I paid the doctor bill. (Suck up, Buttercup!)

When I got back from Honduras, I noticed a scab on the skin on my shoulder. It didn't go away. I thought, "Could this be skin cancer?" Then, I came down with a cold, and I could barely breathe. So I called our doctor friend, Dr. Jan from Richland Center, Wisconsin. She told me to come to the hospital. She cut the scab off for free and sent it to a free cancer clinic and gave me free medicine pills and two inhalers. No doubt the bills would have cost me perhaps thousands of dollars. My cost – zero!!! And the Lord reminded me again, "If you give to the poor, you lend to Me and I will pay." (Proverbs 19:17). Yes, I gave \$150, but I probably saved \$1,500. God is good!!! Remember, don't be cheap, little Bo Peep!

**Dentist update** We purchased our very expensive dentist chair, and we are ready to go. There are 20,000 people and no dentists. Jesus said, "I was sick, and you visited me."

**To sponsor a poor child to go to school, it's \$20 per month or \$200 a year** 100% of the monies goes to the school and ZERO goes to Tom and Teresa. Sponsors will get updates and emails from the children. If you believe in education, then this is a great opportunity for you to help a child and change the world through bilingual Christian education.

**Help a child to go to college** We enjoyed spending time with our eldest daughter, Adriana. We are so proud of her. She loves the children and is in her third year of college to become a doctor. IMI is looking for six sponsors for \$100 a month or two sponsors for \$300 a month or one sponsor for \$600 a month. Please pray about helping her become a doctor and mark **Adriana** on your check.

**Long-term missionaries**

Joshua Otte is going home in April and will be back in May. He is the right hand

man for sure at the orphanage. We are looking forward to the day that he will have his residency and can stay in Honduras long-term. Praise God for Joshua. • Pam Arnold had to go home; she is battling major illnesses. Please pray for her. • Dustin and Meghan Miller and their family from Seattle are settled into their new three-bedroom home. Dustin is teaching music three to four times a day. He also is teaching guitar and piano and drums to our children after school. Joshua helped out the missionary teams. He is beginning to bond with the children. Meghan is helping with the kindergarteners who are slower in learning than their peers. They also helped out making pizzas and ice cream. Dustin learned how to run the ice cream machine. The children are adjusting well to the new changes. • Please pray for Brian and Cathy Grey. Cathy just went home after her surgery. Pray for good test results.

**Incredible miracle – read on!!!** As I am writing my May newsletter, I typed this:

**Multipurpose building** The plans are finished – Hallelujah! The bids have come in at \$275,000. This reminds me of Isaiah 54:1 >>>>>>> our tent pegs are being stretched. The first phase will cost \$20,000. Please be praying for us.

**One minute after I typed this in (not exaggerating) I felt led to check my text messages** Our major donors, out of the blue, texted me that they are committing to give \$40,000 in four months. Wow, God is good! I had no idea how we were going to fund this project. The first phase is \$20,000. God is good. We will breaking ground the end of May.

**Two bathrooms finished – Hallelujah!** The little children were having to walk so far to the bathroom that they couldn't hold it, so we built a boys and a girls bathroom. They are beautiful.

**Duplex is completely finished** It's been a long process, but it is finished!!! We thank God that our dream of rescuing families from the dumps is finally beginning to materialize. We are excited about the updates of the new families and the changed that are going to be made. Can you imagine living in a garbage dump? Then one day, you get a brand new place to live, a job, Christian bilingual education, monthly presents, and all the fun activities a child could want. Hallelujah! Our first family should be moving in any day.

**Triplex is started** The original plan was two small bedrooms and a small bathroom and a small living area. But I said it was unacceptable. We need to expand it to make everything bigger. It will double the size of the apartment. With the new addition, it will be finished by the end of June.

**Small project** Josue, our welder, is building a small building where we will put our scrap metal and wood and tiles that are left over from our projects around the City of Refuge.

**In March** Our electrician moved the power lines so we can put a roof on our art and music rooms. He also did electrical installation for the store. Our plumber is plumbing our store that used to stink, ugh! And they are doing in the rough-in for our 7,000-square-foot orphanage.

**Construction projects – contractor report**

**Omar** The 175-bed dormitory walls are done. Now we begin the work on the roof of this massive building. The roof is a four-month project. When it is finished, they will put in the electricity and then begin the flooring. This is a 7,000-square-foot building. It is huge! We also have sent \$5,000 to do the rough-in plumbing in March and another \$2,000 for April. The building is really progressing. It's our second biggest building so far. We are excited to see what God is going to do. Estimated finish time is ten to twelve months.

When we are finished, this may be the largest dormitory for orphans or Bible camp in Honduras.

**Torres** is focusing on adding another apartment, and thus, changing the duplex into a triplex. Hopefully, it will be finished in May. Then, Torres is going to work on a barn for our tractor and implements so they don't get rusted out.

**Navoth and his two brothers** Our small grocery store, bakery and kitchen has been expanded. The workers were too crowded and had to share the sinks. We added about five extra feet along the total length of the building which actually made a huge difference. We doubled the sinks and added more room for the workers and groceries. The plumbing will be finished by the first week of April. The add-on will be finished by May 1st and will be open for business. The walls of the art and music rooms were finished at the end of March. We had to move the electric lines because they were in the way of our roof. At the beginning of April, they are beginning to work on the roof and the electrical, then do the floor, plaster the walls and paint. Dustin is excited to get the music room going. These two classrooms should be finished by the end of June. Next, they will begin to build a strip mall. The strip mall will be 36 feet by almost 200 feet.

**Moises** is working on a few projects. He built a security fence to keep the boys away from the girls. This fence is almost finished. All we need is a door. Also, Moises is opening a new door into the boys orphanage to separate the boys entrance from the girls. He is also building a small detention room for the boys who are not listening or have copped an attitude. That room has half the walls done. Very soon, Moises will be finishing the flooring on the butcher shop, too. His next project will be building housing on our farms across the river. The number one problem we have in agriculture is "two-legged coyotes". Besides giving people homes, the thieves will see that we have people with eyes. The first one will be next to the gate. People constantly come in and cut our trees, and in the past, they would steal our grain.

**Rodolfo** As of end of March, the windows of the butcher shop have been made and will be installed in April. Rodolfo's next project will be putting in chain-link fence around the volleyball court. When we play volleyball, we spend 50% of the time chasing the balls. The following project will be putting the roof on the girls huge laundry room and recreational area.

**Julio** The electrical company gave us false information on where to build our projects. The major power lines that run through Honduras run through our property. Thank God we found out now. I couldn't tell you the costs that would have incurred if we had not caught this right away. So, Julio's tourism project has been set back two months. But I tell you, it could be a lot worse. This will be a sixteen-month project that will put us on the tourism map in Honduras. They are currently digging the other half of the pool.

**IMI makes a very important transition** Our contractors are very skilled and talented, yet nobody knows it all. Mistakes have been made especially in the plumbing (smell) and the electrical (dangerous). So we have hired two specialists in electrical and plumbing. This makes it easier for our contractors to bid and to focus on foundations, walls, roofing, flooring, etc.

**In January, we hired an engineer 3/5 time and, in March, we hired an engineer full-time** The senior engineer teaches at a college and has his doctorate in foundations. He comes twice a week, and we have an engineer on site at all times. For \$1,850 a month, we get a full-time engineer and a set of plans for our building projects. This man has a number of important jobs with the help of the owner. He checks daily on our five to six building projects, tells us how much material we need, checks prices, evaluates what we are spending and how to save money, and draws up one set of plans each month. For example, in February they did the art and music room and in March, the mall. In April, they are doing a house, and in May, the hospital.

**Mini-mall plans complete** In order to be self-sufficient, we need to develop streams of income. We have an interpreter who said that he works with four other orphanages in Comayagua. All of them want to be self-sufficient, but we are the only ones who are going in that direction. The first building will be a mechanic shop that will sell auto and motorcycle parts. We already have a full-time mechanic. Then, we will build seven stores, 17 feet by 26 – which will probably include a pharmacy, clothing, furniture, agricultural, hardware and second-hand store, and one other. These shops will create income for the orphanage and training and jobs for our children. Another major benefit will be reaching out to the people in the fourteen villages. Ground breaking is July 1, 2017. It will be a one and a half to two-year project.



Dormitory



Pool

**Ireland mission trip April 13 to 16** | (Tom) am going to Ireland for the fifth time. This is a very

large conference put on by Rev. Emmanuel Baba Lola from Nigeria, Ireland, and now, Minnesota. There is a lot of preaching, prophesying and ministry. Most of my time is spent prophesying over the 500 people in three days. I will also be visiting with Pastor Isaac who is ordained with IMI and has churches in the UK and Ireland. He also has done mission trips all around the world. Please pray for a harvest of souls and powerful life-changing words.

**Keep praying** for protection from relatives, governments and unknown enemies. Keep praying about IMI starting safe houses.

**25 acres in the most southern tip of the United States** It's so remote, it doesn't even have a road. To donate, put **safe house** on your check. Currently, we are making payments. We need to raise \$20,000 to put in a road.

**Finally, we were able to close on 78 acres in Belize** My pastor and good friend persevered, and we finally closed on the 78 acres in Belize. It is an incredible location between the capitol (Belmopan) and the largest city (Belize City). Hallelujah!

**Eleven acres in Belize with possible partnership to buy another twenty** The land is 30% paid off and we hope to have it paid off before Fall. Please keep us in prayer. There is another twenty acres for sale for \$20,000 and we would love to find some partners to buy it. Please let me know if you are interested.

**Belize update by Sam Barber** We have had a busy month. My wife Becky is involved with monthly Christian counseling over a four-month period. We have had a Passover dinner for about fifteen local church leaders before Easter explaining the significance of Passover and its fulfillment in Christ. We continue to have our weekly Bible study and our youth group called Youth Ties. Unfortunately, violence and murders have been up the last couple of months. This causes people from parts of the city to be on edge, but we know that God protects. Last month's prayer for Malique's and Naiema's passports is answered. As of this writing, they should be picked up in a couple of days. Our current prayers requests are • for all papers to be received from Human Services here so Malique and Naiema can acquire visas • for our ministry and influence to increase at the ministries with which we are involved • for peace in Belize City (over 90% of the murders happen in Belize City) • for designated funds to come in for repair of our minivan that we use extensively for ministry • for prayer and financial support. The cost of living is high and expected to go higher with increased taxes. We are planning to return to the USA this summer for family time and fund raising. We would love to come and visit with you to share what we are doing in Belize. You can contact me at [slbisme@hotmail.com](mailto:slbisme@hotmail.com) If you would like to partner with us, checks can be sent to IMI with **Barbers** on the memo line.

**Peru** My wife is going to Peru to check out contractors and engineers and make sure utility bills are being paid. We believe that 2018 is the year to take this to the next level.

**Short-term projects** are a tractor barn to get our implements out of the rain and hot sun and a storage building to store our building supplies. Currently, we are storing our building supplies in a large room that is in our hotel. This would free up another room for missionaries. Potentially, we could have almost twenty hotel rooms.

**Future long-term projects** Three-story high school and college to train agriculture, Bible, computer and business • hospital • fifteen-room hotel • tourism activities • soccer field • baseball diamond • volleyball court • strip mall • church

**Ongoing projects** More barns • more housing for the poor • walls to enclose property • more homes for single moms • more homes for orphans

**Well report** We hit water to irrigate our corn and beans. Hallelujah!

**52-acre farm** Our farmer has cleared the fourth section of land, removing the trees and thorn bushes. We will be putting in our well to water 52 acres of green grass. Should the Lord continue to bless us, our goal is to have eleven parcels to rotate the cows every three days to fresh green Mombasa grass which has 450% more protein than Honduran grass. God is good!

**Cattle** We have three baby calves with a Holstein daddy. Currently, the cows are producing fifty liters of milk a day. There are more calves to come.

**Sheep and goats** In 2017, twenty babies are growing. Yay! Glory to God! The baby sheep and the goats are very entertaining and are my favorite animals to watch.

**Pigs** We had twenty baby pigs in March.

**Tilapia** The tilapia tanks are finished, but they leak. So we have to spend \$1,800 per tank to put membranes on them to seal them. Bummer! But we live and learn. Three of the ponds are in operation, and the fourth will be ready in March. By March, we will be raising 8000 tilapia. Hallelujah

**Eggs are selling so fast, we cannot keep up** These are some of the biggest eggs I have ever seen. They are about fifty percent bigger than large eggs in the USA. The new chickens are laying eggs like crazy. We still can't keep up with the demand in the store. We now have 800 hens laying 500-600 eggs a day.

**Turkeys** A lizard almost destroyed all of our turkeys, but thank God, we are bouncing back with three new baby turkeys.

**Beans harvested, and we were able to take our own beans and plant them again** We didn't have to buy beans to plant. Hallelujah! Just like they used to do it.

**Protect your future - move to the City of Refuge** Do you trust the government? Do you want a beautiful vacation home? Do you want a house fully paid off? Another crunch is coming - pray about building in Honduras. It's approximately \$30 a square foot.

**Go** "If you don't go after what you want, you'll never have it. If you don't ask, the answer will always be no. If you don't step forward, you're always in the same place." - Nora Roberts

**Keep going** "Never give up! Failure and rejection are only the first step to succeeding." - Jim Valvano

## Healthy Teaching by Dr. Teresa

### Route to Optimal Health Low glycemic eating



When you are shopping, think about the meals you are planning. A meal on your nine-inch plate should be made up of 50% vegetables and fruits, 25% protein and 25% starch.

Vegetables and fruits represent half of your meal. Not only do these essential foods provide nutrient-dense functional support to help you lose weight, they provide a wealth of antioxidants and anti-inflammatories for building optimal health. A wide variety of vibrant foods includes salads, crunchy raw vegetables and nutrient-packed berries. You'll never tire of their abundant variety of flavors and textures - from sweet to sour, from crunchy to smooth, from mild lettuces to power-package blueberries.

The 50% portion on your nine-inch plate is about the size of a small paperback book of about a hundred pages. Green, low glycemic vegetables are so beneficial, but only a small amount of lower glycemic fruit is permitted while optimizing your nutritional intake in this phase. Fruits are high glycemic and calorie dense, so they

should be a minor contributor to your vegetable/fruit group. Once you've reached your goal with your ideal weight, you can then increase the amount of fruit in your diet.

#### Easy tips for lowering the glycemic index:

Take low glycemic eating even further. Here some simple ways to help keep your blood sugar under control by lowering the glycemic influence in the foods you eat.

- 1) Use vinegar, lemon juice or lime juice for your salads and vegetables. Eat sourdough bread to slow down starch digestion and the rate at which your stomach empties.
- 2) Undercook your oatmeal, spaghetti and other pasta-like starches (cook them al dente) to slow digestion and prevent starch from gelatinizing.
- 3) Use stoneground rather than finely milled flours. Larger size particles are less refined and have less glycemic content.
- 4) If you eat high glycemic food, which should be avoided during weight loss, combine them with low glycemic choices to lower the overall effect on blood sugar and the glycemic content of your meal.

**Hosting a meeting?** Print your own posters  
[www.tstamman.com](http://www.tstamman.com) > PDF downloads > Meeting resources

Be sure to call the host listed to confirm services and times.



## Tom and Teresa's MISSION TRIPS

The dates listed are Tom's days.

### Honduras

May 13-15

June 12-14

July 3-5

August 28-30 or 29-31

September 6-8

October 2-5

November 13-15

December 26-28

MAY

- 1 **Norfolk, NE** 4306 S 49th St. - Kory & Marjean Smith (402)992-2806
- 2 **River Falls, WI** 408 N Grove St. - Mr. & Mrs. Randy Bostrom (715)307-8134
- 3 **St. Francis, WI (near Milwaukee)** New Day Fellowship, 4147 Kinnickinnic - Rev. Jerry & Rev. Mary Braunsdorf (414)708-0041 or 0076
- 4 **Iron Mountain, MI** Full Gospel Community Church - Rev. Charles & Rev. Julie White (906)774-0607 or 284-2184
- 5 PM **Fredericktown, OH** 7790 Phillips Rd. - Mr. & Mrs. Mike Schubach (740)504-0783
- 6 6:00 PM **Canton, OH** New Beginnings Foursquare, 3990 Faircrest Ave. SW - Rev. Shawn Archer (330)243-4640
- 7 AM **Mt. Vernon, OH** Jubilee Foursquare Church, 509 N. Main St. - Rev. Jerry Morgan (740)501-6232
- 7 PM **Wooster, OH** Wooster Foursquare Church, 3670 Friendsville Rd. - Rev. David Stambaugh (330)988-0718
- 8 **Wadsworth, OH** 123 Broad St. - Pastor Mike Witte (330)730-2640
- 9 **Croton, OH** Irongate Equestrian Center, 12298 Croton Rd. - Rev. Teresa Gregory (740)398-9635
- 10 **Mansfield, OH** Mansfield Foursquare Church, 383 Davidson St. - Rev. David Guild (419)565-7199
- 11 **Milton, WI** 907 Lamar Dr. - Mr. & Mrs. Scott Richardson (608)719-8629
- 12 **Des Moines, IA** Abundant Life, 3700 E. Sheridan Ave. - Rev. Nate Hamlin (515)237-0030 or 371-7481
- 13-15 **HONDURAS MISSION TRIP (Tom's days)**
- 16 **Springfield, IL** Hampton Inn meeting room, 2309 Chuckwagon Dr. - Rev. Michael McDermont (217)622-8308
- 17 **Vandalia, IL** Family Worship Center, 1803 Janette Dr. - Rev. Pastor Tracy Zimmerman (618)292-3323
- 18 **Muscatine, IA** 927 Eisenhower St. - Rev. Robin Phares (563)506-8884
- 19 **Woodstock, MN (near Pipestone)** 1696 State Hwy. 30 - Rev. Elaine Uilk (507)777-4290 or 215-2123
- 20 **Davenport, IA** Tom & Laverne Simmons (563)549-0824
- 21 AM **Decatur, IL (call about an evening meeting also)** Spirit of Life, 3840 E Sylene Dr. - Pastors Doug & Carla Rudow (217)521-5767
- 22 **Portage, WI** 224 W. Wisconsin - Nathan & Jerusha Smith (608)216-8040
- 23 **Ellijay, GA** - Irene & Matthew Witt (706)889-2481
- 24 **Palm Bay, FL** - Dr. David Myers (321)508-6767
- 25 **Niceville, FL** Outreach, 1009 Lake Dr. - Cherie & Randy Anderson (850)830-4513
- 26 **Ellsworth, IA** Home meeting - Lori & Verne Thoreset (515)205-2023
- 28 AM **Amery, WI** New Life Community Church, 119 W. Birch St. - Dr. Joe Goldsmith (715)338-1359
- 28 5:30 PM **Prairie du Sac, WI** Bluffview Center of Hope, S 7993 Maple Park Rd. - Rev. Regi Licht (608)963-1337
- 29 9:30 - 2:00 **Plymouth, IL - 6th ANNUAL IMI MINISTERS & BUSINESS CONFERENCE** - Harvest Church International, 40 E Illinois Hwy. 61 - Kevin Lingenfelter (309)458-6677 or (309)458-3293 or (217)242-6213
- 30 **Huxley, IA** Harvest Fellowship, 522 East 5th - Pastor Brad Schroeder (515)528-1645
- 31 **Hibbing, MN** Hibbing Christian Assembly, 2210 2nd Ave. W. - Rev. Rod Toumi (218)929-1940

## Scrapbook Page



Omar Humberto Games Mejia was dropped off at the orphanage by his mother. Omar's mother is a very poor lady who has more children and could not take care of him. She was worried that her child would end up on the streets and get into trouble. It was very hard for her to make this decision, but she wanted to do what was best for her child. Omar was difficult at first, but later on, he became one of the best workers. He is doing well in school and one day wants to be an engineer. Omar is very athletic and very good at what he does. If he puts his mind to it, it will be done, no matter what. He enjoys spending his free time playing soccer with the other boys. We are very proud of Omar and what he does and can't wait to see what he will accomplish when he goes on to college.

**Huh?** "We all know that light travels faster than sound. That's why certain people appear bright until you hear them speak." – Albert Einstein

**Check it out** "Make sure your worst enemy doesn't live between your own two ears." – Laird Hamilton

**How true** "The problem is not that people are taxed too little, the problem is government spends too much." – Ronald Reagan

JUNE

- 1 **Reedsburg, WI** New Life Assembly of God, 1229 8th St. - Rev. Clark Peterson (608)393-8323
- 2 **Metamorra, IL** Outreach, 846 Prairie Hill Dr. - Britt & Kim Beard (309)253-2626 or 367-4341
- 3 **Monmouth, IL** Outreach, 717 E 1st St. - Shawn Hart (309)734-4374 or 536-0234
- 4 AM & PM **Kankakee, IL** Open Bible Center, 410 S. Small Ave. - Rev. Andy Hanson (815)935-5000
- 5 **Sheboygan Falls, WI** N4899 Linwood Lane - Sandy Pearce (920)207-0741
- 6 **Sun Prairie, WI** Rev. Isaac Flemming (608)548-3854
- 7 **Ft. Dodge, IA** The Pointe, 1402 9th Ave. N. - Rev. Al Wright (515)570-3297
- 8 **Des Moines, IA** 944 35th St. - Mr. & Mrs. Laverne Anderson (515)229-1212
- 9 **Montello, WI** N 5850 N 11th Rd. - Billie Jo & Aaron Staveness (608)369-1506
- 10 **Ellendale, ND** Abiding Love Fellowship, 400 East Main St. - Rev. Tim & Mrs. Jeni Belmore (701)535-0379
- 11 8:30 AM **Glenfield, ND** Prairie Faith - Pastor Jeff Kapelle (701)262-4446
- 11 10:30 AM **Tolna, ND** New Life Fellowship, 2750 Hwy. 20 - Rev. Jeff Kapelle (701)262-4446
- 11 PM **Devil's Lake, ND** Rev. Jeff Kapelle (701)262-4446
- 12-14 **HONDURAS MISSION TRIP (Tom's days)**
- 15 **Richland Center, WI** Outreach, 28593 Hwy. BA - Rev. Jeff Shelton (608)495-1008
- 16 **Waltham, MN** Charles & Sue Olson (507)251-8089 or 273-2689 or 273-2698
- 17 2:00 PM & 6:00 PM **Hazel Run, MN** Pastor Diane & David Lange (320)383-2424 or 313-3417 or 226-6696
- 18 10:00 AM **Lakeville, MN** Pastor David Cross (507)581-4437 or (952) 769-3669 or Pastor Linda (507)581-4496
- 19 **North Branch, MN** Perkins Restaurant *all invited* - Phillip Lang (612)978-5321
- 20 **Cedar Falls, IA** Home meeting, 2816 Scenic Dr. - Kay Cervatti (319)269-0790
- 21 **Ramsey, MN** Freedom Christian Center, Hwy 10 - Rev. Mark & Anna Ried (612)670-6984
- 22 **Rockford, IL** First Love Fellowship, 629 Vincent Ave. - Rev. Don Wynn (815)222-5291
- 23 **Grain Valley, MO** 3904 S Rust Rd. - Darrick Stirling (816)739-6833
- 24 **St. Peters, MO** New Beginnings Family Church, 2134 Parking Dr. - Rev. Jesse Adams (314)517-2380
- 25 AM & PM **Sedalia, MO** Liberty Life Center, 1501 Driftwood Dr. - Rev. Gary Smith (660)281-7404
- 26 **Maccomb, IL** Ken & Debbie Dallefield (309)333-2360
- 27 **Lodi, WI** Assembly of God - Pastor Chris Wilson (608)635-5293
- 28 **St. Paul Park, MN** Household of Faith, 1090 Chicago Ave. - Rev. Rich Pfeffer (612)267-2406
- 29 **Carroll, IA** please call for directions - Rev. Mark Caraher (712)830-1793
- 30 **Wisconsin Rapids, WI** Anointing Oil Faith Church, 1320 Pepper Ave. - Pastor Clara & Dar Kobs (715)424-1777 or 570-6194

"No one has ever become poor by giving." – Anne Frank

**IMI's average giving is close to \$100,000 per month!!!**

[www.tstamman.com](http://www.tstamman.com)

**GIVING OPPORTUNITIES**

**Legacy options** *What are you going to leave when you leave this place?*  
 If you would like to designate money to a certain mission trip or project, please write a memo on your check or envelope, or fill out this form.

**NEWS UPDATES**

**New meeting in March**  
 Andrei and Eva in Chicago, IL.  
**IMI ministers who had me speak in March** Rev. Shirley

Strazzullo in Roseville, CA; Pastors Bill and Esther Seffrood in Fennimore, WI; Rev. Jeff Shelton in Richland Center, WI; Rev. Phil Lange in North Branch, MN; Pastor Cindy Christopherson in Waukesha, WI; Rev. Dean Goosen in Brainerd, MN; and Pastor Don Wynn in Rockford, IL.



**It's all about souls** People receiving Jesus as I recall: One to five in Roseville, CA; Lancaster, WI; Chatfield, MN; Faribault, MN; Manteno, IL; Mauston, WI; Brainerd, MN; Epworth, IA; and Mt. Pleasant, IA. Six to ten in Sacramento, CA; Exelund, WI; Granite Falls, MN; Ft. Dodge, IA; Ramsey, MN; Waukesha, WI; Ankeny, IA; Rockford, IL; and Minneapolis, MN. Eleven to fifteen in Lonsdale, MN. Thirty to forty in Faribault, MN, with Pastor Eddie.

**Thanks to Gary and Rev. Pam from Burnsville** They gave \$1500 to Tom's day off, and we took it. On March 29th, I took my awesome wife and went to a resort on the beach of Tela, Honduras, with all you can eat, a beautiful room, a walk on the beach and beautiful swimming pools. It was a refreshing, romantic and productive time.

**Give to Tom's day off** Our basic budget is \$2500 a day – average income in the mail and paypal is \$1,000 and an average meeting brings in \$1,500, so for every \$1500, I'll take a day off. I have responsibilities to our 69 children in Honduras, 35 children in India, feeding programs and eighty employees in Honduras. I definitely believe in the Sabbath, and I'm believing for 52 families to donate for my day off so I can have a Sabbath rest. Mark **day off** on your check.

**Ten million dollar prophecy is still producing fruit** Many years ago, I prophesied over David Gerry, from Madison, that he would need ten million dollars. I saw a picture of a Catholic church and a new health club. Ten years later and with other major prophecies fulfilled, I worked out in the two largest health clubs in Wisconsin (both prophesied) and they have 38,000 members. God is good!

**Do you have a snowmobile, car, truck, furniture, etc. to donate?** Why not feed children with the things you have laying around your property? A good friend of ours donated a truck and we were able to feed 100 children in one month. Call **Tom**, if you are interested, at **(612)202-6064**.

**IMI retreat center is available for rent** Do you know that you can rent a beautiful seven-bedroom, six-bathroom cabin with large meetings rooms, swimming, fishing, shooting, hunting, volleyball, basketball and games for our cost plus cleaning if you are an IMI partner? Call **Tom** at **(612)202-6064** or contact **Teresa** through our listing on **www.vrbo.com West Union, IA Cabin**.

**General fund** ..... \$ \_\_\_\_\_

**Sponsoring children:**

- Sponsor a poor child for \$10 per month or \$120 per year in:
  - India  Bangladesh  Liberia  Uganda ..... \$ \_\_\_\_\_
- Sponsor five children in Guatemala for \$10 per month or \$120 per year  
*Receive photos and bios* ..... \$ \_\_\_\_\_
- Sponsor forty children in the Philippines for \$10 per month or \$120 per year  
*No photos or bios available* ..... \$ \_\_\_\_\_
- Sponsor a child for \$30 per month or \$360 per year in:  India  Honduras  
*Receive a photo and bio and you can communicate with your child* ..... \$ \_\_\_\_\_

**Honduras buildings:** *Put a name on your sponsored project and receive a photo*

- A dorm room in an orphanage for \$425 per month for 12 months or \$5,000 ... \$ \_\_\_\_\_
- A classroom for \$425 per month for 12 months or \$5000 ..... \$ \_\_\_\_\_

**Honduras agriculture:** *Put a name on your sponsored project and receive a photo*

- An acre of land (donation or purchase to own) for \$300 per month for 13 months or \$3,900 ..... \$ \_\_\_\_\_
- Tilapia pond for \$300 per month or \$3600 one-time ..... \$ \_\_\_\_\_
- Greenhouse for \$375 per month for 12 months or \$4000 ..... \$ \_\_\_\_\_
- A barn for \$500 per month for 12 months or \$6000 ..... \$ \_\_\_\_\_

*Choose a name for your sponsored animal and receive a photo*

- A mother pig for \$10 per month for 12 months or \$120 one-time ..... \$ \_\_\_\_\_
- A heifer (female cow) for \$60 per month for 12 months or \$720 one-time ..... \$ \_\_\_\_\_

**Farming equipment:** *Put a name on your sponsored project and receive a photo*

- Manure spreader for \$8000 total or \$500 per month for 16 months ..... \$ \_\_\_\_\_
- Skid loader for \$36,000 or \$1,000 per month for three years ..... \$ \_\_\_\_\_
- Large refrigerator truck (to take meat uptown to sell to markets, grocery stores and restaurants) \$42,000 or \$1,000 per month for 3½ years  
*Drive it when you are in Honduras* ..... \$ \_\_\_\_\_

**Other:** *Describe* ..... \$ \_\_\_\_\_

**Total gift giving** ..... \$ \_\_\_\_\_

**Covenant Partnership**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

*I'd like to become a covenant partner of Impact Ministries International. I will diligently pray and financially support this ministry so that together we can fulfill God's will to preach salvation, to prophesy, and to pray for the sick worldwide. As the Lord provides, I will share my financial blessings and my time to intercede for those who need the living Christ.*


**My covenant promise is to pray and give:**

\$15.00  \$20.00  \$50.00  \$100.00  
 \$250.00  \$500.00  \$1,000.00 per month  
 Or a one-time gift of \$ \_\_\_\_\_

**Let's labor together!**

*Send to:*  
**IMI • PO Box 102**  
**Lonsdale, MN 55046**

**Auto deposit for contributions.**  
 Remember, we are set up to place any contributors on automatic withdrawals with your bank.  
 E-mail us at **teresa@tstamman.com** for the form.  
 We can send it to you via e-mail or you can download it from our website.

 **Marriage Advice by Teresa Stamman**  
*Be a good conversation partner*

Silence doesn't make for a strong marriage. Keeping your mouth shut makes her feel shut out – sometimes personally. So, when she asks you about your day, give her the rundown – even if it's boring. And ask about hers.

**More on marriage** *"If I had a flower for every time I thought of you... I could walk through my garden forever."* – Alfred Tennyson  
 When you think of your spouse, what do you think about?

**Need a place to come and relax – for yourself, your family or your church?** Then we have the place for you! To book your bed-and-breakfast room, please contact **Tom** at **(612)202-6064**. We are located just off of I-35 between Faribault and Burnsville, Minnesota, only thirty minutes from Cabella's and Mall of America. Come to our home and experience the presence of God and get away. Plus, bless the orphans and bless our partners so they continue to be a blessing to IMI and us.

**Business Directory**

**Kunes Autos**  
*twelve locations in Wisconsin and Illinois*  
 Call Tom Stamman (612)202-6064

**Pastor Don Wynn (815)222-5291**  
*guns, supplies, ammo*

**Phil Stamman (612)616-2932**  
*legal services*

**Natasha Phillips (641)691-8890**  
*Sparkling Reflections Photography*

**Witte Landscaping (612)616-5052**  
*landscaping services*