

WISDOM FROM THE *Word*

BLESSED ARE THE PEACEMAKERS

Jesus prayed that His people would be one, as the Father and the Son are one. This prayer has not been fulfilled yet for what I believe are two major reasons: One, a *legitimate* reason and, two, an *illegitimate* reason.

— *Legitimate reasons to not be a peacemaker* —

- ▶ Compromising biblical beliefs that are essential to salvation and our walk with Christ. We cannot walk together with those who have heretical doctrines that are not based on the Bible. Some examples are Mormonism, Jehovah's Witnesses and other cults.
- ▶ If our family and church friends are being threatened by Islam, murderers and warmongers, we cannot be at peace.
- ▶ Unbiblical morality. I cannot be at peace with people who are pro-abortion, pro-homosexuality/sexual immorality/witchcraft, pro-sharing of showers and bathrooms, etc.
- ▶ Haters of Israel and the church are people we cannot be at peace with.
- ▶ We cannot be at peace with child abusers, molesters, thieves, violent people and downright evil people.
- ▶ Tyrannical governments.
- ▶ Cults, false religions, secular humanism, atheism, pantheism, etc.
- ▶ People who are intentionally divisive and rebellious.
- ▶ Rejection of Bible truths and values.

— *Areas in which we can be peacemakers* —

- ▶ Conflicts between people.
- ▶ Differences of opinion.
- ▶ Minor doctrines, such as method of baptism, communion, gifts of the Spirit.
- ▶ Favorite sport teams, colors, finances, marital strife, misunderstandings, hurt feelings, etc.
- ▶ Differences of personality.
- ▶ In the job setting, neighborhood, schools, sporting events.

— *Steps to being a peacemaker* —

- ▶ Be humble; you could be wrong.
- ▶ Are you being biblical?
- ▶ Are you walking in the Spirit?
- ▶ Are you walking in love?
- ▶ Do you want to be right or righteous?
- ▶ Be in prayer.
- ▶ Operate as a team.
- ▶ Some people will never be at peace; don't throw your pearls before swine.
- ▶ Learn to forgive.
- ▶ Assume the best and try not to demonize people.
- ▶ Don't be a racist or a bigot.
- ▶ Love your enemies.



December 2016

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☆☆☆☆☆ THIS ☆☆☆☆☆
CHRISTMAS
MAKE ORPHAN CHILDREN HAPPY

Would you like to give our kids in Honduras, India or Liberia presents? If so, mark Christmas presents on your envelope. As all of my friends know, "It's more blessed to give than to receive."

***** UPCOMING EVENTS *****

Dec 30-31 REVIVAL MEETINGS & FELLOWSHIP
at the Stamman's house • 10036 Clearwater Ct. • Lonsdale, MN
A great way to end the year! • Tom Stamman (612)202-6064

Jan 14 ENTREPRENEUR & MINISTERS CONFERENCE
10:30-3:00 • Destiny Fellowship • 2500 N Main St. • Moweaqua, IL
Meet people, learn, grow, be blessed • Rev. Rod Hite (217)768-3996



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.

December 26-29 • January 14-17 • February 23-25 • March 8-10 • March 29-31

"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible." – Francis of Assisi

Report from Teresa The children have only one more week in school and they will have vacation. They are more than ready for that. A few of the children had problems in school, like only three. The children are having special classes about values. They love that teaching. They are also preparing for having special music and art classes in the summer. We will hire a music and art teacher who will teach them how to play instruments. They are very excited to learn how to play violin, guitar, piano, etc. The children also will be helping on the farm. And Pam, our missionary, will be teaching cooking classes.

We bought Bibles for the workers and Pastor Julio is teaching them Bible studies. We can see the difference in their lives when the word of God is preached to them. We are also continuing with the process of interviewing the families from the garbage dump.

I said this last month, and I repeat it, it is so wonderful to see the children change for good. The ones that were stalling are not doing it anymore.

Breakthroughs in the children I am so proud of my kids in Honduras. My wife was busy so I was preaching to our children in Spanish, and when I couldn't think of a word or sentence, about five of our teens jumped in and interpreted it for me. They are growing up so fast. Thanks for your prayers and love.

October mission trip We were blessed to have Dustin and his wife come from Seattle to Honduras with us. They are worship leaders at my good friend's church (Pastor Bruce Hill) from Monroe, WA. They loved the place and plan on moving to Honduras permanently in February. They will be cooking and teaching music. Please pray for them as they are planning on bringing their three children and also their mother. We definitely need a worship leader and a music teacher. This trip was not very enjoyable for me as the first afternoon I spent waiting for a lawyer to finish our paperwork to close out on a property. I waited for three hours. They accomplished nothing.

Sewing room vision is a reality We are excited about Blanca from Chicago coming to spend time with us. We moved the furniture-making room to our Industrial Arts building, and Blanca will be in charge of setting up our sewing room. This room will provide women with jobs. They will be making clothes for our children, clothes to sell in the states, clothes for our clothing store and clothing to give away to the poor. God is so awesome!

96-bed dorm is becoming a reality This will be one of our biggest buildings ever. It will have sixteen to twenty showers and toilets and house 96 children. We have broken ground in October. (Unless we come up with funding more rapidly) it will be a two-year project. But all things are possible. It will be used as an orphanage or Bible camp dorms or both. Hallelujah! To give specifically mark **dorms** on your offering check.

Ten-year dream being fulfilled We are finishing our duplex in December. Our psychologist and social worker have interviewed all of the people in the garbage dump. We hope to have two families move into their new home in January. The dream is a reality. Hallelujah!

We think we found our first family A concerned person informed us of a single mom with four young children who are suffering horribly in the mountains. The mom has to work in the fields, then come home to four children who are left to themselves all day. We will keep you informed.

Well update We have a new man that is going to dig a well for us. His name is Michael, and he is from the United States. The last well driller we talked to wanted cash, so we couldn't use him. We have hired an auditing company to make sure that everything we do is legal and above board. Michael is extremely busy, but he is giving us a 15% discount because we are an NGO. We will be having him dig three wells starting in December.



Building projects in the months of October and November Our six contractors and our electrician/welder/maintenance man with his crew are busy.

Torres – As of November 1st, everything in the duplex is done with the exception of a few windows and doors and the septic system. We sent \$6500 to dig the septic system, and two families will be moving into their new home. Hallelujah! As we wait for the doors and windows to be finished, Torres has started putting tile in the two-bedroom house that has sat vacant for eighteen months. This will be used by the two owners and the missionary families who are planning to move there. We are excited that is finally going forward. We need to have it finished by February for our new missionary family to move in.

Omar – finished the Industrial Arts building in September, and now he begins the two-year process of building the 96-bed dorms. As of November 1st, he is digging the footings. This is the most boring part of the building process, although it is cool to see the dimensions of the new dorms. These dorms will house 96 world changers with sixteen to twenty toilets and shower stalls to be used as an orphanage or for our Bible camp or both. Mark **dorms** on your check.

Navoth and his two brothers – The new preteen girl dorms have the roofing and walls finished. Currently, they are working on the bathrooms for the educator and the girls. When they are finished, they will lay the tile down. They are also working on a large building that includes an art and music room and dorms for our younger girls. They project a finish date of January 1st. We are excited for this expansion. We are getting prepared to be able to add many more children.

Rodolfo – is working on the doors of the Industrial Arts building. We have now moved all of the woodworking and furniture-making tools into the new building. In November, we sent \$4,000 to finish the roof of the girls laundry room and a place for the kids to hang out at night.

Moises – We are waiting on the netting to complete our greenhouse. We decided to go with a more expensive netting. Moises broke ground on the butcher shop at the end of October. It is a four-month project that we hope to have finished by February. This will be so much more sanitary than butchering outside. It will also put us in a position to sell our meat to high-end restaurants and grocery stores.

Julio – is finishing up the second pool for our water park in November. We have sent \$5,000 for Julio to then build one of the ten-by-ten foot tilapia tanks for our aquaponics. According to the government, we are the only orphanage in Honduras that feeds fish to their children. We are excited to also be able to sell the extra fish to the restaurants and our neighbors.



Bible camp dormitory



Duplex

HONDURAS HIGHLIGHTS

Our long-term missionaries Joshua continues to be our go-to man. When Teresa is in

the USA, he handles many things. He is so responsible. He and Josue built dumbbell racks and weight racks. Wow! So professional! Joshua also helps keep things clean, and of course, he is an electrician. He is invaluable to the City of Refuge. Pam continues to make jewelry and love on the children. She is bonding with the children; it takes a while when a person doesn't know the language. She is back in the States over the holidays.

Multi purpose building breaking ground December 1st Because we have to pour all of the platform in one day, we have had to come up with \$20,000. So in November and December, we will send \$10,000, and then, borrow \$10,000 against our house and pay it back in January and February. Then, in March, we will begin to build our pillars. This building will be used for crusades, Bible camp and sports. For our ministry meetings, we figure 800 people will be able to fit into this place. It will be one of the larger meeting places in the state.

The promise of God is being fulfilled We are becoming self-sufficient. By March, 2017, we hope and expect to have more than enough food for our children and our workers. We are already selling excess pigs, guavas, and eggs.

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.

Help a child to go to college Currently, Adriana, our eldest daughter in the orphanage (whose mother and sisters are prostitutes), is in her third year of medical school. IMI is looking for seven sponsors for \$100 a month or two sponsors for \$350 a month or one sponsor for \$700 a month. Life is getting more expensive there and schooling even more. Please pray about helping Adriana become a doctor. Mark *Adriana* on your check to help with her education.

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.

WORLD MINISTRY

IMI has given nearly \$1,000,000 away this year in nine months Hallelujah!

Do you know of a church, organization or ministry that would like to have Teresa, my son, daughter or an IMI representative come to minister? Call me at **(612)202-6064** if you know anyone who may be interested in having us.

Please pray Bad people have been causing havoc for us in Honduras. Pray for deliverance for us!!! It's our number one trial we are facing.

Pray with me about future plans

Again, I am believing God to take two mission trips a month starting in March, 2017. In April, I am scheduled to go to Ireland. I am also planning on taking trips to Europe, Africa, Asia, Peru and Belize.

Incredible answer to prayer – 25 acres down south We are looking at building a safe house there in the shape of a cross. Currently, we have some of our ministers there right now doing a recon mission. There are no safe houses in this area of America for 180,000 people. That state imports 42,000 tons of lemons. So our lemons to lemonade project is looking like an incredible idea, to take women from the sex trade that feel they are lemons and turn them into sweet lemonade. Our next step is to build a road. Cost is \$20,000, split in two. Hopefully, the road will be put in by Christmas, and then, we can start the process. We want to build a safe house out of shipping containers. I also thank God for Jerry, our new friend from Florida, who is engineering a plan for our building.

Belize My business partner and good friend, Al, and his wife went to Belize as I am writing this newsletter. They went on a recon mission. They have checked the land and said it's beautiful. It has mango trees and a few abandoned small buildings. They have also met our missionaries in Belize, the Barbers, and they have a good connection. The other day, they checked out the houses that the Mennonites build. We are probably going to have a twenty-by-forty-foot three-bedroom, two-bathroom house built, and then, add on from there. Our thoughts for the 78 acres is to begin to farm and use the profits to help the orphanages in the area until we can establish our own. We close on the land November 30th. The original price was \$100,000 and we were able to purchase it for \$50,000. Our plan is to send 50% of the downpayment to begin building the house by our Mennonite brothers. And then by April, we will have the house moved down there.

Opportunity – eleven acres with possible partnership to buy another twenty in Belize This land is eleven acres and is about 35 to 45 minutes from the airport. It is only two miles away from the turnoff to the Mayan ruins. We are praying for housing for the poor and agriculture and perhaps tourism. There is an additional twenty acres that is for sale at \$1,000 an acre. We would like to find a partner to work with us.

Blessings from Sam and Becky Barber in Belize Hello all, what a busy time this is! We have become more involved here than ever. We are helping a church with their Christmas cantata. Becky, Kassie, and I are involved with this. Bible study is churning away each week and Youth Ties is going strong. There is Steel Pan practice for Kassie and Malique, ballet for Naiema and The New Tide band practice for Kristy. God has led me to share about a set of twins. When they were fourteen, these girls were left by their mother. She moved to the States and left them at home to raise themselves. Luckily, we and others were there to help give them guidance as they matured. They continued to live in their home until it was broken into a few weeks ago. We offered for them to stay in our home until theirs was repaired, but they arranged to stay with a neighbor across the street. This home invasion is heartbreaking. The girls were asleep at the time, and luckily, were not assaulted. Through this we have learned that God protects and provides. As you partner with us, your help makes it possible for us to help more youth in situations like this.

Become an IMI ambassador You can be a volunteer or earn an income. Save children, change the world, make a good residual income setting up *Remember the Orphan* presentations, garage sales, bake sales, etc. Call **Tom** at **(612)202-6064** for information. We have a half dozen ambassadors – come join the IMI team.

Business Directory

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



Girls dorm



Greenhouse

Report from Teresa

Hello Friends – I was in the States in October and part of November. I had the

opportunity to travel to different places together with my husband. It was a great time, and we loved it! Also, I was so pleased and thankful to God for allowing me to have a very successful Women's Conference the first weekend of November. We had around 35 ladies. It was powerful with great teaching, healings and deliverance. We had great speakers: JP Olson, Cherrie Anderson from Florida, Laura Diehl, Elaine Davis, Cindy Christopherson, Kris Palmer, Sue Duhrkopf, Dr. Buki Fagbemi, Betty Mode, and many more. Thank you to our awesome friends, Sandy Garafalo, who made delicious meals, and Sandy Kalish, who gave AromaTouch Massage to the ladies. We were so blessed by the generosity of the ladies in raising money to equip a dental room and to dig a well for the farm and for some fruit trees. I want to extend my gratitude to our speakers and all the ladies who attended the conference.



It's all about souls As I recall, these are the people who received Christ. One to five in Wisconsin Rapids, WI; Des Moines, IA; Princeville, IL; La Valle, WI; Cedar

Falls, IA; St. Francis, WI; and Jamestown, ND. Six to ten in River Falls, WI; and Belvidere, IL. Eleven to fifteen in Vandalia, IL; Austin, MN; Kankakee, IL; Chetek, WI; and Ellendale, ND. Sixteen to twenty in Lawton, OK. 21-25 in New Richmond, WI and Hibbing, MN. 26-plus in Sioux Falls, SD. *God is good!*

New meetings in October Pastor Mike Channing, Assembly of God in New Richmond, WI; Jason Bump Balsam Lake, WI; James Lundmark in Kankakee, IL; military base at Ft. Sills, OK; and Destiny Center in Lawton, OK.

IMI ministers who had me speak in October Laverne Anderson in Des Moines, IA; Pastor Melissa Bushman in Winnebago, IL; Rev. James Lundmark in Kankakee, IL; Pastor Horst Ollnau in Belvidere, IL; Rev. Kay Cervattie in Cedar Falls, IA; Pastor Jerry Braunsdorf in St. Francis, WI; Rev. Pam Rosch in Savage, MN; Rev. Cherrie Anderson in Niceville, FL; Rev. Pina Hipp in Lawton, OK; Rev. Jeff Shelton in Richland Center, WI; Rev. Julie and Rev. Charles White in Iron Mountain, MI; Rev. Don Wynn in Rockford, IL; Rev. Michael McDermott in Springfield, IL; Phil Lange in Grasston, MN; and Rev. Dean (the preaching machine) Goosen in Brainerd, MN.

Stamman house grows by seven We welcome the Kalio's with their five children. They moved into the house in October. They have three rooms in our downstairs. Currently, the mom and dad are on a recon mission to work together doing agriculture and helping at the safe house.

Stamman house guests David, 19, and David, 24, from Sioux Falls blessed us. They travelled with me for eight days and helped with driving, packing, setting up the tables and other things. David and David are cousins, and their families are from the Ukraine. They have been a tremendous blessing, and we thank God for them.

Our new partner is Kunes Autos with twelve dealerships in Wisconsin and Illinois. Greg has a deal for you. Please contact me (**Tom Stamman**) at (612)202-6064 and I will give you his number.

Need a website updated or handyman things? Please call **Lee Garafalo** at (253)948-7665.

Healthy Teaching by Dr. Teresa

Route to Optimal Health

Ask yourself these questions:

- 1) Do you eat a lot of refined, processed foods and drinks?
- 2) Do you have a hard time concentrating and staying focused?
- 3) Do you skip meals and end up eating only one or two a day?
- 4) Do you struggle with cramping and low blood sugar?
- 5) Are you irritable if meals are missed or delayed?
- 6) Do you struggle with midmorning or afternoon slumps?
- 7) Do you have difficulties staying asleep?

If your answer is "yes" to more than two of these questions, you probably have a high level of insulin that is keeping you in fat-storage mode and creating weight gain.

How can you break that cycle? Let's look at a study that offers some clues to a new, better way of eating that also happens to be a core habit of health. This study by Dr. David Jenkins, MD (the University of Toronto pioneer in low-glycemic eating) demonstrates that eating small portions at frequent intervals is good for your health in a number of important ways.

The researchers divided their participants into two groups. Both ate exactly the same food with the same number of calories, but one group ate their food in the usual three meals a day. The other group ate more often, consuming lots of little meals.

Surprisingly, the group that ate more meals through the day lost more weight. In fact, they *were less hungry*. They lost weight because their blood sugar didn't continue spike and then dip down to an even lower level, the way it does after a big meal. Their glycemic levels (the amount of sugar in their blood) remained steady... and their craving for sweet foods went down.

That's not all. After two weeks, they found that people who ate every three hours reduced their blood cholesterol by over 15 percent and their blood insulin by almost 28 percent. That's key, because insulin, in addition to regulating your sugar levels, plays an important role in fat metabolism, inflammation and in the progress of metabolic syndrome. When your body produces less insulin, you are much less likely to convert dietary calories into body fat. Your body begins to work differently, and you are no longer the fat factory you once were.

This study tells us that it is not just what you eat, it is when you eat it. Small amounts of food throughout the day are better than the same amount of food concentrated in three big meals. If we feed our body at regular intervals, we send a signal to the body that it doesn't have to store calories. On the contrary, when we skip meals, we send just the opposite signal to the body to store calories, creating a negative effect on the metabolism.

Eating regularly satisfies our ancient programming, prevents activating the alarms of starvation, and turns off the fat storage. It's our modern-day version of hunting and gathering! And by adding low glycemic foods to those meals, making them more like our ancient diet, we do even more to control blood sugar and turn off the insulin pump that leads to shrinking fat storage – fat that is debilitating our health and leading directly to disease.

The science of eating six meals a day Preliminary research supports the idea that when the typical three meals diet is replaced by smaller meals, it can: Help you lose weight, control hunger, reduce blood insulin (a factor in fat storage and inflammation), lower total cholesterol levels, reduce LDL (bad cholesterol levels), reduce levels of apolipoprotein b (bad for you), decrease glucose levels, increase bile acid secretion, suppress free fatty acid levels, reduce serum uric acid levels (a common risk factor for coronary heart disease), increase uric acid excretion, reduce adipose tissue enzyme levels and reduce fluctuations in satiety (fullness).

Researchers, led by Dr. Hill and Dr. Rena from the National Weight Control Registry, gathered data from over 10,000 individuals, many of whom lost over sixty pounds and kept the weight off for at least five years. There were various methods of weight-loss, but what these individuals had in common were certain core practices that have proven critical to successfully and safely maintaining a healthy weight. Here is what they did:

- 1) They ate breakfast.
- 2) They ate a balanced diet, paying close attention to the amount of dietary fat.
- 3) They increased their physical activity quite bit.
- 4) They monitored their weight regularly.

Next month, let's put these healthy behaviors all together and see just how that strategy is going to look.



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

December 26-29
January 14-17
February 23-25
March 8-10
March 29-31

Ireland

April 13-15

"When a man becomes a Christian,
he becomes industrious, trustworthy
and prosperous. Now, if that man,
when he gets all he can and saves all he can,
does not give all he can, I have more hope
for Judas Iscariot than for that man!"

— John Wesley —



Art/music room and young girls dorm



Preteen girls dorm



Dorm construction

DECEMBER

- 1 **Richland Center, WI** Outreach, 28593 Hwy. BA - Rev. Jeff Shelton (608)495-1008
- 2 **Evansville, WI** 17730 W Emery Rd. - Rev. Jenny Miller (608)669-6491
- 3 10:30 AM **Plymouth, MN** 3150 E. Medicine Lake Blvd. - Jeremy Charles (612)670-6808
- 3 6:30 PM **Owatonna, MN** Christian Family Church, 2300 Heritage Place NW - Dr. Tim Peterson (507)455-3205
- 4 early AM **Owatonna, MN** Christian Family Church, 2300 Heritage Place NW - Dr. Tim Peterson (507)455-3205
- 4 late AM **Edina, MN** Christian Family Church, 7375 Bush Lake Rd. - Dr. Tim Peterson (507)455-3205
- 4 PM **Edina, MN** Christian Family Church, 7375 Bush Lake Rd. - Dr. Tim Peterson (507)455-3205
- 5 **Mt. Pleasant, IA area** Home meeting - Maribelle Lund (319)750-9570
- 6 **Woodman, WI** United Church of Christ, 15168 Town Hall Rd. - John Gander (608)379-1410
- 7 **Rockford, IL** First Love Fellowship, 629 Vincent Ave. - Rev. Don Wynn (815)222-5291
- 8 **Brainerd, MN** Outreach, Communitas Church, 824 E Laurel St. - Dean the preaching machine (218)330-0326
- 9 **Montello, WI** N 5850 N 11th Rd. - Billie Jo & Aaron Staveness (608)369-1506
- 10 noon **Hanover Park, IL** Firm Foundation Church, 6900 Barrington Rd. - Frank Dominowski (630)918-1011
- 10 PM **Oswego, IL** 150 Kendall Point, Unit B - Rev. David & Rev. Susanna Chacon (630)450-9171
- 11 AM **Hobart, IN** Advancing Christ's Kingdom Ministries, 1001 W. 37th Ave. - Rev. Jim Randolph (219)576-4283
- 11 4:30 PM **Morris, IL** House of Glory for All Nations Church, 200 Gore Rd. - Pastor Holiday (815)651-8564
- 12 **Janesville, WI** Outreach, 2211 Ruger Ave. - Rev. Laura Diehl (608)290-6912
- 13 **Ft. Dodge, IA** The Pointe, 1402 9th Ave. N. - Rev. Al Wright (515)570-3297
- 14 **Rochester, MN** 1310 10th Ave. NE - Rev. Tope (507)202-4726
- 15 **Huron, SD** - Pastor Jairo Seguro (605)353-4054
- 16 **North Branch, MN** Perkins Restaurant *all invited* - Phillip Lang (612)978-5321
- 17 **Loganville, WI** E 5932 Sunrise Rd. - Rev. Turk & Rev. Pam Schmieder (608)727-2094
- 18 AM & PM **Ramsey, MN** Freedom Christian Center, Hwy 10 - Rev. Mark & Anna Ried (612)670-6984
- 19 **Ottumwa, IA** Pre-approved Auto, 613 Richmond Ave. - Jen & Kevin Christopher (641)799-2976
- 20 **Lake Mills, WI** - Justin Timbercreek (251)223-2176
- 21 **St. Paul Park, MN** Household of Faith, 1090 Chicago Ave. - Rev. Rich Pfeffer (612)267-2406
- 22 **Stevens Point, WI** 816 Meadow Ln. - Paul & Ann Raflik (715)498-8945 or 3971
- 23 **Cicero, IL** 2715 S 59th Ave. - Pastor Cesar Bautista (708)774-9887
- 26-29 **HONDURAS MISSION TRIP** (Tom's days)
- 30-31 **Lonsdale, MN - REVIVAL MEETINGS & FELLOWSHIP** at the Stamman's house, 10036 Clearwater Ct. - Tom Stamman (612)202-6064
- 31 10:30 AM **Hazel Run, MN** 460 1st St. - Rev. Diane Lange (320)383-2424 or David Lange (320)226-6696

JANUARY

- 1 AM **Amery, WI** New Life Community Church, 119 W. Birch St. - Dr. Joe Goldsmith (715)338-1359
- 1 5:30 PM **Prairie Du Sac, WI** Bluffview Center of Hope, S 7993 Maple Park Rd. - Rev. Regi Licht (608)963-1337
- 2 **Centuria, WI** New Wine Ministries, 309 5th St. - Pastor Kevin Hikel (715)553-3557
- 3 **Carroll, IA** Home meeting, 11375 Mahogany Ave. - Doug & DeeAnn Pudenz (712)830-8490
- 4 **Plymouth, IL** Harvest Church International, 40 E Illinois Highway 61 - Kevin Lingenfelter (309)458-6677 or 3293 or (217)242-6213
- 5 6:30 PM **Janesville, WI** Midwest Christian Center, 336 N. Jackson St. - Aric Keller (608)201-4457
- 6 **Amherst, WI** Jensen Community Center, 487 N. Main St. - Jan & Mark Brzezinski (715)321-0940
- 7-8 **Lawrenceburg, KY** Open Bible Church, 1830 Old Frankfort Rd. - Rev. Jeff Tyler (502)517-1480
- 9 **Sioux City, IA** Big Iron Gym, 505 Chambers St. - Rev. Shawn Frankl (712)899-8164
- 10 **Jasper MN** Jasper Community Church, 4th and Poorbaugh - Rev. Bill Ostermeier (605)212-3180
- 11 6:45 PM **Grandview, MO** 12709 10th St. - Rev. Hal Linhart (913)636-4935
- 12 10 AM **Grandview, MO** 12709 10th St. - Rev. Hal Linhart (913)636-4935
- 13 **Ellsworth, IA** Home meeting, 3064 270th St. - Lori Thoresen (515)205-2023
- 14 10:30-3:00 **Moweaqua, IL - ENTREPRENEUR & MINISTERS CONFERENCE** Destiny Fellowship, 2500 N Main St. - Rev. Rod Hite (217)768-3996
- 14 6 PM **Moweaqua, IL** Regular prophetic service, Destiny Fellowship, 2500 N Main St. - Rev. Rod Hite (217)768-3996
- 15 AM & PM **Dwight, IL** New Life Assembly of God, 903 S. Old Route 66 - Victor Randle (815)343-6581
- 16-17 **HONDURAS MISSION TRIP** (Tom's days)
- 18 **Floyd, IA** Gospel Lighthouse, 201 Madison St. - Rev. Paul Phillips (641)330-4246
- 19 **Homer, Alaska** - Rev. Michael (907)399-8170
- 20 **Arlington, WA** The Pointe Church, 16910 59th Ave. NE - Rev. Lorna Lovett (425)293-5206
- 21 **Galesburg, IL** 1059 Sweetbriar Place, 180 Soangethaha Rd. - Bob Malone (309)299-8568
- 22 **Columbus Junction, IL** Spring Run Church, 24484 90th St. - Pastor Randy Whitson (319)931-2012
- 23 **Ottumwa, IA** Pre-approved Auto, 613 Richmond Ave. - Jen & Kevin Christopher (641)799-2976
- 24 **Chillicothe, IL (Peoria area)** 14210 Wayne Rd. - Pat Welk (309)579-2446 or 567-8389
- 25 **Tiffin, IA** Lifepointe Christian Faith, 400 Stephans St.- Ste. A - Rev. Tommy Roberts (817)333-9870
- 26 **Ankeny, IA** Open Bible Fellowship, 1125 SW 3rd St. - Rev. Wally Shea (515)306-1144
- 27 **Portage, WI** Two Rivers Coffee Shop, 224 W Wisconsin St. - Nathan & Jerusha Smith (608)216-8040
- 28 10:30 AM **Davenport, IA** 1316 E. 11th St. - George & Jane Bethel (563)529-3253
- 29 AM **Sanford, NC** Healing House Ministries, Dennis A. Wicker Civic Center, 1801 Nash St. - Rev. Ron Swails (919)356-0234
- 30 **Ellijay, GA** Matthew & Irene Witt (706)889-2480 or 2481
- 31 **Badger, IA** Badger Lutheran Church, 127 2nd Ave. SE - Mike McBride (515)570-5011

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.



How to keep arguments from escalating

Putting on the brakes is an important skill in marriage and relationships as well. When your conversation starts off on the wrong foot or you find you're both in a cycle of blame and defensiveness, you can often prevent a disaster if you know how to stop. Marriage researcher, John Gottman, calls these brakes *repair attempts*. And they're the secret weapon of happy couples.

Marriages that are built on and sustain a good marital friendship are not devoid of arguing and disagreements. In fact, 69% of the problems in marriage are perpetual. Repair attempts, when used well, are the secret weapon that prevents quarrels from getting out of hand.

Two key factors determine whether repair attempts are successful:

- 1) The current state of the relationship.
- 2) Your ability to get an attempt through to your partner.

Repair attempts are any statement or action – silly or otherwise – that prevents negativity from spiraling out of control. When a couple has a solid foundation together and a good friendship with each other, they naturally become experts at sending each other repair attempts and at correctly receiving those sent their way. If a couple is negatively locked down with each other, even a blatant repair attempt of “*Hey, I’m sorry*” will have trouble getting through.

What determines the success of repair attempts is the strength of the marital friendship. Everyone has room to grow and improve when it comes to strengthening the state of the marital friendship. This is not as easy as simply being “friendly” or “nice”. It involves your own personal growth and emotional maturity, as well as your spouse’s (although they’re responsible for themselves in this area).

You can begin by learning to recognize the repair attempts as they happen between the two of you. Sometimes these attempts are missed because they don’t come sugarcoated. A heated “*Why are you changing the subject*” or “*Can’t we discuss this later*” is still a repair attempt and is often overlooked.

One of the best strategies to begin with is to make your attempts obvious and formal. Statements like “*This is getting out of hand – can we discuss this later*” or “*Can I take that last statement back – I’m sorry*” can go a long way in smoothing the waters between the two of you. You could even go as obvious as “*Hey, what follows is a repair attempt.*”

If you’re on the receiving end of a repair attempt, your job is to simply try and accept it. Confront your own anxieties and tension apart from the discussion and plan to come together to discuss more at a later time.

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.

We receive donations by selling things on eBay IMI has a new partner. Her name is Rev. Nakisha Dyson, and she is an IMI minister. If you would like to get a donation deduction, you can donate things to IMI and Nakisha will put them on eBay. You get a full deduction and half of the monies go to IMI. The other half goes to shipping, fees and paying our people to do the work. The items should be worth \$100 to make it worthwhile. Please call **Tom** at **(612)202-6064** or bring items to the meetings or send them to **IMI, PO Box 102, Lonsdale, MN 55046.**

IMI retreat center is available for rent Do you know that you can rent a beautiful seven-bedroom, six-bathroom cabin with large meeting 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.**

Check out our new website We thank God for Lee Garofalo who has redesigned our website. If you like it, you should contact him. He is talented and affordable. Lee's number is **(253)948-7665.**

Need a place to come and relax – for yourself, your family or your church? Then we have the place for you! We are getting one or two guests per week – people from France, the United Kingdom, China, Massachusetts, Australia, Nebraska and Iowa – and they love the place. 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, get away and experience the presence of God. Plus, you will be blessing the orphans and our partners so they can continue to be a blessing to IMI and us.