

# SPRING OF HOPE MINISTRIES

Volume 8, Issue 1

February 2022

## QUARTERLY NEWSLETTER

### Spring of Hope Fundraising Banquet

**Monday, March 7, 2022**  
Contact the office at  
**717.762.0234** or mail in  
the tear off at the  
bottom of the page to  
reserve your seat.  
**Deadline to sign up:**  
**February 21st!**



**Spring of Hope welcomes guest speaker, Kristen Smeltzer, the author of, "Who Do You**

#### **Say I Am?"**

**Join us to be inspired to believe afresh in God's extravagant love and discover who He says you are.**

**Kristen's story and the victory she shares through her book gives us a road map that will absolutely benefit every reader by leading us into a greater place of strength in the Lord.**

**Today we face attacks on our identity like never before. Traumas and life struggles tempt us to become offended with God and buy into the enemy's lie about ourselves. If we don't believe the truth of who He is, how can we believe the truth of who we are, as those created in His image?**

**Through the powerful and raw testimony of Kristen, you will learn:**  
~ **A Biblical strategy for overcoming powerful assaults of the enemy.**

~**How to move past offense and rediscover God's goodness.**

~**Keys to understanding your God-given design, destiny and calling.**

**Kristen and her husband, Richard live near Coeur d' Alene, Idaho. They have three grown sons and one daughter-in-law. Kristen's heart is to bring hope and God-given identity to His people.**

**Kristen's book will be available for purchase at the banquet.**

Invite some Friends/ Fill a Table

Deadline to Sign Up: February 21st!

Mail to: Spring of Hope; 230 S. Potomac Street, Suite C; Waynesboro, PA 17268

\_\_\_\_ Number Attending (\$25/person)

Reservation Name: \_\_\_\_\_

Contact Phone: \_\_\_\_\_

Please enclose money with your reservation. Thank You!

**Lead Story Headline**

**“Relevant Living in 2022!”**

*“Look at how much encouragement you’ve found in your relationship with the Anointed One! You are filled to overflowing with his comforting love. You have experienced a deepening friendship with the Holy Spirit and have felt his tender affection and mercy. So I’m asking you, my friends, that you be joined together in perfect unity—with one heart, one passion, and united in one love. Walk together with one harmonious purpose and you will fill my heart with unbounded joy. Be free from pride-filled opinions, for they will only harm your cherished unity. Don’t allow self-promotion to hide in your hearts, but in authentic humility put*

*others first and view others as more important than yourselves. Abandon every display of selfishness. Possess a greater concern for what matters to others instead of your own interests. And consider the example that Jesus, the Anointed One, has set before us. Let his mindset become your motivation.”* **Philippians 2: 1-5 (TPT)** We are living in ever-changing times. Sometimes we would like for things to just return to the way it used to be or at least come to some kind of normalcy. This is likely not going to happen as life continues to move forward. Rather than complain about how wrong society is we must learn to respond & function in a relevant manner. We cannot allow our present circumstances

or the environment to impact us in a negative way, but give our whole self to a deep, abiding relationship with our Heavenly Father. To be relevant we must connect with society in a manner that produces life, purpose and hope. When we speak our thoughts and/or opinions they must be based on, and spoken from, the truth of God’s word and the impact that it will have on the society that we **presently** live in. This takes strength and courage on a daily basis if we are going to make a significant impact on the lives of people that we interact with regularly. We must be extremely intentional and guard our heart and mind through a deepening relationship with our Heavenly Father to function in a positive way. We must be functioning in our relationships where the truth of God’s word has made a significant impact on our life. Then our responses and actions will be relevant. Our actions will flow from the integrity that fills our heart. When we live at this level darkness may try to overtake us; however, sunrise-brilliance will come bursting through because we are living our life from a place of integrity (honesty and truth). The circumstances around us will never shake us because we are steady and strong ever secure in our faith! *Written by Wayne Kuhns - Director*

**SPRING OF HOPE MINISTRIES**



**SAVE THE DATE:  
SOH Golf Tournament  
Friday, September 9th**

## Healing the Broken Hearted

Spring of Hope Ministries  
230 S. Potomac Street; Suite C  
Waynesboro, PA 17268

Phone: 717.762.0234  
Email: office@springofhopepa.com



We are on the Web:  
[www.springofhope.org](http://www.springofhope.org)



### “Exhale”

Little words can have a great impact. I want to bring your attention to a tiny little word in scripture. A word barely noticed. Easily overlooked. It is a word that would not necessarily be attributed to Jesus, but there it is. In the book of Mark, a man who was deaf and had difficulty speaking was brought to Jesus and it says they begged Him to place His hand on him. Here is

the response from Jesus, **“and looking up to heaven, He sighed deeply” Mark 7:34** The definition of the word, sigh means to emit a long, deep, audible breath expressing sadness, relief, tiredness, or a similar feeling. Such compassion in the exhale. Reach out, exhale a sigh, like Jesus, at the hurt, pain, and brokenness of those around you. Model the actions of our Savior. Oh, how many people long for you to place your hands of healing on them.  
—Melissa Varner, Administrator

## “Ministering Life and Hope through Counseling and Teaching”

### 2022 Upcoming Seminars & Schools

To register: Contact the office at 717.762.0234 OR email: office@springofhopepa.com

- **TRAUMA**—(12) Sessions  
Currently in session.
- **HEALING SHAME**  
(6) Sessions  
Tuesdays, April 26 — May 31  
6:30pm to 8:15 pm  
\$50.00/person  
Deadline to Register: March 23rd
- **Great Behavior Breakdown**  
(Parenting Seminar)  
(4) Sessions  
Fridays, 6:30pm—8:30pm  
March 11, 18, 25, & April 1st  
\$70.00/person  
Deadline to Register: March 1st
- **Elijah House 201**  
Tuesdays, Sept 13—Dec 13th
- **Elijah House 202**  
Tuesdays, Sept 20—Dec 13  
Deadline to Register: August 31st

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### SOH Board Members:

Rochelle Nolt, Chairperson — Sam Rose, Asst. Chair  
— Gretchen Wease, Secretary —  
Lynn Eberly, Treasurer — Wayne Kuhns, Director  
— Melissa Varner, Administrator

**Prayer Ministers:** Kim Burkholder — Ruth Kuhns — Wayne Kuhns — Rhoda Lehman —  
Lawrence Haller — Wilma Martin — Wyatt Rebuck  
— Amber Kiefer — Carlos Rosado — Melissa Varner

**Receptionist:** Jessica Connor