



Family Essentials

Family Coaching & Pastoral Counseling

Building strong loving families and churches!



*Always be joyful. Never stop praying.
Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.*
1 Thessalonians 5:16-18 NLT

Wow, 2020 has not been what I expected the year to be!

I hope you have been safe and are thankful for surviving this year of the unpredictable.

The Apostle Paul shared the above words to encourage his followers as well as himself. Paul had plenty to be unthankful about: physically attacked, verbally abused, shipwrecked, stoned and ridiculed.

Yet, he shares for us to be joyful, to not stop praying and be thankful in all circumstances.

As Christians, we belong to Christ Jesus and God has a plan for all of us.

I'm thankful for God's Will in my life as He has prepared me over my years in ministry for Family Essentials. He molded me to become more passionate, compassionate and see those around me who are hurting, looking for hope and a desire to be a better husband, wife, father, mother and follower of Christ.

I am so "thankful" for all who have become partners with me in this "calling". I am able to help counsel, coach and encourage people here in Orlando, in Florida, Colorado, New Mexico and internationally in Central Asia and Africa in the past six months because of your prayer and financial support, .

By your support, many lives have the Hope of Jesus shared with them, their families and empowerment to pastors to preach, teach and counsel their flocks.

As 2020 comes to an end - I am thankful to be ready for 2021 as a servant of Jesus. I hope you are too!

- Richard

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Making a Difference



April is a 15 year old African-American female teenager who shared with me that she was reading a book for school on the Holocaust. The main character is a 15 year old Jewish male who is being tortured, beaten, whipped, etc.

The story brought back April's memories of being beaten and whipped by her step-father.

The storyline became overwhelming for her. It caused anxiety and lead to nightmares. She was losing sleep and feeling numb for days.

Richard shared a few anxiety exercises to use to calm herself. He, then recommended April talk with her teacher on how the book is bringing back trauma that she had experienced.

April did talk with the teacher and the teacher gave her some outlines that she could read without having to read the hurtful sections in the book.

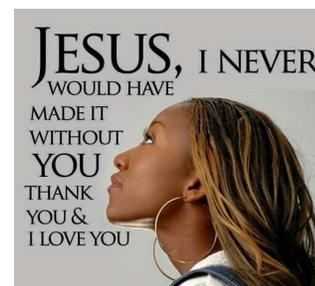
This allowed April to stay with the class and do the quizzes, book report and daily discussions.

April is able to relax and sleep better.

We don't always understand why people react to certain situations until we listen to what is currently happening or has happened in their lives to cause their anxieties or fears.

Richard was able to pray with April to have peace, comfort and deal with her past so she can live in the present and prepare for her future.

**Name/picture not the real to protect the client.*



Ministry in the Making

In November, GCA trained pastors in Cameroon conducted a Pastor's Conference where over 300 pastors attended. When the pastors went out to share the Gospel, **210 people accepted Christ as their Savior!**



Richard made a video on "*Christian Counseling*" that was downloaded and shared with the pastor's during the conference! Technology is helping all of us to share Christ and His hope for all peoples.

Richard recently was an "*Expert Witness*" during a custody trial.

It was his first time to be in this position and God blessed him with the words that needed to be shared.



I attended the **Better Man Event** at Orlando Baptist Church with men from Lifebridge Church. It was



carried live to over 700 streaming locations around the world!

After the event I met a father and his adult son. We struck up a conversation and the father (who is a teacher), asked a question on how to reach teens who have lost hope. The son asked how to

be a supportive father as he was bullied in school and then became a bully. The father thanked me for my ideas while the son shared that he finally understood what he needed to become for his four children. Wow - it was so awesome to have this happen right after BME! God has put Family Essentials in the middle of all this craziness! Praise Him!

Family Update



Laurie and I recently visited Jungle Adventures in Christmas, FL (yes, that is the town's name)

We enjoyed learning about Florida wildlife, history and touching/holding (alligator, tarantula, boa constrictor and a tortoise).

The highlight was watching the alligator feeding! Quite a sight to behold! Almost like remembering what Thanksgiving dinner was like when the family got together and people were trying to get the drumsticks!

Financial Update

In the past six months our partnership has raised over **26%** of total funding for the year! Our next goal of being 30% funded is almost there.

In December, I will be sending you an update on our partnership giving, budget, and our ministry milestones and future goals.

Thank you for those who have partnered with us and for those who will be partnering soon with this ministry.

If you would like to give an end-of-the-year gift the website address is in the footnote.

Pray with Us

We would appreciate your continued prayers:

- Richard's counseling/coaching sessions
- Wisdom in counseling single mothers and their children as they deal with trauma
- Comfort in helping widows and their children
- Great Commission Alliance Virtual Training for pastors/leaders in India, Cameroon, Tanzania
- For all of our partner's health, employment and spiritual walk with God

I will praise you, Lord, with all my heart; I will tell of all the marvelous things you have done. I will be filled with joy because of you. I will sing praises to your name, O Most High. Psalms 9:1-2