



December 2024 Update

## MASH Ministries Update

We are grateful for all those that support MASH Ministries and allowing us to help those who are struggling with the effects of Post Traumatic Stress. These last several months have been busier than normal with more speaking engagements and classwork for Paul's Doctorate of Chaplaincy. As of December 13th, Paul has completed the required coursework for the certificate portion of the doctorate and is now officially on break till mid-January. Paul has learned a lot from his classes and can't wait to implement what he has learned from class and apply it to the ministry. During the month of November, Paul traveled to Madison, Indiana to speak about Post-Traumatic Stress and what explain the unique ministry that MASH Ministries has (the family was able to join along on this quick trip). While in Madison, we were able to reconnect with friends and make new friends. Friday of that week, Paul then headed to Kansas to put on a Post Traumatic Stress Conference for three days. This was a successful conference, and Paul is making plans to go back next year for another conference. There were over 20 in attendance each day. The conference was held nearby from where he was stationed during his time in the military. Shortly after arriving home from Kansas (multiple flight cancellations on his way home), Paul headed to Virginia to speak about MASH Ministries. November for sure felt like a whirlwind but thankful for safety in traveling. We are hoping the never-ending cough will leave the house soon. Alyssa had bronchitis almost pneumonia for a week and still has the lingering cough that has decided to stay. The rest of the girls also have this cough. Hoping the extra rest over Christmas will help them and maybe one day the girls won't be woken up in the night from coughing.

The support groups continue to grow and those in attendance regularly attend and are engaged in the discussions. We look forward to seeing how the support groups will grow this upcoming year.

We enjoyed watching the girls perform in their concerts on Sunday and yesterday at school. We look forward to celebrating Christ's birth with family and are excited to see what is in store for 2025. We are grateful for each supporter that MASH Ministries has. We look forward to new opportunities that may come our way in 2025.

Have a Merry Christmas!!

Paul and Sarah Phelps  
MASH Ministries

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