

WELCOME TO OUR

# Loving-Kindness

*Guiding Light Ministries*

HEY, HOW ARE YOU?

## Self Care



Self-care is not a luxury—it is a necessary part of living a healthy, balanced life. In Mark 12:31, we are reminded to “love your neighbor as yourself,” which implies that caring for yourself is a foundation for how you care for others. When you take time to check in with your own needs—your energy, your emotions, and your motivation—you become better equipped to show up fully for the people and responsibilities in your life.

Rest is a key part of that care. In Mark 6:31, Jesus tells His disciples, “Come with me by yourselves to a quiet place and get some rest.” This shows that stepping away is not weakness—it is wisdom. Taking time to pause, breathe, and restore your strength allows your mind and body to recover so you don’t run on empty or become overwhelmed.

Caring for yourself also means recognizing your value and honoring your body. 1 Corinthians 6:19–20 teaches that your body is a temple of the Holy Spirit, reminding us that how we treat ourselves matters deeply. Evaluating your energy levels, protecting your peace, and nurturing your well-being are all ways of honoring that truth and maintaining the strength needed to walk in your purpose.

&gt;&gt;&gt;&gt;&gt;From the Desk of :

Julianne Burk Executive Director



# Meet Skylar

HELLO,  
MY NAME IS SKYLAR, AND I WANT TO SHARE HOW I'VE BEEN PUTTING THE  
PIECES OF MY LIFE BACK TOGETHER.

IT ALL STARTED TWO YEARS AGO WHEN MY CHILDREN'S FATHER AND I  
SEPARATED. DURING THAT TIME, WE FELL INTO DRUG USE WHILE TRYING TO  
RAISE OUR TWO DAUGHTERS. THINGS QUICKLY SPIRALED OUT OF CONTROL,  
AND I KNEW I NEEDED HELP.

THEN I WAS IN A TERRIBLE CAR ACCIDENT THAT NEARLY COST ME MY LIFE.  
AFTERWARD, I HAD TO GO THROUGH SPEECH, PHYSICAL, AND OCCUPATIONAL  
THERAPY JUST TO REGAIN BASIC FUNCTION. DURING THAT PROCESS, I WAS  
ALSO ABLE TO ENTER REHAB, WHICH BECAME A CRUCIAL STEP IN MY  
RECOVERY.

EVEN AFTER COMPLETING THERAPY, I STRUGGLED. I WASN'T ALWAYS  
MAKING THE RIGHT CHOICES, AND I RELAPSED. AT THE TIME, IT WAS HOW I  
COPED BECAUSE I WASN'T YET STRONG ENOUGH TO PUSH THROUGH IN  
HEALTHIER WAYS. I DID MAKE PROGRESS—I GOT MY OWN PLACE AND FOUND  
A JOB—BUT IT WASN'T ENOUGH TO SUSTAIN MY SOBRIETY.

I FIRST WENT TO LIGHTHOUSE FOR REHAB. AFTER MY RELAPSE, I WAS SENT  
OUT OF TOWN FOR INPATIENT TREATMENT, AND THAT EXPERIENCE HELPED  
ME TREMENDOUSLY. WHEN I RETURNED TO LIMA IN 2025, I CONTINUED MY  
RECOVERY JOURNEY THROUGH LIGHTHOUSE.

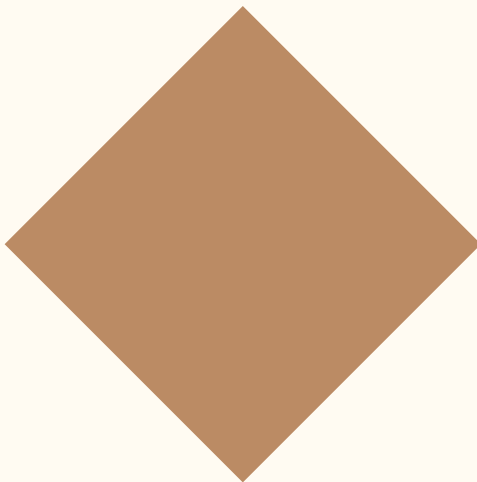
THIS HAS TRULY BEEN A JOURNEY OF GROWTH AND MATURITY—LEARNING  
THAT DRUGS ARE NOT THE ANSWER AND GAINING A DEEPER APPRECIATION  
FOR MY FAMILY.

TODAY, I AM STILL ACTIVELY INVOLVED IN RECOVERY PROGRAMMING  
THROUGH LIGHTHOUSE, AND I HAVE BEEN LIVING AT GUIDING LIGHT  
MINISTRIES FOR ABOUT SEVEN MONTHS. DURING THIS TIME, I WELCOMED  
MY THIRD BABY GIRL INTO THE WORLD. SHE IS PRECIOUS AND TRULY THE  
LIGHT OF MY LIFE.

I NOW HAVE HOPE FOR A BETTER FUTURE, AND I AM WORKING HARD EVERY  
DAY TO BUILD A STABLE, HEALTHY LIFE. I'VE HAD COURT REQUIREMENTS  
THAT CHALLENGED ME TO STAY SOBER, AS I NEEDED TO REMAIN IN  
PROGRAMMING AND SOBER LIVING IN ORDER TO BE WITH MY CHILDREN.  
LOOKING BACK, THOSE REQUIREMENTS PUSHED ME IN THE RIGHT  
DIRECTION.

TODAY, I KNOW THAT I AM MORE THAN A CONQUEROR. I AM DEEPLY  
GRATEFUL FOR EVERY OPPORTUNITY I'VE BEEN GIVEN TO OVERCOME THE  
CHALLENGES I'VE FACED.

I WANT TO GIVE SPECIAL THANKS TO MY FAMILY, LIGHTHOUSE, GUIDING  
LIGHT MINISTRIES, AND EVERYONE WHO HAS HELD ME ACCOUNTABLE. THEIR  
SUPPORT HAS HELPED KEEP ME SAFE AND ON THE RIGHT PATH.



## Family-Style

### OUR LIFE SKILLS PROGRAM

Our focus is to ensure that everyone coming in is integrated in as part of the family. We believe in community and participation in group activities

# Happy Mother's Day!!

TO ALL OUR MOTHERS, WE WISH YOU A HAPPY MOTHER'S DAY! WE BELIEVE THAT GREATER THINGS ARE YET TO COME!!!



We want to show appreciation to one of our faithful Housemothers, Toni Vorhees. Toni has been with us for over a year now and we are so grateful to have her. She has been a calm in the storm, and soft place to land and a strong might warrior for many. She understands people and their struggles. She too has had her own over the years. We want to bless her and honor her for all she does!

THANK YOU TONI!

## NEEDS LIST:

**TOILET PAPER : TRASH BAGS: KLEENEX: DEODORANT: BODY WASH:  
SHAMPOO: SANDWICH BAGS: FOIL: SARAN WRAP: LAUNDRY SOAP  
AND DRYER SHEETS**

## Save the Date

**EVENING OF INSPIRATION- "EXPECTING MIRACLES"**

**October 15, 2026**

**5:50pm-8:00 PM**

**doors open at 5:30 pm**

**APOLLO CAREER CENTER**

**3325 Shawnee Rd**

**Lima, Ohio 45806**

**Catered dinner**

**Tickets on sale \$60 per person. \$350 for a table of 6**

**419-236-7935 | 1guidinglight@gmail.com**

**WWW.GUIDINGLIGHT HOME.ORG**