

Wounded Warriors at Nebo

P.O. Box 574, Fredericksburg, TX 78624



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This newsletter covers events held in the first quarter of 2020.

Cadre R&R Weekend

The primary focus of the Wounded Warriors at Nebo ministry is military personnel in treatment and/or transition assigned to the Warrior Transition Battalion and their family. However, once a year we host a weekend event for the Cadre. These are people who work directly with the wounded, injured and ill. There are caseworkers, therapists, counselors, nurses just to name a few. It's their job to see that their "Soldier in Transition" has the appointments they need and then goes to them, has their medications, does something other than sit in the barracks, etc. Watching their charges suffer through the healing

Since Cadre (Staff) work directly with personnel in transition we took the opportunity to show them a presentation explaining all of the services we provide for the wounded, injured, ill and caregivers. Sharon, the presenter, told our guests that they were in a perfect position to identify people who could benefit from some of our events and asked they contact either the chaplain's office or us with that information. While many of the attendees knew about our ministry they had no idea of all that the ministry does.

At the end of the evening some were headed out to find places with live music and others back to the hotel.



process causes a strain on them. It's called Compassion Burnout. We have seen how a day event or weekend helps these Cadre decompress which helps them return to their duties refreshed and more effective.

This year's R & R was January 10-12. What started out with thunderstorms and rain turned into a lovely weekend. Friday evening was cold, wet and noisy but people persevered and made it to Fredericksburg United Methodist Church for dinner. As they entered, they were greeted by members of the Encouragers and Inquirers SS classes who also joined guests during dinner, visiting and making them feel at home.

Saturday Wounded Warriors at Nebo hosted an optional lunch at West End Pizza. Lunch allowed us to visit and get better acquainted with those in attendance. Then everyone was on their own until dinner at the Church of Latter Day Saints (a new addition to the ministry). There were lots and lots of friendly congregants visiting with the guests making them feel loved and welcome. The food was delicious but the high light (in my opinion) was fresh peach cobbler.

It turned out to be a beautiful weekend making it easy for guests to enjoy Fredericksburg and recharge

Pictures from all events can be viewed at wwnebo.org and www.facebook.com/ww.nebo

Caregivers Retreat

Saturday, February 7, six women arrived in Fredericksburg for a relaxing weekend. All of these women have very special, difficult jobs. Each one is a caregiver for her spouse. For those of you who do not know what being a caregiver is, it's a 24/7 job of taking care of someone who has cancer or traumatic brain injury or PTSD or limb amputation and more. If there are children at home then that just adds to the difficulty and stress. Getting away for a weekend with others in similar circumstances to talk about what's going on, exchange ideas and getting a little pampering helps. It lets them know they are not alone which is very important since some are new to San Antonio having recently moved, leaving their families and support system behind so their loved one can receive the treatment he needs.

After checking into a guest house in the beautiful hill country the ladies met Rene Pennington, a local Christian therapist who moderated some ice breakers while dinner was prepared by Susan Quindry. She would also be meeting with them Saturday until early afternoon. Saturday afternoon the ladies were treated to a manicure or pedicure then spent some time exploring main street before meeting at Hondo's On Main for dinner.



When asked if they felt the weekend had been beneficial they all said an emphatic yes. Prior to the retreat three of the women had never met any of the other participants. All six left as friends who plan to support each other and reach out to friends who are also caregivers. They also stated at one time or the other that they rely heavily on God to help them through this difficult journey. What a blessing it was to have several of them join us for church Sunday morning.

A special thanks for the generosity that helped make this event a success. Rene Pennington, counselor, donated her time, the Liddell's donated use of their guest house, Hondo's gave us a discount and Susan Quindry donated her time.

This is the second retreat in our new Caregiver Retreat program.

Mission Statement

Demonstrate the love of Christ to all wounded, injured or ill warriors and their families and caregivers.

- *Offering respite;*
- *Assisting with reintegration into civilian settings;*
- *Showing our deep gratitude for their sacrifices;*
- *Sharing GOD's Love.*

Veteran's Prayer

Adapted from a prayer in "Book of Blessings"

Heavenly Father send down your blessings and protection on your children who have and continue to generously devote themselves in helping and protecting others for their country.

Grant them courage when they are afraid, wisdom when they must make quick decisions, strength when they are weary, and compassion when the call comes and they must aid and protect both friend and stranger. In all their work let them faithfully serve you.

For those of us Father who have completed our duties and find ourselves again in the civilian world give us peace and grace to move forward in your will for our lives. In Jesus name we pray. Amen

Donations

This interdenominational ministry, based in Fredericksburg, Texas is a 501(c)(3) non profit and is financially supported by donations from those who wish to express their gratitude to our wounded warriors and by church and civic organizations from the local community. Funds donated are used to provide for class materials, housing, meals, entertainment and transportation.

Individuals wishing to support this ministry may send their **tax deductible** donation to:

Wounded Warriors at Nebo
P.O. Box 574, Fredericksburg, Texas
78624

Checks should be made out to:
Wounded Warriors at Nebo or WWAN
(We still receive your gifts
sent through FUMC)

Online donations can be made at:
wwnebo.org or fredumc.org

On the fredumc.org Home Page menu bar,
Click Ministries, choose "Wounded Warriors at
Nebo", Page down, click on "Donate"
and follow instructions.

Card Making

There are five (5) ladies who design and teach cards at the Warrior Family Support Center (WFSC) on a rotational basis. This last quarter we taught five classes. Following are some of the cards and card makers that attended some of the classes.



After class we always pass homemade cookies to everyone in the WFSC. Ephraim Andrews Chapter of DAR in Fredericksburg have been making and donating 4 to 6 dozen cookies twice a month since 2013.



Classes were suspended March 13 until the threat of COVID-19 is over.

Future Events

We normally take vacation from June thru August. Obviously vacation started early this year. However, God willing, we will resume hosting events in September. Until then stay safe and know that you are in our thoughts and prayers. Feel free to email or message us on facebook if you want to touch bases or have a special request.

Tax Exemption

Veterans with a service connected disability are encouraged to file an exemption application to have their property taxes lowered. Any eligible person who has not previously received an exemption should file an application by **April 30**. More information is available on the Comptroller's Property Tax Assistance Division's website at comptroller.texas.gov/tax/property-tax.

(Source: Fredericksburg Standard Radio Post, April 1, 2020, C/D8)

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Wounded Warriors at Nebo is an independent, all volunteer, interdenominational, faith based ministry located in Fredericksburg, Texas. We are a Texas 501c(3) organization totally supported by donations, 100% of which go into the ministry.
God's people doing God's work!