

# Byrdhouse News #6



## A UNIQUE & MEANINGFUL GIFT FOR SOMEONE YOU LOVE

Most people are so busy with work & life they don't have time to truly rest & relax. By giving them **Soul Rest**, they receive a day of rest & time to focus on their own needs. We offer gift certificates for both Half & Full Soul Rest Days. Each recipient will receive a gift card & instruction from you. For more information, click on the QR code.

## 2023 MINISTRY 5 YEAR ANNIVERSARY

**THANK YOU TO EVERYONE, WHO FOUND US WHO SUPPORTED US WHO BELIEVES IN US**

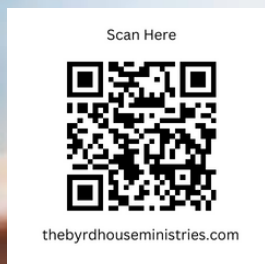
**WISHING EVERYONE A JOYOUS CHRISTMAS AND HAPPY NEW YEAR!**

## 12 DAYS OF BYRDHOUSE MINISTRY CHRISTMAS

- One** Crazy Barn Cat (Topaz) Petted
- Two** Trail Swings Swung
- Three** Thousand Dollars of Scholarship Money Awarded
- Four** Jars of Bacon Pepper Jam Eaten
- Five** Private Groups Hosted
- Six** Horses Shared (Maverick, Bullet, Olaf, Elsa, Aries & Armani)
- Seven** Soul Rest Days Provided
- Eight** Thousand Dollars raised at the Derby Dash
- Nine** New Gnomes on the Trail
- Ten** Painted Rocks Added
- Eleven** Who am I? Paper Dolls Created
- Twelve** Salted Caramels Enjoyed

*Just a friendly reminder that 2023 is almost over and donations are still being accepted.*

*Your generosity is making a difference for people in and around our community.*



*Kym Byrd*



**We are a board supervised 501(3)(c) non-profit organization. All donations are tax deductible.**

**We have so much to be thankful for!**

*“The Holidays are upon us. Pumpkin Spice. Candy Canes. Green and Red. ALL the foods. Presents. Tree Trimming. Christmas Carols and Charlie Brown. All things that can be fun and traditional. However, the holidays can be really challenging as well. For many the holidays will be hard. They may have experienced the loss of a loved one, loss of a job or even may be struggling with depression.”*

### Here are some eye-opening stats:

- ❖ 64% of people who struggle with Mental Illness say that the holidays make it worse (NAMI study)
- ❖ 82.8% people in a recent study say they experience Christmas Fatigue (From 2023 Coupon Birds study)
- ❖ 50% in a 2020 survey (American Psychological Association) were worried about being able to afford gifts.
- ❖ 38% of people report getting only 5-6 hours of sleep each night during the holidays. (Sleepopolis study of 2240 people)

But what if it doesn't have to be this way? What if we took the time to really examine what we choose to do during the season? How could we redefine the holidays so that they are life giving and filled with grace and kindness for each other and ourselves?

**The first step in change is awareness. We need to pay attention to what we “always do or have to do.” And decide if that’s true.**

**Ask yourself these questions and see if they help you make the holidays more like happy days.**

- ❖ Would my friends and family say I am a Grinch this time of year or a Cindy-Lou?
- ❖ Are my holiday expectations realistic and reasonable?
- ❖ What do I want more of or less of this holiday season?
- ❖ How does my body feel doing/planning this activity?
- ❖ What activities bring me closer to God and others?
- ❖ What ways can I find rest for myself through the busyness of the season?
- ❖ What does that look like for me this year?

*Well, I am ditching paper Christmas Cards (all 375) & baking treats. Limiting my gift budget. I plan to sit by the fireplace & watch my favorite Christmas movies. Most of all, I will take the time to really be still & prepare my heart for Jesus. **Join me in a new way to celebrate! Less Grinchy! More Lou-y!***

## Byrdhouse Ministries 2024 Hopes & Wishes

- ❖ Partner and provide a much-needed Soul Rest Days with Parents of Special Needs Children, Widows, Hospitals, First Responders, Ministry Organizations to name a few.
- ❖ Offer a variety of specialty workshops throughout the year.
- ❖ Continue to grow our Scholarship Fund to provide lower cost therapy & experiences.
- ❖ Topaz to continue his excellent health and vermin free barn program.
- ❖ A healthy and happy Ministry Staff.
- ❖ **People to continue to breathe and slow down with God.**