



December 2017

Friends,

My childhood had plenty of struggles, but nothing had prepared me for my future struggles. I came from a dysfunctional family and as I got older I was more distant from family, labeled a black sheep, and all my friends disappeared. I had no one to turn to for help and even felt unworthy to ask for help.

For over a year I survived on nothing but canned green beans. I found a job at a kennel making \$40 a week, which covered gas for the car and food for my son, and every little bit extra went to bills. I couldn't afford my medication, healthcare or food for myself except the one can of green beans a day. My health declined. I was constantly passing out from poor nutrition. Unlike you, I was unaware of programs and ministries like Grace Klein Community.

I have since reconnected with my mother. I no longer survive on green beans. When I have an abundance of something, I take joy in sharing. Your struggle will not last forever. You are worthy in God's eyes. You can ask for help and not feel guilty because you are not alone. I am not rich. I still have trials and tribulations like everyone else. But my life is so much better. I have food, bills are paid, and I can now afford a piece of candy from the gas station when my son asks, which means so much. I hope my story helps you through this time of struggle. Please reach out for help when you need it. You are worthy. If you know a black sheep in need, please be a light for them by sharing God's love and give them information about Grace Klein Community if they need help. Above all, pray for yourself and others. In the end, it is God who leads others to help those in need. I am praying for you.

Sincerely,

Anastacia Vaden

*And do not forget to do good and to share with others,
for with such sacrifices God is pleased. Hebrews 13:16*