



In My Father's Kitchen
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AT THE TABLE



Love in Life House

I remember one time John and I were watching all kinds of people having trips and falls on **America's Funniest Videos**. John made the comment, "It's amazing how much trauma the human body can take." That moment came to mind today as **John and I discussed two of our friends who are living in a tent**. I could feel the tears coming to my eyes and my heart broke for these two young men who have been **through horrific trauma since their childhood**. I thought, **"it's amazing how much trauma a human heart can take and still go on."** I so wanted to help them in some way, emotionally. Then a soft whisper fell on my heart and I heard, **"Love them in their mess."**

This has been the mission of **In My Father's Kitchen** since our beginning in 2011. **Love- without expectation of return**. Loving people in their mess. This turned my thoughts to **Life House** and the women who live there. **Lives in a mess and needing to get untangled and freed**.

I had the honor to meet in **Judge Limpert's sex trafficking court** this December some wonderful individuals. One young woman said **she felt "trapped" with no place to go, but back to where she got in trouble in the first place**.

The best moment was when one of our friends, who went with us, re-introduced herself to Judge Limpert and his staff. **One staffer broke down in tears as she spoke with our friend about her transformed life**. A life changed four years ago by a cold bottle of water and unconditional love. **I could see the success ahead for Life House through that experience**.

Life House is a needed place of refuge for women like my friend. A "safe place" to rest and get a new viewpoint on what life has to offer. **A place to be loved- without conditions**. We know there will be challenges ahead, but I am confident that the power of love will help transform these women's lives. **You may scoff and say, "it's gonna take a lot more than love"**, and I realize that. But, when **you have love as the foundation, you have a house built on rock, not sand**. When the challenges come, and they will, **the foundation and the mission of Life House will remain standing**.



Thank you to our volunteers who have been helping us build out this beautiful home. **We have only been able to do what we have in Life House through the generosity of our Sous Chefs**. As we move forward to finishing **Life House** please prayerfully consider **becoming a monthly donor to IMFK's Life House**. Simply put **Life House** in your memo line or type a note in online giving.

Thank you again for helping us love those who feel invisible.

Leigh-Ann Tumino



Out in the Cold

In early January, IMFK received a call from an overnight manager regarding two brothers living in the woods behind their store. The boys would come in to stay warm and then go sleep in a tent.

IMFK went to meet these two brothers bringing them lunch and clothing. "How can we help?" Was what we wanted them to share with us. IMFK got their permission to begin their paperwork to start their progression into housing.

On the weekend of January 19th, Syracuse was hit with a huge storm. Cold winds and lots of snow were in the forecast. IMFK could not let these young men stay in a tent in the coming storm. Through the generosity of our IMFK Sous Chefs we were able to put them in a motel for 4 nights.

It was so heartbreaking to see them check out of the motel and go back into the woods. Once again IMFK hit the roadblock of housing our homeless friends, not enough affordable low income housing to meet the need.

This month we are expecting a polar vortex with temperatures below 0. It breaks our hearts when all the paperwork is done and we have to sit and wait for an apartment to come online. While we sit in this "waiting room", IMFK will continue to do all we can to keep these young men safe. With your continue support will help and love them in their mess. We are your hands extended showing these two brothers they are not invisible.



Home for now



Registration is now open for our 6th annual 5k Walk/Run. This year's event will be held on Sat., June 15th at Onondaga Lake Park.

All proceeds from this event will go to IMFK to help us continue to meet the needs of those who feel invisible.

<https://diem.life/imfk/imfk-6th-annual-5k-walk-run>

Happy
Valentine's
Day

