

AN UPDATE OF MASTER'S TOUCH MINISTRY



A DIVISION OF
WAYSIDE CROSS
MINISTRIES

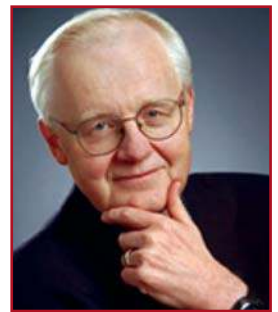
lifeCHANGE

MARCH 2013

FRIENDSHIP DINNER SET FOR MAY 14th

The Master's Touch Ministry's Friendship Dinner, its major annual fundraiser, is being held at Gaslight Manor, 2485 Church Rd. in Aurora, on Tuesday evening, May 14th. Doors open at 6:00 pm, and dinner will be served at 6:30 pm.

Once again, WMBI-FM Radio Host Mark Elfstrand will serve as the evening's Master of Ceremonies. The evening will include an interview with Mike Nawrocki, co-creator of VeggieTales, and Executive Vice President of Big Idea Entertainment Studios.



Mark Elfstrand

**THE MASTER'S TOUCH MINISTRY'S
FRIENDSHIP DINNER
Tuesday, May 14
Doors open 6:00 pm
Dinner 6:30 pm**

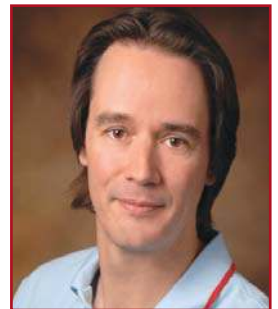
**Gaslight Manor
2485 Church Road
Aurora, IL**

Burt Kettinger will provide ministry through song. Burt's rich bass/baritone voice has reached into 49 of the United States and to six continents of the world over the past four decades. Currently, he can be heard each week throughout the US and beyond as one of the soloists on Songs in the Night from Historic Moody Church on Moody Radio.

The evening will also include a ministry update from Master's Touch Director Randy Tomassi, as well as personal testimonies from men who, as residents of the Master's Touch Ministry, have experienced life transformation through the power of Christ.

There is no charge for the event; however, a "free will offering" will be taken. Please attend. We encourage you to host a table of eight.

To make a reservation, please call Randy Tomassi at (630) 723-3422, or email him at rtomassi@waysidecross.org.



Mike Nawrocki

Director's Corner

Thanks for taking the time to read *Life Change*, a periodic newsletter intended to keep you abreast of how Our Lord is at work in our Bible-based, Christ-centered residential program for men who are seeking a permanent solution to the crisis of a broken life.

The Mission of WCM is: *to honor God by loving and serving the afflicted and powerless through sharing the Gospel of forgiveness and hope in Jesus Christ by empowering them to be disciples of Christ.*

I am pleased to announce that, in our ongoing efforts to continually enhance the "disciple empowering" process, we have added a new class to the Master's Touch curriculum: Biblical Financial Freedom. The six lesson course will cover such topics as budgets, debt, lifestyle, etc.—all from a Bible-based, Christ-centered perspective.

This course is being taught by volunteer Tony Dutton, of Morgan Stanley Wealth Management in Barrington. As I've stated before in this space, it's a tremendous blessing to witness the transforming power of God unleashed, as committed volunteers from local churches come alongside us as we minister to the men whom He has entrusted to us. As is the case with 99% of the Master's Touch Ministry, Biblical Financial Freedom would not be part of our program were it not for The Body of Christ. Please join me in thanking Our Lord for Tony, and asking Our Lord's blessing on this endeavor.

I am also pleased to announce that we are in the process of offering the American Lung Association's ***Freedom From Smoking***® program here at Master's Touch. For further information, I encourage you to read the story on the next page.



Randy Tomassi
Director,
Master's Touch
Ministry

Please remember us in your prayers. If you send me your email address, we'll be pleased to provide you with semi-monthly prayer request updates; if you have any other questions concerning The Master's Touch Ministry, please call me at (630) 723-3422, or email me at rtomassi@waysidecross.org.

May God richly bless you.

A handwritten signature in red ink that reads "Randy". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

Randy Tomassi
Director, The Master's Touch Ministry



Freedom From Smoking®

Numerous scientific studies over the past few years have proven that abstaining from tobacco significantly increases the chances of sobriety for someone who is addicted to alcohol, cocaine, heroin, etc.

In light of these facts, Master's Touch has been "phasing out" our residents' smoking privileges over the past couple of years. For example, under the current rules, residents must test "negative" for nicotine in order to be promoted from Phase 1 to Phase 2 of the program. Typically, a resident moves from Phase 1 to Phase 2 after 90 days of residency. Once in Phase 2, a resident must remain nicotine-free for the duration of his residency.

Smoking is not only the single most preventable cause of death in the US, but it is also as addictive, if not more so, than heroin. Therefore, we are committed to providing as much assistance to our residents as possible in this battle. To that end, Master's Touch Director Randy Tomassi recently completed training with the American Lung Association as a Clinic Facilitator for its **Freedom From Smoking®** program.

Since it was first introduced almost 30 years ago, the **Freedom From Smoking®** program has helped over a million Americans end their addiction to nicotine and begin new smokefree lives. **Freedom From Smoking®** was ranked the most effective smoking cessation program in a study by Fordham University Graduate School of Business.

Freedom From Smoking® is based on the proven addiction and behavior change models. The program offers a structured, systematic approach to quitting. It has a positive focus, with an emphasis on the benefits of better health. Because no single cessation technique is effective for all smokers, the program includes a comprehensive variety of evidence-based cessation techniques.



Evaluation studies have shown that individuals who participate in **Freedom From Smoking®**:

- Experience immediate health benefits.
- Learn to address the physical, mental, and social aspects of their addiction.
- Are six times more likely to be smoke-free one year later than those who quit on their own.

We are in the process of "rolling out" **Freedom From Smoking®** at Master's Touch. All residents who enter our program as smokers will be required to complete the program, which comprises eight sessions over seven

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Freedom From Smoking®

consecutive weeks. Each session lasts approximately 90 minutes and addresses every aspect of quitting, from awareness of smoking dependence, to actual behavior change. The program has been designed in a highly structured, systematic, logical manner. The activities and assignments provide smokers with proven strategies for behavior and lifestyle change.

Maintenance strategies are an integral part of ***Freedom From Smoking®***. The goal, of course, is to stay permanently smoke-free. The sessions cover post-smoking challenges such as avoiding weight gain, managing stress, etc. Our residents will have access to additional support by phone through the American Lung Association's Lung HelpLine, and the Internet.

All in all, ***Freedom From Smoking®*** is the vanguard of smoking cessation programs. Please pray that Our Lord will be pleased to use this outstanding tool to His glory in the lives of our residents.



To donate on our website go to
www.waysidecross.org
and click on the
red heart
select Master's Touch Ministry

