



*Peaceful  
Meadows  
Recovery  
Center*

*Mission Statement: We wish to provide a safe place for women and girls who are struggling with an eating disorder while providing physical, emotional, and spiritual healing in a conservative Christian setting.*

*Bear ye one another's burdens and so fulfill the law of Christ. Gal. 6:2*

### *What is an eating disorder?*

The academic definition of an eating disorder is; any range of psychological disorders characterized by abnormal or disturbed eating habits (such as anorexia nervosa or bulimia)

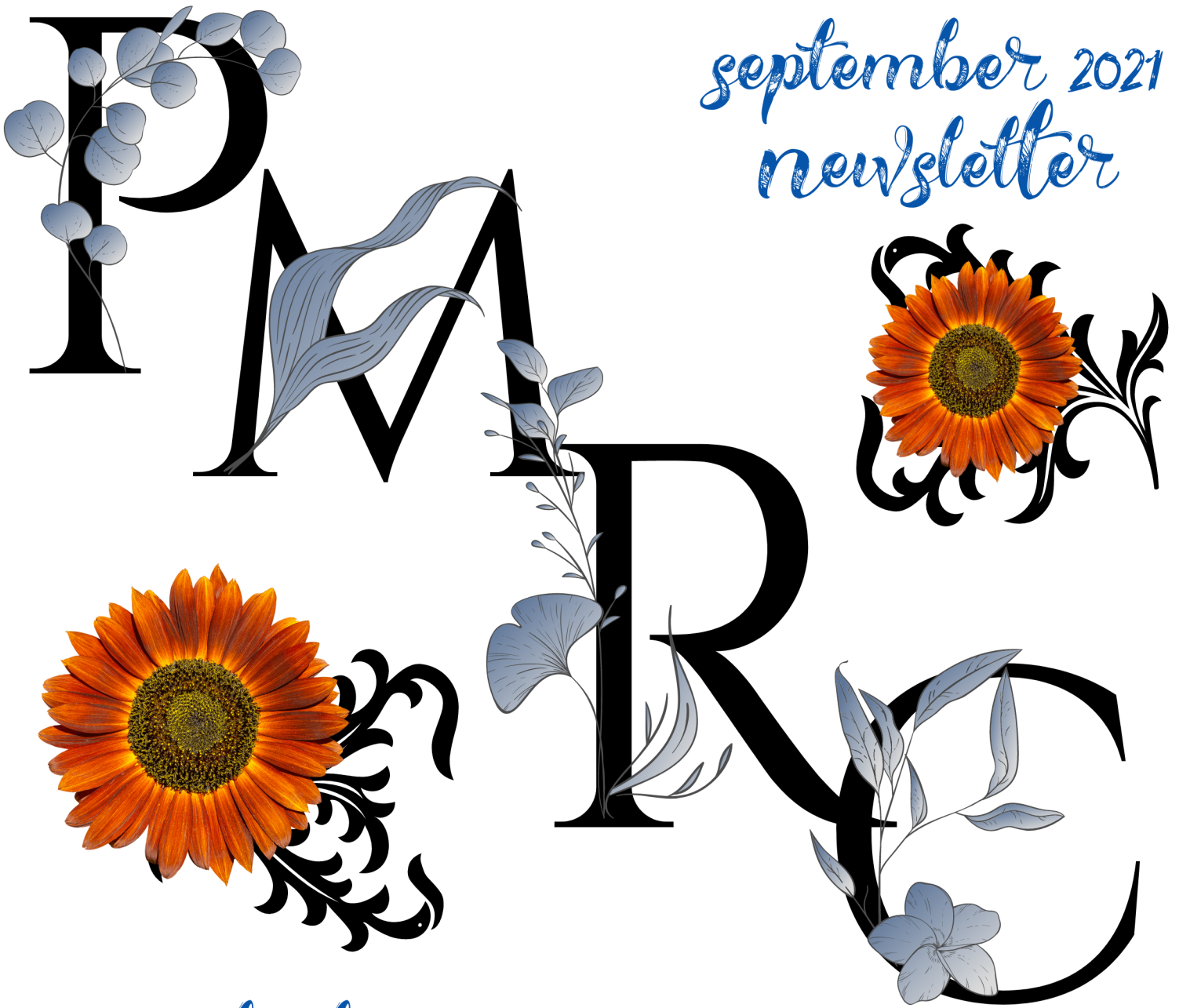
To translate into layman's term would be to say that an eating disorder is any unhealthy or disturbed eating habits or patterns that emerge as an outward sign of an inner struggle or disturbance. It is an all-consuming, life threatening disorder.

Symptoms vary, depending on the type of eating disorder. Anorexia nervosa, bulimia nervosa and binge eating are the most common eating disorders. Other eating disorders include: rumination disorder and avoidant/restrictant food intake.

**The treatment of an eating disorder is an intense journey that involves three key parts of the victim's life. Successful treatment include physical, psychological, and spiritual guidance.**



september 2021  
newsletter



*contents:*

Administrator's Report pg. 3

Feature Article

"A Day at PMRC" pg. 5

Boardmember's Report pg. 4

General Infomartion pg. 6

Notes from staff pg. 3

Resident Report pg. 4

Treasurer's Notes pg. 5



# Stabb



## Peaceful Meadows Recovery Center

Saturday, April 3, was open house here at Peaceful Meadows. The first official staff meeting was held at 1:00 that afternoon. We all were a bit nervous, and didn't have much clue of what we were getting into or what the people in the room with us were actually like! But now we have to wonder what our anxiety was all about. After working very close with each other for the past 3 months... we know very well what we got into.

On April 7 at 8:45 pm., our first resident arrived. That night it was just me, the first houseparents - Seth and Mary - and the one resident. A little lonely but it didn't last! The next day the second and third residents arrived, followed by the fourth on that Saturday. And that is what we had for the next five weeks- 4 residents and 4 staff (5 staff if you add in the time when the administrator is here). Now we are hosting 7 residents and 1 out-patient. And 2 residents already went home.

Bare ground, an empty barn, chair-deserted deck, a sky of clouds and rain, and vacant basement is what welcomed us. Coloring and song books kept us busy for the first week or so. Now we have a beautiful lawn, landscaping started, horses and kittens in the barn, a round pen and fence that was finished this week, poly furniture on the deck, sunny skies and

warm weather, a basement with all sorts of fabric to make comforts and a huge variety of card supplies. We study through the books, Lies Woman Believe and 8 Keys to Recovery From an Eating Disorder.

If you want to know the newest updates, you are welcome to come be houseparents for us here at Peaceful Meadows. We would really enjoy meeting you! God bless each one of you who supports the work here, it means a lot to us! We are humbled by the generous donations we have recieved. May God meet out a special blessing to you!

-- Tina Rettell (6/10/21)

## Administrator's

# Report



*Greetings from the administrator's desk.*

The opening of PMRC has been a dream come true, instead of sending women and girls to Boston, Maryland, Denver, Chicago or Indiana in non-Christian facilities bringing them here to a Christian home-like setting.

After months of planning and many meetings, open house was on April 3 with the first resident arriving on April 7.

Now on September 14th, 2021, all 10 beds are full plus three in the outpatient program and five who have successfully completed the program.

And... more on the waiting list.

This has come with many challenges from having enough staff, to developing guidelines for each position, to training all new staff in an all new facility. God has been good to all of us and in the past five months we have learned to know many new people.

May God bless each of you for your donations and efforts in building and opening this facility.

-- Curtis Martin

From a  
*Resident* 

Greetings from a blessed client of Peaceful Meadows, and I repeat, blessed!

My life has changed from a dull brown to a growing, flourishing tropical plant within my short stay. Coming to this facility with many questions and even a few doubts, I took the plunge into this frightening journey, searching for a clearer view of life and a healthier way of coping with life's seemingly unending low valleys.

God saw this as something good, something needed for a Christian lifestyle such as ours, and through it we can grow - gaining insight spiritually, mentally, and physically. Shared feelings, feelings others can't touch till you've had the same experiences made us friends at heart, watching miracles unfold before our eyes, and cheering alongside our new friends.

Then there were the lighthearted

moments of singing, rejoicing and laughter.

Seen as a blessed thing of God, many kind souls have invested their precious time as house parents, staff, chef and also the many hours that are not on paper, others have sacrificed to our gain.

Watching this dwelling turn into a beautiful setting, from mud and bare land into meadows of growth and character, from bare necessities to even pleasurable stays, existing of projects, new songs, and good conversations with shared humor and ever helpful lessons. Hours of study in books that teach lessons for life if we will take heed as we search for a free and peaceful spirit in Jesus, the ultimate healer of sickness and hopelessness.

We rise in awe of His touch of mercy, care, and love.

Sincerely thankful,  
K.R.

*Boardmember's*  
Report 

Greetings from Peaceful Meadows Recovery Center, an eating disorder facility for girls and women from the conservative Amish & Mennonite churches. This 8600 sq. ft. ten bed facility opened in April 2021. This was accomplished by hours of board meetings, town meetings, and thousands of hours of donated labor and monetary donations that we are so appreciative of. I would like to send out a personal Thank You! to all you who helped make this project possible.

Here we are, August 23rd, 2021, our 10

beds are full, with calls coming in with more clients who would like to be admitted. With no more room they are put on a waiting list till we have beds available.

Our Staff consists of: Administrator, House Parents, Nurse, Recovery Coaches, Dietitian, Mentors, Chefs, and a Receptionist. Behind them stands a nine man board of directors, and a five man minister advisory board.

Chairman of the board,  
Daniel H. Martin



## A DAY AT PEACEFUL MEADOWS

At 6:00, as the first rays of dawn appear, Nurse Laura and the night shift girl head upstairs. "Good morning! It's a beautiful day in the neighborhood!" Laura calls out to everyone.

Everyone gets ready for the day and comes downstairs. From 6:45 to 7:00 they copy Bible verses into their notebooks then we head outside into the fresh morning air for our walk.

Back inside we have devotions until 7:30. The house father reads the daily reading from "Beside the Still Waters" and a chapter from the Bible. Breakfast lasts until 8:00. As soon as we are done eating, they copy Bible verses until 8:20, then it's time for our second walk. This time we walk out the driveway, back in and feed the horses. Each girl has an assigned chore so everyone gets a turn.

When we come in again, we sing together until 9:30. Then we go down to the basement to work on CAM projects which include: cutting patches, sewing comforts, making caps and sewing small girls' dresses.

Snack time is 10:15 - 10:30. When we

are finished with snack it's study time. On Tuesdays and Fridays they work in their "8 Keys to Recovery From an Eating Disorder" and on Wednesdays, "Lies Women Believe". On Mondays, Tuesdays and Thursdays the equine therapist is in and takes each girl for her session individually. On Mondays and Thursdays the counselor is in as well.

Lunch time is at 12:15. Afterwards is rest time until 2:30, so everyone can relax or nap. When we wake up, we sing for 10 to 20 minutes and if there's still enough time we go down to the basement and everyone may work on their own project, such as write, make cards, scrapbook, sew or whatever suitable activity they choose.

3:15 is snack time, then we go back to our books until 4:45.

Time for our evening walk! We feed the horses and kittens while we are out there, and when we come inside everyone heads for the basement except those who want to make a call. Each girl can have 1 thirty-minute phone call per day or shorter calls equal to thirty minutes.

We come up for supper at 6:00. At each snack or meal someone picks a question out of our little dish and everyone takes a turn to answer it. We have some fun conversations! At 6:30, we should be done with supper and everyone may help with the dishes.

Evening devotions are from 7:00 to 7:20, then the girls may take showers and make calls. Bedtime snack is at 8:10, then we head upstairs for quiet time and lights out. And ... another day is done.

Treasurers Report	
<b>Income:</b>	Donations: \$632,868.00
	Operations: \$651,959.00
<b>Expenses:</b>	Staff Wages: \$224,164.00
	Other Operating: \$215,138.00
	Land & Building Costs: \$1,088,635.00
<b>Debt:</b>	\$558,630.00

## Board

Chairman: Daniel Martin  
Vice Chairman: Nelson Horning  
Treasurer: Leonard Martin  
Secretary: David Hoover  
Albert Hershberger  
Alan Miller  
Jonas Stoltzfus  
John Newswanger  
Curtis Martin

## Staff

Administrator: Curtis Martin  
Recovery Coach: Sarah Reiff  
Recovery Coach: Sharon Horst  
Recovery Coach: Grace Nolt  
Recovery Coach: Rebecca King  
Recovery Coach: Ida Zimmerman  
Recovery Coach: Ranita Penrod  
Night Shift: Rachel Swarey  
Night Shift: Joyce Shirk  
Chef: Heidi Moser  
Chef: Mary Beth Hoover  
Receptionist: Faith High  
Nurse: Laura Flint  
Equine Therapy: Ruth Martin  
Equine Therapy: Ruthann Weaver

*Love* is the spark  
that kindles the fire of compassion.

*Compassion* is the fire  
that flames the candle of service.

*Service* is the candle  
that ignites the torch of hope.

*Hope* is the torch  
that lights the beacon of faith.

*Faith* is the beacon  
that reflects the power of God.

*God* is the power  
that creates the miracle of love.

# Staff Needs

## Recovery Coach

**work closely with girls at all times, monitor exercise etc. and provide meal support.**

## Dietitian

**looking for a registered dietitian**

## House Parents

**Mother and Father figure of the home**

**RN, LPN,**

**Nurse or a CMA**

Peaceful Meadows  
Recovery Center  
2644 Carter Rd.  
Geneva NY 14456  
315-759-6010