



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

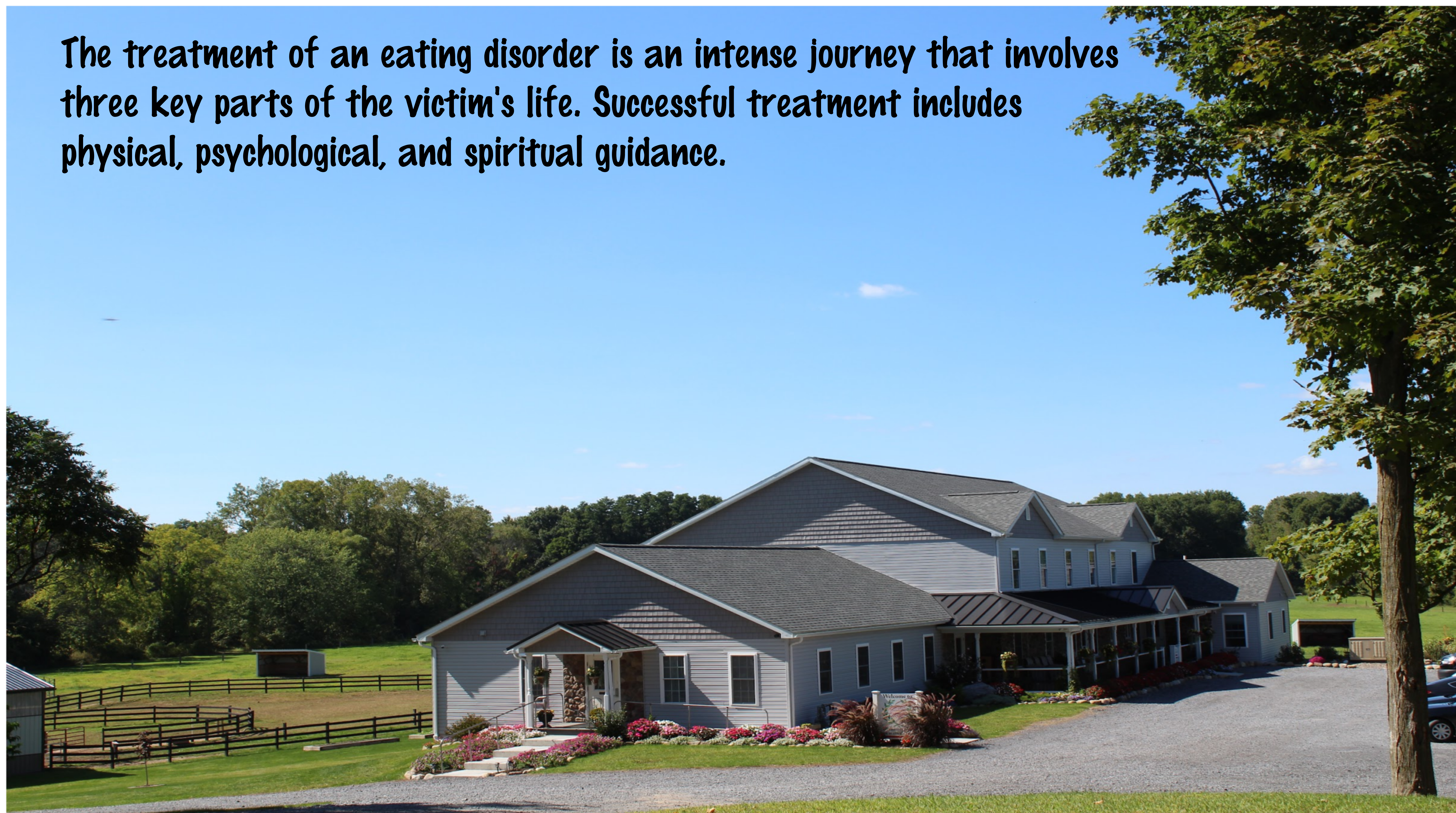
October 2025 Newsletter



What is an eating disorder?

Eating disorders are serious health conditions that affect both your physical and mental health. These conditions include problems in how you think about food, eating, weight, body image, and in your eating behaviors. These symptoms can affect your health, your emotions, and your ability to function in important areas of life. If not treated effectively, eating disorders can become long-term problems and in some cases cause death. The most common eating disorders are anorexia, bulimia, binge-eating disorder, and orthorexia.

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



CONTENTS:

From a Former Resident, pg 2,3

Feature Article: *Understanding the Battle of Addiction* pg 3,4

Administrator's Report pg. 4

From a Staff Member pg. 5

Poem: *The Truth Is...* pg. 5

Board Member's Report pg. 6

General Information pg. 6

Treasurer's Report pg. 6

*From a
Former Resident*



A Day in Life With an Eating Disorder

I wake up around 4:30, and I wonder what the dream meant that I had during the night. Then I remember that the last few days have been rather stressful, and the eating disorder has been throwing a lot of temptations at me. "Maybe I need to talk to someone so they are aware of it," I tell myself, then the ED jumps in and says, "Oh, it's ok; they have enough and this really is nothing. Just listen to me," he says. "Then you'll be happy and free."

Before I realize it, it's time to get up and I feel weary already. I go about my day, and on this day it's work at the store. I get there and realize the shelves are pretty messed up, so even before our work time starts, I'm scurrying to get the shelves looking good, for it needs to be done before our meeting at 8:30. Oh, no; I'm not done by 8:30, so to the meeting I go. All I can think of is that I haven't finished the task that needs to be done before customers arrive. So with trying to stay present and listening to what is being said, I'm able comprehend a few things: one being that work starts at 7:55- no later. Oh my, I must be slipping. They must mean me because who else would they be talking to? After the meeting, I jump up and off

PMRC RECORDING LINE

712-432-3991

Pin # 7326837



to finish the task. It's Monday, so the managers have a meeting with the owner, meaning I need to get the drawers in and open the store at 9. All this time I'm battling with the thoughts that they're probably discussing me and what a bad job I'm doing. Sure enough, here come two of my coworkers. I observe them talking quietly and the slightest thing I catch reassures me that they definitely were talking about me. I don't have any definite evidence so I continue to assume and in the meantime I'm positive a few of my coworkers don't like me. I think of every possible reason they'd have; finally, after going down a whole line of things, I am convinced it must be because I need to take breaks and they don't. Then I wonder who else is upset with me. Of course, I'm convinced the store owner is, and because of that maybe I soon won't have a job as I'm not getting enough accomplished.

So, I tell myself I need to go faster. Lunch time rolls around and I feel I need to get my lunch eaten as fast as possible so I can get back to work. One of the coworkers makes a comment about food making you fat. She says, "Once on your lips, forever on your hips."

The ED takes this and runs with it. "See, you'll get fat if you continue eating so much," he says. "You really don't need so much food; you could be so much thinner and happier if you'd just fast for a few days. Maybe your coworkers are thinking you are fat and lazy."

The day goes on and soon I'm stressing to get the last little bit done before it's quitting time; by the time I get to the van I'm worn out from all the stressing throughout the day. On the way home I wonder if the people I live with would rather not have me there.

Maybe they regret their decision. "See," says the eating disorder, "Everywhere you go you just burn out people, you are so needy. If you'd just throw out the meal plan and just eat a little bit then people would accept you so much better." I once more tell the ED that I heard what he said but I'm not interested in his lies; truth is, he's never brought me true peace before.

I get home and they seem to be glad to have me home, but of course I observe very closely for even the smallest sign could be what turns out to be the biggest evidence in my mind. But always I look back and see that it is false evidence that the ED has convinced me to be true. If someone is a little tired or quiet, immediately I assume she is stressed by something that I said or did. "Oh, yes," says the ED, "You are not worth anything. The only thing you do to people is cause their lives to be miserable." Okay, again not reality. Truth is: yes, I've caused others stress, but I need to learn from this and realize that it doesn't need to be that way.

It's supper time; I look at my food and I wonder how I'm going to get that pile down, then I remember that this is what I need and it will be okay. So, I try to engage in the conversation, but about halfway through the meal the ED sticks in his head. "You had enough; you don't need the rest. Just this once; please don't eat it. You can do it tomorrow, but today you need to be good. You need to lose a little weight and this will help you."

"No, ED, that is not an option. Just leave me alone. I don't need you." I continue eating until I'm done and of course I feel guilty so for a while I'm battling with that until I realize what's making me feel that way: the eating disorder again. Soon it's time for snack and I wonder if once more I'll have to fight the ugly ED voice. I wonder if he'll ever leave me alone. Surely, eventually he'll give up.

It's bedtime. Oh my, again... But I'm bone tired, so surely I'll be able to sleep. I jump in bed and just like that I'm more awake than I've been all day. So, I think of a Bible verse that I can meditate on and it goes quite well for a little bit til all of a sudden I'm down a wrong trail again. My thoughts run wild; the ED jumps in and says, "Yes, I got you again. You might as well give up because you'll lose anyways. If you would have given up those other times, I'd have you dead." Oh no, I need to stop this train of thought. So finally I grab my journal and pour it out there which seems to help some. I feel more

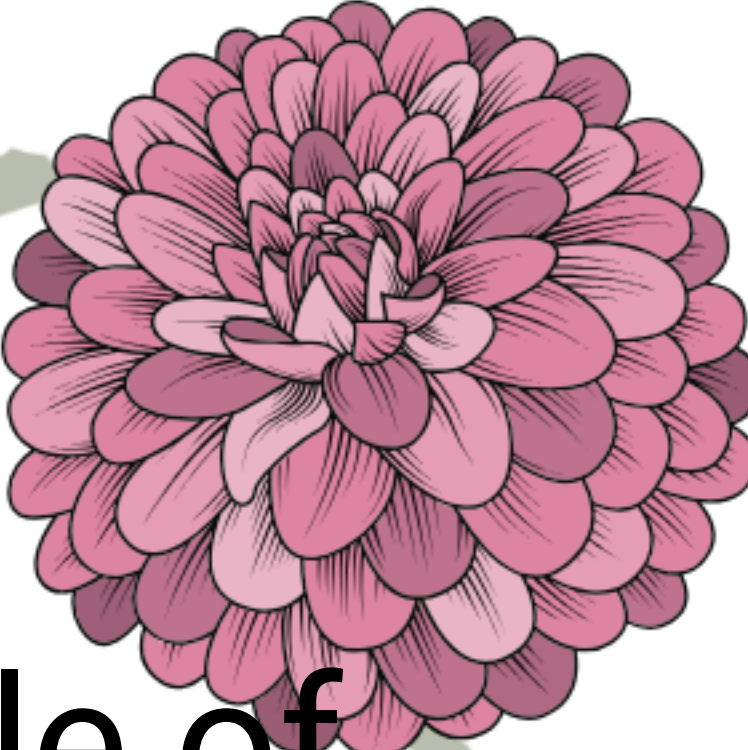
relaxed and eventually I get to sleeping. And I question if recovery is even worth it, it feels like such a losing battle, and then I remember heaven will surely be worth it all.

Yes, I will keep going!

I have decided to follow Jesus.

No turning back!

~By a former resident



Feature article: Understanding the Battle of **Addiction**

When you hear the word *addiction*, what thoughts come to your mind? Do you think of things like secrecy, hopelessness, insecurity, or eating disorders? While the word *addiction* is not used in the Bible, the concept is there. In 2 Corinthians 10:4, we read, "For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds." The term *stronghold* used here is very similar to *addiction*.

The clinical definition of an addiction is "an unhealthy or compulsive relationship with any mood-altering substance or experience that has life-altering consequences." So, we could say that an addiction is *whatever* I depend on to fix a down or anxious mood. Our mind may go first to those who use drugs, alcohol, or similar things, but what about those who are addicted to work? When emotions become difficult, they will work harder so they do not have to feel those emotions. What about those who binge eat, restrict food, or become obsessed with healthy eating, in order to deal with emotions? **All** of these strongholds/addictions cause our brain to release a neurochemical called dopamine, which makes us feel good. Anytime we feel difficult emotions, we will turn to food, work, or whatever our "drug" of choice is, to make ourselves feel better. Gradually, we develop well-worn pathways in the brain, and eventually the choice becomes automatic.

Over time, these ways of dealing with life's difficult situations will cause us spiritual, physical, mental, and emotional problems. Studies show that addictions have a great impact on mental and emotional health, as over 80% of those with addictions have at least one other co-occurring health issue. The one who is addicted is only trying to self-medicate to cope with their problems, but this only makes their problems worse in the long-term since it causes them to draw away from other relationships with family, friends, and -most importantly- their connection with God.

How can we help a person struggling with an addiction?

First, we *must* take a holistic approach. This means we will need to address the four main parts of every person's life: physical, mental, emotional, and spiritual. Trying to help a person overcome an addiction without treating all areas of the person's life will have very limited success.

Secondly, it is very important to understand the addiction you are working with. For example, those with restrictive-type anorexia will do physical damage to their brain by practicing their addiction, and that damage will not allow them to think clearly. Because of this, everything they see, hear, taste, and feel will be distorted. In that setting, the physical must be addressed first so that the brain begins to think clearly. After the physical is stabilized, the mental and emotional side of things can be worked with. It is then critical to help the one struggling to true spiritual healing and a sincere relationship with God.

Why address all areas? If we try to just fix the spiritual things without first helping the person to think clearly, we can train them to say all the right things such as that they love God, but they will not have a true connection with Him and in time, will relapse into their addiction. If we try to fix the physical without addressing the spiritual side of the addiction, we are only teaching coping skills, and they will not be strong enough on their own to fully recover.

Those struggling to overcome an addiction need to truly experience God's mercy, His love, and His forgiveness. *As believers, it is our responsibility to create an environment where those struggling with addictions can be open, honest, and vulnerable about their struggles. Only then can they find true healing and forgiveness.*



Report from the Administrator



**"Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness, considering thyself, lest thou also be tempted."
Galatians 6:1**

This is a verse that has been on our minds a lot the last few months. What exactly does the word *restore* mean? If we correctly understand this word in the original form, it is likened to a fisherman mending his net, or a surgeon setting broken bones: someone who needs to be very careful in what they are doing. The fisherman needed to know how to tie many different types of knots, and they needed to be tied very carefully in order for the net to be mended correctly. A surgeon needs to work very carefully, or the bone will not set correctly or may even heal crookedly. How many of us would allow a surgeon to operate on us who has not been trained in the surgery we need? Now, if we add to the thought of restoring being work needing so much care, the thought of being in the spirit of meekness, and the fact that we are all human and need to be careful that we do not get tempted and drawn away from God, this gives each one plenty of work to do.

Now, let's consider the fact that all behavior is communication. What are the people we meet trying to tell us? As we look around our own family circles, those in our church settings, and the broader world around us, we see that our world is full of lonely, hurting people. May we remember that "beneath every behavior there is a feeling and beneath every feeling there is a need. When we meet that need, rather than focus on the behavior, we begin to deal with the cause, not the symptom."

As our minds go back over the last year, we remember the joy of watching residents graduate from the program and returning to life outside of treatment. Then we think of the many different families from many different states and even countries that have called asking for help for loved ones struggling with disordered eating. If we remember correctly, we received calls from Argentina, England, Belize, Canada, and many different states in the US. We ask ourselves, "What can we do?" We realize that eating disorders are the fastest-growing mental health issue in the world. What can be done?

We want to express heartfelt appreciation for the support that has been expressed, especially for those who remember us in prayer, as we need God's leading, guiding, and direction in the decisions we need to make each day. May God bless you for caring.

~By Curtis and Michelle Martin



Greetings from one of the privileged members of the staff team at Peaceful Meadows. This is more than a job; this is a hands-on education. It is a co-working with God, for without Him on the scene, we may as well fold up the program. It is a daily invitation for my personal growth, as I have the privilege of walking with those who are mightily and bravely reaching for higher ground. Fighting against an eating disorder, along with relearning patterns of thinking that an ED thrives on, is not for the faint of heart. These dear ones in our care work harder for recovery than many of us realize. Generally, the need for specialized assistance in overcoming an ED is a result of years of wrong beliefs. Many of our girls feel impatient at some time in their recovery at the seeming slowness of progress. We remind them of the strength of a belief system that has so long been a part of them. What has taken years to develop cannot be expected to dissolve rapidly. Our "fearfully and wonderfully made" brain must be given proper time and tools to reroute. But the good news is, it can be done. I repeat: finding healing and hope is entirely possible. Many that have been released from their chains here would echo that.

The thrust of my work at PMRC is looking after the physical/medical needs of the girls. We have a doctor whom we very much appreciate, that we work with and call on for things beyond our knowledge. She meets with the girls right here at our facility as needed. She guides us in blood work and medications, and listens to our concerns. Our daily work in the office includes ordering and picking up meds, administering meds, keeping daily records, and being here when the girls rise in the morning to do vitals and weights. I enjoy having them come visit me in my office one by one! There is no end to the things to be learned in this work. One of the most fascinating to me is this: the body remembers and stores stress in ways I never knew to be possible. This results in puzzles for us to solve. Is there something here that needs medical attention or is it a result of stress that would benefit from other techniques? Stress can do amazing things. It might take up residence in the stomach, the joints, the muscles, the head, or even the eyes. The body may be unable to use the nutrients it is getting because of stress. We try our best to be good detectives with this! These things plus many more fill our days with blessing and purpose. We wish for God to receive all glory for every victory and create beauty out of every mistake.

~By a staff member

The Truth Is....

When my life on earth is o'er,
And to heaven's gate I soar,
When I see His smiling face,
And fall into His warm
embrace

My body will not have to be
A certain size for Him to see.
A certain size for Him to say,
"Your worth is more 'cause
you're this way!"

There'll be no scales at heaven's gate,
For Jesus there to see my weight.
He will not judge by how I look
To know if I am in His book.

My body shape and size and weight
Will not be checked at heaven's gate.
Appearance will not be a part
'Cause I'm a piece of His great art!



Report from a Board Member

Hello, everyone,
 We will try and write a few lines with the help from our God.
 As I reflect back over the years since PMRC started up, I was on the board before we had our first client. Since we are the first Anabaptist eating disorder facility, I'm pretty sure that none of the board had any idea what all is involved to try and help PMRC run smoothly. We have a lot more employees than we had imagined; we had to make our parking lot bigger for all our employees.
 My wife and I have been houseparents a few times. It's always interesting to see the clients improve.
 The clients and staff are always glad when there are houseparents there, since finding houseparents is a difficult job. A lot of couples who are asked as houseparents think they have to plan the meals, but our chefs do the meal plans, and the houseparents help with the dishes and set the table, etc. We can go on long trips, but when asked to help at some of these places, we say we just don't have the time, so let's get out of our comfort zone and try it. "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me."

~ by John Newswanger

Urgent Staff Need:
Recovery Coaches

Coaches follow daily schedule with residents and provide meal support. Must be stable, willing to learn, 18 years or older



Board:

Chairman: John Newswanger
Vice Chairman: Daniel Martin
Treasurer: Leonard Martin
Secretary: David Hoover
 Albert Hershberger
 Jonas Stoltzfus
 Nevin Horst
 Jonathan Garman
 Daniel F. Stoltzfus



PMRC Treasurer Report		
February 1, 2025- July 31, 2025		
Income:	Donations:	\$40,461
	Clients:	\$835,853
	Other Income:	\$38,958
	Total:	\$915,272
Expenses:	Groceries:	\$51,577
	Wages:	\$552,822
	Travel:	\$105,849
	Massage/Chiropractor:	\$15,535
	Building Projects/maintenance	\$12,544
	Insurance	\$46,375
	Horse Related:	\$13,899
	Interest on Loans:	\$15,878
	Reimbursable Expenses:	\$28,665
	Other Expenses:	\$89,423
	Total:	\$932,569
Building Debt:		\$463,588

Staff:

- Administrator: Curtis and Michelle Martin
- Assistant Administrator: Leon Weiler
- Assistant Administrator: Seth Yoder
- Recovery Coach: Sharon Zimmerman
- Recovery Coach: Ida Zimmerman
- Recovery Coach: Anita Zimmerman
- Recovery Coach: Miriam Fox
- Recovery Coach: Rhonda Lehman
- Recovery Coach: Ruthann Yoder
- Recovery Coach: Corinne Rudolph
- Recovery Coach: Rebecca Martin
- Night Shift: Linda Mast
- Night Shift: Annie Wengerd
- Night Shift: Emma Wengerd
- Chef: LaShawna Zimmerman
- Chef: Mary Yoder
- Chef: Meredith Good
- Chef: Eleanor Hoover
- Shopping: Victoria Zimmerman
- Nurse: Mary Wenger
- Nurse: Kandis Martin
- Receptionist: Barbie Martin
- Receptionist: Faith Nolt
- Receptionist: Ashleigh Peachey
- Mentor: Rebecca King
- Equine Therapist: Ruthann Weaver
- Equine Therapist: Rosetta Burkholder
- Equine Therapist: Sarah Ann Martin
- Outpatient Equine Therapist: Edna Martin
- Outpatient Equine Therapist: Jane Hoover
- Barn Chores: Luanne Wenger
- Cleaning: Diane Burkholder
- Cleaning: Arie Fisher
- Fill-in Staff: Susan Byler, Faith High, Arie Stoltzfus, Kathryn Horst, SaraBeth Martin, Kathy Martin

