

# FAITH THROUGH FIRE

## FALL REPORT



FAITHTHROUGHFIRE.ORG

# 2023

## A LETTER FROM OUR ..... CEO/FOUNDER



Dear Cherished Friends,

Thank you! Due to your ongoing support, this year we have been able to provide crucial support, education and resources to breast cancer patients and their families, empowering them with knowledge and hope.

Healing from a traumatic experience does not happen in one encounter or with one resource. It takes continual support and interventions that make sense for the stage of healing the patient is in. By focusing on the mental health needs of breast cancer patients we are changing cancer care in new and innovative ways- and it's all because of you!

This year has been full of wins, and I was humbled to see God's hand on our work at every turn. The biggest miracle came in the form of permanent ownership of the respite house, one year from the unveiling. Not only did I sense God's presence in this project, others felt it too. I received many emails with pictures from survivors who felt God's favor and love was upon us.

My title is CEO and Founder, but this work is his. Meeting this enormous milestone means our capacity to serve patients has doubled and we can move forward with new and relevant work. Thank you for standing shoulder to shoulder with us to lessen the emotional suffering of those with breast cancer. We're only in phase one so if you haven't joined our movement yet, consider this your invitation. I promise the journey is going to be exciting and full of purpose!

A handwritten signature in black ink that reads "Beth".

Beth Wilmes  
CEO/Founder



# STRENGTHENING OUR COMMUNITY

## WHO WE ARE

Faith Through Fire holds space for men and women to heal emotionally from the trauma of breast cancer. We teach cancer is a traumatic experience and requires support and resources beyond traditional medical care. Faith Through Fire is the conduit to ensuring patients receive the emotional support and networks of care needed to take survivors beyond the routine physical interventions to a place of comprehensive healing.



## OUR MISSION

To reduce the fear and anxiety breast cancer patients feel and replace it with hope and a path toward thriving.

## OUR VISION

To see men & women who are diagnosed with breast cancer reclaim their lives to positively impact future generations and communities.

## WHO THEY ARE

A survivor impacted by Faith Through Fire becomes better not bitter and is:

- **Self-aware**- knows there is room for personal growth.
- **Multi-dimensional** understands they are not a disease but a soul whose needs to expand beyond the physical.
- **Motivated**- resourceful and ready for help.
- **Determined**- to restore their lives and to delight in family and motherhood again to positively impact future generations.
- **Resilient**- acknowledges breast cancer is difficult but refuses to let it define them.
- **Committed**- to using their experience to help others.

# JESSICA'S STORY

## IN HER OWN WORDS

Today marks two years since I was diagnosed with breast cancer. Wow, what a long, hard two years it has been. Thinking back, the first year was all about fight, fight, fight. Clawing my way one day at a time to get through all the treatment steps, working full time and trying to be present and in the moment with my family. It was tough.

This past year has had a different set of challenges. Once I made it through treatment, I had to adjust to daily medications, monthly shots and being put in full blown menopause quickly. It also has been a time that I have had to face what just happened to me. The whole year prior was like surviving a tornado storm and now I was left looking around scratching my head thinking, "What the heck just happened? And how do I pick up all the pieces of my broken self and put it back together." The healing and rebirth of myself has been much longer and emotional than I could've ever imagined. The mental battle and dialogue that I deal with daily is kinda unbelievable. These emotions and thoughts are always heightened around my follow up appointments, scans and hearing about cancer from life situations. Sometimes my mind gets a break and I think, "wow, I just went a whole hour without thinking about breast cancer." But I am learning how to manage this and continuing to be my positive, smiling, happy self!



One thing that has made a significant difference for me is being a part of Faith through Fire. I had a survivor mentor who has since become a friend and a workout partner. Additionally, I love listening to their podcast "Besties with Breasties," and the Respite house FTF provides is truly remarkable. I was moved to tears when I thought about how many families this place will positively impact. Faith Through Fire is an incredible gift to so many people! I am now a survivor mentor with Faith Through Fire, and I have the opportunity to assist others who are facing breast cancer. I highly recommend Faith Through Fire. They have helped make healing emotionally possible.



# YOU ARE PROVIDING SUPPORT EVERY STEP OF THE WAY

Faith Through Fire is privately funded. Your support provides each individual diagnosed with breast cancer with:

- Mentorship from a thriving survivor
- Access to other non-profits that can meet their individualized needs
- Small encouraging gifts at pivotal moments in their journey
- Fear Less patient resource to help navigate treatment easier
- Build-A-Bears for children impacted by breast cancer as a tangible source of emotional support.
- Referrals to mental health providers who specialize in oncology patients.
- A podcast hosted by two young survivors to reduce isolation.
- A private online community of survivors with access to courses and quarterly events.
- The opportunity to experience healing at the Faith Through Fire Respite House

“

I LOVE, LOVE, LOVE FAITH THROUGH FIRE. I HAVE GOTTEN SO MUCH MENTAL AND EMOTIONAL SUPPORT FROM THE PEOPLE IN THIS GROUP AND PODCAST.

24

NEW SURVIVOR MENTORS ONBOARDED

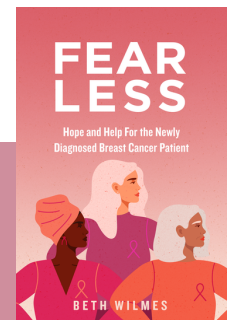


64

KIDS RECEIVED BEARS

87

PATIENTS RECEIVED FEAR LESS RESOURCE



29

FAMILIES RECEIVED RESPITE CARE



87

NEWLY DIAGNOSED PATIENTS MENTORED

13.9K

PODCAST PLAYS

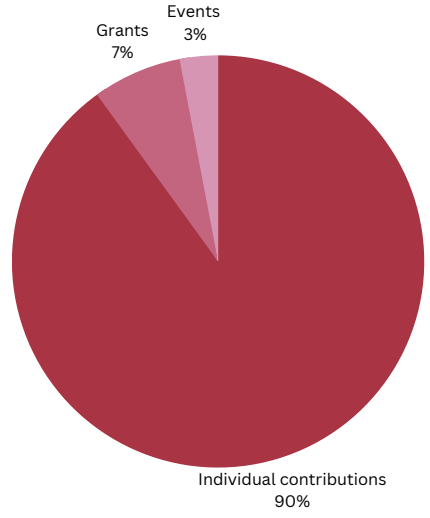


# FINANCIAL

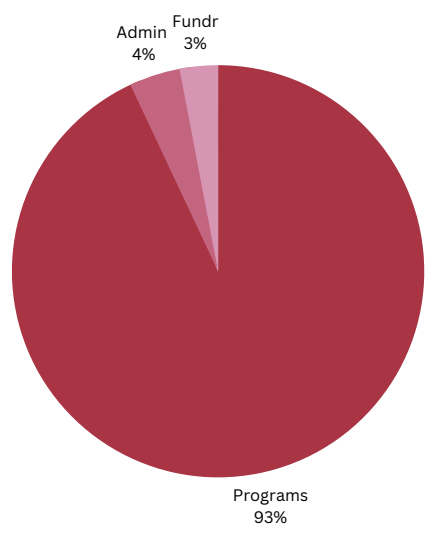
## YEAR END GOAL



## REVENUES



## EXPENSES



RESPITE HOUSE \$585,565

GOAL

ACTUAL TO DATE

Permanent ownership



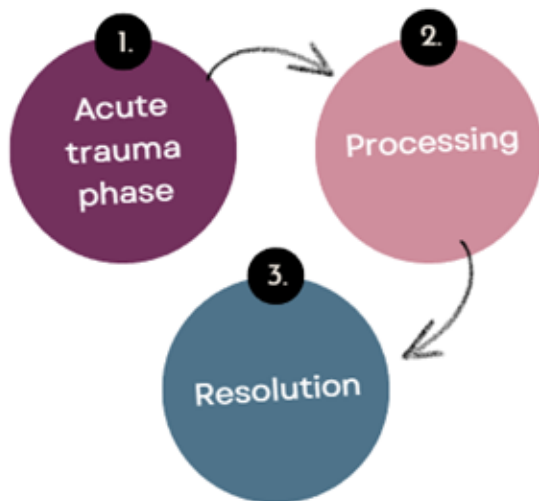
**ACCOMPLISHED**

\$585,565



# CURRENT SITUATION

Our lived experience and the literature affirm that the transition to survivorship can be fraught. Right now, there is a one-year gap from the time women complete treatment and when they can volunteer to mentor. **We need to stay in touch with our beneficiaries and continue to guide them down the path toward inner healing.**



# NEXT STEPS

Provide frameworks that teach, guide and empower individuals to overcome challenges and reclaim purpose. This programming would be called our Surviving & Thriving Bootcamp because it is active and ongoing. The content would be multimedia and could be facilitated both in person and online. We will pilot this program in the Spring of 2024.

# FUTURE FOCUS

**Our interactions with patients tell us there are three phases to the breast cancer journey.**

**1. Acute trauma phase-** Newly diagnosed & in active treatment, patients are in fight or flight. The focus at this stage is self-care, providing psychological safety, and validation (this is our current programming).

**2. Processing-** Active or primary treatment is drawing to a close, the patient begins to experience a wide array of emotions—excitement, fear, & confusion. The patient is now processing their trauma and able to consume new information. Our focus will be on education about medical trauma and the path to post-traumatic growth.

**3. Resolution-** The focus is on creating meaning or purpose from their experience, providing a sense of community, and helping them move forward. We help foster this healing through the opportunity to mentor the newly diagnosed.

Keep an eye out for a end of the year giving opportunity. **YOU ARE CHANGING LIVES.** thank you!