



1784 W Northfield Blvd #149 | Murfreesboro, TN 37129
mkministry.org | m_kministry@comcast.net
615-714-1717

Coping with COVID

November 2020

Q: How has this year affected your ministry?

We had already been praying with people from around the world in a virtual setting before COVID hit, so it was an easy transition to move most local clients to this venue.

Q: What kinds of issues are clients experiencing that are unique to this year?

The extra stress of isolation has simply revealed unhealed areas in people's lives. Loneliness, fear, and anger are common reactions. Thankfully, we've had no suicides this year.

Q: How has this year affected your team personally?

As an introvert, Karen has thrived in forced isolation. Our people-person Cheryl, on the other hand, has suffered greatly from a dearth of human contact. This year she had successful surgery for a brain aneurysm. Minna is pleased to be in remission from breast cancer but suffers from migraines.

Q: What are some of your high points this year?

Emotional healing is a precious gift, and watching people connect to the Lord never gets tiring. We are excited to welcome Tammy as an apprentice to inner healing prayer. We've trained and mentored her, and she is now beginning to minister to others.

Q: How has COVID impacted your ministry financially?

Like all non-profits, we've had our share of lean months; and though we continue to operate in the red, God is continually encouraging us through friends and supporters, sometimes with non-monetary gifts, sometimes with encouraging words and notes.

Q: How can we pray for you now?

Pray for protection (both physically and spiritually) and for strength for each of us to remain steady and strong in the Lord. We cannot do this ministry alone.

Karen Keegan

Minna Kayser

Cheryl Sivacek

A Testimony

My story begins with a friend encouraging me for several years to seek counseling through M&K Ministries. I kept finding excuses to not do so and instead began my search for a doctoral level therapist in my area. After my 4th therapist it became very clear that they did not know how to help me. I had left my husband and took my four children with me for the 3rd time. I was in a marriage conflicted with emotional abuse for the last 13 years. The therapists I was seeing kept saying, “Just stay away and don’t go back to him; he is a narcissist; he needs the help not you,” or “You don’t want this relationship. Why are you seeking therapy for your marriage?”

Five months after leaving my husband, my heart was broken, my anxiety was debilitating me, my depression made me want to kill myself, and the guilt of taking my four boys away from their father was crushing me. My husband was in counseling with an amazing pastor and found a therapist who worked with him daily. He was doing everything I had asked him to do, and I still could not agree to see him face to face without having paralyzing fear. With nowhere else to turn, I finally set up my first meeting with an M&K prayer minister. My friend had told me to make sure I had at least two hours alone and to not let any outside distractions interrupt our Facetime meeting. I almost canceled my meeting several times that morning because I did not want to hear the same advice or the reassuring smile that I was doing the right thing. I needed real help! I know now that other forces, not of God, were trying to keep me away from this ministry.

The M&K prayer minister invited God into our therapy session and into my heart during that life-changing two hours. She helped me to expose all the fear, guilt, anger, anxiety, and depression living in my heart to the healing power of the Holy Spirit. In our very first session she had brought me a level of healing that my antidepressant medication wasn’t touching, my mountains of books and self-healing approaches were not fixing, and all of my well-meaning friends and family could not counsel away.

After two months of meeting weekly and letting God guide the process through the amazing M&K minister, my heart and soul now are capable of feeling joy, peace, happiness, and hope for my future. My husband and I are together and raising our four boys in a God-centered, emotionally healthy environment. I am truly a new and wonderfully strong person that no longer lives in fear. My husband is learning to understand the new me, the one God has always intended me to be, and our love for each other grows each day.

M&K Ministry did not just save my marriage or my children, it literally saved my life. I truly pray this ministry reaches every home and pours Gods amazing gift of love, forgiveness, and strength into each heart!

Please check your area of interest and return to us.

NAME:

EMAIL:

I’m not on your **weekly email PST** (Prayer Support Team), but I’d like to be.

I’m not on your **monthly email report**, but I’d like to be.

I’d like to **donate** (\$20) (\$40) (\$60) (\$_____).

I’d like to make an **appointment** for ministry.

I appreciate what you do, but I prefer to be **removed from your mailing list**.

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