

# New Life Center for Mothers and Children

**April 2023**



## *Cara's Story*

My name is Cara Ritmiller, and I am 31 years old. I was born on a military base in Washington state and moved to Pennsylvania when I was 6. When I was a little girl, my parents separated. My dad started drinking heavily and became sexually abusive. When I was about 12, I started to act out and it became very hard for my mother to deal with all my issues. My grades plummeted quickly, and I began having angry outbursts. Due to the abuse from my past, as a young teenager I began looking for love in all the wrong places and remember thinking if I could just find a nice guy, he could save my life. By the age of 16 I started drinking and smoking marijuana. In my late teens my dad moved away to Florida, and I never physically saw him again.

Unfortunately, because of the trauma I faced with my dad while growing up, I had a lot of unhealed wounds and turned to drugs to cope. When I was 19, I started I.V. Cocaine use and was pregnant with my first child at the age of 20. I was clean for the duration of my pregnancy, but afterwards I started using heroin, and at 22 I had my second child. I was incarcerated for about a month while I was pregnant and on the methadone program. I did well for a couple of years and even got my first house. However, on my daughter's 3rd birthday I found out my father passed away. It was at this time that I hit one of the hardest rock bottoms in my life, with no hope in sight and feeling completely helpless.

After the loss of my father, I lost my home and both of my children weren't with me. My addiction only got worse. I would try and use any drug I could get my hands on, and I even started selling my body for money and drugs. In 2017 my son's dad died from an overdose and his family took our son, Eli. Later that same year, the drug task force arrested me for possession with the intent to deliver heroin. In July of 2022, after years of verbal abuse, I left a man I was in a relationship with when he attacked me in front of my children. I remember how sad, alone, and unsafe I was at that time in my life. I called my pregnancy support person, and she asked me if I would want to go to New Life and I immediately said yes! Shortly after I was on the phone with Rachel, the Director of New Life for Mothers and Children, and she welcomed me with open arms.

I've been here at the Introduction Center since Aug 2, 2022. I am taking classes and am currently in the Omega phase of the program. God is doing miracles in my life. I have both of my children with me, and I have received healing I never thought was possible. God is truly Good!!

"To those who have been called. Who are loved by God the Father and kept by Jesus Christ: Mercy, peace and love be yours in abundance." Jude 1:2



## Director's Corner

Greetings!!! I am so excited that the seasons are changing!! With warmer weather and longer days, we have more opportunities to live life in Christ to the fullest. We love to hear the children outside playing and laughing, all while Terri Lloyd is running the mower to maintain the property as she always has for nearly a decade! It's in the little things, if we are looking, where we can find Him! In the laughter of a little child, the beauty of a sunset, or the sun rising. Open our eyes God so we can see you in all the seasons of our lives.

Let me ask you a question, what season of life are you in? What lessons were learned in the last season of your life? Will you take each lesson learned into this new season of your walk, or will you forget the valleys and mountaintops that have brought you to this exact moment in time? I have come to realize that in every chapter, of every season, there is something new to be learned and if allowed, it will prepare you for the next steps in life. Even in the rough mountains and valleys there is wisdom to be had! Some of the most valuable lessons in life come from the most trying and the most difficult chapters of our lives. We must fix our perspective and know that Jesus Christ is in the victories, as well as the failures of life, and if we allow Him to work it will produce strength and greater purpose!

Ecclesiastes 3:1-8: "There is a time for everything and a season for every activity under the heavens: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing, a time to search and a time to give up. A time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent, and a time to speak, a time to love and a time to hate, a time for war and a time for peace."

We are thankful for all the seasons the Lord has walked us through here at the ministry, and in the lives of His children that he directs through our doors. Lives are being changed, children are getting their mothers back, our women are discovering who they are, and they are coming to know the Lord as their faithful father! We are so grateful to see how the Lord is fulfilling vision here in the ministry, and we know there is so much more to come. Thank you for your continued support! Without you, we cannot accomplish all that is ahead!! Please make sure you visit our website at [www.nlfmc.org](http://www.nlfmc.org), to see up close and personal what is going on and check out our new ways of giving! God Bless you for being his vessel!



Join us on May 4-5 as we participate in this year's Give Local York! All donations given during this time period will be matched dollar for dollar up to \$10,000! We are trusting and believing for \$25,000, but we cannot do it without YOU!

<https://www.givelocalyork.org/organizations/new-life-center-for-mothers-and-children-fef8a222-fd4c-4663-bc0b-1cc3fb247d1d>



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