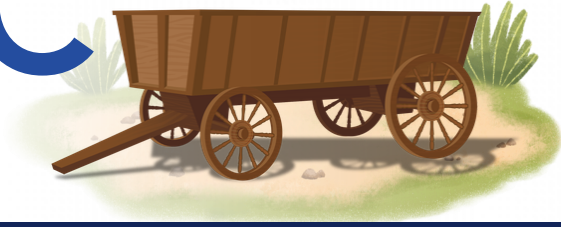


# WHOLISTIC JOURNEY



2026 IMPACT REPORT • SEEING THE WHOLE PERSON

 **2** Days of  
GIVING  
June 19<sup>th</sup>-20<sup>th</sup>

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of Christ | Staunton  
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Fishersville, Virginia 22939

# From the Executive Director

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## Dear Love INC Family + Friends,

When Sara first connected with Love INC, she was newly divorced, raising her son on her own, without a support system, and with little hope for the future. What changed? Everything! The body of Christ became a community that prayed with her, encouraged her, and reminded her she was not alone.

Today, Sara is thriving, deeply rooted in her church, and now serving others. Inside this impact report, you'll meet the people who walked alongside her and see what her transformation looks like up close.

Transformations like Sara's rarely happen in isolation. They happen through relationships with people who choose to show up and walk alongside each other toward stability and hope. This is what I see every day through Love INC. The Church being the Church!

## Will you be part of the next story like Sara's?

One Neighbor's journey through the Change Your Life Classes costs **approximately \$1,500 per class**. Would you consider making a one-time gift or supporting one class for a Neighbor by giving \$125/month? Your support makes transformation possible.

I invite you to prayerfully consider making your gift during our **Two Days of Giving, June 19–20, 2026**, as we come together to invest in stories like Sara's.

**“Two are better than one because they have a good return for their labor: If either of them falls down, one can help the other up. But pity to one who falls and has no one to help them up.”**

Ecclesiastes 4:9–10

Together, we can continue to be the hands and feet of Christ, bringing hope and transformation to our community.

With gratitude,

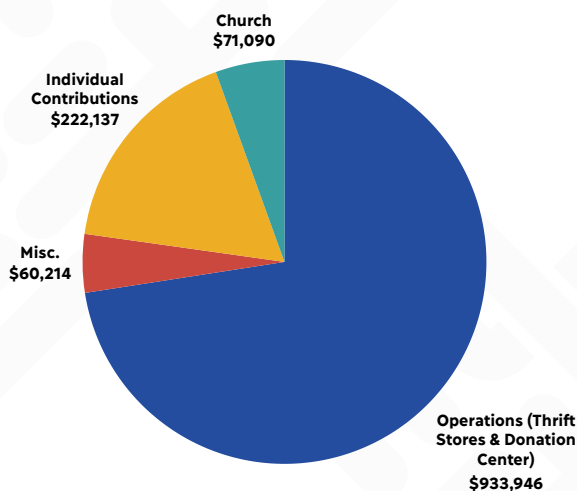
Debbie Ramsey  
Executive Director, Love INC



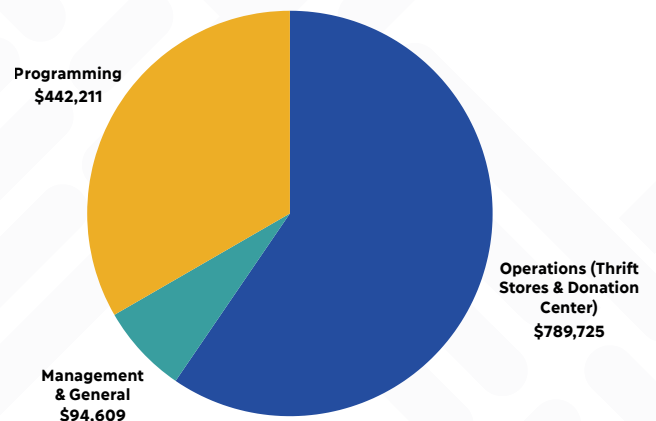
# 2025 Financial Information

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## Revenue



## Expenses



# 2025 Ministry Impact

## Churches



72

Mobilized Churches

19,135

Volunteer Hours



\$423,981  
Value

## Donation Center



207  
Deliveries

## Connection Center

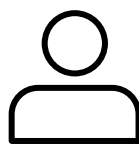


193

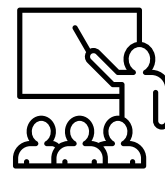
Neighbor Intakes

1,168 HOURS  
Volunteer

## Change Your Life Classes 3 - 13 Week Sessions



59  
Neighbors



102 CLASSES

2,776

VOUCHERS  
EARNED



\$38,578

Value

6,197

Volunteer Hours

## Redemptive Compassion



CLASSES

30

Students



10 Churches Represented

## Three ways to give:

- 1 MAIL a check using the enclosed pre-addressed envelope
- 2 TEXT "GIVE" to 540-299-2828
- 3 SCAN the QR code:



# WHOLISTIC JOURNEY

Seeing the whole person



## Sara's Story

### From Surviving to Thriving

After leaving a 22-year marriage in 2020, Sara found herself starting over with her teenage son and learning how to live independently for the first time in decades. What should have felt like a fresh start quickly became isolating as the world shut down due to COVID-19 just weeks later. Alone in a small apartment, Sara felt withdrawn and struggled with anxiety and purposelessness. She was rebuilding her life from the ground up after years of being controlled and cut off from relationships which shaped how she saw herself, how she set boundaries, and how she engaged with the world around her.

### Restoring Hope (Spiritual)

Sara had attended church in her youth, but during her marriage, she was no longer permitted to go. Following their separation, she believed she could maintain her faith on her own and that her relationship with God could exist in isolation. Over time, she realized something essential was missing.

Through the encouragement of someone at Love INC, Sara took a step she hadn't taken in years: she joined a local church. What she found wasn't just a place to attend, but a community that prayed with her, encouraged her, and helped deepen her faith.

Today, Sara is actively involved in her church through serving, Scripture reading, and prayer ministry. Her faith is no longer something she

“Be  
still  
and  
know  
that I  
am  
God.”  
Psalm 46:10

*“You can't really sustain a spiritual connection with God by yourself. You need to be a part of a church.”*

— Sara

carries alone; it is lived out in community and strengthened through connection. The two verses that mean the most to her are Jeremiah 29:11 and Psalm 46:10.

**“She carries an unhurried presence. Not anxious, just a deep, peaceful calm.”**

— Pastor Mike



## Meeting Needs (Physical)

When Sara first began to rebuild her life, stability felt out of reach. Starting over meant navigating finances, housing, and daily responsibilities alone, often with fear and uncertainty.

By choosing to trust God with what she could not control, Sara began to notice a shift. Through the support of her community and the practical tools she gained in the “Change Your Life” (CYL) classes, she learned how to manage her budget, prioritize her needs, and build a stable foundation.

Today, her bills are paid, she can care for herself and her family, and she has even found joy in the small things, like spending time and resources on her grandson. Stability is no longer something she hopes for; it is something she lives in every day.

**“Now she has a lot of independence. She has a vehicle, she goes to church, and she pays her own bills. She didn't have money before.”**

— Nancy



## Finding Resilience (Emotional)

When life became overwhelming, Sara’s instinct was to shut down. Stress and fear would cause her to withdraw completely and avoid anything that felt too heavy to face.

Through CYL classes, her church family, and intentional personal growth, she gained both a support system and practical tools for managing her emotions. She learned how to identify what she was feeling, surrender it to God, and respond in healthier ways.

Now, when challenges arise, and they still do, Sara meets them differently. She leans on her support system, turns to prayer, and draws on what she has learned. Hard days still come, but they no longer define her. What once was a complete shutdown has become an intentional pause, followed by reflection and resilience.

**“Sara is someone who brings. She contributes. She wants to participate with other people.”**

— Jennifer



## Creating Belonging (Relational)

One of the most profound shifts in Sara’s life has been in her relationships. Before, she often felt overlooked, controlled, and disconnected from a healthy community.

Through Love INC and her church community, Sara experienced healthy, life-giving relationships for the first time in years. She found people who valued her, encouraged her, and walked alongside her without control or condition.

**“I’m definitely more confident. I’m more outgoing. I wouldn’t be that person without these people in my life.”**

— Sara

Today, Sara describes herself as confident, outgoing, and deeply connected. She volunteers at Love INC, serves in multiple other ministries, and continues building meaningful relationships rooted in faith and mutual support. The woman who once felt isolated is now woven into the fabric of her community and is helping others find their place within it.

## A New Chapter

Sara's journey is a powerful reminder that transformation does not happen all at once. It happens step by step, in community, with faith, and with the willingness and determination to keep moving forward.

Her life today is no longer defined by survival. It is defined by purpose, connection, and hope.

**“She was scared to say anything to anybody. And then when she started coming here (CYL), oh, we talked all the time...”**

— Denise

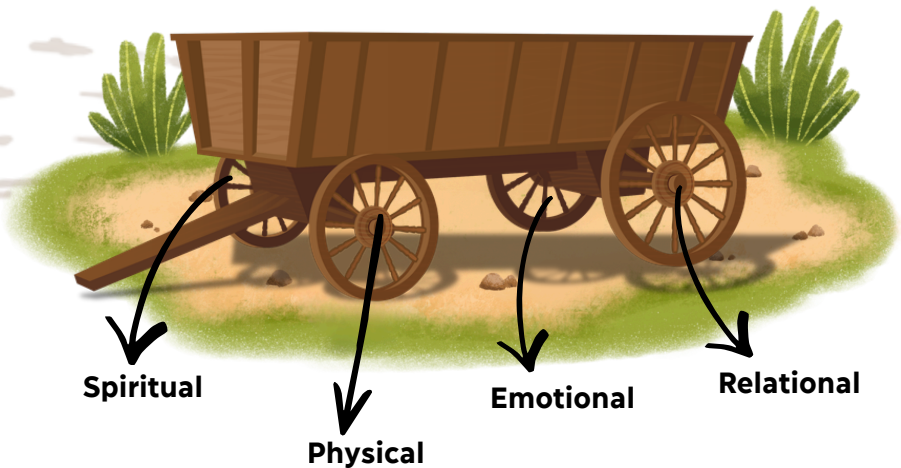


***“The old Sara was just existing. The new Sara is enjoying living her life.”***

— Sara

# One Life, Four Wheels

The Wagon Principle reflects our belief that lasting transformation happens through wholistic care: spiritual, physical, emotional, and relational. Like a wagon needs all four wheels to move forward, true growth happens when each area of life is supported through Christ-centered community and care.



**Spiritual:** Centered in Christ, spiritual care restores hope, purpose, and faith through prayer, encouragement, and connection to the local church.

**Physical:** Physical care meets practical needs and provides tools for stability, creating a foundation for long-term growth and independence.

**Emotional:** Emotional care brings healing, confidence, and resilience through encouragement, life skills, and personal growth.

**Relational:** Relational care creates meaningful connections and community, reminding neighbors they are seen, valued, and not alone.

**Wholistic Journey**

Scan to watch  
the whole story

