

Seed of the Month: **Appreciation**

Grateful Recognition
of Value



*"No duty is more urgent than
that of returning thanks."
– Ambrose of Milan*

When Appreciation Grows

- ◆ People feel valued
- ◆ The abilities and gifts people have are affirmed
- ◆ Fear of failure decreases
- ◆ People are motivated
- ◆ Teamwork improves

Affirming Thoughts

- ◆ I appreciate the people around me!
- ◆ There is so much to be thankful for!
- ◆ How can I show appreciation to others?
- ◆ You are a blessing in my life.
- ◆ The Lord values me!

Appreciation at Metro Hope: We teach a session each Tuesday morning at New Hope Men's Recovery Center in South Minneapolis (a division of [Metro Hope Ministries](#)). Almost every week one of the men expresses their appreciation for the lessons on the *12 Seeds*. We take one seed each week, and the men volunteer to read the verses on the [12 Seeds Scripture Study sheet](#) pertaining to that seed. Each time we receive expressions of appreciation, we say something like, "Thanks. Praise God." Sometimes, we also mention how this encourages us in our work.



12 Seeds LifeSkills for Growth journal pages enhance the study of the *12 Seeds* book. These journal pages include questions to help better understand and apply the seed of Appreciation. There are also spaces to write about experiences and progress made. These pages can help to clarify thoughts, track progress and set goals for the future. To download this free training tool from our website, [click here](#).



R3 Collaborative at ARC: In March, R3 was held at the [Salvation Army Adult Rehabilitation Center](#) (ARC) in downtown Minneapolis. We learned more about the work of the ARC and heard a testimony from a man whose life was transformed through the work of the ARC. We also had time for collaborating with other ministries and gave out *12 Seeds* books. The next R3 meeting will be held at Union Gospel Mission on April 19 at 11 AM. The focus will be on their Christ Recovery Center & Naomi House Recovery Programs.



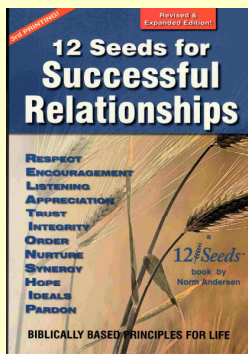
Shakopee Women's Correctional Center: We will again participate in the annual Transitions Resource Fair at the Women's Correctional Center in Shakopee, MN, on April 17. Last year there was great interest in the *12 Seeds* materials. [Prison Fellowship Academy](#) also started using the *12 Seeds* materials in their classes at the prison. We will have a *12 Seeds* table and will again be working together with Pastor Dwight Anderson at [Prison Mission Association](#).



[Click here](#) to download the full-color poster above from our website.



The quality of our relationships reflects the quality of our lives.



This 128-page book promotes healthy, successful relationships.

The 12 Seeds are actually 12 ways to love others!

To order this book in English or Spanish, click here

Purpose of this newsletter:
To remind about 12 powerful Biblical principles for character



Consider hosting a *12 Seeds* Leader-Mentor Workshop at your organization. Workshops help trainers and mentors learn some of the techniques we have found effective in teaching the *12 Seeds*. For more details on our 90-minute and 3-hour workshops, [click here](#).



We appreciate you! We appreciate each person who prays for us and/or donates to enable us to continue [planting the 12 Seeds at various ministries around the world](#). Many of these people who are in recovery from addiction and crime have never learned about the 12 vital lifeskills we call the *12 Seeds*. *Thanks for making this available to them!*



Help Multiply the 12 Seeds! By focusing on equipping and encouraging leaders, we multiply the impact of the *12 Seeds*! Your gift to the *12 Seeds Ministry Fund* will enable us to equip and encourage more leaders who are working with people in recovery from addiction and crime. An update of our [Highlights in 2017](#) is now available on our website. Your tax-deductible donation goes directly to the *12 Seeds Ministry Fund*, administered by the National Christian Foundation.

Thank you for helping to plant and cultivate these life-changing seeds!



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**development and relationship
growth.**

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