



ABLED FOR A DECADE

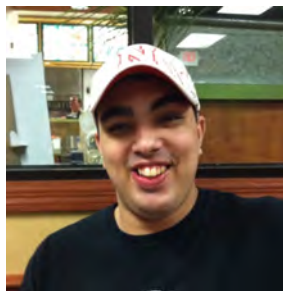
On October 7, 2012 Andrew C .Tagart departed from this world to the heavenly realm. Andrew touched many lives. Several of the individuals whose lives he changed organized ABLED, Inc. with desire to serve. On February 14, 2014 ABLED, Inc. established an organization with the intent of serving Nebraska individuals with developmental disabilities.

By the beginning of 2016, ABLED had quickly grown to serve 26 participants. By 2021 we served 54 participants between the Developmental Disability Waiver and Aging & Disability Waivers. As of today, we serve 64 people between both Waivers and have approximately 80 support staff and 10 administrative staff.

The mission of ABLED, Inc. is serving Jesus Christ by enabling people with developmental disabilities to creatively explore and live full meaningful lives in their communities.

We believe every human being is created with an innate desire to live their life to the fullest. People with developmental disabilities are no different. ABLED strives to see that the people we serve will not only be valued as members of the community but that they will live meaningful and fulfilling lives.

This February 14th we will celebrate 10 years of serving the Lord and one another in Andrew’s memory. *You are invited to join us, have lunch, pick up an ABLED shirt and play games!*



Wednesday, February 14th
Bethany Park Enclosed Shelter : 66th St & Vine
Time: 10:30-12:30

Thank You for joining us in our mission!
“Serving Jesus Christ by enabling people with developmental disabilities to creatively explore and live full meaningful lives in their communities”

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FEEDBACK

We want to make ABLED the best agency. Please use the link at the top of this email to let us know how we're doing and provide suggestions. Your survey comments are anonymous, unless you choose to submit your name.

You may also contact us by phone, email, mail or on our website at www.abledinc.com.

UPCOMING ABLED EVENTS!

ABLED FOR A DECADE

February 14, Wednesday
Bethany Shelter, 66th St & Vine
1030am-12:30 pm

**10 Year
Anni-
versary**

STARS HOCKEY GAME

February 18, Sunday
Reserved Tickets
5:00 pm



Winterfest Flea Market
February 24, Saturday
Event Center, 4100 N 84th St
10:00 am

**Come
Find Your
Treasure!**



**CAPITAL
BUILDING
EVENT**

Jan 22



SAC MUSEUM EVENT

JAN 18





Each of us has a different and unique personality; even so, there are commonalities that we share. This group got connected and spent a fun morning learning about each other's differences and similarities and explored our **True Colors!**

Please welcome Jennifer Styskal to ABLED administration. She will be helping Pierre and Cheryl with Human Resources duties and take over as DSP Supervisor. She brings more than 10 years of experience in office administration and client relations!

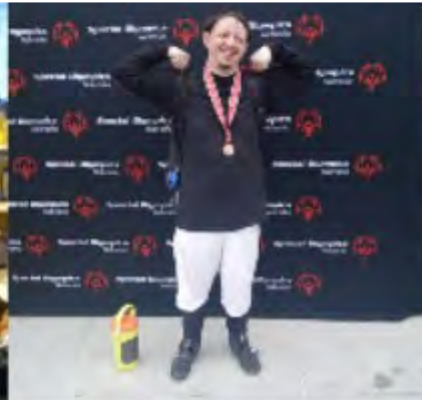


FEBRUARY 9 INTERACTIVE LEARNING EVENT



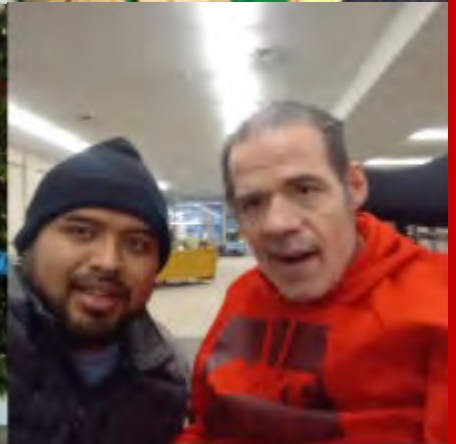


OUR MISSION IN ACTION





OUR MISSION IN ACTION



A favorite Bible story from the book of 1 Kings 19 tells the story where Elijah had a mental breakdown and God responded by telling him to eat and take a nap. Elijah was fleeing for his life and cried out to God. God heard him and provided what he needed. The answer just happened to be a nap and some bread.

As Elijah has shown, there is no doubt about power that can be found in physical rest. But the question, “Are you at rest?” Goes beyond that—is your mind at rest? Is your heart at rest?

When you think about it, God gives Elijah a piece of bread and some water. Elijah needed the Bread of Life, which is Jesus (John 6), and Living Water, which is also Jesus (John 4), .

In the same way that we need food and water to sustain us physically, we need Jesus to sustain us mentally, emotionally, and spiritually.

Rest in the Lord is a frequently used expression in the Bible. When the psalmist says, “Rest in the LORD, and wait patiently for Him” (Psalm 37:7), he’s not talking about physical rest that involves taking a break from activity, relaxing, napping, or stopping to gather strength to continue or complete some physical undertaking.

Rest in the Lord refers to a spiritual rest from confusion, worry, stress, useless human effort, and a break from all internal, external, mortal, and spiritual enemies. The Hebrew word translated as “rest” means “to be at peace,” “to be still,” “to be quiet or calm.”

Right here and now, we can quiet ourselves, be still, and surrender ourselves to the Lord. We can see Him as Isaiah did, high and lifted up (Isaiah 6:1). He is Sovereign over the whole earth, over our lives, and over every enemy, both internal and external, human and spiritual (Isaiah 46:9–11). We can peacefully wait for Him. We can be steadfast, longing, and always looking to Him for help. This is how we *Rest in the Lord*.

Psalm 37:7

**“Rest in the Lord, and
wait patiently for Him”**

