



Faith Connections

March 2025

Flat Rock Homes, Care Center, & Community Services is a faith-based, mission-minded ministry supported by churches of many denominations, individuals, families, businesses, and foundations.

A Lenten Prayer

“Lord, who throughout these forty days, for us did fast and pray,
Teach us with you to mourn our sins, and close by you to stay.” (C.F Hernaman)

World Down Syndrome Day



As part of Developmental Disability Awareness Month, March 21 is recognized globally as World Down Syndrome Day, officially observed by the United Nations since 2012. This day aims to enhance understanding and support for individuals with Down syndrome.

The theme for 2025 is “Improve our Support Systems.” People with Down syndrome and their families require support to live and be included in the community like everyone else. Each person or family has unique support needs. Support is a fundamental human right that enables the realization of other rights. This theme calls on governments worldwide to better recognize and provide support systems that respect and honor individuals with Down syndrome.



Wearing different colored socks on World Down Syndrome Day, known as the “Lots of Socks campaign,” is a visible way to show awareness and support. Share the reason behind your colorful socks and spread information about Down Syndrome Day.

<https://www.worlddownsyndromeday.org/lots-of-socks-campaign>

Race at the Rock Registration Begins!

Get ready to lace up your racing shoes and gather your sponsors and teams for the 20th annual Race at the Rock! **Registration is now OPEN** for the 2025 Dick Parks Memorial Race at the Rock, happening on Saturday morning, May 17. You can sign up and support this milestone event at

<https://www.flatrockhomes.org/events/race-at-the-rock/>

There's something for everyone:

- **1-Mile Walk**
- **5K Races** (male, female and age categories)
- **Fundraising Challenges**

Your participation is crucial to the success of this event, which benefits our individuals. Together we can make this 20th anniversary race the best one yet!

Join our Team!

Our latest open positions may be found at <https://www.flatrockhomes.org/careers/join-our-team/>

Flat Rock Homes, Care Center & Community Services, 7353 Country Rd 29, PO Box 1, Flat Rock, OH 44828
Phone: 419-484-7330 <https://www.flatrockhomes.org>

Meet Adopt-a-Home Sponsors

"...You will be blessed beyond measure."



During the early days of COVID-19, the Adopt-a-Home program began fostering relationships between churches and Flat Rock Homes, Care Center, and Community Services individuals. The Light Group from First United Methodist Church in Cuyahoga Falls was among the first to join and continues to actively share their love with the residents of Bishop House. Elaine Hopkins, wife of former East Ohio Conference Resident Bishop John L. Hopkins, previously attended the church and served on Flat Rock's Board of Directors. This connection led them to send Christmas gifts.

When Adopt-a-Home began in 2020, it was a natural transition for the church to join the program, with Sue Boltz serving as the church liaison. Receiving handmade ornaments from the Bishop House residents has been a true blessing for the group.

Valerie Riedthaler of the Light Group says, "We love the opportunity to serve together. You can do as much or as little as you wish, and you will be blessed beyond measure. It is an easy way to serve and give."

<https://www.flatrockhomes.org/adopt-a-home/>

Transforming Lives Today and Tomorrow

You may transform lives now by joining **Friends of Flat Rock** today. You can easily sign up online to make an impact without worrying about writing another check. You will enjoy:

- **Immediately putting your donation to work.**
- **Flat Rock's monthly newsletter.**
- **Hassle-free automatic monthly donations from your credit card.**
- **Knowing you're making a difference in someone's life.**

With just **\$17 - \$100** a month you can provide life transforming care and services to individuals with intellectual/developmental disabilities and experience the joy that comes from making a difference. Can the individuals of Flat Rock count on you today? <https://www.flatrockhomes.org/friends-of-flat-rock/>

April Showers Supply Drive

"If you need it in your home, we need it in ours."

From April 1 through May 30, you are invited to pick-up the following supplies while you shop—either ship them to Flat Rock or ask a team member to pick them up. Your generous donations of **new, unexpired, and unopened** items help us keep costs down:

Laundry detergent (Sensitive skin)
Shampoo
Conditioner
Antiperspirant Deodorant
Toothpaste
Flossers

Laundry soap
Kleenex
Paper towels
Toilet paper
Dish washer detergent & Jet Dry
Napkins

We love hearing from you on our Facebook, Instagram, and X (formerly Twitter) Social Media Pages



Looking Ahead

- March is Developmental Disability Awareness Month. Ask how we can help with resources and/or speakers for your Disability Awareness Sunday.
- Sunday, March 2. *Mark's Gospel* at Milton Presbyterian Church in Rittman OH. Geoffrey Darling presents the Gospel as a by-donation fundraiser for Flat Rock Homes. His book "How Beautiful Are the Feet" is available for \$20, with \$5.00 of each sale donated to Flat Rock Homes. Geoffrey is available for your church, too! Contact Rdarling@flatrockhomes.org
- March 18: Clergy Meet & Greet, 10:30 AM – 12 PM at Flat Rock's main campus.
- April 20: Resurrection Sunday/Easter Sunday
- May 17: The Dick Parks Memorial Race at the Rock.

Photo Gallery

Night to Shine February 7, 2025

Our Kings and Queens wore their finest crowns and party clothes for the annual gala extravangaza offered in collaboration with the Tim Tebow Foundation and as a satellite location for Norwalk First UMC. Thanks to all who contributed to our event, including: Norwalk First UMC for crowns and swag bags, Melmore UMC for a red carpet, Forget-Me-Not Flowers & Gifts, Pastor Ron Ferguson of Ebenezer Community Church for the the opening prayer and Flat Rock staff and volunteers. This annual prom truly was a night to remember!





"And a good time was had by all" at the Night to Shine!



Flat Rock residents were hosted at our Care Center and Community Services individuals enjoy Night to Shine fun at the Open Door Church and The Chapel.

Mission trip to Liberia



Linda Crowell of Aldersgate UMC (Northern Waters District) sent the above photo of a Liberian VBS group proudly displaying their Flat Rock bags! Stay tuned for more details about this mission trip to Liberia in the next *Faith Connections*.