

Providing Hope and Safe Refuge for  
Mothers with Children in Jesus' Name



# THE Sheepfold

March 2013

## *In the Arms of Jesus* **Fran Lundquist 1926-2013**

Where can I start, how can you share an extraordinary life in a few paragraphs. Fran is The Sheepfold to all of us, but she was a mother, grandmother, and friend to so many.

When Fran started the ministry in 1979 it was based on two foundational principles. The first is a relationship with Jesus and receiving Him as Savior. This is why daily Bible studies are the most important part of each day in our homes. The second principle and fruit of that relationship is loving others in Jesus' Name. She was an ambassador for God. She cared for everyone, but the widow and fatherless had a special place in her heart.

She was courageous and obedient to the Lord when she began the ministry living in the home 24 hours a day, 7 days a week for the first 3 years. It was even more courageous for our Founder to pass on this ministry and its daily operation 10 years ago. She continued writing her daily Bible studies for our moms and last year she finished #95. If you would like to know her heart toward Jesus, all those Bible studies are available on our website for you to read.

Like the Apostle Paul, her desire was to be with the Lord in Heaven, but she continued here so she could help lead people to the cross. Thousands of our brothers and sisters know Jesus as Savior because of Fran's dedication and love for the Lord. She loved you all and prayed specifically for our ministry partners. I know her desire for you is to know Jesus in a deep and meaningful way.



In her Bible she left this note to be read at her funeral, her final thoughts and desire for all of us.

*In the event of my death, this is what I would have read to my family and friends who gather to remember me.*

*"Rejoice with me, my beloved, for I am with my Savior! My joy knows no bounds. Oh, believe, my beloved, in the Lord Jesus Christ. He lives! And because He lives, I live also, with Him and you too will have eternal life, if you believe that Jesus is the Son of God and that God raised Him from the dead.*

*All the troubles and tribulations of worldly life are nothing compared to the prize that awaits the believer. Jesus will meet your needs in the earthly life and will be waiting with pure love for you in the heavenly life. No more sorrow, no more sin, no more pain. Oh, my beloved, there is no other way - only Jesus!*

*Be of good cheer, I await the glorious day when we will all be gathered together in glory. Thanks be to God!*

Fran's greatest desire was that this ministry would continue on after her death. She assured that The Sheepfold would continue by creating the leadership transition many years ago. She continued to be my support and number one prayer warrior. I will miss her friendship and our frequent conversations.

As we move forward we will always keep the two principles of knowing Jesus and serving others in His name.

God Bless You,



*"For I have said, 'Mercy shall be built up forever;  
Your faithfulness You shall establish in the very heavens.' "* —Psalm 89:2

## My Faithful Friend

I met Fran several years before I ever joined The Sheepfold. We met at a mutual friend's home for a party of some kind. Fran wasn't in the livingroom "wowing" the guests with her accomplishments as the Founder of The Sheepfold. No, she was in the kitchen with dishwashing soap up to her elbows.

I remember Fran, always setting the example of a servant; always putting this ministry ahead of anything else in her life. She served others and in doing so, served Christ. Many times I accompanied her on speaking engagements. That was a privilege I'll never forget.

### FRAN:

F - Faithful, fun, friendly

R - Reverent — always, when speaking about the Word, Jesus, God the Father

A - Accountable — to the ministry, to her Lord

N - Natural - What an amazing gift she had for working with hurting and lost women

The Bible studies Fran wrote inspired by the Holy Spirit changed my life. She was an impactful woman. I am so thankful God brought her into my life!

*-Mandy Garcia, House Manager*



*Fran and Mandy*

## Andrea's Story . . .

Hi, my name is Andrea Springer. I'm the office manager here at The Sheepfold. I wanted to tell you how Fran changed my life. I met her 19 years ago when we attended church together. She was just the sweetest person that always sat behind me at church. We would hug each other in a greeting but I never had a chance to really know her personally. I was a brand new Christian and trying to figure out everything. I was in a marriage with a very abusive and dangerous man who controlled me mentally, even though he was in prison. My mind was so beaten down that I believed I was no good and that he was the only one that loved me. I pushed my family away and lived my life for this man for 4 years.



I was only able to go to church on Wednesday nights because every weekend I had to go to the prison to be with him. One day I finally had the courage to talk to the Pastor about my situation. The Pastor introduced me to Fran. I'll never forget this day. She gave me so much love, compassion and wisdom. I was instantly drawn to her. She went through 1 Corinthians 13:4-8 verse by verse and explained to me what love was. I explained how scared I was to leave him because he had always threatened to kill me. She told me that the Lord had an umbrella of protection around me and that I should not be afraid anymore. I know that day God used Fran to save my life.



Fran became my personal mentor treating me like her daughter. She loved on me and prayed with me and I always felt the Holy Spirit through her. I loved her so much! I wanted to be around her all the time. Then an office job opened up at The Sheepfold where I have enjoyed working ever since.

Fran was an amazing woman of God. I'm just one life that she helped save and I know there have been so many more. Today I am the mother of three beautiful children and married to a wonderful Christian man. The Lord Jesus used Fran's love and guidance to lead me to new life in Christ. I am forever grateful to her and her obedience to God.

*"To console those who mourn in Zion, To give them beauty for ashes, The oil of joy for mourning, The garment of praise for the spirit of heaviness, That they may be called trees of righteousness, The planting of the Lord, that He may be glorified." —Isaiah 61:3*

# The First Thirty Days . . .

This is what I learned about Domestic Violence in my first 30 days at The Sheepfold.

Domestic Violence is a very serious issue that cannot be ignored. We have to seek out help because it can cause a lot of damage to the family; death, jail time, trauma, etc. Domestic Violence abuse is considered verbal, emotional and physical.

No person should live with a spouse or partner that has abused them; kicked, hit, beat, threatened or intimidated by destroying things in the home.

To me, I learned that I should be living with a husband who respects me and my emotions. I have to care about my child and make sure she isn't in a hostile environment because it will affect her later in life. If she sees her father abusing her mother with violence, she will grow up with low self-esteem thinking it's ok for a man to step all over her dignity. I learned a violent home is actually child abuse for the children living in that home even if they are not personally abused.

—Sheepfold Resident



Many women living in a violent relationship don't even recognize that what they are going through is abuse. Victims become desensitized to the violence in order to survive it; it becomes "their" normal. This also is effective because their abuser isolates them from anyone who can speak truth into their life. Just like me, it wasn't until I heard about the cycle of violence that I realized I was a victim of abuse and if I stayed it would only escalate. Education is the way to prevention and gives the victims courage to take the step with their children to freedom. Please visit our website and learn more about domestic violence so that you will have the power to save a life.

—DeAnne DiGiuseppe  
Legal Advocate

## Coming Home

Jackie said to me, "I get so excited when I know it's time to come home." "What?" I replied. She continued, "When I am out on errands, or have appointments, and I know soon I will be finished and on my way home, I get sooo excited!"

"Oh," I smiled. She laughed and explained, "This is the first time I have been able to come home to a house of peace in ten years. You can bet I get excited when I round the corner and walk in the door."



Jackie coming home

What a blessing to be in this ministry!

Blessings,  
Mandy, House Manager

## Thank You!

God is good! I am blessed to have a brand new extended family in The Sheepfold!

Thank you all so much for making my birthday so special and full of love. I am blessed and full of JOY!

Tiaca, Sheepfold Mom



The Sheepfold



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*"You did not choose me, but I chose you, and appointed you that you should go and bear fruit, and that your fruit should remain . . ."* —John 15:16

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## Shelter Needs

### FOOD ITEMS

Lunch box drinks/snacks  
Salad dressings (Ranch,  
Italian, Blue cheese)  
Mayonnaise  
Raisins  
Apple juice  
Bisquick  
Sugar  
Flour  
Refried beans

Ketchup  
Mustard  
Cooking oil  
Olive oil  
Rice/Pasta  
Tomato sauce  
Stewed tomatoes  
Oatmeal/Cream of Wheat  
Applesauce  
Spaghetti sauce  
Cake & frosting mixes

### HOUSEHOLD ITEMS

Diapers (all sizes)  
Paper towels  
Toilet paper  
Laundry detergent  
409 cleaner  
Bleach  
Dish washing liquid  
Antibacterial liquid hand soap  
Furniture polish

If you would like to donate, Our Thrift Store is located at:  
335 East Grove Avenue, Orange, CA 92865  
Hours: Monday - Saturday 10:00 a.m. to 5 p.m.



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