



The purpose of this newsletter is to introduce you to Lifecycles Louisiana and to announce that we are launching our nonprofit program on Saturday, May 21, 2022 at the Abita Springs Trailhead.

Lifecycles is a ministry to mentor teenage boys by challenging them to participate in endurance cycling events. We have a team of committed volunteer mentors and a comprehensive curriculum that will challenge boys to become the men that God created them to be. We provide bikes, helmets, and all the equipment necessary completely free of charge so boys can participate with us regardless of their situation. Each time we meet we do a training ride, provide a meal, and do some kind of teaching to encourage our young men to grow in every area of their lives – Physically, Mentally, and Spiritually.

For the past several months, I have been building this ministry and preparing to launch it in our community. All of that is now complete and we are ready to have our first ride on Saturday, May 21 at 11:00 at the Abita Springs Trailhead. This launch will include a short bike clinic to introduce our bikes to the new riders, a discussion on how to ride safely and then a fully supported ride on the St. Tammany Trace. When we return to the trailhead, we will have a full lunch provided for all participants.

On the next page I have provided some more detailed information on our program and below is a link to our website where you can find even more info. Thank you to the many folks (too numerous to list) who have supported and encouraged us during the past year and have enabled us to get to this launch point. If you want to support our program and help us to mentor more teenage boys, please follow this link to our donation webpage – <https://www.lifecyclesla.com/get-involved>

Blessings,

Doug Connor

LIFECYCLES

Louisiana

BUILDING YOUNG MEN OF CHARACTER



A Distinct Identity

The Mission of Lifecycles Louisiana is to build young men of character in a Christ-centered bicycle touring adventure experience



Spiritual Development

LIFECYCLES values the life-changing love of Jesus and the hope proclaimed in the Gospel. The guiding principle for everything we do is our confidence in the historic promise recorded in Jeremiah 29:11 – that God has a good plan for His people.

Teens are taught biblical values throughout the program and are encouraged to attend our sponsor church or the church of their choice and get involved with other youth ministries in their community knowing that we are not the only source of information and guidance for growth in this critical area of their lives.



Mentoring

LIFECYCLES is committed to teens for the long haul. We are networked with partner organizations committed to teaching life skills to help teens succeed in school, at work, and in adulthood.

LIFECYCLES teens learn principles of basic money management, basic home and automobile repair, how to engage authority figures effectively as fellow community members, and how to approach the responsibilities of adulthood. They learn and practice effective lifelong fitness and health habits. And, they learn to serve others in the community through their own creativity and initiative, as well as in cooperation with other nonprofit organizations.



Bicycle Touring

LIFECYCLES provides a unique, outdoor adventure experience designed to build young men of character. Physical exercise, a change of environment, and discovering new roads and capabilities creates the conditions for growth and learning. Teens are challenged and encouraged as they learn riding skills, teamwork, road safety, and leadership skills.

Three days per week teens exercise, train, and ride with the experienced cyclists and trained mentors. In summer months, LIFECYCLES teens experience multi-day rides to continue to expand their capabilities, self-confidence, teamwork and leadership skills.