



## Lifecycles Louisiana Newsletter #3 – December 2022

As we enter the Christmas holiday season, we have been reflecting on the many ways that God has blessed us in 2022. At the beginning of the year, Lifecycles Louisiana was nothing more than a dream that God had planted in our hearts. As we close out the year, Lifecycles has grown into an actual ministry with a growing number of teen boys participating and being challenged to become the men that God intended them to be. We recently completed our first riding season on the weekend of November 12 and 13 with our inaugural challenge ride where 7 teens rode their bikes from Abita Springs to Folsom, LA and back – completing 70 miles with over 2,000 feet of climbing in two days. They braved cold temperatures, rain, strong headwinds, and numerous hills to prove to themselves that they could do far beyond what they thought possible when they started with us. It has truly been a remarkable year and we are very grateful to God for the many ways He has blessed us in this new venture.

On the back of this page we have provided some more information on our program including a link to our website. Thank you to the many folks (too numerous to list) who have supported and encouraged us during our first year and have enabled us to launch this new ministry. Please consider making a year-end tax-deductible gift to our program so that we can expand our ministry in 2023. Your gift of any amount will make a huge impact on a teen in our area.

- A donation of \$700 enables us to buy a new bike so we can add another teen to the program
- \$500 sponsors a boy's 5-day summer challenge ride - lodging, food & support so we can offer that experience free of charge
- \$250 sponsors a boy's weekly training rides for a season
- \$100 buys all the safety equipment needed for each rider – helmet, lights, bells, bright colored t-shirts, gloves, etc.
- \$50 buys a helmet for a rider

There are 2 primary ways to give:

Mail a check to: Lifecycles Louisiana, 205 Whitman LN, Mandeville, LA 70448 or

Follow this link to our secure donation page: [www.lifecyclesla.com/get-involved](http://www.lifecyclesla.com/get-involved)

We pray that this Christmas season will bring you peace and joy as well as God's many blessings in 2023,

*Doug and Patty Connor*

Lifecycles Louisiana, Inc.

Lifecycles Louisiana is a 501(c)(3) nonprofit  
Check out our website at [www.lifecyclesla.com](http://www.lifecyclesla.com)

# LIFECYCLES

## Louisiana

BUILDING YOUNG MEN OF CHARACTER

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 challenges teens to become the men that God created them to be. We provide bikes, helmets, and all the equipment necessary completely free of charge so teens 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 more information, please check out our website – [www.lifecyclesla.com](http://www.lifecyclesla.com).



**All seven teens receiving certificates of achievement at the conclusion of our first Challenge Ride**