



2023 In Review: Lord's Gym Annual Report



Vision & Mission: Transforming lives by changing individuals, families, neighborhoods, and generations for the glory of God.

GO to people in need in Greater Cincinnati neighborhoods.

CREATE safe places.

DEMONSTRATE God's love in practical ways.

DECLARE the Gospel in the power of the Holy Spirit.

DEVELOP disciples of Jesus Christ.

ENCOURAGE self-responsibility.

2023 was a year of challenge and validation for FOCAS and Lord's Gym Ministries. We are experiencing an uptick in violence in our communities. Spiritual warfare is real and we are on the front lines.

We had several incidents occur at our locations or sporting events where it seems those involved were taken over by a violent nature. The Lord, however, has and continues to provide protection and encouragement.

As we celebrated our 30th year in ministry in 2023, we view these violent incidents as proof

that we are where we need to be. We have been strategically placed in these communities by the Lord Himself. We continue to see God at work in wonderful ways.

In 2023, we made 34,000 connections and our youth especially are thriving.

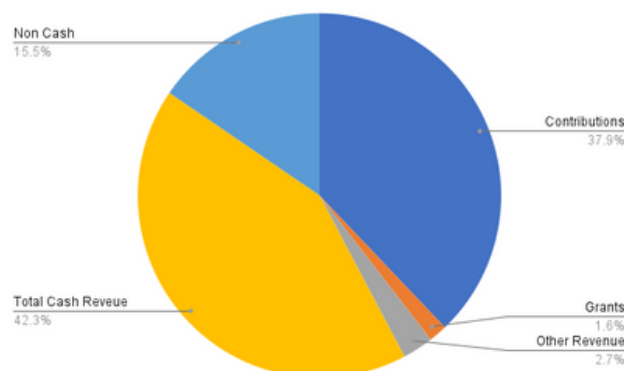
The Lord topped off our year with a beautiful, unsolicited, testimony from a woman we served while she was living on the streets. The Lord has completely transformed her life and her story is a great reminder of why we are here in Price Hill and Covington, but more on that later.

www.LordsGymMinistries.org; www.YRAdventure.com

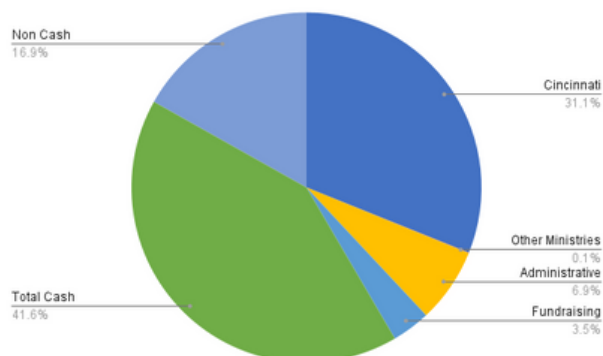


Lord's Gym Ministries Statement of Financial Position

2023 Support & Revenue (unaudited)



2023 Expenses (unaudited)



Statement of Financial Position		2023	2022
		Un-Audited	Audited
Income			
Contributions	\$	806,066	\$ 649,335
Grants	\$	34,717	\$ 77,701
Other Revenue	\$	58,357	\$ 3,977
Total Cash Revenue	\$	899,140	\$ 731,013
Non Cash	\$	329,624	\$ 278,580
Total Revenue			
Expenditures			
Cincinnati Programs	\$	607,689	\$ 534,361
Other Ministries	\$	1,000	\$ 1,103
Celebrate Recovery	\$	-	\$ 11,663
Administrative	\$	134,797	\$ 126,234
Fundraising	\$	69,379	\$ 66,135
Total Cash Expenditures	\$	812,865	\$ 739,496
Non Cash	\$	329,624	\$ 270,890
Total Expenses	\$	1,142,489	\$ 1,010,386
Change in Net Assets	\$	86,276	\$ (793)
Total Net Assets	\$	2,034,207	\$ 1,947,932
Balance Sheet			
Total Current Assets	\$	1,003,217	\$ 915,568
Total Property	\$	1,499,369	\$ 1,518,902
Total Right of Use Asset	\$	10,961	\$ 29,535
Other Assets	\$	-	\$ 500
Total Assets	\$	2,513,547	\$ 2,464,505
Total Current Liabilities	\$	30,223	\$ 31,090
Lease Liability	\$	11,617	\$ 31,316
Long Term Liabilities	\$	437,500	\$ 454,167
Net Assets	\$	2,034,207	\$ 1,947,932
Total Liabilities and Net Assets	\$	2,513,547	\$ 2,464,505

Board of Directors

"The Lord has placed us where we need to be." - Yolanda Carter

Yolanda Carter – Chairwoman
 Johnny Alexander – Vice Chairman
 Rob Brinkley – Secretary
 Ellen Tischler Seagraves – Treasurer
 Burr Robinson – Member
 Todd Kuramoto – Member
 Joel Fulton – Member



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Our Impact Together: The Data

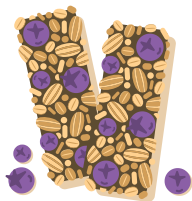
We understand that investors and volunteers are moved by heartfelt, stories. It is a built-in reaction to how God wired us. We also understand that attempting to measure results and impact provides confidence in how we manage and deploy the assets people so generously entrust to us. Data also helps our board and management team make better informed decisions. Hence, we strive to capture essential specifications or SPECs:

- 1 - Spiritual Transformation
- 2 - Physical Health
- 3 - Emotional Stability
- 4 - Complimentary Education
- 5 - Social Connectivity

These 5 SPECs are captured under the categories of: Spiritual Advancement and Life Advancement of our Dashboard.



We distributed more than 34,000 lbs of food.



In Price Hill we served more than 8,000 snacks/meals to youth through our sports and after school activities.



We saw many enter detox, sober living, find shelter, get jobs, and get reunited with their children.



We saw more than 4,000 people serve in volunteer roles yielding more than 8,000 hours of service.

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Our Impact Together: SEL of Youth

Consider what an independent organization, Hello Insight, is doing to help us measure the impact of our ministry activities with our young people. These results help us to improve upon programming to better and more effectively serve our youth. The results are also used to prove the effectiveness of youth programming at Lord's Gym. This helps us cultivate new partnerships with other organizations and gain financial support of more foundations that are keenly focused on measurements and outcomes of the programs they choose to fund.

We want to share with you the findings and hope that they are an encouragement to you, showing you the impact we're able to make because of your support.

Of the 75 youth assessed to date, 90 percent are advancing in one or more of the four core Social and Emotional Learning (SEL) areas (called Capacities). These include Self-Control (2 Peter 1:6), Desire to Learn (Proverbs 1:5), Improved Academic Success (Ecc. 10:10), and Social Skills (Ephesians 4:29).

In addition, 85 percent of all young people said they are satisfied with Lord's Gym programming.

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Advancement

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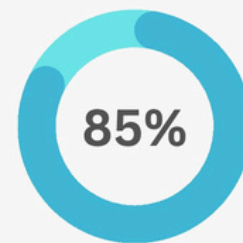
20% succeeded in 1 Capacity

32% Succeeded in 2 Capacities

24% Succeed in 3 Capacities

20% Succeeded in all 4 Capacities

Program Satisfaction



Definitely Yes	73%
Probably Yes	12%
Kind Of	3%
Probably Not	3%
Definitely Not	0%



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Our Impact: CONT. FROM PAGE 4

The BIG takeaway: Research tells us that each young person should be connected with a minimum of three supportive adults. Social Capital represents the resources that arise from multiple adult relationships which young people can mobilize to help them improve their lives and achieve their goals.

Throughout their time at Lord's Gym, 73 percent of young people ages 11 to 17 added adults, (i.e. Lord's Gym Ministries staff and volunteers) to their Social Capital. The impact on our youth is profound.

For more comprehensive SEL results, visit <https://bit.ly/LGMFAC>.



**Percent of Young People Who
Maintained or Gained Any Adults
in Social Capital**



GROWING STRONG EVENTS SERIES

Community Awareness Breakfasts
September 18 & October 10, 2024

Annual Pickleball Tournament
Nov. 2, 2024

Annual Fowling Tournament
February 2025

www.LordsGymMinistries.org/Events



Presenting Sponsorship



Champion Sponsorship

MARK U. KRONE

BOXING COACH

Anchor Sponsorship



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Our Why: Balinda's Story

Balinda Wright came to the Lord's Gym Family Activity Center (FAC) everyday to eat and hear worship music.

"I would listen to the Word being spoken during devotional time and I'd pray for God to reveal Himself to me and help me change my life," she said. "I didn't realize then, but do now, that God was doing just that through each and everyone of those who befriended me at Lord's Gym."

Balinda started coming to the FAC in the fall of 2022. She was homeless and addicted to drugs. She felt "hopeless" during her time living and working the streets of East Price Hill. She overdosed dozens of times. She lost custody of her children and watched "helplessly" as friends died from their own addiction.

Overdose deaths are a growing concern in East Price Hill. In fact, between 2020 and 2022, according to the Cincinnati Health Department, East Price Hill led all of Cincinnati neighborhoods in years of life lost to drug overdose.

The Health Department has also discovered that all of Cincinnati neighborhoods lost a combined 25,052 years of life during those three years. Nearly half of that loss of life was due to overdose, homicide, heart disease and infant mortality. More than a third of the losses happened in East Price Hill, Westwood, Avondale, Roselawn and the West End, as reported by WCPO Ch. 9, [bit.ly/Ch9earlydeaths](https://www.wcpo.com/story/news/health/2023/05/10/cincinnati-overdose-deaths-2020-2022/7048446002/).

The alarming data proves that Lord's Gym Ministries is serving where it needs to be



serving. And Balinda's story, which WCPO includes in their report, is the reason why Lord's Gym is doing the work it is doing: Transforming lives for God's glory.

Her, and many others' desperate need for love and God, as well as the data revealed in WCPO's report, underscores the urgency of Lord's Gym's work.

Balinda found great comfort in knowing she was loved at Lord's Gym. The kindness shown to her by Lynn Woods, STORM Chaplain, especially influenced her life.

"Lynn showed me that I was never alone. God never left me nor had He or would He forsake me," she said. "I was doing a lot of bad things but I kept that hope that Lynn gave me. Lynn and everyone at Lord's Gym never stopped loving me."

Balinda said that God kept pushing her to get on the STORM bus or come to the FAC at any opportunity. Over time things changed dramatically for Balinda. In 2023, she got off the streets and into treatment. She recently celebrated one year in recovery.

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