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Press Release

Contact: Ranee Kujawa
Development and Marketing Director
Phone: 618-2421070 ext. 236
Address: 2023 Richview Rd
Mt. Vernon, IL 62864
Email: ranee.kujawa@sperofs.org
Website: www.sperofs.org

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Spero Family Services Rev. Deb Pollex releases book August 10, 2020

MT. VERNON, IL – Spero Family Services is blessed to have Rev. Deborah Pollex, a United Methodist Pastor, serve as Spiritual Life Coordinator to the youth of Spero for the past 4 years. Her experience working with abused and neglected teens inspired her to develop a book of prayers entitled, *Hey God, I Want to Talk to You, But I Don't Know What to Say*. This book, of over 50 prayers, is for youth who would like to pray to God but might be struggling and is available on amazon.com. "Although written for youth with trauma from abuse or neglect, these prayers are helpful for any teen who questions or struggles to pray amidst the uncertainties and challenges of life.", Rev. Pollex says.

Rev. Pollex gives spiritual guidance to Spero youth, staff and the community we serve. What started as working with youth groups in her church 15 years ago, blossomed into a calling to become a Pastor. She began preaching at the Carrier Mills United Methodist Church and was then appointed by the Illinois Great Rivers Conference as the Associate Pastor of Marion UMC. Rev. Deborah Pollex was then appointed to Spero four years ago. Since that time, youth participation in the Spiritual Life program, although optional, has continued to see increased growth and weekly attendance in church. This can be understood once you meet Rev. Deborah. Her passion for the care and well-being of the youth is evident in the way she builds relationships with each child, unselfishly gives her time and the excitement she exudes when she develops a creative way to instill the love of Christ into a young person. Rev. Deborah uses a creative and artistic approach in her teachings, and considers the youth and their individual needs when she develops a lesson. This creativity led to her writing this book of prayers. Rev. Pollex wanted to make it simple for a youth to pick up the book, and find a specific prayer for what they were struggling with that moment. Due to the book's success at Spero, it became apparent that there was a need for something like this to be accessible to everyone. "This book was written to help youth understand that we can be honest with God; prayers aren't only about hope, gratefulness and joy, they can also be raw, messy, and full of anger and doubt.", adds Pollex.

Rev. Pollex is available for media interviews and can be reached via email at deb.pollex@sperofs.org. Information about Spero Family Services can be found at sperofs.org

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