

# F E R G U S

## FEATURES

Member Newsletter ♦ Fergus Electric Cooperative, Inc., Lewistown, MT ♦ [www.ferguselectric.coop](http://www.ferguselectric.coop)

# Messy Miracles

Kristy LeRay shares a story of healing

Story by **CHARLIE DENISON** | contributing writer

**W**HEN Kristy LeRay of Hobson reflects on *Messy Miracles*, a book she wrote about “manifesting abundance through depression, addiction and divorce,” it’s hard for her to believe how much she didn’t hold back.

“Sometimes I think about what I put out in the world and I am a bit embarrassed,” she said.

But when this discomfort kicks in, Kristy puts it to rest by remembering her intent to help others by sharing her unfiltered story. “When people try to lose an addiction or overcome depression, there is a lot of shame, and there doesn’t have to be,” she said.

By accepting the choices she’d made, struggling through the devastation of divorce, and facing the reasons for her depression, Kristy gained the confidence to put it all down and share it for all to read — and hopefully learn from. On April 4, 2020, *Messy Miracles* was published through Author Academy Elite, and soon after was voted a “Top 10 Book” in her publisher’s self-help category. The book continues to receive recognition, especially from inspired readers.

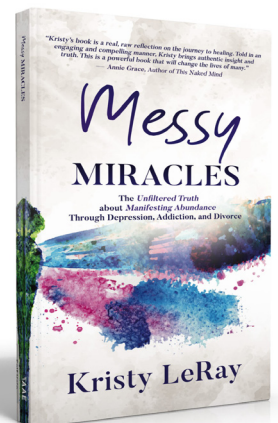
“One friend of mine was inspired to quit drinking after reading it,” Kristy said.



Kristy LeRay lives in Hobson with her dog, Rosie. Her book *Messy Miracles*, right, was published in April 2020 through Author Academy Elite. | **COURTESY PHOTOS**

Readers have commented that the read is encouraging and refreshingly positive, despite Kristy diving deep into her hardships, sharing uncomfortable truths about the choices she made and the ineffective coping mechanisms that had become routine.

Kristy’s willingness to share has surprised — and impressed — fans of



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## MANAGER'S MESSAGE

From Carson Sweeney

**F**ERGUS Electric Cooperative is pleased to see new member growth continue throughout our service territory. We welcome our new members to the co-op, appreciate your business and invite you to attend the annual meeting of the membership, which is scheduled for June 10 at the Fergus County Fairgrounds Trade Center. We are excited to see our members in person this year. We want to give a big thank you to all the healthcare professionals who are working diligently to vaccinate our population, so that we can hold our annual meeting in person.

### *Supporting current and future linemen*

National Lineman Appreciation Day is celebrated each year on the second Monday of April. The work our team of linemen do for Fergus Electric is very important. We appre-



## New member growth continues

ciate and thank our linemen for their hard work and the commitment they have for their job!

In 2016, our board of directors recognized the significant need to build a pool of skilled, capable linemen to replace the number of linemen who are retiring, and made the decision to offer scholarships to students choosing a career as a lineworker.

By choosing a career as a lineman, you enjoy working as part of a team. You like the type of work that is both demanding and rewarding, and you want a well-paying job with benefits. If you are ready to put in the hard work and effort that it takes to be a lineman, we encourage you to apply for the lineman scholarship that we are currently offering.

The \$6,000 lineman scholarship is available to Montana residents who plan to attend an accredited line technician school. The scholarship will be paid in two checks. The first \$3,000 will be paid directly to the line technician school at which the scholarship recipient has enrolled and, upon successful completion of line technician school, the student will receive a check from Fergus Electric for \$3,000.

The deadline to apply for Fergus Electric's current lineman scholarship, which is being managed by Central Montana Foundation (CMF), is April 15. To access the CMF and Central Montana Scholarship Clearinghouse application and supplements:

Go to <http://www.lewistown.k12.mt.us/5/Home>

Click on Guidance & Scholarships.

Click on "Central MT Foundation and Central MT Area Scholarships" and choose "College Student Form." Applicants must also submit the "Fergus Electric Supplement" found on this page.

Check the box for "Fergus Electric Lineman" scholarship on Page 1 of the application.

The link is also available on our website and Facebook page.

### *Scholarship winners*

I would also like to thank the students who applied for the other cooperative scholarships we offered. I appreciated reading your fine essays. Our board members had the tough job of reviewing and awarding each of the scholarships. This year's winners are Katie Glennie, Jacy Ayers, Dyauni Boyce, and Tess Shaw. Congratulations and good luck in your future endeavors! RM



# LeRAY

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the book.

"I am blown away that she could write this down and expose herself and her deepest secrets to the world," wrote one reader. "She has a strength I do not, and I look up to her for giving this back to others. For those struggling I cannot see how this book could not help them."

"There's a lot we can learn from being so open and authentic about our own journeys through reading this account," wrote another.

In *Messy Miracles*, Kristy focuses primarily on relationships, the importance of self-love and finding a way to be grateful for misfortunes. She does not make excuses and accepts the choices that led her to alcohol dependency and men who treated her unkind and gave her little respect and affection. As time went Kristy knew there was more to life and accepted it was time for a change.

"The self-loathing and self-disgust I felt was unbearable," she wrote. "I felt unlovable."

After 13 years of marriage, Kristy went through an excruciating divorce, leaving her "dismantled, naked and afraid."

"I was so lost," she said.

But even on the most perplexing days, Kristy didn't give up. In mid-September 2017, she quit drinking and has remained on the sober path ever since.

It's not easy, but Kristy keeps putting in the work to evolve. She uses many tools, trusts God and attends a variety of conferences and retreats, including Rhythmia Life Advancement Center in Costa Rica, an experience Kristy embarked on shortly after her divorce. The retreat, she said, was life-changing.

"I realized my entire life I did everything in my power to avoid pain," she said. "I was able to face my pain in ceremony, embrace it, feel the hurt and work through it. I try to translate that into my life regularly. Pain is inevitable...suffering is optional."



## FOR MORE INFO

Go to [www.kristylearay.com](http://www.kristylearay.com) or connect with her on Facebook. *Messy Miracles* is also available on Amazon.



Kristy is seen with Taita Juanita in the morning after a Rhythmia ceremony in Costa Rica, an experience she considers life-changing. | COURTESY PHOTO

## Just getting started

Writing *Messy Miracles* was a major breakthrough for Kristy, who always wanted to write a book.

"It was a lot of work, but rewarding work," she said. "I plan to publish more books. After all, *Messy Miracles* is a reflection of where I was at the time. The story goes on...as does the discipline. There's never an ending to growth. Practicing acceptance and forgiveness, self-love and returning to love is an ongoing way of life."

Kristy said she works every day to stay in the light and move forward as her best self with clarity on her purpose and calling.

"I am currently working on my vision for the future in a mastermind

group and creating online content so I can use my experience to help others," she said. "I will definitely be a lifelong learner, and will always strive to do better and be a better person."

She has a passion for inspiring others to shine their authentic light and live out loud.

"I would like to empower people to realize they are beautiful and perfect just the way they are," she said. "There's nothing wrong with you."

One of the ways she's doing this is by becoming an "unhackable coach," following in the footsteps of Kary Oberbrunner to help others "create ideas and implement them efficiently and effectively." Kristy is also doing a number of web seminars, such as appearing on Jill Schultz's *Thriving After He's Gone*, *Quantum Leap into Riches* with Patti Triosi and *Life on Track* with Erin Ley, which also featured John Gray, who wrote the bestselling *Men Are From Mars, Women Are from Venus*.

She also was recently published in *Distinctly Montana* magazine.

Moving forward, it is Kristy's goal to apply her soul-renewing experience to her everyday life and encourage others to join her on the path. There are many ways to do it, and a good way to start, she said, is by "paying attention to your feelings and emotions instead of burying them."

"If you are frustrated, pay attention to that," she said. "Do something about it, something small. Take a deep breath. Think of something you like. Ask 'what am I grateful for?' Practice gratitude, practice love."

Kristy is currently creating online programs to help others apply simple techniques that result in profound transformation.


"When things get messy, remember the storm is clearing a path to something better," she said. "Grace finds its way into your heart and into your life, and the abundance waiting for you is beyond anything you could ever imagine. It's time you start living the life you always dreamed of. Sometimes you find that in the ashes of the old." RM

# Assistance paying power bills

The frigid temperatures we experienced impacted our members' electricity usage. For those members who may be struggling with a higher-than-expected power bill, there are multiple ways to request assistance. We are grateful for the organizations that lend a helping hand. Their information is below.

If you need assistance; programs are available through Human Resource Development Councils

(HRDC) to help members with their heating expense. Please visit <http://www.ferguselectric.coop/energy-assistance> for information and links to the Low Income Energy Assistance Program (LIEAP), Universal System Benefit Funds (USB Funds) and Energy Share.

If you have difficulty paying your power bill, contact the co-op now to discuss options for payment arrangements. 

## Organizations that can provide energy assistance

**LOW INCOME ENERGY ASSISTANCE PROGRAM (LIEAP)** – Helps low-income individuals and families reduce their home heating costs. Applications will be accepted during the heating season, which runs from October 1st through April 30th of each year. To request an application, contact the Lewistown office at (800-766-3018) or (406-535-7488). You will also find a link to the application when you click on the link to our website. This link is also an excellent source for further information on the LIEAP program. <https://dphhs.mt.gov/hcsd/energyassistance>

**UNIVERSAL SYSTEM BENEFIT FUNDS (USB FUNDS)** – Funds may be available in certain cases in which a member may not qualify for other energy assistance programs. An application for LIEAP must be completed before USB funds can be applied for. Funds are available once a year for a heating bill or heating system repair/replacement. Applications are taken in the Lewistown office (406-535-7488) or (800-766-3018).

**ENERGY SHARE** – Raises and distributes funds in the private sector to help people facing emergency situations with their energy costs. Private donations are usually used in the area from which they came. For example, if you live in Lewistown and donate \$100 to Energy Share, one hundred percent of that gift will be used in the Lewistown area to help someone in need. In addition to raising and distributing contributions from individuals, Energy Share works with utilities and cooperatives around the state to implement low-income programs. Energy Share is the last resort for heating emergencies only and is a once in a lifetime "match" program unless the money is repaid. If it is during LIEAP season, then you must apply for LIEAP

prior to applying for Energy Share. Applications are taken in the Lewistown office (406-535-7488) or (800-766-3018). The Energy Share season is from September 1 to June 30 of each year.

**Lewistown – District 6 HRDC** – (406-535-7488) or (800-766-3018), 300 First Ave North, Rm 203, Lewistown, MT 59457, **Serves counties:** Fergus, Golden Valley, Judith Basin, Musselshell, Petroleum and Wheatland

**Billings – District VII HRDC** – (406-247-4732) or (800-433-1411), 7 North 31st Street, Billings, MT 59103-2016, **Serves counties:** Big Horn, Carbon, Stillwater, Sweet Grass, Yellowstone, Serves Crow Reservation

**Great Falls – Opportunities, Inc.** – (406-761-0310), 905 1st Ave N, Great Falls, MT 59403-2289, **Serves counties:** Cascade, Chouteau, and Glacier

**Bozeman – District IX HRDC** – (406-585-4486), 32 South Tracy, Bozeman, MT 59715, **Serves counties:** Gallatin, Park, and Meagher

**YOUR NEIGHBOR CARES OF CENTRAL MONTANA** – provides a way for people who have exhausted all other resources to receive assistance. They are a non-profit organization that relies on neighbors in Lewistown and surrounding areas to fulfill requested needs. This can be done by calling (406-366-4596), emailing [yourneighborcares@gmail.com](mailto:yourneighborcares@gmail.com) or writing to PO Box 3672, Lewistown, MT 59457 to ask for a Need Request Form.

**DO NOT WAIT – CALL FERGUS ELECTRIC CO-OP NOW** – Fergus Electric encourages you to call (406-538-3465) to discuss options for payment arrangements with the co-op's billing staff or to find out more about available Energy Assistance programs.

## Identify Account Number\*

**Win a \$32.50 credit**

If one of the following account numbers is yours, call Fergus Electric (406-538-3465) and identify yourself and your account number.

**Account 394930 ● Account 396933**  
**Account 40201 ● Account 351435**  
**Account 395780 ● Account 385122**

You will receive a \$32.50 credit on next month's statement.

**No winner to report for last month.**

*\*Numbers are drawn monthly.*

## Fergus Electric Cooperative, Inc.

LEWISTOWN, MT

Your Touchstone Energy® Partner

### FOR OUTAGES

**First:** Check the fuses or breakers in the building in which the electricity is off.

**Second:** Check the breaker below the meter.

**Third:** If electricity is still out, call a neighbor to see if they have electricity.

**Fourth:** Call 406-538-3465 day or night or:

Dale Rikala .....	406-366-3374
Bret Ophus .....	406-366-7523
Scott Olson .....	406-366-5822
Carson Sweeney .....	406-366-0971
Bret Nellermeoe (Roundup) .....	406-939-0636
Melanie Foran .....	406-462-5650
Dan Balster .....	406-366-0975

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Fergus Electric is an equal opportunity provider and employer.

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