



PORLAND  
fellowship

Dear Friends and Fellowship Partners,

update february 2026

I remember four and a half years ago logging onto my first Portland Fellowship Zoom call. I had a huge pit in my stomach as I entered a digital room of strangers, knowing I was about to delve into conversation around what, up until that moment, I had only ever shared with a select few. I connected from an unfinished room in the basement of the house I was renting. The neglected, musty room in the dark corner of the basement reflected well how I had approached my struggle with same-sex attraction up until then: left unfinished and unattended to.

As that first night of Taking Back Ground went on, the pit in my stomach slowly dissipated, and it was replaced by a growing sense of relief as I heard stories from leaders that seemed to carry a common thread with my own. As the weeks went on, I found myself filled with anticipation entering into Tuesday nights, which contributed to my undoing and my remaking in all the best ways.

While in TBG, I took my time with the Lord to another level, inviting Him into the quiet moments of self-examination from all the workbook questions each week. I counted the cost of what had been taken or withheld from me; I mourned losses and pain; I asked where God was in the midst of those moments, and He answered! I began replacing lies I believed about myself, God, and others with Truth. I began to recognize what triggers were causing me to run to my sexual addictions, and to renew my mind to create new healthy pathways that would meet the real underlying needs.

I got married just a few weeks before finishing out my second year at PF, and I owe so much of the foundational building blocks for our marriage to the hard inward work done through TBG. There's been overflow into other relationships too—my parents, siblings, my wife's family, my bosses, and co-workers. I had a host of new tools with which to build healthy relationships with all those around me.

This isn't to say there haven't been moments of struggle since finishing the program. Sometimes, a conflict with family or a moment of frustration at work becomes triggering. At first, I felt shameful when I fell back into some of the same patterns of thinking or acting out, but the Lord gave me a simple but powerful picture of what He is doing in me in this season: termite tracks. If you've ever seen termites at work, they leave these long tracks in the wood that leave a home or building structure weakened. When you step on a floorboard with termite damage, the pressure can cause it to break. The only way to fix that part of your home is to rip out the board completely, and replace it with something new. That's what the Lord has been doing in me ever since finishing Taking Back Ground.



Kris is one of PF's new TBG leaders.

"He has sent me to bind up the brokenhearted, to proclaim liberty to captives, and freedom to prisoners."

ISAIAH 61:1

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TBG was a season of identifying and fumigating the termites, and now God is continuing to remodel this temple of mine, bringing His design for me to life.

Fast forward to just a few months ago, and I found myself on the other end of the TBG Zoom call as part of the leadership team at Portland Fellowship. I got to welcome a new group of brave men and women starting their own journey of inward reflection, healing, and restoration. It is my hope, now as a leader, that I can share this same healing and shaping work God has done in my life with others. I know how it felt that first night logging into a virtual room full of strangers and beginning to share from the deepest recesses of the soul. The work is hard, and uncomfortable at times, but it's worth it, and I want others to know they are not alone in the midst of it.

Joining the PF leadership team has felt almost like year three of the program. There's certainly no better way to solidify learning than to teach and lead it yourself. The stories of this year's participants inspire me, challenge me, and remind me of what the Lord has done and continues to do in my own life.

My wife and I bought our first house together last year. We love it. We just looked back on all the projects we completed so far, and it totaled eighty-four! There's so much we are proud of. We really do feel like we've been able to turn a house into a home, a place of refuge for us and welcome for others. Like us renovating our house, I believe the Lord is also proud of the man I am today. And, He's not done replacing the remaining termite damaged wood yet. He has great plans to remake and remodel things in my life, as well as this year's TBG participants, and I can't wait to see His final results one day.

Thank you so much for investing in the spiritual, emotional, and relational renovations God is doing here at Portland Fellowship. We are truly grateful for your partnership.

In Christ,

Kris Schnepf  
TBG Leader

## events calendar

february 7

### Xposed Conference

Training for Christians on Biblical sexuality, trauma, & healing.  
[www.xposedevent.com](http://www.xposedevent.com)

tuesdays in february

### Taking Back Ground

Discipleship program for Christians struggling with unwanted SSA and/or gender confusion.  
6-8:30 p.m. PST

tuesdays in february

### Hope Group

Discipleship program for friends & family of LGBTQ-identified loved ones.  
Both Zoom and In-Person.  
6-8:30 p.m. PST

**Speakers and personal support**  
can be arranged through the office.

Check website for additional updates  
at [www.portlandfellowship.com](http://www.portlandfellowship.com)

## 2026 Xposed Conference



The 2026 Xposed Conference is happening on Saturday, February 7th! Xposed offers Biblical training on sexuality, trauma and relationships, and this year's theme is *Uncovering God's Blueprint to Healing*. Come hear from leaders and professionals with years of experience, and glean from the amazing breakout session speakers, including Portland Fellowship leaders Liisa Bradshaw and Leah Kate King.

Xposed is a great opportunity for pastors, counselors, mentors, parents, and other Christian leaders.

To register: [www.xposedevent.com](http://www.xposedevent.com)

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