

TIDINGS

ALLENTOWN RESCUE MISSION



Serving the entire Lehigh Valley since 1900

“A New Way of Thinking...”

“...Putting God First In My Life!”

Eric knows that there are a lot of people who need the chance to start over again. He just never imagined he'd be one of them!

Eric came to Allentown from Newark to live with his daughter and her family. But things didn't quite work out the way everyone planned.

“Things got out of hand” and Eric ended up in jail for a short time. When he was released, he needed a place to go and someone told him about the Mission and our Gateway Center emergency shelter.

Not just a bed and a meal, but a chance for a new beginning. The Gateway Center emergency



shelter is a place where men like Eric can “get their feet on the ground” and begin to address the causes of their problems.

“My life has changed for the better!”

Eric was only at the center one day before he signed up for our Life Recovery Treatment Program to address the “addiction problem” from his past.

In our state-licensed Life Recovery Treatment Program, men like Eric who are ready to make major changes in their life, work with a caring, professional staff who guide them through a spiritually-based treatment program.

When he graduated, Eric decided to enrich the spiritual side of his life and signed up for the Mission's Christian Living and Values Transitional Program.

Eric credits the Mission's programs with helping him develop a “new way of thinking and new way of talking.” By putting God first in his life and opening himself to the knowledge and education available here at the Mission, Eric believes his life really has “changed for the better.”

Eric discovered that being willing to submit to change has “made me closer to God as my Lord and Savior, and taught me about changing my addictive behaviors. He is still in charge of me...”

Going through the program has also helped Eric reconnect with his daughter and three grandchildren in a very positive way!

Eric is grateful to have his family returned to him and even more thankful to God and the Mission for the chance he has had to start life over again!

INSIDE

A Message from Gary.....2

“A Meaningful Life and a Joyful Heart”.....3

Four-Star Rating.....4

Adopt-a-Month.....4

Get Informed, Be Inspired!



Many people have expressed how much they like reading the articles in *Tidings* about the men we serve. We'd love to share more of these inspiring stories with you between mailings.

Visit our website AllentownRescueMission.org, and sign up for our special e-mail alerts and Stories of Hope. We occasionally send e-mail alerts to let you know about special events and needs that we may have. It's a great way for you to keep connected to us, and it helps us save on postage costs!

As always, we keep your contact information confidential, and will not share it with other agencies or businesses!



TIDINGS™

Rescue, rehabilitation, and restoration for people in crisis.

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Test Your Compassion – If You Dare.

I had a chance to be a “good Samaritan” the other day, and I blew it. I was driving down 19th Street in Allentown, at about 7:30 a.m., on my way to the Mission. A man was walking backwards in the street, as fast as he could, with his thumb up, trying to get a ride. He looked respectable, neat in appearance, wearing a shirt and tie, about 45 years old. But his face was filled with worry, almost anguish. I guessed that his car broke down, and he was trying to get somewhere fast – to work, or an appointment, or an auto repair shop.

In the 2 seconds I had to consider the situation, my conclusion was that if I gave him a ride, I would be late! I had left my house extra early, to get to the Mission by 7:45 a.m., and did not want to discard my plan. I drove by him.

In that moment, I failed to act with compassion. I had put myself first. So, the man in need got no help from me, even though I was able to give him a ride. As I thought about it later, it caused me to do a check-up on my own compassion. I challenge you to join me.

In addition to reviewing what Jesus said in many places, I sought the counsel of one of the world's most selfless practitioners of compassion: Mother Teresa of Calcutta. She worked on the streets of Calcutta, India, for decades, with some of the poorest people on earth. Thousands were starving to death, many had leprosy and other horrible diseases, and some were so poor and rejected they were literally naked in their poverty.

What did Mother Teresa say about what I want, and what another person needs? “It's the greatest poverty to decide that a child must die so that you may live as you wish.” Strong



stuff. Am I ready to embrace and practice that teaching?

Compassion is deeper than charity. It requires that we give up something of value to us, and pass it along to someone in need; and probably someone we don't even know.

Here are a few tough questions about your compassion:

In your practice of compassion, do you give some of your prime time, or a little spare time?

When you donate, do you give hundreds of dollars, or a few bucks you'll never miss?

When you give clothing, do you part with one of your best garments, or one that's old, worn, and out-of-style?

To reduce the needless suffering of hunger,

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Home for the Holidays You Make It Happen!

How does the old song go? “Oh, there's no place like home for the holidays...”

For many people here in Allentown and the Lehigh Valley, that home is going to be the Mission.

And we're going to make it the best place we possibly can!

There will be decorations. Bountiful, home-cooked holiday dinners. Some small gifts. And most of all, Christian love and acceptance. Because that's the best gift of all for

people who have nowhere else to turn ...no family or friends to turn to.

This year, there will be “room at the inn.” A home for the holidays! It's so much better than homeless for the holidays and you have the power to make it happen.

Please use the enclosed holiday gift card to provide meals, shelter and other loving care this holiday season. Or, go online to www.AllentownRescueMission.org and make a gift right now.

God bless you during this holy season!

TIDINGS is funded by private donations,
not government money.

“A Meaningful Life and a Joyful Heart...”

“I’ve Been Given a Chance to Start Over!”

John has had “problems” with alcohol “on and off” for more than 20 years.

He would go through two or three years of sobriety, followed by periods of drinking that would lead to full-blown abuse.

But it wasn’t the alcohol that was at the heart of John’s problems.

“I’ve never in my life had a real sense of peace within me. I’ve always had an inner turmoil. If I wasn’t happy with my situation, I would try to change it by sheer force of will.” But John learned that doing that “steps on people’s toes” and hurts a lot of feelings.

John had tried other programs, and was “getting better, but wasn’t where I needed to be.”

“It’s amazing how this program works

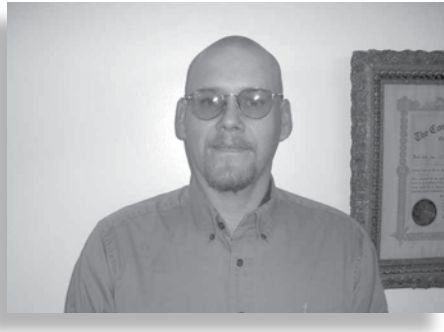
John was basically living in his van. He came to our Gateway Center emergency shelter and ended up talking with one of our staff members, who gave John hope with his testimony of finding God, and the inner peace that He gives.

“That’s what I had been looking for for 20 years!”

John had spent most of his life “running away from Jesus.” “I thought that He expected greater things from me than I was able to do. It was just easier for me to go in the opposite direction.”

John went right into our Christian Living and Values Transitional Program.

He has said it’s “amazing” how this



program works. “I had my doubts about the whole thing. I would like to learn more and have more of an intimate relationship with God and Jesus. I had to change my thinking.”

*“...a new life,
a new faith,
a new heart and the
opportunity to use it!”*

John thinks he has been a little “hard headed.” But being here at the Mission he started “wanting to listen.”

“All of a sudden I realized that I had found that inner peace; that shocked me.”

“The Bible says you’re a new creation, and it’s true. I’ve been given a chance to start over with a meaningful life and a joyful heart.”

John gives full credit to God and the Mission for his change! “They give you back a life that drugs and alcohol and lack of faith have taken away from you. They give you a chance to be a whole new person; to have your heart open up... that’s the greatest gift!”

Test Your Compassion...

(continued from previous page)

do you buy an extra cartload of your family’s favorites and give it away, or pick up a few cheap items, like chicken soup and boxes of pasta?

Can you give your compassion an honest grade, as I did when I “failed” that day with the man in the street? Are you prepared to see if your actions fall short of true compassion, and the examples set by Jesus and Mother Teresa?

Count your acts of compassion. How difficult was each to do? Probably, the greater the difficulty to you, the more compassionate was your act. Today, this month and this Thanksgiving season, search your heart about how to be more compassionate.

What does your heart say to do?

In His Service,

Gary F. Millspaugh
Executive Director

Let me hear from you about “compassion.” Go to AllentownRescueMission.org and click our Facebook link, or by email at info@allentownrescuemission.org (at our website, click on “Contact Us”).

Got Bikes?



Arcadio, a graduate of the Christian Living & Values Transitional Program, will use this donated bike to get to work.

Our Christian Living & Values Transitional Program graduates are in need of safe, functional, multi-speed bikes to get to work. If you have a bike(s) that you would like to donate, please email Brian at brianphillips@rcn.com or call (610) 740-5500, ext. 24.

Got Litter?

Hire the Clean Team to clean it up! The Clean Team is a project of the Mission, employing



Hire the Clean Team to help homeless men get back on their feet.

men who are working their way out of homelessness, giving them a start on becoming productive workers.

The Clean Team needs your projects to keep them working through winter! Past projects include light

commercial snow removal, floor cleaning and waxing, light construction and construction cleanup, and setup, tear-down and trash removal for special events like the Allentown Fair, MayFair and the Kutztown Folk Festival.

When you hire the Clean Team, you’ll get an ambitious group of workers, eager to please, supervised by one of the Mission’s full-time staff. Call Workforce Development Coordinator Mike Korpics at (610) 740-5500, ext 30 or mkorpics@rcn.com.

Making A List...

We're already planning to make Christmas a special time for the men who call the Mission "home." For men who are separated from their families, or who have no family, this can be a lonely time. At the Mission, we try to make Christmas a little merrier by making sure everyone has at least one gift.



Here's a wishlist of gift items:

New Underwear (All sizes)
New white T-shirts (All sizes)
Gloves
Knit Hats
White Socks
Sweaters
Sweatshirts

You can drop unwrapped items at 355 Hamilton St, Allentown, Monday to Friday, 8:30 am-5:00 pm. For more information, visit **AllentownRescueMission.org** or call **(610) 740-5500, ext 14**. Thank you!

Four-Star Rating for the Allentown Rescue Mission

The Mission has achieved the coveted 4-star rating from Charity Navigator, America's leading charity evaluator. Just one quarter of the charities evaluated will receive this highest rating. According to a letter from Ken Berger, Charity Navigator's President and Chief Executive Officer, the rating indicates that the "Allentown Rescue Mission executes its mission in a fiscally responsible way, and outperforms most other charities in America. This 'exceptional' designation...differentiates the Allentown Rescue Mission from its peers and demonstrates to the public it

is worthy of their trust."

Charity Navigator evaluates charities' financial health and organizational efficiency and capacity. Basing their evaluations on financial information provided in IRS Forms 990, they analyze each charity's performance in program expenses, administrative expenses, fundraising expenses, fundraising efficiency, primary revenue growth and program expenses growth, and working capital ratio.

Visit **AllentownRescueMission.org** to learn more.



Adopt-a-Month

Each year the Mission serves hundreds of homeless men in our Gateway Center emergency shelter. In addition to shelter and nutritious meals, each man receives a personal care kit with travel sizes of shampoo, deodorant, shaving cream, toothpaste, toothbrush and disposable razors.

We're looking for church groups to Adopt-a-Month to help provide these items for our guests throughout 2011, which is quickly approaching! Just select a month, and we'll provide a bin for you to



fill with personal care items. At the end of the month, you can deliver the bin to the Mission, or schedule a pick-up.

For more information or to adopt a month, call Dianne Moody at **(610) 740-5500, ext. 33** or **diannem@rcn.com**.