

# TIDINGS

ALLENTOWN RESCUE MISSION



Serving the entire Lehigh Valley since 1900

## “Praise the Lord...”

### “I’m Clean and Sober!”

If you want to hear truly dreadful stories about the damage alcohol can do, you only have to sit down with Jaime.

He’ll tell you about the horrors of “being drunk all the time” or “going on a bender that never stopped” or “laying in bed for days shaking” and trying to detox only to fall off the wagon again in a couple of weeks.

As horrifying as these stories are, they’re nothing compared to the joy Jaime now experiences waking up clean and sober every morning thanks to the Mission’s Life Recovery Treatment Program!

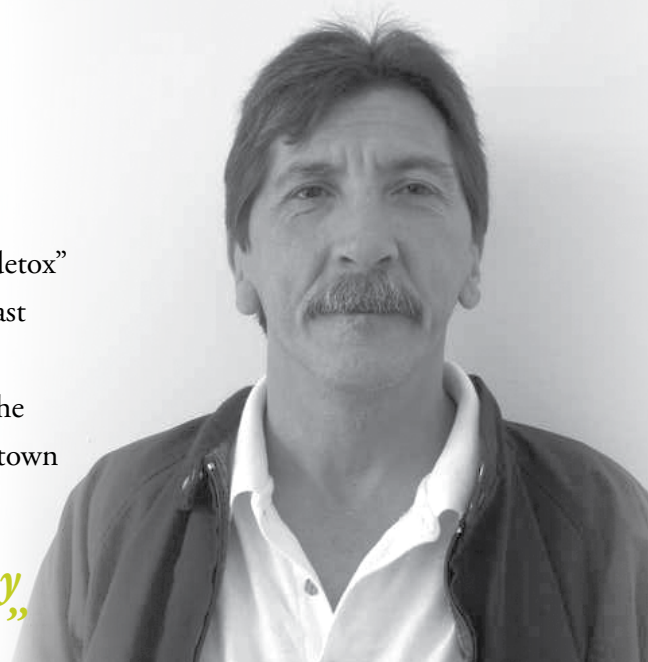
Jaime has been in several “detox” and “rehab” programs. At the last one, the funding was cut, and instead of tossing him out on the street, they suggested the Allentown Rescue Mission.

*“I wanted to find my way back to God.”*

“When they mentioned that it was Christian-based, I decided to give it a try.” Jaime, who had gone to church when he was younger, saw our program as a way of “finding my way back to God.”

As soon as he graduated from the Life Recovery Treatment Program, Jaime signed up for our Christian Living and Values Transitional Program. He stuck with it and graduated in just eight weeks.

“It took a long time to do what I did to myself,” he said with a sad smile. “So I figured it would take a long time to get it fixed. But the end result is worth it!”



It took Jaime nearly 43 years to conquer his addictions, and he knows staying clean and sober will be a one-day-at-a-time battle. But he’s in it for the long haul. “I’m ready for the marathon. I’m not doing any short sprints. I’m gonna make it work this time. I’m planning on this program being my last.”

*In it for the long haul...*

**With your support, more than 720 men like Jaime have had the opportunity to change their lives through one or more of the Allentown Rescue Mission’s programs over the past 12 months. Thanks for all you do!**

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## Send for Your 2011 Mission Calendar

Without the gifts, volunteer time and prayers of friends and neighbors like you, this ministry would not exist. As a token of our gratitude for all you do, please accept this 2011 Mission calendar as our way of saying "Thank you!"



**To receive your FREE 2011 Mission calendar, please check the special box on your reply card and mail it today.** Your calendar will be mailed at the end of October.

## Come and Visit!

We'd love to have you visit us online at

**AllentownRescueMission.org.**

There's no need to call first; you can stop by anytime and read about your help in action, check out our volunteer needs and read about our upcoming events.



**AllentownRescueMission.org** is your online source for information about the Mission and how your help is changing lives!



# TIDINGS™

*Rescue, rehabilitation, and restoration for people in crisis.*

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# Hard Core Lives. Big Time Change.

People ask me if I am afraid, working with hard core criminals, who have been in prison multiple times. They ask me if I am concerned for my safety dealing with drug users and recovering addicts. Some clients here at the Mission have been gang members, and people ask me if I have been threatened.

The answer is "No" to all of those questions.

There are 2 big reasons. My staff and I are unafraid because of what the sign on our roof says, "GOD IS LOVE." Not only is God protecting us, but also because faith and compassion are everywhere throughout the Mission. This is a place of refuge, sanctuary, healing, Christ's teachings and God's love. Every client can feel the compassion; some for the first time in their lives. The second reason why there is no need for fear is because the clients are seeking help. They are wounded, hungry and lonely. They are exhausted from their hard core lives on the streets, doing drugs, and struggling to survive.

They didn't come to the Mission looking for more trouble. They have come to seek comfort, and they are looking for better lives. They have endured a struggle every day, and they want different lives, even though they don't quite know what it would look like. But we do, and can lead them.

I am thinking of Sam, who recently graduated, and had spent 20 years of his life in and out of prison for drug related offenses. His former parole officer was in the audience at his graduation, and had arrested Sam in 1985. Sam is now a graduate of the Christian Living and Values Transitional

Program, and an active member of a local church.

I also think of Steve, who came from prison about as resistant as you can imagine. He said what so many successful Mission clients have said of their past hard core and dangerous lives, "If not for the Mission, I think I would have been dead by now." He graduated from the Christian Living and Values Transitional Program, got a job, and returned to his family.

Thank you for your support in helping the Mission change many lives, every year.

In His Service,

Gary F. Millspaugh  
Executive Director



## Overcoming Life's Greatest Challenges

It's easy to praise the Lord when things are going well and life is good.

But remembering God's presence when there are challenges is sometimes much more difficult.

Each day here at the Mission, we and those we serve face seemingly insurmountable challenges. It's all part of the process of taking people who are hungry, homeless, abused and addicted and building them back up so they can succeed.

The stories you'll read in this issue of *Tidings* are truly miraculous testimonies to the challenges faced by clients like

Jaime and Bob, and to the power of God to transform lives.

They are also proof positive that the programs we offer can and do help people make amazing changes in their lives each and every day!

**Bless you for continuing to help people in need overcome some of life's greatest challenges through your partnership with and support of this ministry. Please help us again by using the enclosed envelope or making a secure gift online at [www.AllentownRescueMission.org](http://www.AllentownRescueMission.org) Thank you!**

TIDINGS is funded by private donations, not government money.

# “I Never Asked Anyone for Help...”

**B**ob is a native of Allentown. “Born and raised” here. But the journey that brought him to the Allentown Rescue Mission started years ago with a divorce.

When Bob looks back, he sees his divorce as “a good thing.” “Both parties were happy...and the children understood.” But as time went on, life became more and more stressful.

A self-employed contractor, Bob was working 50 to 60 hours a week running his business. “Things got rough” and that’s when the depression started to settle in.



At first, Bob admitted himself to the hospital. “They helped me quite a bit, but they didn’t really understand what was wrong.” With the proper medication, Bob was able to cope with his depression – for a while. But when the medication ran out, things got worse.

*“I can’t deal with this anymore.”*

“I was living in my van...basically out on the street. I had someone call an ambulance for me and I put myself back in the hospital.”

That’s when Bob started thinking. He had never asked anyone for help before. But when he was dismissed from

the hospital the day before Thanksgiving he had nowhere to go.

“They dropped me off in front of the Mission and I was scared...like a puppy dog with its tail between its legs.” Bob stayed at our Gateway Center emergency shelter for a couple of weeks, and then decided to give our Christian Living and Values Transitional Program a try.

*“God wanted me to come here!”*

“I was brought here by Christ!” Bob is convinced that it was God’s will that brought him to our Gateway Center emergency shelter. Then one thing led to another, and between our counselors and the Chaplain, his life finally started going in “the right direction.”

Although he “grew up in the church,” he got away from it as a teenager. His first Thanksgiving in the Mission was the first time Bob had been back to church since he was 14!

Now, he reads the Bible every day and it has changed his whole outlook on life. Bob credits the Christian Living & Values Transitional Program with bringing Christ back into his life. “It’s the best thing that’s happened to me in a long time.”

*“My children saw a big change in me.”*

Bob’s relationship with his children has been restored!

“They were extremely worried about me...they knew I was going downhill, not just with depression, but with drinking. Now that I’ve completed my course with flying colors, they’ve seen a big change in me and they want to come around.”

## Changed Lives Club

**W**e would like to give special thanks to our Changed Lives Club members. Because of your monthly support, you have provided so much: food for the hungry, shelter for the homeless and ongoing help and hope. It all starts with YOU.

If you are not yet a member, we invite you to join your friends and neighbors in our Changed Lives Club.

As a Changed Lives Club monthly supporter, your gifts will be put to work immediately to help us respond to every call for help. Your gift will also help provide the stable funding we need to continue to expand this vital work. To learn more about the many benefits of our Changed Lives Club, call Bill Dickinson at **(610) 740-5500 ext. 14**.

## Specialized Volunteer Needed



**W**e need a volunteer hairstylist who is willing to give their time and talent to cut the hair of the men in our programs. We already have one volunteer, but we have more hair than she has time to cut, so we need you!

We would like you to visit the Mission one Wednesday a month around the lunch hour to cut hair.

If you are interested in volunteering, please call **(610) 740-5500, ext. 45** or visit **AllentownRescueMission.org**. Thank you!

## Do You Need Prayer?

The Allentown Rescue Mission seeks to minister to our community in as many ways as possible. That includes meeting the needs of our supporters.

Our staff sets aside time each week to pray together. Do you have a need that we can pray for? Let us know! We are committed to praying for your needs.

If you have a prayer request, please write it on the back of the enclosed slip or email your prayer request to Chaplain Dan at [danadams@rcn.com](mailto:danadams@rcn.com) and we'll be sure to pray for you.

## Supplies Needed

The Mission is always in need of supplies, and donated items help us save money. Please consider donating some of the items listed below.

### Cleaning Supplies/ Paper Products

Laundry soap/detergent  
Bleach  
Energy-saving light bulbs  
Trash Bags (33 or 45 gallon)  
Napkins  
Toilet paper

### Personal Care Items

Shampoo  
Deodorant  
Shaving cream  
Toothbrushes  
Toothpaste  
Disposable razors

### Food

Canned soup  
Boxed or canned juice

Canned tuna  
Canned fruit  
Canned vegetables  
Tomato products  
Ground coffee  
Whole grain pasta  
Whole grain cereal  
Whole wheat pasta  
Oatmeal

Items can be dropped off on weekdays from 8:30 am to 5 pm at 355 Hamilton Street, Allentown. Call Bill at **(610) 740-5500, ext. 14** more information.

## Here Come the Meatballs!

On Saturday, October 16, the 8th annual WAEB 790 AM Spaghetti Dinner will be held at Asbury United Methodist Church's Wesley Center, 1533 Springhouse Rd., Allentown from 4-7 p.m.

WAEB AM 790's Bobby Gunther Walsh will be making 2,000 of his famous meatballs! We need you to sponsor these Mission Meatballs at \$10 each to benefit the Allentown Rescue Mission.

The Spaghetti Dinner is FREE and open to the public. Cash donations will be accepted at the door. Each sponsored meatball provides 5 meals at the Mission for people in need!



Last year's dinner was a great success. Help us make it even better this year. For more information, visit [www.AllentownRescueMission.org](http://www.AllentownRescueMission.org), or call **(610) 740-5500 ext 14**. See you there!