

SPECIAL THANKS to the following groups for helping Frederick's homeless and disadvantaged families by holding Clothing Drives:

- Montgomery United Methodist Church** • **Frederick Church of the Brethren**
- Brookhill United Methodist Church** • **YMCA of Frederick County**

SPECIAL THANKS to Betty Bell & Becky Linton for sponsoring the walkers at the Mission of Mercy 3K Walk.

T H A N K Y O U !

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FREDERICK RESCUE MISSION
 P.O. Box 3389, Frederick, MD 21705-3389
Partnership Letter



Yes!

I want to help heal lives at the Frederick Rescue Mission!

- other \$ _____
 \$300
 \$100
 \$75
 \$50
 \$25

Name _____

Address _____ City _____ State _____ Zip _____ Phone _____

Email _____ Visa/MasterCard Number _____ Expiration Date _____

I would only like to receive Holiday newsletters (Thanksgiving, Christmas, and Easter)

Please return your tax-deductible gift in the enclosed envelope to:

Frederick Rescue Mission, PO Box 3389, Frederick, MD 21705-3389
www.therescuemission.org



FREDERICK RESCUE MISSION

Partnership Letter

YEAR-TO-DATE STATISTICS

Bed Nights.....4,041	Furniture Vouchers Distributed.....144 (\$22,705)
New Residents Served.....48	Lindsey Learning Center Intakes.....21
Meals Served.....25,953	External Diploma Program Students.....2
Food Boxes Distributed.....288	Frederick Community College Students.....4
Recycled Textiles.....601,239lbs	Students Receiving Tutoring.....7
Clothing Vouchers Distributed.....115 (\$6,125)	Child support compliance.....100%

JUNE 2006

Frederick Rescue Mission
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In **Mark 5:25-34**, a woman comes to Jesus for healing, who suffered for over 12 years with an agonizing physical ailment. Mark makes the comment that she "suffered at the hand of many physicians". She was healed not only physically but totally because she touched Jesus in a crowd.

Here at the Mission we know that Jesus is the key to complete healing. Once the way is clear for a healthy relationship with God, all things become possible. Being free and available to

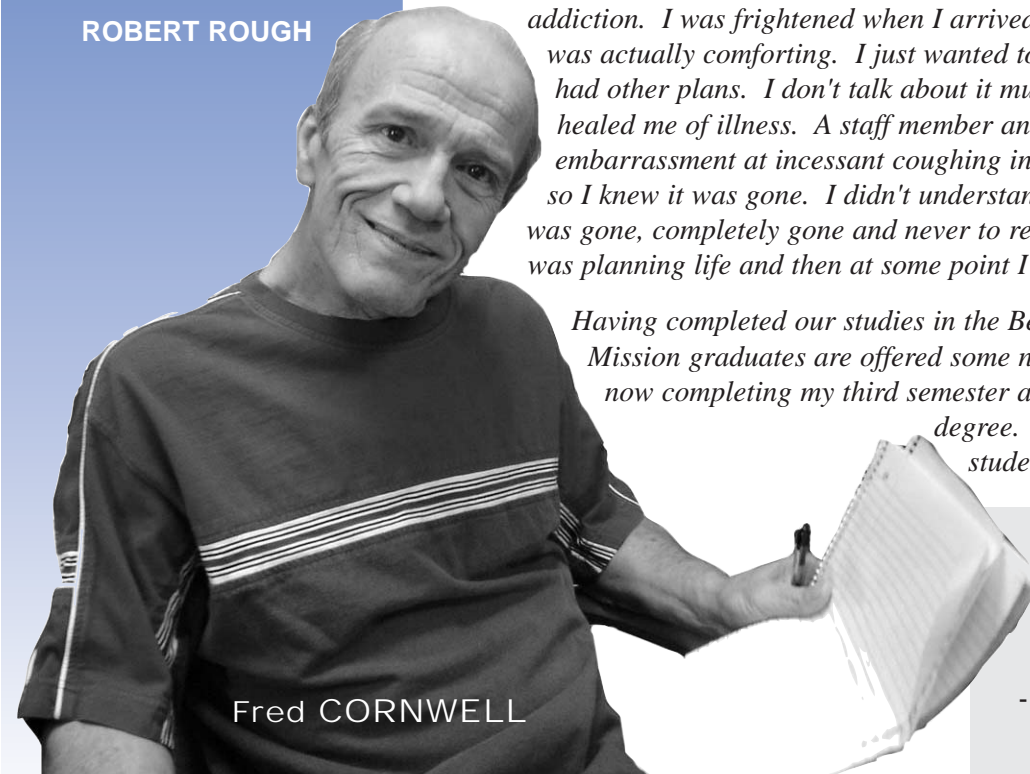
God's grace opens up a future that is more powerful than a past of defeat.

Very often men come here having gone from one place after another, yet with the same old result. We know what the woman above knew. If each person can get a touch from Jesus, life will never be the same.

Arnold W. Farlow
Arnold W. Farlow

I was pretty sick when I arrived at the Frederick Rescue Mission. A lifetime of substance abuse and poor choices taking their toll. So I came not sure what to expect or even what I wanted. I came gasping for breath and coughing looking perhaps for a softer way to die. I wasn't here for help of overcoming addictions or rehabilitation- I'd long ago given up that struggle. That incessant battle with abstinence. The futile attempts at sobriety abandoned. I was too tired, too old and now too sick to even perform the only responsibility I had left. That of acquiring daily the drugs or alcohol necessary to maintain my addiction. I was frightened when I arrived. I didn't really mind dying. That prospect was actually comforting. I just wanted to get on with it already. God though... God had other plans. I don't talk about it much but one evening in the Chapel, God healed me of illness. A staff member and another resident probably sensing my embarrassment at incessant coughing in class prayed for me. Even while they did so I knew it was gone. I didn't understand it. I was even a little spooked by it but it was gone, completely gone and never to return. I was planning on death but Jesus was planning life and then at some point I took it. I accepted life.

Having completed our studies in the Beacon House program, Frederick Rescue Mission graduates are offered some new and truly wonderful opportunities. I'm now completing my third semester at FCC working toward a computer Science degree. I also work at the college part-time as a student aid.



Fred CORNWELL

What a blessing to see how Fred has grown in the Lord. What a great God we have - who takes a man from self doubt to the Dean's List.

- Emily Harrington, Administrator of Education

Cross Training

The process of addiction recovery is multifaceted. When a man first comes into the program he initially begins to feel the benefits of a clear mind. Sobriety brings clear thinking and reasoning. He starts to contemplate better life priorities and order.

Secondly, as he begins to get consistent sleep and proper nutrition he gets stronger physically. This can be a challenging time because a little clear thinking and strength can lead to a misconception that everything is all right and he is ready to leave. The truth is that this is just the beginning. Along with good instruction to properly focus his mind and spirit, we feel that it is important for him to begin regular physical exercise.

The Rescue Mission has a basketball team, a softball team, a running

team, and men are also privileged to work out at the YMCA free of charge. This is truly a blessing! Exercise provides a number of benefits... first the obvious strengthening of the body. But exercise also speeds up the process of eliminating toxins from the body that accumulate during addiction. It is a wonderful discipline also a great stress reliever. While we are working on getting the mind clear and the life righteous, exercise of the body is significant for the physical healing of a man, creating him to be whole and complete in Christ. Now that's what I call "CROSS training".

Pastor Kenny King,
Changed Life Recovery Program Pastor
and Manager of Admissions



Pastor Kenny King (left) and Dave Nordrum

On my first visit to the YMCA I was underweight and physically weak due to the effects of drug use. After that first visit I realized it was going to take a lot of discipline to return. But to God's Glory I kept returning. Today I'm in better physical shape than at any time in my life.

Dave Nordrum
Resident

MINISTRY UPDATE Food Services

The word "Rescue" in our name reflects exactly that! Being hungry is a daily struggle for many homeless and less fortunate families in our community. The Rescue Mission takes action to ensure that no one leaves our doors hungry. Aside from the 25,953+ meals served so far this year, we have distributed over 288 emergency food boxes filled with canned items and other nutritious goods thus far in 2006.



"The boxes contain canned fruits, vegetables, sauces... cereal, cookies... freshly donated bread, cakes, and frozen meat. For each of us who work in the Pantry, it is a blessing for us to know that we are participating in a tiny bit of God's Will, and it puts a smile on our faces when we see the smiling faces of the folks and their children."

- Ellis, Resident



Volunteer Corner



From Left: Donald Lynch, Jennifer Bradfute, Bruce Simms

Volunteer of the Month:
Jennifer Bradfute

The Frederick Rescue Mission is pleased to present Jennifer Bradfute as July's Volunteer of the Month! Jennifer is a faithful volunteer and friend of the Mission. She found the Mission through our website, www.therescuemission.org, and called in to see how she could help. For the past few months, Jennifer has been assisting with the monthly Partnership Letter processing, the 37th Annual Hope for the Homeless Banquet and Graduation Ceremony preparation, as well as so many other tasks of our Administrative Offices. Thank you, Jennifer, for sharing your warm heart with God's ministry here at the Rescue Mission, and we hope that you are blessed as you continue to reach out to others!

Volunteer Tree



Be a part of our Volunteer Tree!

Email your skills, interests, and availabilities and we will keep you in our Volunteer Tree database for future needs. Please title your email "Volunteer Tree"

Email Helen at
hkim@therescuemission.org

UPCOMING EVENTS!

Fannie Mae



WALKATHON

Saturday, November 18, 2006
at The National Mall in Washington, D.C.

The Fannie Mae Help the Homeless Program is designed to raise awareness and funds for organizations who are dedicated to ending homelessness. Please pray for the favor of the Lord as the Rescue Mission is preparing to join in this fight against homelessness.

HOPE LIST Give a *little* gift of hope and make a *lot* of difference!

KITCHEN ITEMS NEEDED:

Paper towels, paper plates, napkins, coffee, coffee creamer, powdered drink mix

HYGIENE ITEMS NEEDED:

Shampoo, Plastic soap bar containers, Dental floss, Deodorant, Toilet paper Shower shoes- (sizes M, L, XL)

SPECIAL REQUESTS:

NIV study Bibles
4 new washers & dryers
large screen TV with DVD/VCR player as a teaching aid
The Mission's praise team is in need of a high-quality digital piano or home keyboard - 76 or 88 keys preferred
Storage shed for lawn and garden equipment
(contact Guy Mutchler at 301.695.6633 ext. 104)

Have your church sign up for certain months a year to hold a Hope Drive!

Call Helen Kim for more information at
301.695.6633 ext.102

The Frederick Rescue Mission seeks to rescue lives from poverty, homelessness and chemical dependency. We exist to meet the needs of hurting and broken people while inviting them into the abundant life Christ offers to all. Every man that enters with a heart surrendered to God and a cooperative attitude should never have to see a prison, jail, homeless shelter, rehab center or rescue mission again. He should never have to sleep under a bridge, in an abandoned house or out in the woods again. A changed life will call on Jesus instead of alcohol, cocaine, heroin, and any other kind of drug. The goal here is to see lives changed for eternity, now and forever.