

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

SPECIAL REQUESTS:

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
(please contact Guy Mutchler at 301-695-663 extention 104 for details)

4 new washing machines and 4 dryers

HYGIENE ITEMS NEEDED:

Shampoo
Toothpaste & Toothbrushes
Bars of Soap
Double-edged Disposable Razors
Deodorant
Combs & Hairbrushes
Nail Clippers
Dental Floss

Cold and Flu Medication (*over the counter, no PM/Nighttime, or anything with alcohol*)
Shower Shoes - for protection against bacteria (*sizes: Medium, Large (mostly needed), and Extra Large*)
NIV Study Bibles
Toilet Tissue & Facial Tissue
Napkins & Paper Towels

Have your church sign up for certain months a year to hold a Hope Drive!
Call Helen for more information at (301)695-6633 ext.102

Thank You!

Items can be dropped off at the Beacon House located on 419 West South Street. *Receipts will be provided.*

Nonprofit Org.
U.S. Postage
PAID
Frederick, MD 21701
Permit No. 3

Partnership Letter
FREDERICK RESCUE MISSION
PO Box 3389, Frederick, MD 21705-3389



M A Y 2 0 0 6

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Frederick Rescue Mission STATISTICS YEAR-TO-DATE

Bed Nights.....	3,150
New Residents Served.....	43
Meals Served.....	15,693
Food Boxes Distributed.....	183
Recycled Textiles.....	323,226lbs
Clothing Vouchers Distributed....	68 (\$4,195)
Furniture Vouchers Distributed...	89 (\$20,175)
Lindsey Learning Center Intakes.....	14
Frederick Community College Students....	4
Students Receiving Tutoring.....	7
Child support compliance.....	100%

FREDERICK RESCUE MISSION

Partnership Letter

Alcohol & Our Brain

Our brain is a 3-pound mass of soft, spongy, pinkish-gray nerve tissue. Made up of billions of intricately connected nerve cells, it is connected to our spinal cord. These brain cells communicate with each other to control many of our involuntary functions. Alcohol, along with most street drugs and many medications, affects four important neurotransmitter systems in our brain: dopamine, serotonin, glutamine and GABA.

It stimulates dopamine receptors in the midbrain to release more dopamine causing intoxication and stimulating the brain's pleasure center. This makes you feel good.

Alcohol also stimulates serotonin receptors in our brain's cortex to release more serotonin than we need. This causes distortions of reality and we start misjudging distances and running into objects.

GABA receptors in the brain stem are also stimulated by alcohol, producing sedation, relaxation, and sleep. Unopposed, they will put you into a coma.

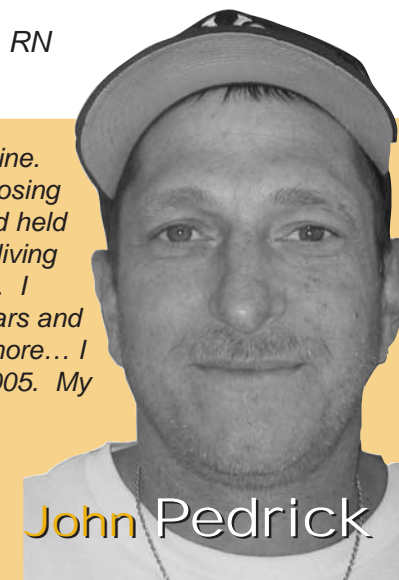
On the other hand, alcohol suppresses glutamine transmission in our brainstem. The brain's excitatory system, it wakes you up and keeps you from going into a coma. So, by stimulating GABA and suppressing Glutamine, alcohol helps you feel relaxed and sedates you. That makes alcohol a depressant. As alcohol is trying to put you into a coma, your brain compensates by increasing the number of glutamine receptors in your brainstem.

But, after alcohol wears off, the increased glutamine receptors are still present. They can cause a wide variety of negative effects in our bodies, including anxiety, irritability, nervousness, agitation, decreased appetite, tremors, elevated blood pressure and pulse, sweating, flushing, fever, trouble sleeping, nausea/vomiting, illusions, hallucinations, seizures and delirium tremors. At this point, we can become so uncomfortable and may consider alcohol to get some relief. The whole cycle starts over again. This type of long term alcohol abuse can permanently affect the brain's structure, causing cell death and alcoholic dementia.

The good news is that we don't have to do this, and we can choose recovery instead! Jesus gives us what we need one day at a time! God bless and never give up!

Gayle Byers, RN

"I just started to get higher and higher on drinking and cocaine. Then, I met the love of my life which was heroin. I started losing my family and loved ones. I resigned from my job that I had held for 18 years. I was on my own for the first time in my life...living in vacant houses and doing whatever I had to do to survive. I thought my life was over. I was in and out of jail for five years and getting high every day I was out. I just couldn't take it anymore... I needed help so I came to the Beacon House on May 11, 2005. My life has gotten better and better since I have God in my life. Now I have my family and the ones I love back in it...I love God, love my life, and try to do God's will."



John Pedrick

Yes! I want to help resurrect lives at the Frederick Rescue Mission!

other \$ _____ \$500 \$100 \$50 \$35 \$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



April 18th marked my first full year at the Frederick Rescue Mission. It has truly been a year of adventure. What I discovered quickly and continue to see is that God uses the Mission. This is a place of real recovery.

One of the key ways is that men who have had their lives ruined by drugs and terrible decisions are transformed by the Gospel. The Mission is the first place for many of these men where they have heard about what Christ has done for them. It is the first place for some that anyone has ever cared for them.

While the Mission gives the men an opportunity, it is very often the men that give to and through the Mission. Everyday, 365 days a year, breakfast and lunch are served by the men here. When one has

need for donations, it is our men who help them. Very often our men are out in the community making a difference for others.

Frequently I am asked what our success rate is. My response is the same of Mickey Evans of the Dunklin Memorial Recovery, "100". Today, 100% of the men woke up sober, 100% had their quiet times before the Lord, 100% put in some work, 100% worked on being a passionate follower of Jesus and 100% went to sleep sober.

Yet, we know this is only the beginning of recovery. Our Changed Life Recovery Program is designed to see this beginning become permanent. Your partnership in prayers and giving are making a tremendous difference.

Simply put, God uses the Frederick Rescue Mission. It has been a great year. God is at work!

SPECIAL THANKS TO...

FREDERICK CHRISTIAN FELLOWSHIP

for their gracious services this past month! On April 20th and 21st, Conrad Weaver, FCF's Director of Video Productions, came prepared with a video camera and lighting equipment to shoot footage for the Mission's annual Hope for the Homeless Banquet and Graduation Ceremony video. Conrad spent the entire Thursday and part of Friday hauling a camera on his shoulder and making sure the lighting was just right for each video take. As all the footage is compiled, he will then begin editing and using his creative talents to create a video to present at this year's Banquet. In addition to this donated service, FCF has also held a clothing drive on April 23rd which came in at a whole truck load! Thank you Frederick Christian Fellowship for continually sharing Christ's love with us!



Conrad Weaver

VINTAGE PRESS for their outstanding service and dedication. Vintage Press is always eager to help the Mission in anyway possible. Whether it's putting together an urgent print job or employing some of the men in our Changed Life Recovery program, Vintage Press is always there...Thank you Vintage Press for partnering with us to serve our community in your own special and unique way!

COLLIN, BRETT, NICOLE, LUCIEN, ALDAN, LUKE, ROBBIE, ALLY, ARIANA, MEGHAN, AND ANNA, YOUTH FROM CHRIST REFORMED CHURCH who participated in "Freezing for a Reason Part II". We would also like to thank Scott Montgomery and Andrew Corl, the adults who stayed all night with the youth.

TWO LOCAL HIGH SCHOOLS AND ROY ROGER'S RESTAURANT who partnered for the Roy Roger's Fundraiser on April 20th, and to all the people who supported the Mission by handing in their meal receipts!

Gifts Given In Memory Of...

Reba Gershman and Louise Betteridge by ...Mr. W. E. Owens

Living Tributes

UPCOMING EVENTS!

CLOTHING DRIVE

Saturday, May 20 - Saturday, May 27, 2006

YMCA of Frederick County

1000 North Market Street, Frederick

Many thanks to our community co-laborer, the YMCA of Frederick County, for hosting a clothing drive this month to benefit the Mission. Clothes may be dropped off at the YMCA lobby during their normal business hours from May 20th - May 27th.

The Frederick Rescue Mission provided free clothing to more than two hundred needy individuals and families last year. Please join with us to help provide clothing to our community's needy by dropping off your unwanted clothing at the YMCA. Also, please be aware that clothing and gently used furniture can be dropped off at the Mission's 419 W. South Street location Monday - Saturday from 1:00 p.m. - 4:00 p.m.

Thanks for helping make our community a better place to live!

CLOTHING DRIVE

Saturday, May 20, 2006

Fredericktowne Mall Cinema

CLOTHING DRIVE

Sunday, May 21, 2006

Montgomery United Methodist Church

9th ANNUAL CHARITY GOLF BENEFIT

Friday, June 2, 2006

Maryland National Golf Club

Registration begins at 8:00 a.m. - Shotgun starts at 9:00 a.m.

The day will include:

\$10,000 Hole-in-One	Sleeve of Golf Balls	Team Prizes
\$5,000 Putting Contest	Green fees & Cart	Beverages
Closest to the Pin	Range Balls	Breakfast & Lunch
Longest Drive		

To register yourself or group to play, please call Bob Rough at Tournament Pros, 301-271-1900 extension 204 (Tournament proceeds from this event will benefit the Frederick Rescue Mission's Building Fund)

WELCOME ABOARD!



The Frederick Rescue Mission is pleased to announce its newest board member, David Markoe. God is so faithful in answering prayers, and we are so grateful that David can share with us the passion and vision of this ministry. David has a lot of love and experience from his involvement at the Frederick YMCA. We know God has plans for you here, and we are glad to be a part of it!

"I support and admire what the Mission is trying to accomplish. I am looking forward to becoming involved in actually helping the people you serve." - David Markoe

Volunteer Corner



Volunteer of the Month:

Frederick County's Big Sweep Team Members

On Saturday, April 22nd, ten motivated individuals set out on a search to find valuables such as old beer bottles and decaying burger boxes. What's the motive? The Volunteer Frederick coordinated "Big Sweep", an annual county-wide beautification project which allows local non-profits to raise money for their organization. Our team of ten volunteers represented the Frederick Rescue Mission and had been raising sponsorships for two months prior to the event date. On the project day, all the participating teams met for breakfast and supply pick-up at Martin's Catering at Walkersville Fire Hall. Our team then set out with trash bags and safety vests to our assigned road. As the rain seeped through from hair to socks, the team continued to walk through sludgy mud to clean up the trash-dumped road. In the end, the team members managed to pick up more than ten bags of waste and recyclables, as well as, a vivid memory of a deer carcass (yikes!) Praise God for the sponsors and for the joyful spirits of the Mission's Big Sweep team members!