



We are a Christ-centered long-term residential life recovery program that rescues people from a life of poverty, homelessness and chemical dependency.

# FREDERICK RESCUE MISSION

October 2006

## PARTNERSHIP LETTER

*overcoming fears*

The Frederick Rescue Mission will always be a very special place for me. For it was at the Beacon House that I came to know Jesus Christ as my Lord and Savior. It is the single most important event of my life. I entered the Changed Life Recovery Program in October of 2005 and with the love and dedication of the staff and of the members of the Frederick Church of Christ, I was baptized into Christ on New years Day, 2006.

Before I came to the Mission I was spiritually adrift and searching for that elusive "higher power" secular programs say you need to surrender your will to. The problem was, that while I believed there was a God, I didn't believe he could direct my life or loved and cared about me personally. I now know that not only is there a God who wants to know me, but that He loved me so much He sacrificed His only Son so that I might have eternal life with Him.

Previous to my relapse into drug and alcohol use two years ago, I had 12 years of sobriety. While



my life was better when I was

sober, I was still given to bouts of depression and self-loathing and fear. Until the pain of remaining the same grew greater than my fear of change, I had an unteachable spirit. As long as I stayed busy with work I was okay. I completed my college degree while working nights and began a second career as a high school history teacher, a job I truly loved. But after the death of my father in 2002 and a diagnosis of prostate cancer in 2003, my spiritual emptiness overwhelmed me. I resigned my teaching job, and within weeks I had crawled into a bottle.

Now everything is different. I no longer look to the world to fill the void in me. I've learned to love myself because God loved me first. "For I know the plans I have for you, declares the Lord, plans to prosper you and not to hard you, plans to give you hope and a future." Jeremiah 29:11.

*Frank Gall*

*Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me*  
*psalm 23:4*

## Encouragement from a Brother

Consider it a pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance (James 1:2-3. It is by having our understanding of patience completely redefined that we come to know that if something is within His will for us, then it will be so. Even then, it will only happen within the timeframe He has planned.

Having come to understand this, to accept it and to embrace it as His plan for my life, I have been able to live a life of contentment with who I am and what I have rather than a life of longing for what I don't have. This "change in perspective" has been the most profound of my life. It has brought me peace, joy and happiness the likes of which I have never known. Once developed, neither thing nor man should stand in the way of us achieving what He has planned. Passion, perseverance and patience should be paramount in our lives! To my brothers... Fear cannot take hold unless it is fed.

Curtis Meacham

Arnold W. Farlow – Executive Director

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## MINISTRIES

- Residential Services
- Bread of Life Community Kitchen
- Lindsey Learning Center
- Recycling Services
- New Life Chapel
- Administrative Offices

## STATISTICS - YTD

- Bed Nights . . . . . 6,347
- New Residents Served. . . . . 64
- Meals Served . . . . . 40,835
- Food Boxes Distributed . . . . . 562
- Recycled Textiles . . . 878,933 lbs.
- Clothing Vouchers Distributed . . . . . 143 (\$7,295)
- Furniture Vouchers Distributed . . . . . 202 (\$29,110)
- Lindsey Learning Center Intakes . . . . . 34
- External Diploma Program Students . . . . . 5
- Frederick Community College Students . . . . . 8
- Students Receiving Tutoring . . . . . 19
- Child Support Compliance . . . . . 100%

## CONTACT INFO

Frederick Rescue Mission  
 419 W. South St.  
 Frederick, MD 21705  
 301.695.6633  
 hkim@therescuemission.org



One of my favorite things to do is mountain bike. I love jumping logs and getting as much air as possible. However, there was a time when nothing but fear came over me when I saw a huge log or a drop off in my path.

As a matter of fact, during my first year of serious mountain biking, I would greet my wife after each ride with massive cuts, scrapes, and bruises. Yet, over a period of time my skill increased, thus success drove away fear.

Here at the Frederick Rescue Mission, we minister to those who have found massive cuts, scrapes, and bruises in their lives. The Changed

Life Recovery Program is designed to help a broken man experience success. This success is crucial in overcoming fear.

We are also busy helping those who are afraid that they will have nothing to eat. As you see in this newsletter, lives are changed here daily because fear has been transformed into a trust in God.

The Bible says, "Perfect love drives out fear." We are confident that the love of Christ, perfect love, is the key to changing lives and truly caring for the poor. Your prayers and support, along with God's grace makes it possible not to fear anything that is thrown into our paths.

**Arnold W. Farlow** – Executive Director

## UPCOMING EVENTS



### FANNIE MAE HELP THE HOMELESS WALKATHON

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

See right panel for details.

### IN THE STREETS

Saturday, October 7th, 12:00 p.m.-5:00 p.m.

Join the celebration of Frederick's downtown revitalization at this year's **IN THE STREETS** festival! The Mission's booth will be set up on Market Street. Please stop by and see us as we will be hosting fun games for the kids and giving information to the community about the Mission's contributions to Frederick County.

### HARVEST FEST AND YARD SALE

Saturday, October 28th, 8:00 a.m.-2:00 p.m.

### FORRESTER CONSTRUCTION RENOVATION PROJECT

Saturday, October 14th

For information on this special event at Beacon House, please visit our newly reconstructed website at [www.therescuemission.org](http://www.therescuemission.org) and click on the Press Release link.

## BUNCH OF THE MONTH

A few weeks ago, the staff and residents of the Frederick Rescue Mission, along with many hungry families, gathered on the front lawn of the Beacon House as more than a hundred bikers of Star Motorcycle club rode up hauling food boxes provided by Feed The Children. It was an amazing event to hear the loud gospel music playing and watch a community of helpers unload and transfer hundreds of food boxes to our area's needy. It was a heartfelt community effort and as Congressman Roscoe Bartlett would explain it, "So often people want to depend on the government for help but here is an example of people helping people.. The Bible says it is more of a blessing to give than



to receive. Those who are here to receive food are blessed but I'll tell you that there will be a whole lot more blessing for the people responsible for this. So thank you everyone!" Thank you, Feed The Children and Star Motorcycle club, for helping the Mission feed the hungry and homeless of Frederick County!

## VOLUNTEER TREE

If you have the passion to serve in any way that you can, email us your information and we will be glad to talk to you about volunteer opportunities. Currently, we are in need of helpers who can be contacted on an as-needed basis and people to help with special events. You can help this ministry bear lasting fruit! Please email [hkim@therescuemission.org](mailto:hkim@therescuemission.org).



**November 18th**

## **The Fannie Mae Foundation's 19th Annual Help the Homeless (HTH) Walkathon Program**

The Frederick Rescue Mission has been selected for the eighth consecutive year to participate in this Fundraising and Awareness Program. One hundred eighty agencies throughout the Washington Metropolitan Area and their supporters will come together on Saturday, November 18th to walk the 5K route on the National Mall in DC.

The walkathon in Washington is just one way in which individuals, families, youth groups, schools, organizations and businesses can take part in the Help the Homeless Walkathon Program.

- Youth Groups and Schools can host their own mini-walks on the grounds of their organization or school.
- Corporations and organizations can partner with the Fannie Mae Foundation as sponsors.
- The Frederick Rescue Mission can come to your Youth Group or School for a homeless awareness presentation.
- You can underwrite a youth walker who normally would not be able to walk with out your support.

This is an excellent opportunity to come together as a community to support the homeless in our community. All registered walkers will receive a long-sleeved Help the Homeless Walkathon shirt.

**However you choose to participate, 100% of your support  
is received by the Frederick Rescue Mission!**

*PLUS...The Fannie Mae Foundation offers the following financial incentives to the Mission:*

- Up to \$25,000 for the number of walkers representing the Mission
- Up to \$25,000 for Youth Engagement Award – based on homeless awareness presentation and youth involvement/volunteerism.
- 100% of Corporate Sponsorship Dollars plus 20% Match by Fannie Mae Foundation

Youth Registration **\$15**

Adult Registration **\$25**

*Registration opens at 7:00 a.m.*

*Pre-Walkathon begins at 8:30 a.m.*

*Walkathon begins at 9:00 a.m. – rain or shine*

Please join the Mission in this awareness and FUNdraising event. For more information please contact Tom Skaggs @ (301) 695-6633 ext. 109 or email [tskaggs@therescuemission.org](mailto:tskaggs@therescuemission.org). To find out more about Fannie Mae Foundation's Walkathon Program, visit [www.helpthehomelessdc.org](http://www.helpthehomelessdc.org).

# Yes! I would like to help conquer fears at the Frederick Rescue Mission!

other \$ \_\_\_\_\_  \$300  \$100  \$75  \$50  \$25

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Visa/MasterCard Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

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

*Please detach this form and return with your tax deductible gift in the enclosed envelope. THANK YOU!*



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## Hope List

The Mission would like thank you for all the backpacks and school supplies! You have provided enough supplies for all of the residents' children as well as many others in the community. We praise God for your gifts!

### URGENT REQUESTS

- Toilet paper
- Paper towels

### ONGOING NEEDS

- Disposable plates
- Cups
- Forks
- Napkins
- Ground coffee
- Powdered drink mix
- Clothes
- Large appliances in working condition
- Gently used or new furniture

### WE ARE IN NEED OF VOLUNTEERS!

To find out how you can help, email Helen Kim at [hkim@therescuemission.org](mailto:hkim@therescuemission.org).

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 x102. Items can be dropped off at the Beacon House located at 419 W. South Street. Receipts will be provided.