



Easter Issue 2014

# Bay Area HOPE

A Publication of the Bay Area Rescue Mission

## “I found help to break the cycle...”

If you'd walked into Frank's childhood home, you would've been greeted by the sound of music. Frank's been playing percussion since he was young.

But inside, he struggled with insecurities – and when he tried his first drink, he remembers how good it felt.

“It really brought me out of my shell,” he says. “Alcohol gave me some peace when communicating with others. And I began to abuse it.”

As an adult, Frank set up a cycle: He'd get lost in his addiction until he had nothing left; then, he'd pull himself together and get sober.

But he always slid back into his drinking and drug use.

“I always got to the point where I would say, ‘I can have one drink.’ And that was never the case.”

Frank encountered God, and from the first moment, “I believed.” But he still struggled to free himself from his addiction. One night, “I was close to being dead,” he remembers. “The paramedics gave me a choice: You can go out into the street and die, or you can go to a recovery program.”

Frank chose recovery, and it brought him here, where he joined our Men's Recovery Program.

Right away, through daily classes, counseling and the support of our staff, Frank confronted the fear that he'd buried in alcohol and drugs. “I might have remained in my fear-shaped bubble. But I didn't want to live like that,” he says. “At the Rescue Mission, I found help to break the cycle of what I do.”

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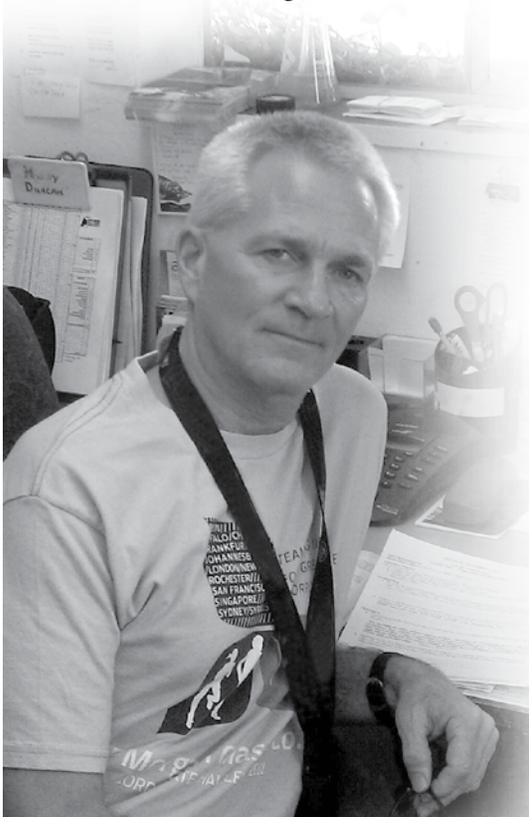
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Today, Frank has hope for his future – and a list of goals that include pursuing a life of ministry and serving others.

Right now, he does that by leading music at our Sunday chapel service for the men who come in off the street. “I play and I tell them what God's done in my life. It's a great way to give back what I've been so freely given.”

“The Rescue Mission changed my life,” Frank says gratefully. “I see people every day who come here. They're broken, they're hungry, they need help, just like me – and the people who support this place are essential in helping create hope. It's incredible.”



## A Message From Rev. John M. Anderson



### Hope Starts Here

We call our Easter celebration Hope Starts Here – but it's also our message 365 days a year.

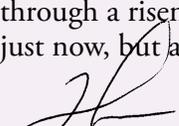
A chance to be spiritually reborn! I love sharing those words of hope with men and women who come here. Many of them need to hear that God can give them a new life.

But we don't just tell them – we show them through food and clothing, shelter and kind smiles. That's where their hope for a changed life starts!

Change is never easy. But every meal, every night of shelter you provide begins healing people like Frank and Bernadette, whose stories are in this issue – and countless people who are ready to believe that God loves them and can change them from the inside out.

Your help renews hope in the lives of hurting people and gives them the nourishment to begin transforming, in body and spirit.

This Easter, I want to thank you for sharing your hope with others. Your compassion gives people a second chance to become restored to their families and find new life through a risen Savior – not just now, but all year long.

  
Rev. John M. Anderson  
Executive Director

# Building our Bridge of Hope!

In just the Bay Area, more than 180,000 men, women and children are homeless. That number continues to rise – especially among women with children. Last year, the Rescue Mission was forced to turn away 3,520 women and children seeking shelter because



our current facility is simply stretched beyond its capacity.

But there's good news! We've recently launched our Bridge of Hope project, which will allow us to transform thousands of lives in the Bay Area.

When completed, we will open a new Center that increases our capacity from 325 to 475 beds – and gives women and children the life-changing programs and long-term help to get them back on their feet and moving forward in life.

We want to save and change the lives of even more women and



children in our community. **It's only with the help of caring partners like you that we can make this vision a reality.**

We encourage you to find out more about the Bridge of Hope project – including how you can be a part of this exciting project! – at our Bridge of Hope website, **BridgeofHopeBARM.org**.

## Fill an Easter Basket for a child in need

Easter Sunday is April 20 – and it's just around the corner!

We're planning to give out 200 Easter baskets to children living in our shelter or who have a parent in our residential

recovery programs, and the youth in our Outreach Program.

You'll bring a big smile to a child's or teen's face on Easter morning when you decorate and fill a basket! **For a complete list of**



**items we need and the drop-off location, visit our website at BayAreaRescue.org.**

## Help him find his way home

Meals. Shelter. Clothing. These are all the physical things homeless and near-homeless people need to survive.

But what about faith? Love. Encouragement. HOPE!

The Rescue Mission is where hunger and homelessness end and HOPE begins. It's where the power of God's love – fueled by your prayers and support – truly makes a difference in the



lives of neighbors who can no longer survive on their own.

**Your gift this Easter will transform lives!**

Providing meals, shelter and care helps people begin to rebuild their lives. Those who enter our programs make even greater strides as their hope is renewed and God's love becomes real for them.

Please send a gift today to provide the help the men, women and children who depend on the Rescue Mission need to find their way home. You can also make a gift safely online at **www.BayAreaRescue.org**. Thank you!

# “We are not a lost cause...”

**B**ernadette spent 30 years feeling trapped in a life filled with abuse, addiction and mental illness. “My life was chaos, darkness,” she remembers. “I was a train wreck.”

But when she was suddenly the only person in the world who could care for her

Bernadette was severely depressed and hopeless about her future. But “within a week’s time,” she says, “I felt the peace of God here.”

With the help of our staff and the spiritual foundation they helped her begin to build, Bernadette’s hope was renewed.

“The staff is hands on. They let me go in the direction I needed and if I was going sideways, they would say, ‘Hey! Come back this way!’”

“I had a working knowledge of God,” she admits, “but I didn’t have a relationship with Him.

**Now, I understand**

**that I can’t do anything without God.”**

After graduating our program, Bernadette moved on to our Transitional Program, which provides a stable environment for graduates of our men’s and women’s recovery programs who are looking for full-time employment and saving money with the ultimate

goal of self-sufficiency.

She’s also found a path for the future – a career in the mental health field where she plans on becoming a certified Community Health Worker. “You have to love a person – that’s how I got into recovery. **Somebody believed in me and told me I was worth it.**”

Our staff surrounded Bernadette with support when she applied for custody of her granddaughter – and received it! “Their encouragement has been amazing,” she says.

“I tell people about the Rescue Mission because this is where a lot of positive things happened for me,” she says. “It’s okay to be here. You can find yourself.”

She’s grateful for the people who support the Rescue Mission, too. **“We are not hopeless; we are not a lost cause; we have hope because of God and the Rescue Mission,”**

Bernadette says. “By supporting this place, you help build up a person to be the best they can be, to find themselves, to grow and flourish in the future.”

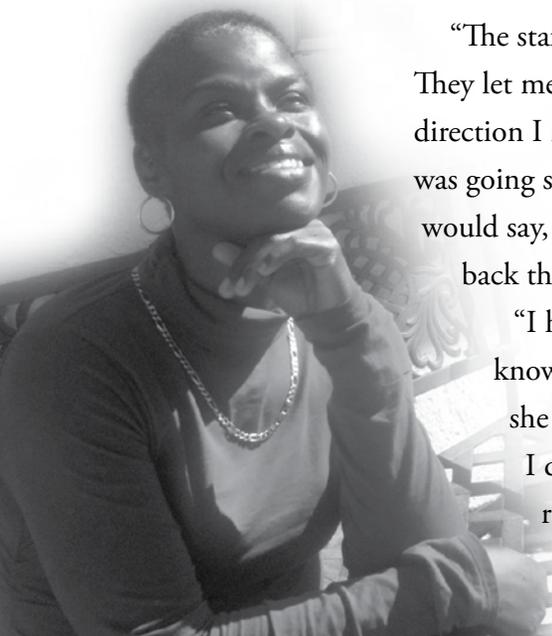
## Leaving a Legacy: 5 Common Misconceptions

**P**lanning ahead, especially when it comes to leaving a legacy, will make sure your wishes are carried out. Here are five common misconceptions about wills.



- 1. I do not need a will.** The 70% of Americans who died last year without a will didn’t think they did either. Their families know better. When a person dies without a will, it can cost thousands in taxes and fees, and the family experiences frustration and hassle that doesn’t happen with a will in place.
- 2. My family receives my assets if I do not have a will.** If you do not have a proper will defining distribution preferences, your assets are then divided according to state laws.
- 3. I do not have an estate.** In fact, we all have an estate. And, when people add up the value of real estate, possessions, life insurance, business interests and all other assets, they are often surprised by the actual size of their total estate.
- 4. Everything I own is covered by my will.** Many significant assets such as retirement plans and life insurance may not be covered by your will.
- 5. My will is current and valid.** If your finances, family, tax laws, residency or beneficiary preferences change, it’s time to update your plans. Generally reviewing your plans at least every two years is advisable.

Don’t be unprepared. Our free guide, *Creating Your Personal Legacy*, can help you create or update your will. To receive your copy, call Woody Tausend at (510) 215-4889 or visit [www.BayAreaRescue.org](http://www.BayAreaRescue.org), and click on “Ways to Help” and “Legacy Giving.”



young granddaughter, **Bernadette knew she needed a safe place to get her life together and also raise her granddaughter.**

So she reached out for help – and was directed here, where she found an emergency bed at our Center for Women & Children for herself and her granddaughter.

When she arrived,

## Easter Sunrise Service

Celebrate the joy of new life at our Easter sunrise celebration! Join us for worship at 6 a.m. in the parking lot of our Food Pantry & Distribution Center. Stay afterward for a delicious breakfast. All are welcome!



To learn more, call (510) 215-4555 or visit [BayAreaRescue.org](http://BayAreaRescue.org) and click on “Stay Informed.”

## Easter Sunrise Service

As we prepare to serve more than 164,423 meals this Easter season – including nearly 30,000 during the week of Easter – you can help by donating desperately needed food items!

For a complete list, or more information, visit our website, [BayAreaRescue.org](http://BayAreaRescue.org) and click on “Ways to Help,” then “Non-Cash Giving.”



**“We were truly blessed...”**

## MY NEW RED SHOES

**M**y New Red Shoes, an organization that provides new clothes and shoes for low-income children, recently provided our Center for Women &



Children and our King’s Club children with 55 pairs of

new shoes and 55 Old Navy gift cards worth \$50 each. **Thank you, My New Red Shoes, for your generosity!**



### In their own words...

*“I was so excited when I got to school on my first day. I really appreciate the clothes and shoes, and I looked great! The kids at school would have teased me because I had old clothes. Thank you, thank you, and thank you.”* – Preston, age 8

*“I thank you for the clothing and shoes you blessed my son Preston with. I had begun to panic because he didn’t have any much-needed new clothes for the school year. **Out of nowhere, we were truly blessed.** Thank you for showing your care for our kids.”* – Nikki, Preston’s mom

To read more stories of lives impacted by My New Red Shoes, visit [BayAreaRescue.org](http://BayAreaRescue.org) and click on “Stay Informed.”

## Register Today!



**G**rab your clubs and hit the green with us! On Monday, May 12, we’ll hold our 19th annual New Life Golf Tournament. All proceeds benefit the Rescue Mission during our summer months, a time

when donations are scarce, but many people still count on us for a helping hand.

To register, or find out more, call (510) 215-4555 or visit our website at [BayAreaRescue.org](http://BayAreaRescue.org) and click on “Stay Informed.”