

Paul's Ponderings

I am grieved by the amount of overdose deaths in America. Last year, it soared to a record 93,000 exacerbated by COVID. This is a 29% increase over the previous year. This is an overwhelming loss of human life. The isolation of the lockdowns put people in precariously dark situations. People are suffering and being alone is too much to bear. There are millions of Americans dealing with some form of drug/alcohol addiction and only ten percent are getting the help they need. Synthetic opioids, primarily fentanyl, are the primary driver of this increase in deaths, and this has skyrocketed since 2015. Often it is mixed into another drug without the user's knowledge, and just a little can be deadly.



Addiction and alcoholism effects every family in America regardless of ethnicity, race, or socio-economic status. Perhaps you know someone who's family member needs help. Maybe the person who is using is not ready. Here are some tips that you could give your friend.

Beginning a conversation with a loved one about their addiction is not easy, and it's important to be compassionate and understanding. Often the use of drugs and alcohol is a way to cope with stress, emotional or physical pain or mental health. So, attempting to push, shame, or lecture someone into treatment may drive them deeper into use. In most cases, they shouldn't attempt to "save" the user either. The user needs to experience the consequences of their misuse of drugs and alcohol because they may not be ready to hear it. This is the most difficult time because, with these opioids possibly cut into another drug, this could be a time of life or death. They shouldn't financially support their addiction through purchasing groceries, "loaning" money, paying fines, etc. All of this prolongs the problem because they are not facing the consequences. The user needs to be held accountable.

It's also important for the family member of a user to focus on themselves both physically and spiritually. It is very difficult to care for someone who has created so much stress, resentment and strain in their life. They need to try to forgive and keep praying for the person who is caught in the web of addiction. Prayer can move that mountain.

Thanks to supporters like you, City Rescue Mission has been here for 75 years helping those suffering from addiction. And, thanks to you, we can do this at no charge to the people we serve, like Patrick. So, if you know someone dealing with addiction, guide them to CRM. It could save their life. Please hold us up in your prayers as we are on the front lines of this crisis.

Resources:
US Drug Enforcement Administration • National Institute on Drug Abuse • Centers for Disease Control and Prevention

HOW YOUR RETIREMENT ASSETS CAN CHANGE LIVES

Many people think cash gifts are the best way to bless City Rescue Mission, but did you know retirement assets and IRA proceeds are even better?

- They declare the estate tax burden for your family.
- They help you increase your impact.
- They're a wonderful way to leave a legacy.



To explore these three reasons in greater detail – request our special bulletin 'The Surprising Instance Where Cash Isn't King'.

Reply with the enclosed envelope or contact Angela Washington at (904) 421-5147 or awashington@crmjax.org. To bless your family with a God-honoring Will, go to christianwill.org/crm.



CITY RESCUE MISSION

WE NEED YOUR HELP

City Rescue Mission is in need of the following items:

- Replacement of windows on McDuff Admin Building - \$275,000
- Homes of Hope - \$60,000
- New roof and steeple repair on chapel - \$55,000
- Fencing for McDuff Campus - \$50,000
- Mattress replacement (32) - \$4,800
- White twin sheet sets and pillows
- White towels and washcloths
- Travel size shampoo and conditioner
- Sanitizing wipes
- Rubber flip flops
- One-way bus ticket
- Bibles (NIV) - large print



CRMjax.org



For more information, please contact Angela Washington at (904) 421-5147 or awashington@crmjax.org.



A TIME FOR EVERYTHING

The phone call that changed everything.

A TIME FOR EVERYTHING

Page 2

EXCITING UPCOMING EVENTS

Page 3

HOW YOUR RETIREMENT ASSETS CAN CHANGE LIVES

Page 4



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A TIME FOR EVERYTHING - Patrick's Story

My journey began in Clearwater, Florida when I had an accident. I needed to have surgery and was in a wheelchair for nine months. I was in pain and was taking some heavy prescribed medications. I was following the directions, taking what was prescribed. But then I began abusing my medication by taking it even when the pain was gone. This went on for a couple of years, and just got worse.

I was lost. My family gave up on me. I had nowhere to go and was staying at a shelter. I overheard some guys talking about a place in Jacksonville where you can get help even if you only had the clothes on your back. Someone gave me the number. My mind was not made up because I still had some medication refills available. When I called, I was encouraged to come into the LifeBuilders Program. That is the call that changed my life.

My life was at rock bottom! I needed help and traveled to Jacksonville because I had no other option. This was my last chance. Once I was accepted in LifeBuilders Residential Recovery Program, I never looked back. It had to be God! I took this program, my classes, my education and my sobriety seriously. This turned into a twenty-two-month investment. But it was my last chance. It was 2011.

After being here for a year, my family came to visit. They couldn't believe their eyes in how much I changed. CRM helped me get my awesome Mom, four brothers and daughters back. I had my family back!

When I was in the Workforce Development portion of the program, I had an opportunity for employment at Nimnicht Chevrolet. It was part-time, but, in a short while, I was full-time. I'm still there 10 years later!

Everything that I lost God has restored-- double. There are no coincidences.

My daughters are now adults, and we have a wonderful relationship. I'm closer than ever with my mom and brothers.

I've continued my involvement with the awesome CRM Alumni Association, and I am now a peer mentor. I've continued to come to the CRM men's gym to workout and support guys who are currently in the program. I attend every graduation.

I'm active at Elevate Church as a smiling greeter at the door, and involved in a weekly men's group.

I'm even a newlywed now, and my beautiful bride Dawn and I are enjoying what God has given us. God is good!



Save the Date . . .

**CRM Thrift Store
&
Charis Café Grand Opening**

Wednesday, November 17 at 10:30 am

at our new location

7200 Normandy Blvd.

Come out and Celebrate!



**YOU ARE INVITED TO A
Thanksgiving Meal
FOR THOSE IN NEED!**

WHERE: CITY RESCUE MISSION'S NEW LIFE INN
(234 W. STATE STREET, JACKSONVILLE, FL 32202)

WHEN: WEDNESDAY, NOVEMBER 25
11:30 AM - 2 PM - THANKSGIVING MEAL SERVED

CRM WILL ALSO GIVE OUT SOCKS TO GUESTS WHILE SUPPLIES LAST.

COVID-19 safety protocols recommended by the CDC will be in place during all activities.

Turkey Donation Drive

NOW - NOVEMBER 23

City Rescue Mission is asking for your help to collect 300 turkeys to feed our neighbors in need this Thanksgiving!

Turkey donations can be dropped off between 9 a.m. and 5 p.m., Monday - Friday at New Life Inn (234 W. State Street) or CRM's McDuff Campus (426 S. McDuff Ave.)

Turkey and gift card donations are accepted. Contact Orvin Feliciano with any questions or for more details. OFeliciano@crmjax.org or (904) 421-5149

**YOU ARE INVITED TO A
Christmas Meal
FOR THOSE IN NEED!**

TUESDAY, DECEMBER 22

WHERE: CITY RESCUE MISSION'S NEW LIFE INN
(234 W. STATE STREET, JACKSONVILLE, FL 32202)

WHEN: 11:30 AM - 2 PM

SANTA WILL BE JOINING US AT CRM TO GIVE CHRISTMAS PRESENTS TO ALL THE LITTLE BOYS & GIRLS!

COVID-19 safety protocols recommended by the CDC will be in place during all activities.

CITY RESCUE MISSION'S SHOEBOXES OF LOVE

NOVEMBER 1 - DECEMBER 17

Help City Rescue Mission spread hope and joy this holiday season. CRM is now collecting shoeboxes filled with hygiene items to distribute during our annual Christmas Meal to our neighbors in need.

Simply fill a shoebox or like-sized box with items from the list below, wrap it in a blanket, and drop it off at the location listed below.

Suggested Items:

- » Soap/Washcloth
- » Shampoo/Conditioner
- » Toothbrush/Toothpaste (no mouthwash, please)
- » Dental Floss
- » Deodorant
- » Lotion
- » Chapstick
- » Sunscreen
- » Wet Wipes
- » New Socks
- » A Small Devotional
- » Band-Aids
- » Comb/Brush
- » Nail Clippers

If you would like to make a donation toward the Shoeboxes of Love, but don't wish to complete a box, hygiene items, blankets and financial donations may also be dropped off.

Drop Off:
City Rescue Mission McDuff Campus
426 McDuff Ave. S., Jacksonville, FL 32254