

Paul's Ponderings

Healing is one topic which I love to teach. The Greek word for healing is Sozo. It refers to total, or holistic healing. That is, total freedom, and total wholeness in spirit, soul and body. Sozo also means "to save." So, salvation and holistic healing are two meanings of the same word. The word *Rapha* in the Hebrew Old Testament also means "to restore" or "to heal." Though it often refers to physical healing, it usually has a larger meaning as well, involving the entire person. Jehovah Rapha heals the body, mind, and soul.



Paul Stasi, Executive Director, CRM

Healing

There are many broken people in this world. Many have experienced adverse childhood experiences and trauma, like domestic violence, divorce, a parent with a mental health condition, have been abused or neglected in some way, or grew up in a home where a family member was in prison. Of those seven categories, if someone experienced 4 or more during childhood, as an adult, their risk of developing heart disease or cancer doubles; 5 or more, the person has an eight-time greater chance of alcoholism or drug addiction, and 6 or more, an adult will more than likely die on average 20 years earlier than the general population.

Most who come to us for help experienced many of these experiences as children. This is why we want to practice care that is trauma informed. We want to create a healing environment for people to be surrounded by the love and compassion of Jesus Christ. This along with the counseling and all the other social services we offer, helps them work through the trauma and become whole.

We can only offer this with your help. We are so grateful for you. Thank you and God bless you.

THREE WAYS TO SHARE YOUR STORY THIS CHRISTMAS

More than 600,000 people have recorded stories with StoryCorps, an organization founded to capture stories and preserve them at the Library of Congress. You also have a story your loved ones want to hear. Here are three ideas to share it this holiday season:



Interview yourself. Find interview templates online or simply come up with your own questions to answer and share.

Go online. There are a number of tools like Storyworth or Remento to prompt and capture stories. You may find these helpful if you want to turn your story into a keepsake book or video.

Impact Others. At the heart of your story are the values important to you, as well as the causes you care about deeply. Including a gift in your will to City Rescue Mission is a meaningful way to share that with your family - and impact others.

Your faithful support makes you a significant part of our story. When you share your story, you embody Psalm 78:4, **"We will tell the next generation the praiseworthy deeds of the Lord, His power, and the wonders He has done."**

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

WE NEED YOUR HELP!

City Rescue Mission is in need of the following:

- Upgraded flooring in classrooms and offices at McDuff Campus \$42,000
- Chapel roof \$30,000
- Kitchen exit doors for New Life Inn \$10,000 and McDuff exit doors \$22,000
- **400 TWIN cotton thermal blankets or a gift of \$25.00 each.** ◀ Urgent Need
- Replacement of Dental Clinic flooring: Cost \$15,000

Contact Angela A. Washington at (904) 421-5147 or awashington@crmjax.org



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CRMjax.org



CRM CITY RESCUE MISSION

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New Life NEWS

NOVEMBER 2023



I'M GOING TO LOSE MY FAMILY

A traumatic childhood experience drew Tasha to a lifestyle of substance abuse and self-destruction as she grew older. Finally, when she realized the toll her behavior was taking on those she loved most, she agreed to get help at City Rescue Mission. Through your gifts and God's love, she found the confidence, strength and tools she needed to build a stable life, repair family relationships and pursue her dreams.

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TASHA'S STORY

The violence began before she was old enough to comprehend it. But once Tasha understood that her father was abusing her mother, she continually asked herself, "Why is this happening?"

When Tasha was 12, her father passed away and her mother's trauma ended. But for the young girl who had witnessed years of pain and chaos, it was just beginning. Insecure, confused and lacking a spiritual foundation, she began acting out.

"I was cutting classes and not doing anything I was supposed to. I felt like nobody cared if I did right or wrong, and wrong was easier."

Then Tasha left home. Soon she fell in with a rough crowd, abusing liquor, marijuana and harder substances. In that dangerous environment, she was physically assaulted as well. Her sister begged her to seek help, but the pleas were ignored. To prevent Tasha from living on the streets, her mother paid for hotel rooms, sacrificing her own needs while expenses mounted up. Finally Tasha realized the toll her destructive lifestyle was taking on those who meant the most to her.



"They did so much for me, and I disrespected them. I felt like I was going to lose everybody that I loved and who just wanted the best for me." Also on Tasha's heart was her new nephew, soon to be born. "My sister told me, 'Tasha, if you don't change, you won't be in this boy's life... or in mine.'"

With her family as the catalyst, Tasha came to City Rescue Mission and joined our Life Builders Program. Apprehensive about the journey ahead, at first she often found herself in tears. But whenever she was uncertain or overwhelmed, our faith-filled staff made her feel welcome, respected and loved. "Every time I cried they were there for me. There were lots of hugs."

Tasha soon felt at peace in our Christ-centered environment. Through spiritual guidance and the study of God's Word, she learned about His love and how to trust in Him for everything. She excelled in her classes – including workforce and character development – and embraced the tools for building a stable future.

"They taught us how to dress for an interview, how to create a spending budget and sort out what you need to put aside."

Tasha graduated from the program and, with a renewed sense of self-worth, is pursuing her dream of becoming a commercial tractor-trailer driver. She is delivering packages for an online retailer and was recently promoted to a team lead position. But perhaps her favorite role is being an aunt and a significant part of her baby nephew's life. "He is my everything. That's my little dude. I love him."

Going forward, Tasha says, she'll continue to put God first, love herself and not settle for less. And she's grateful for this second chance.

"I'm thankful to the Mission because I have my family, and I have a job, and I'm seeing things more clearly. I'm happy. I'm genuinely happy!"



GRADUATING CLASS OF 2023!



MISSION

WARM FEET

DROP OFF BY
NOVEMBER 18

DROP OFF LOCATION
426 S. McDuff Ave.
Jacksonville, FL 32254

WWW.CRMJAX.ORG
CONTACT: Volunteers@crmjax.org

DONATE SOCKS FOR THOSE IN NEED



**Please Remember City Rescue Mission
This Giving Tuesday, November 28**

SHOEBOXES OF LOVE

- Simply fill a shoebox or like-sized box with items from the list below.
 - Wrap it in a blanket,
 - Write a note *on the outside* telling us if it is for a man, woman or child.
 - Drop it off at the location listed below:
- | | |
|------------------------|--------------------|
| Soap/Washcloth | Wet Wipes |
| Shampoo/Conditioner | New Socks |
| Toothbrush/Toothpaste | A Small Devotional |
| (no mouthwash, please) | Band-Aids |
| Dental Floss | Comb/Brush |
| Deodorant | Nail Clippers |
| Razor/shaving cream | |
| Chapstick | |
| Lotion/Sunscreen | |
- ***Please do not put money or gift cards in the box. If you wish to make a donation for us to purchase items, send it to the address below.

Help spread Hope and Joy this Christmas. CRM is collecting shoeboxes filled with hygiene items to distribute during our annual Christmas Meal to our neighbors in need.

DROP OFF: City Rescue Mission McDuff Campus
426 McDuff Ave. S., Jacksonville, FL 32254
CONTACT: (904) 421-5147 or volunteers@crmjax.org

DRIVE DATES
NOV. 1 - DEC. 15



DEEP SOUTH CONFERENCE

City Rescue Mission is privileged to be a member of the CityGate Network, a National group of Christian Rescue Missions. We recently hosted the Deep South Conference for our region. Both Buddy Morrow, Deep South chair, and Dr. Tom DeVries, City Gate President were both involved.

We provided professional training in Adverse Childhood Experiences, Trauma Informed Care and De-escalation Training to attendees from other missions and gave tours of our facilities. Through professional training, missions achieve higher quality care for those we serve, all from a faith-based perspective.



THANK YOU PUBLIX !

CRM has received a grant for hunger relief from Publix Supermarkets Charities. The money will provide much needed food assistance to those in need.