

Paul's Ponderings

Life with balance is not about dividing your time equally among competing priorities. It is about living with purpose. It is the intentional alignment of your daily choices with the person God created you to be. When your values, relationships, gifts, and calling move in the same direction, life gains both stability and significance.



Paul Stasi,
Executive Director

Too many people spend their lives reacting to circumstances rather than intentionally pursuing what matters most. They become successful at things that, in the end, don't really matter. A meaningful life is different. It asks each day, Am I becoming the person God created me to be? When we live from that foundation, our decisions begin to reflect our deepest convictions instead of our immediate emotions.

Balance

Researchers describe wellness through multiple dimensions of life. These include our physical, emotional, mental, social, spiritual, financial, occupational, environmental, relational, and intellectual well-being, along with our capacity for joyful expression, lifelong learning, inner peace, purpose, and embracing life's experiences. While these dimensions are helpful, they are not the destination. They are indicators that reveal whether our lives are moving toward wholeness. Jesus gave us the true starting point when He said, "But seek first His kingdom and His righteousness, and all these things will be added to you" (Matthew 6:33). He told us to seek God first. When our relationship with Him becomes our highest priority, everything else begins to find its proper place. Our health becomes stewardship. Our work becomes service or a calling. Our relationships become opportunities to love. Through all of these we have balance.

Balance is simply the fruit of a rightly ordered life. When Christ is at the center, we stop merely surviving and begin living with joy, resilience, meaning, and an eternal impact that extends far beyond ourselves. As we disciple those who come through our programs, they get balance through Christ and can live a successful life. This is only possible through your gifts, so thank you!

3 Ways to Give

Phone

Mail

Online

(904)-421-5183 426 McDuff Ave. S
Jacksonville, FL 32254

When Life Changes, Your Will Should Too



Surveys show many people created wills for the first time during the COVID-19 pandemic. If you were one of them, now is the time to update it.

- Experts recommend revisiting your will about every five years. Other reasons to make an update include:
- A change in your marital status
 - The addition of a child or grandchild through birth or adoption
 - A move to a different state or country
 - A change to your financial situation
 - Updates to state and federal estate tax laws
 - You've changed your mind about something

As your life has changed, your thoughts on the legacy you want to leave your loved ones might have changed, too. Some questions to prayerfully consider:

- Does my will reflect the beliefs and values I want to pass on to the next generation?
- Do my plans align with my family, faith, and charitable goals?
- Does my will reflect my love for my church and favorite ministry organizations?

Including a gift to City Rescue Mission when you update your will is a meaningful way to communicate your faith and beliefs while impacting the work we do for years to come.

For the full version of this article, request a FREE copy of "Has Your Will Kept Up with Your Life?" by contacting Katie Barger at (904) 421-5183 or kbarger@crmjax.org - Visit crmjax.legacywill.org to create a will that honors your faith and family.

WE NEED YOUR HELP!

City Rescue Mission is in need of the following:

- » Clothing, shoes, and accessories for men, women, and children for the Thrift Store
- » Twin sized blankets (400)
- » Twin sized white sheet sets (400)
- » Bus Passes: Weekly - \$20 each, Monthly - \$65 each
- » White towels (1,000) and white wash clothes (2,000)
- » Bottled Water
- » Spiral and Composition Notebooks
- » Black and Blue Pens
- » Help Us Build More Hope: Lives are being transformed every day at City Rescue Mission. Help us reach our \$200,000 goal for property acquisition to expand the McDuff campus. Your generosity will support us to provide more hope and healing to people in need. Give today and help build hope for tomorrow!

Contact: Sherrie Mack | shmack@crmjax.org | (904) 387-4357 ext. 224

	Craig Henderson, <i>Chair</i> Lee Nimnicht, <i>Vice-Chair</i>			
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New Life

News

AUGUST 2026

Benjamin

Choosing a New Path

Through God's grace and the support of friends like you, Benjamin has found a new direction for his life. Inside, see how he is preparing for a new chapter full of hope!

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BENJAMIN'S STORY

Choosing a New Path

Benjamin was raised with a strong foundation, surrounded by the love and encouragement of his family. But despite that beginning, he eventually found himself making choices that led him down a difficult path. Looking back, he can clearly see how God was at work, leading him toward a fresh start.

Benjamin says he had a good childhood. Raised by caring parents, he grew up in a loving home where church was a regular part of family life. He enjoyed school, stayed out of trouble and spent much of his time running track and playing football. But as he entered adulthood, he began making choices that slowly pulled him away from the values he had been raised with. "I ventured into the street life and I got caught up in that." What started as poor decisions gradually became a pattern. He moved from job to job and place to place before eventually finding work as a kitchen supervisor at the local jail.

However, instead of using the opportunity to move forward, he became involved in selling drugs. Deep down, Benjamin knew where his choices were leading. He worried about disappointing the people who loved him most. Watching the pain his actions caused his family became increasingly difficult. "Every single day, I knew I was heading down the wrong path... I saw that it really hurt my parents. I knew I needed to straighten up."

Eventually, the consequences caught up with him. Benjamin was arrested and spent nine months behind bars. Facing serious charges forced him to take a hard look at the direction



of his life. What felt like the lowest point of his life became a turning point. "As soon as I went to jail, I knew I messed up, and I thought I was going away for a long time."

After his release, he came to City Rescue Mission. Because of caring supporters like you, Benjamin found encouragement, structure and spiritual guidance through our LifeBuilders Program. He also discovered renewed purpose while working alongside the maintenance team and participating in daily activities that helped him stay focused on positive goals. Although Benjamin had grown up attending church, his faith had never been as important to him as it is today, and he knows his life could have turned out much differently. "I really wasn't all the way into God the way I am now. I wish I had been because I wouldn't have gone down that wrong path. God gave me a second chance."

As he looks ahead, Benjamin is preparing for the next chapter with hope and gratitude for the new possibilities before him. He plans to attend welding school and continue building a stable future for himself and his children. The lessons Benjamin has learned since coming to the Mission will have an eternal impact:

"Life is precious and you have to get closer to God. We're going to leave this earth one day. I want to make sure I make it to heaven."

TO VIEW BENJAMIN'S
STORY IN VIDEO,
PLEASE SCAN THE
QR CODE



Chapel Rededication and Baptism Service

We gathered to dedicate our newly renovated chapel and celebrate 9 baptisms surrounded by family and friends. A powerful reminder of the hope and transformation found in Christ.



Progress Update: Women and Children's Garden

Progress is blooming! Thank you to everyone who has supported this project. We're excited to share this sneak peek, and can't wait to show you the finished space.



80 YEARS OF HOPE

Countless Lives Changed

2026 marks our **80th Anniversary** of City Rescue Mission serving this community!

For eight decades, God has used this ministry to bring hope, healing, and new beginnings to thousands of men, women, and children.

Help us finish our 80th year strong
and build a Bold Tomorrow.



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changes lives.
Thank you!

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