

“Today I can be trusted.”

THANK YOU FOR YOUR PART IN RESCUING MY LIFE



My name is William. I was born and raised in California. I was diagnosed as bi-polar at the age of 11, and my parents tried to provide help, but not much was available. I was in special classes and I became very lonely and isolated as a child.

Emotionally, I was often fearful and had panic attacks. I struggled and many times made poor decisions. I coped by self-medicating and abusing drugs. However, I was able to attend culinary arts school, earn a degree, and work.

At age 36 I left CA and moved to Buffalo, where I landed a great job as a chef. I married, had children and earned a big salary. But I continued making poor decisions; financially, with drug use, and with my children. Life was no better with money than without.

The breaking point came in 2004 when my father, who was my best friend, died. At the same time I went through a horrific divorce from my wife.

My life took a nose-dive and spiraled down hill fast. No one could trust me. Every relationship was broken; with my mother, my children, and my friends.

I left home, abandoned my children and job and returned to California.

While there I entered a recovery program and began a life of sobriety.

In 2012 I moved back to Albany to live with a friend, but it didn't work out and I had to leave.

Now, I was hungry and homeless, at rock bottom emotionally, and walking through the doors of Capital City Rescue Mission. I was in a dark place without hope.

Right away, I knew something was different at the Rescue Mission. As I sat in the chapel services I began to understand Jesus wanted me to surrender my whole life to Him. I knew living my way was not working.

Because of Christ's awesome death for my sins, and His resurrection, I know He loves me. One night I turned and opened my heart to Him.

As part of the Volunteer Extension team I began helping in the clothing center. The Nurse Practitioner at the Mission's Free Clinic helped me tremendously with medication so I could wake up without panic.

I began growing in Christ. I have a personal relationship with Him. I talk to Him all the time. He has changed everything.

In the past I wasn't trustworthy. Today I can be trusted.

The Mission enabled me to get my drivers license back and I began volunteering as a van driver. For the past 5 years, I have been working as a full time van driver for the Rescue Mission.

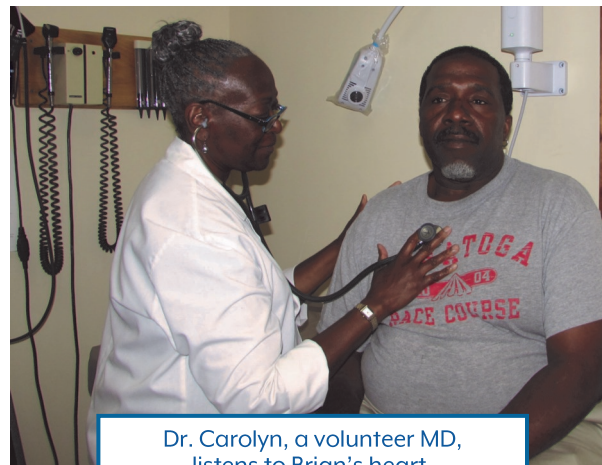
My ex-wife and I have become friends. My children and I have a good relationship. My mother is proud of me. It's all because of Christ's life in me.

Recently I was diagnosed with bladder cancer. I thought, "How am I going to do this?" But God made it doable by giving me strength to go through treatments and to keep working.

He has been teaching me faith and patience. I've had to wait for doctors and wait for treatments. I do have more patience now!

God has blessed me abundantly with many opportunities. I am grateful to be able to serve Him. Thank you for your part in rescuing my life.

THANKS FOR MAKING SUCH AN IMPACT AT THE FREE CLINIC



Dr. Carolyn, a volunteer MD, listens to Brian's heart.

Brian (left) was homeless and did not pay attention to his health for many years. When he arrived at the Rescue Mission he decided to have a checkup at the Free Clinic.

As a result of alcohol abuse Brian says, "I learned I was under nourished and my liver was failing. I had bad heartburn and numbness in my fingers and toes." Today, Brian is 60 days sober and grateful for compassionate medical care. He is signed up for insurance, is ready to move into an apartment and is feeling much better, thanks to your partnership.

James (right) lives nearby in the Albany community, is currently disabled and in between insurance coverage. He suffers with heart disease and diabetes. James has had 41 cardiac procedures and currently needs 14 different medications.

He acknowledges, "I don't know what I would do without the Free Clinic. The stress of affording medication and care is relieved by the Free Clinic. I am beyond grateful for the meds I need to survive." He adds, "Thank you for your kindness and generosity that makes such a difference for me."



James is grateful for meds to survive.

Your help makes Celebrate Victory possible

"Not only am I six months clean, but I am walking with the Lord today."

Jocelyn (right) recently received her six month coin award at a Celebrate Victory meeting.

Celebrate Victory in Christ is a 12 step program led by David Poach (center) that meets every Friday evening at the Mission. It provides a safe environment for participants to explore healing through a relationship with God and others who share common experiences. All are welcome.

Issues addressed include addictions, financial problems, grief, depression, anger, control, abuse, eating disorders & relationship problems.

Joey (far right) exclaims, "I was welcomed with open arms at the Rescue Mission. I made a decision to place my whole trust in Christ. Now I am celebrating six months of sobriety and a changed life."

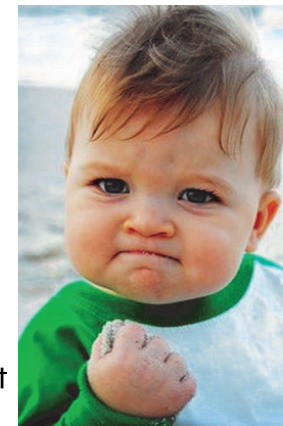


Celebrate Victory meets every Friday at 7 PM at the Rescue Mission (95 Trinity Place) including meet and greet, worship, a speaker and small groups. All are welcome, at no charge. Contact David Poach, Administrative Leader (center), dpoach@albanymission.com.

What are the Joys of Retirement?

Have you seen the photo dubbed "Success Kid"? Millions have viewed his image alongside phrases that illustrate daily successes, like "Does the laundry. Finds \$5 in pants pocket."

Maybe people love Success Kid because of that "job well done" feeling. Perhaps that's also why many individuals identify retirement as one of the happiest seasons of their lives. Here are three special sources of joy that make the golden years shine:



The JOYS of travel. Traveling lets you experience fun and beauty. And when you travel to visit family — or bring them along — your trip can also become a special and unexpected way to build deeper relationships and to share a legacy of faith.

The JOYS of family. The sweetness of experiencing children and grandchildren is unlike anything else.

The JOYS of giving. Being able to bless a ministry like Capital City Rescue Mission that is impacting lives provides a special kind of fulfillment, and if you've reached the age of 70½, giving from your IRA is an ideal option.

As you reflect on the joy that fills your heart today, perhaps you feel a bit like David in Psalms 116:12, "What shall I return to the Lord for all His goodness to me?"

This month is a great time to think about how you may want to fashion your future giving plans and retirement assets to maximize joy for your loved ones and the ministries you care about.

For the full version of this article, check the box in the remit or contact Susan Jones at (518) 462-0421 or bless your family today with a God-honoring will at www.christianwill.org/ccrm

Annual Banquet & Silent Auction

October 8, 2019

Silent Auction: 5:30pm

Dinner: 6:30pm

\$35/person

Albany Marriott
189 Wolf Rd, Albany, NY

RESERVATIONS NECESSARY

Reserve online at
capitalcityrescuemission.org

-OR-

Fill out and return the bottom form
with payment to:

CCRM Banquet
PO Box 1999 Albany NY 12201

Celebrating 70 Years

A MESSAGE FROM

PERRY JONES, EXECUTIVE DIRECTOR



I love how God redeems men and women at the Rescue Mission. He brings desperate and hurting souls through our doors. Then, he touches their hearts and turns them from despair to hope- men like Will who is featured in this issue. Will's life is filled with faith today instead of fear. And he serves the Lord with joy.

Not only Will, but 30 men in our New Life Program, women (plus their children) in the New Faith Program, 40men in Transitional Living and over 20 staff members (who are program graduates) are growing in the knowledge and love of Christ. Their lives now point others to the Savior.

The process isn't easy, there are valleys and struggles, but God is transforming their lives, day by day.

Thank you for making a life-changing difference.

Please join us Tuesday, October 8, 2019 for our Annual Fundraising Banquet and Silent Auction...held at the Albany Marriot on Wolf Road for one evening only again this year.

Come hear how God is using you to move among our neighbors who are hungry for hope.

Reserve today for the Banquet and Silent Auction. Help us celebrate 70 years of serving. I hope to see you soon.

Perry

Jesus declared "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty." John 6:35

You are a special friend to the needy . . . especially as Thanksgiving approaches

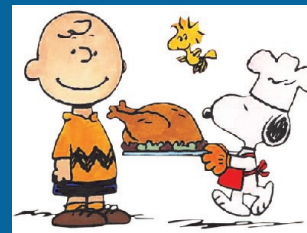
Because you continue to be a faithful partner, you are a valued friend to more people in our community than you could possibly imagine. Summer or winter, you continue to respond with acts of loving kindness . . . because you know it is the right thing to do. Thank you.

Your actions reflect the compassion of our Savior. Mission guests especially feel your presence as Thanksgiving approaches, when you provide an even greater abundance of food, clothing and concern for their well-being. And you do all this with arms of love. *You are so generous . . . and we are so grateful.*

To continue to invest in the lives of those in need, please use the remit slip enclosed. Or, make your donation online at capitalcityrecuemission.org. Thank you as *together* we reach out to the homeless at Thanksgiving . . . and every day of the year.

Help us gear up

Food
Turkeys
Boxed stuffing
Cranberry sauce
Instant potatoes
Canned yams



Clothing
Men's socks & shoes
Men's jeans & pants
Kid's socks/underwear
Coats

Toiletries
Deodorant
Shaving cream/razors
Toothpaste & brushes
Shampoo/conditioner



I'LL BRING HOPE TO THE NEEDY THIS THANKSGIVING

YES, PERRY! I want to stand alongside you as you help people in need during the Thanksgiving season and throughout the year. Enclosed is my gift of:

☐ \$26 ☐ \$50 ☐ \$100 ☐ \$500 ☐ Other \$_____

Please enclose a check or enter a credit card: VISA, MC, AMEX, DISCOVER

Account # _____ Exp. _____ Code _____
Name _____ Email _____
Address _____

☐ Please send me a FREE copy of "3 Ways to Experience joy in Retirement."

Donate online at capitalcityrescuemission.org

Capital City Rescue Mission | 259 S Pearl St | Albany, NY 12202



CAPITAL CITY
RESCUE
MISSION

Giving Hope... Transforming Lives.

259 S Pearl St Albany, NY 12202

capitalcityrescuemission.org

518.462.0459



I was in a dark place when I came to the Rescue Mission