

A Changed Man

Mike is quiet and reserved, and if you only knew the surface facts you might question how he ended up a hurting man, seeking help at the mission. He was raised in a stable two-parent home in a Philadelphia suburb, spent ten years serving in the military, and had a successful career as a professional cook and manager for twelve years.

But underneath his life was steadily being destroyed.

His life-long anger issue often led to brutal fist fights and eventually earned him a bad-conduct discharge from the Navy. His growing cocaine use squandered his money, drove him to stealing, and ruined his relationships.

But there was also the devastating pain of his father's untimely death, the agony of losing his beloved mother to a painful lung disease, and the death of his closest sister shortly afterward.

Depressed and broke, Mike came to Seattle last summer hoping to find a job and a new start. He learned of our recovery program and made the decision that changed his life.

He admits it's still hard for him to be close to people because of his pain and loss, but the Life Change program has brought him back again.

"The program is difficult, but fair," he says. "One of the best things I learned is that God gives everybody a gift and you 'gotta' find that gift. With His help I did, and now I'm a changed man".



Mike Walton graduated from the Life Change program in July of 2010. Bread of Life was delighted to bring Mike on staff at Heroes.

With your help, the hungry and homeless will experience the warmth of a family Thanksgiving dinner this November



Thanksgiving may seem far off but it's coming fast. It is always an exciting day at the mission and this year will be no exception.

The kitchen will be a flurry of activity, serving up roasted turkeys with all the trimmings and desserts. For many, this is all they will have to enjoy. We want to make it feel like home and welcome them with plenty to go around.

Will you help make this Thanksgiving a day that our many lonely, hungry guests feel as if they've come home?

There's an envelope provided with the newsletter. Please use it to return a special Thanksgiving gift for those who will come to the Mission seeking not only food – but the warmth of a home they do not have.



www.BreadofLifeMission.org



Day Shelter Services Begin Sept 20th

When you think of the word "homeless", what comes to mind?


What do you see? Someone with a cardboard sign? Are they in the rain? Are they carrying a heavy, overstuffed bag?

Homelessness is a night and day struggle. It lasts for 24 hours a day, every day, in all types of weather. To help ease the hardship, the mission will be opening a day shelter this month.

Currently more than 250 people a day seek help in this old mission building, but this month we'll begin seeing even more. Food and shelter are offered daily to everyone along with an opportunity for change. Young, old, strong, weak - even some in wheelchairs - the variety received at the mission is astounding, but one thing is shared in common – their struggle takes a toll on them.

Health issues and homelessness go hand in hand. There are problems with feet and ankles from countless hours of standing and walking on concrete with worn out shoes. Hip, back, and shoulder pain are constant companions from years of sleeping outdoors on hard surfaces and lugging heavy backpacks day after day. Homelessness never takes a vacation and can be especially difficult if people are coping with debilitating health issues.

One homeless man here is suffering with lung issues and terminal cancer of the liver, yet amazingly remains friendly and cheerful. He never complains about the pain, but it is visible in his wincing facial expression. Ask him how it's going and he'll force a smile and say, "Oh...pretty good."

 **"He's been in and out of the hospital so many times they finally had an oxygen bottle delivered to the mission...he and others like him need a place to rest during the day."**

He's been in and out of the hospital so many times they finally had an oxygen bottle delivered to the mission. He sleeps here at night, but he and others like him need a place to rest during the day.

To help meet this need, Bread of Life is expanding their services to include a day shelter. The shelter will be open Monday through Friday from 10 am - 4 pm with a hot lunch served and free clothing distributed every day. There will be computer access available and comfortable seating provided for reading, studying, and writing. But most of all, it will provide a place for rest and relief from the harshness of the elements outside.

People arrive at a point of crisis, and through your support you facilitate the much-needed help. Thank you for reaching out. You are making a difference in someone's life.

www.BreadofLifeMission.org



Dear Friends,

On a recent visit to the Los Angeles Rescue Mission, I was inspired by something I saw. Their facility was open during the day, providing shelter to anyone who needed it. It was a welcoming place where people could do a variety of activities, sheltered from the harm of the outside. Men and women were reading, resting, relaxing, writing letters, but most of all, given a safe and encouraging place to stay during the daytime hours.

My mind went to our own chapel space, which sits virtually empty during the day, and the Holy Spirit put it on my heart to do something. The Lord has blessed us with this

mission building and we strive to use every space for the glory and honor of God.

Proverbs 19:17 says, "Whoever gives to the poor lends to the Lord." This is the very fabric of our DNA, what we aim to do every day we are here.

My vision is for a relaxing place, a place where the love of Christ will be shown not through preaching and teaching as it is in our nightly chapel services, but through word and deed. It will be a place where acts of kindness and love will be sown, and people will feel welcomed, encouraged and sheltered from the harm and temptations that exist daily out on the streets.


The shelter will be open Monday through Friday with a hot lunch served and clothing distributed every day. There will be comfortable seating, places to read and study, play games, write letters, and rest. But most importantly, our guests will gain a greater familiarity and comfort with our mission and men will be given the opportunity to consider our Life Change program and ladies to consider a women's program.

Jesus said, "Come to me, all you who are weary and heavy burdened, and I will give you rest." (Matthew 11:28) Will you join us in doing the Lord's work? All that we are able to do comes through your generosity and for that we salute and thank you. To launch the day shelter, we are planning a special luncheon open to all on September 20th. Would you come and rejoice with us as we move forward in this exciting direction?

God bless you,

Willie Parish, Jr.
Executive Director

If you would like to attend or serve as a valued partner on September 20th, contact Katie Birge at katieb@breadoflifemission.org or 206-682-3579 ext 108.

 "Whoever gives to the poor lends to the Lord."
Proverbs 19:17

Bread of Life Mission Annual Benefit Banquet

October 7th, 2010
6:30 pm

**Life Change
Changes Lives**

Please join us for a night of powerful testimonials and stories about how some of our residents were able to overcome the cycle of homelessness and begin to build their own personal path in the recovery process at our **Annual Benefit Banquet** on October 7th.



*Romanita Hairston,
VP of US Programs,
World Vision*

World Vision's Vice President of U.S. Programs, Romanita Hairston, will be our keynote speaker. Romanita oversees partnerships with more than 4,000 organizations, as well as programs that serve 1.7 million beneficiaries in 11 U.S. cities.

Music for the evening will be provided by Alton Merrell, a world-class gospel pianist. Alton has collaborated with many notable gospel artists and received numerous honors including: Gospel Jazz Artist of the Year, American Gospel Music Award, and Best New Gospel Jazz Artist & Producer.



*Alton Merrell,
award-winning
gospel pianist*

The banquet will be held at Eastridge Church in Issaquah. Individual tickets are \$30 each, or sponsor a table of 8 for \$250.

For more information or to register, please contact Katie Birge at katieb@breadoflifemission.org or 206-682-3579 ext 108.

The Mission's Winter Needs List

Winter is just around the corner and here at the mission, we're already getting ready to meet the need. Here are a few ways you can help us be prepared:

- Host a Winter Warmth Drive Barrel for used clothing at your church or business
- Coffee donations - the mission goes through about two pounds every day
- Donations of XXL and XXXL men's clothing, new women's underwear, shoes, socks, bath towels, and hangars
- Twin-sized bedding - the mission's linens are washed and dried daily and are in need of replacement
- Toothpaste, toothbrushes, deoderant, shampoo, soap, conditioner, lotion

If you have questions or are interested in donating any of these items, please email katieb@breadoflifemission.org.

Thank you!

Praise God for the generous donation of a new, 72" kitchen range.

This was a much-needed item in the replacement of our 14 year old kitchen equipment. **Many thanks to the donor that made this possible.**

