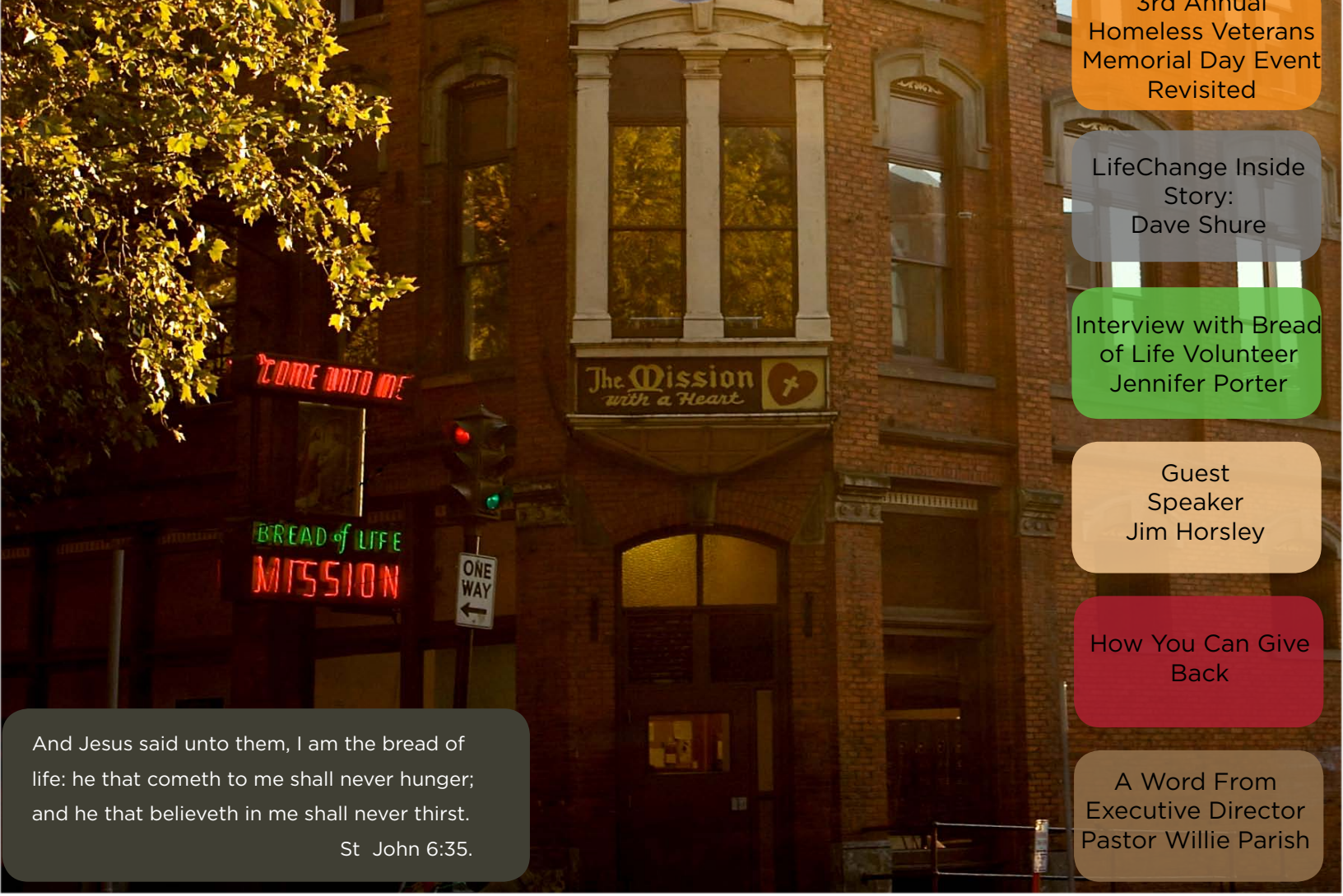


The Bread

Summer 2011



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And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth in me shall never thirst.
St John 6:35.



“Be the change you want to see in the world...”

Why do we have bad habits? How do we create change and growth? What is our path to righteous living?

I would like to take a few moments to talk about change. Among the many services we offer at Bread of Life Mission is our Christian discipleship program called Life Change for men 18 years and over. It's a one year residential program that offers change according to the Bible: through our Lord and Savior, Jesus Christ. I would like to share with you a portion of the message I preached during chapel recently to our staff and Life Change men.

To create permanent, dramatic, and positive change in your heart, there are 5 things you **must** eliminate from your mind and your life:

- 1. Wrong relationships.** Ask yourself, "Will this friendship bring me closer to Jesus?" Or, "Will it soil the beauty of what God has begun?" Get rid of anything that clouds your mind or spirit.
- 2. Moral Impurity.** Nothing can destroy your testimony and inner joy faster than immorality. When Satan plants the "seed" of bad thought in your mind, immediately resist it by using the word of God. You cannot prevent the birds from flying over your head but you can stop them from making a nest. The scriptures tell us the weapons of our warfare are not carnal but mighty through God to the pulling down of strongholds. I am a new creation in Jesus!
- 3. Ungodly Mind.** Manipulators. We are influenced greatly by what we see and hear: "Mine eye affecteth mine heart..." (Lam, 3:51). Depressing television shows, sensual music and suggestive books guarantee spiritual suicide. Replace them by saturating your life with wholesome books, and Christian materials.
- 4. Negative Conversation.** "Words minister life or death..." (Prov, 18:21). Put off the former conversation. Ephesians 4:29 instructs, "Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers." Psalm 50:23 says, "... to him that ordereth his conversation aright will I show the salvation of God." Insist on positive uplifting conversation.
- 5. Bitterness.** In Ephesians 4:31 Paul tells us, "Let all bitterness and wrath and anger and clamour and evil speaking be put away from you..." Bitterness is like a cancerous sore that deteriorates the inward soul of man. Sin is the deceptive snare that poisons. It promises roses but delivers thorns.

Thank you so much for your love and support to us here at the Bread of Life.

Everlastingly at it,

Willie Parish
Executive Director, Bread of Life Mission

"I get great joy in watching the men transform during their stay here at World Vision and seeing them move on to successes in life." - Volunteer, on the BOLM LifeChange graduates who work at the Heroes Cafe.

3rd Annual Homeless Veterans Day Event Feeds 2,300

Every day in Seattle roughly 8,000 men and women go hungry. Of those, about 1,800 are veterans. Every day 1,800 men who fought for this country courageously, who left their families to protect America, and who came back after having seen atrocities many of us could not imagine, are left hungry, abandoned and without hope. Many of these men suffer from post traumatic stress syndrome. Many of them have physical injuries that continue to go untreated. Many of them have struggled to find work. All of them are alone.



On May 30th, 2011 Bread of Life Mission opened their arms, their hearts and their kitchen for the third time to welcome these men in for a hot meal the word of the Lord and an atmosphere of family, love, and support. God blessed that day by giving Bread of Life Mission the resources to feed more than 2,300 people in just 3 hours with the help of 64 selfless volunteers who gave up their holiday to give back to those who really need it.



It wasn't just the veterans who touched the hearts of so many. It was people like little 4 day old Jessica. Her parents came to the mission on Memorial Day from Kentucky. They had \$4.00 in



their pocket and no place to go that night. Bread of Life Mission fed them and networked to find housing for them for that night. Just like the many veterans who came that day, baby Jessica deserves a chance. She is deserving of love. Everyone is.

That day was not just an example of the impact volunteering can have on a community, it was proof how far a few dollars can go. None of it would have been possible if it wasn't

LifeChange Program Changes The Lives & Hearts Of Men

What if you woke up one morning and your family was gone? What if you were ten years old? How would that have effected your life? These aren't just questions for LifeChange resident Dave Shure, they're a reality. Abandoned by three months old, Dave was placed in foster home after foster home until coming to a family at the age of five who desperately wanted to keep him. Unfortunately, in the '70s, California state law mandated that foster parents could only guardian children for a maximum of five years. So Dave was taken from the only family



he had ever known. This early trauma instilled in Dave a loneliness that would shape his decisions for the next twenty years. For years Dave struggled with addiction. Even though he achieved great successes in the medical field (getting a Masters Degree as an RN) internally, Dave was troubled with feelings of depression that fueled his outward addiction. After years of silent struggle and deep seeded feelings of abandonment, Dave came to Bread Of Life Mission, where he says he finally "gave it to the Lord." He credits the Genesis Program at BOLM and his new found relationship with Jesus Christ as the backbone of his recovery. Now, for the first time in more than a decade, Dave will be reuniting with his long lost foster family and is proud to show them the new man he's become.

Give Back Online:
www.BreadofLifeMission.org



Interview With Volunteer Jennifer Porter

BOLM: How Has BOLM Impacted Your Life?

JP: On Memorial Day, I volunteered with five of my friends and lots of other fabulous volunteers and Bread Of Life staff to help feed over 2,300 homeless veterans at Bread of Life Mission. To say that day was gratifying, humbling, enriching and amazing is an understatement. As a volunteer I expected to go there to give back to the community, but instead as I learned about the

BOLM team, the people it serves on a daily basis and the awesome people who are part of their program, I truly came to appreciate the planning, work, compassion, ministry and faith that goes into running the mission and carrying out God's work every day. I was shocked to learn there are thousands of homeless people in Seattle. I'd like to see more recognition of that fact and awareness raised around it, and more importantly, a call to action. What can

people do to help? What impact would every person in Seattle volunteering for one day or donating x amount of dollars...do for our homeless population right here literally in our back yard? How many of us are really just a paycheck away from being in a similar situation?

It's changed the way I look at life literally and spiritually. I've always believed in God. I've seen Him work in my own life. Through BOLM I have seen Him work through other Christians to help bring hope, healing, faith, new beginnings and a sense of pride to more of God's children.



We Need Your Help:

Do you want to help change the life of someone in need? Make a donation:

- Clothing (men's and women's)
- Food
- Toiletries

Or donate your time. Volunteers are needed to help us serve food, clean the mission, and assist at events.

Contact Elle Heinen @ 206.682.3579 ext. 108 or email elleh@breadoflifemission.org

Guest Speaker Jim Horsley Gives Hope To The Homeless

Loneliness. Hunger. Violence. Loss. These are some of the tribulations Jim Horsley, guest speaker at the 3rd Annual Homeless Veterans Memorial Day Event had to face during his tour in Vietnam. A decorated United States Navy veteran and Blue Angels pilot, Jim has a unique ability to identify with some of the veterans who walk through the halls of Bread of Life Mission every day.

"I lost my best friend in the war and to this day, not a day goes by that I don't think about him." How many homeless veterans lost their friends? Their family? How many of them came back traumatized by the violence they witnessed?

So many homeless veterans suffer from post traumatic stress syndrome and untreated injuries that keep them from being part of the work force and living a healthy life. It's not just Jim's story that touches our hearts. It's the faces of so many untold stories on the streets; so many scars that need attention; so many hearts that need care. Their courage in the face of hostility was worthy just as their need for help is now.

Bread Of Life Mission would like to thank Jim Horsley and all of the homeless veterans in Seattle for caring so much about us, our freedom, and this country.



See more pictures of the 3rd Annual Homeless Veterans Day Event and tag yourself at www.facebook.com/SeattleBOLM. The person with the most tags will win a free lunch from Heroes Lunch Box Catering!