

# HIS HANDS

REACHING HEARTS | CHANGING LIVES



## READY TO CHANGE

One Desperate Prayer Saved Andrea's Life



# Finding Thankfulness



**Rev. Richard Trickel**  
CHIEF EXECUTIVE OFFICER

Dear Friend,

It's easy to be thankful when everything is going right in your life. But if you lost your job and your home, could you still be thankful?

For many of the guests at Laura's Home and Crossroads, the answer is "Yes!" They're thankful for simple things like a good meal and a warm, safe place to enjoy it. They appreciate the sense of family they find here. Most of all, they're thankful for the hope of better days ahead.

By the time a homeless neighbor comes to the Mission, they're all out of hope. With each hardship that brought them to this point in their life, hope seemed farther out of their reach.

Your support for The City Mission brings hope a little closer with every meal, every night of shelter, and every day of care and counsel they receive. Soon, life doesn't look quite so desperate. And as hurt transforms into hope, our guests find more to be thankful for ... every day of the year.

This Thanksgiving season, I wish you more blessings than you can count. You have blessed us and our guests. Thank you!

In Christ,

*Rev Richard Trickel*

**Rejoice always, pray continually,  
give thanks in all circumstances;  
for this is God's will for you in Christ Jesus.**

*1 THESSALONIANS 5:16-18, NIV*

# GUIDED BY A SPOTLIGHT



**O**n a cold winter night, Andrea sat in the parking lot of the men's club where she danced. Her van needed repairs, she had no money for Christmas gifts ... and she wanted to get high.

"I prayed for half an hour," Andrea remembers. "I told God that if I got the money I needed, I would quit dancing." Two days later, Andrea got a windfall that paid her bills ... and she kept her promise to God.

In fact, Andrea went even further than that. She moved out of her boyfriend's home with her young daughters. "Things

## Intensive Outpatient Treatment Offers TLC for Women ... and t

**F**or many of the women who come to Laura's Home, being in a safe, structured environment isn't enough. Case Manager Marsha Krost explains that women suffering from addiction need an extra level of care. "If we don't address that, it's hard to reach the other areas that need to be looked at," she says.

Unfortunately, several factors hinder women from getting the help they need. "If they go into the city for care, they're more vulnerable," Marsha says. "A lot of their triggers happen that could

cause a relapse." For mothers, finding child care while they receive treatment is another problem.

Marsha worked with Michael Hahn, Program Manager at Laura's Home, to offer a practical alternative: the Intensive Outpatient Treatment Center. The IOTC allows women to concentrate on their own wellness at Laura's Home while their children are cared for under the same roof.

"Typically a woman is in the program for 36 sessions. Aftercare is 12 sessions," Marsha

# LIGHT OF

# Hope

were spiraling out of control. I was ready for that part of my life to be over."

Andrea moved in with her mother, but said, "It was a big mistake. My mom had been sober for nine years, but she started drinking again. We had a great time partying, but I was doing a lot of unhealthy things and neglecting my children."

## Good advice

Frustrated, Andrea called her father, a lifelong Christian, and asked him where she should turn. He told her to call Laura's Home.

Andrea was ready for change. "The whole three months I was calling Laura's Home to get in, my bags were packed," she says. "I wanted it so bad!"

During her first month, Andrea went through drug withdrawal and adjusted to the structure of Laura's Home. "Now that I'm six months sober and my

mind is working properly, everything here makes sense," she tells us.

Andrea's daughters are thriving in their new environment. "My kids have come so far," she says. "I love the people who take care of them. They really love kids and it shows!"

## Only one answer

Andrea credits the classes at Laura's Home with helping her admit to her faults. "The more I admit, the more I heal," she says. "Once you're open to learning what they're trying to teach you, it's amazing!"

There's one source Andrea credits above any others for her transformation. "There's only one answer for my story, and it's Jesus Christ. Even when I was using, I would be up at five in the morning, reading my Bible, praying. That's the only reason I'm still alive."

## t Center their Children

"Andrea wanted to move forward and do something different with her life," says Marsha. ▶

explains. "They're in treatment for a minimum of three hours a day."

The program teaches women coping skills, identifies triggers, and explains that recovery requires making positive choices. It also offers individual counseling for women unable to share in a group setting. "It helps these ladies see there's hope and possibility for change," Marsha says.

Andrea recently completed the program and is currently in aftercare. Marsha noted her eagerness

to change. "Andrea wanted to move forward and do something different with her life. She had a sense of gratitude from the moment she came in the door."

The program has been in place for just a few months, but Marsha already sees its impact. "Being able to say to someone, 'Look how far you've come!' makes our hearts so full. When we see that, we know what we're doing here is working."

*"There's only one answer for my story, and it's Jesus Christ."*

Andrea prays her daughters remain close to Christ throughout their lives as well. "If that happens, everything else will be okay," she affirms.

### **A spotlight of hope**

Looking ahead, Andrea is eager help others who struggle with addiction. "I would love to work here," she says. "I feel like there's a light shining down from Heaven on The City Mission — a little spotlight of hope for people like me. I just think it's the greatest place ever!"



This Thanksgiving, our guests are not the only ones expressing their gratitude. See what staff at The City Mission thank God for.

## "I'm thankful for..."

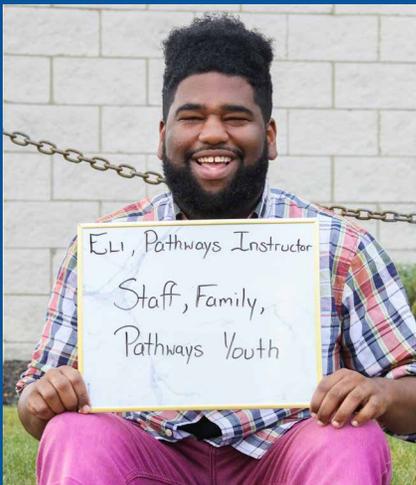


"... God giving us the capacity to see ourselves in others without judging them, so we can step into their situation and help."

— Ray, Safety and Security Supervisor

"... a greater personal awareness of what's happening in our city, and that professionally, I get to encourage people to get involved and make a difference."

— Emily, Volunteer and Internship Services



"... a chance to share the gospel with the youth at Laura's Home, as well as empower, inspire, and encourage them."

— Eli, Pathways Instructor



"... the opportunity to see God working in the lives of the individuals who come to the Mission, the staff who dedicate themselves to the work of the Lord, and the volunteers and donors who faithfully give."

— Patti, Data Processing



"... everything The City Mission has done for me since I was a guest here in 2015. They treated me like a human being, and I'll never forget that."

— Luis, Maintenance

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