

THANK YOU FOR HELPING ME HAVE AN ETERNAL WORLD VIEW!

“Praise God for His plans, not mine.”

My name is Travonte. I am 33 years old, from Fort Myers, FL. I grew up with my mom who introduced me to God, but poor relational choices made our home life unstable.

Many times we were homeless in my youth. I asked my mom why we were sleeping outside, and she never had an answer for me.

I would seek the refuge of my grandparent's house. My grandmother gave me comfort. I was learning to survive, trust in God and building my relationship with Him.

At an early age, I recognized that God gave me a voice and the gift of music, but I used it for my own glorification.

By middle school music was my consuming focus. As part of the crowd and industry I used alcohol and marijuana regularly.

I was filled with pride and arrogance and the idea that I didn't need any help from anyone at any time.

Last year, separating from my wife, was rock bottom for me. I didn't have a place to live and I felt God sending me to New York.



Thinking I was following my music dreams, I drove 1400 miles north to start my new life. I left everyone and everything behind.

But my past followed me.

Until I lost my car, I lived in it. I found myself sleeping in abandoned buildings, and on park benches. I didn't have food, clothing or anywhere to stay. God what are you trying to show me? I was lost so I prayed, "I trust you, Lord," and He answered my prayer.

I followed the walking GPS on my phone to the Mission.

I was able to eat, I got to take a shower and was given clean clothes. It was the little things that I had taken for granted. How grateful I was for a place to lay my head.

Entering the New Life Program for men and having my basic needs met allowed me to dig into God's word and focus on my relationship with Christ.

Jesus humbled me and softened my heart. He showed me that I had been using the gift of music to tear people down instead of build people up for His glory.

I have always struggled with anxiety and the fear of the things I could not control. At the Mission, I had to face that fear. I had to learn to turn control over to the Lord. Once I finally did, He gave me His incredible peace.

Jonah has always spoken to me. I was fleeing from the way God wanted me to go. He let me jump off my own boat in order to save me!

God brought me a great distance to free me from myself and bring me to Him. Praise God for His plans and not mine (Jeremiah 29:11).

As a graduate of the New Life Program, I want a faith like Abraham. *"I don't know where I'm going, I don't know what I'm doing, but Lord, I put my trust in you."*

Today, I serve at the Mission by doing chores, devotions and serving in the chapel.

Thank you for giving me meaningful relationships. My counselor, pastors, staff and the guests that come to the chapel have changed my worldly view into a Godly view.

YOU HELPED IVORY FIND A NEW PATH

Ivory (pictured right) realized she needed help when she learned she was pregnant following a suicide attempt. She was shattered, using drugs and living in chaos. She told herself that she didn't want to be like her mother, also an addict, who abused her to the point of pouring hot grease on her at 18 months old, burning over 90% of her body.

Something had to change, she did not want her child to end up in foster care like she had. That's when Ivory entered the Mission and joined the New Faith Program for women. She soon started to develop a relationship with Jesus. She had to learn to rely on Him. The program has taught her life and parenting skills that weren't modeled for her in her own life. Ivory has learned to be dependent on God and for the first time has goals that she never thought she'd have, like living on her own, and raising her child.

Ivory found her identity in Christ, setting her free from strongholds and bondage.

Ivory adds, "Thank you for giving me hope and lifelong relationships. The Mission, through Jesus, doesn't just change one person, it changes the trajectory of a family for generations to come."



The Lasting Impact of Your Retirement Assets

It's estimated that the average person spends about 90,000 hours at work during their lifetime. Throughout those 90,000 hours, that average person will change jobs about 12 times.

How did you spend your 90,000 hours? Behind a desk or on an assembly line? Maybe you held different jobs or stayed in one position. You may have co-workers who became close friends, and had unique or meaningful opportunities to travel, meet people, and take on challenges.

No matter what jobs you held, did you know your retirement assets—including a 401(k), 403(b), or Individual Retirement Account (IRA)—can be turned into a blessing for the ministries you care about? Some ideas include:

- **Beneficiary Designation.** The simple effort it takes to add Capital City Rescue Mission as a beneficiary of your IRA, 401(k), or 403(b) can have a significant impact on the work we do and the people we serve.
- **Qualified Charitable Distribution (QCD).** A tax-free distribution from your IRA to a charity, a QCD enables you to make a lasting difference in lives now. What a gift to see your blessing in action!

In Ephesians 2:10, the Apostle Paul says, *"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."* Whether you worked 90,000 hours or 900, the good work you did then can continue in the good work of the ministries close to your heart.

For the full version of this article, request a FREE copy of "The 90,000 Hour Investment" by contacting Mandy Schettini at (518)462-0421 or mschettini@albanymission.com - or bless your family with a God-honoring will at christianwill.org/ccrm.



With your support, Joe quit smoking!

As part of the New Life program for men, Joe had overcome his struggle with drugs, but still battled a nicotine addiction. He was smoking cigarettes, using chew, and burning through vapes consuming over 280mg of nicotine a day.

Thanks to your support, the Mission was able to offer Nicorette patches, gum, lozenges and a new product; a tobacco-less chew made from corn silk. Joe's used all of these products and attended weekly cessation meetings.

He states that the flexible support and alternative products being offered by the Mission's Free Clinic, made it possible for him to break free from the nicotine stronghold and have victory in Christ.

Having a job at a local health clinic allowed him to see the long term affects of nicotine use and the damage it can cause. Joe praises God everyday for his 7 months of being nicotine free.

Thank you, Dr. Carolyn!

We would like to take this opportunity to thank Dr. Carolyn Grosvenor for her many years of service to the Rescue Mission. She began serving in the women's New Faith Program from its inception in 2002 and has been an integral part of the Women's Advisory Board.

"Dr. Carolyn" was the driving force behind our popular yearly Healthy Heart Fair, and began to volunteer regularly in our Free Clinic in 2017. She has been a calming and encouraging presence to both staff and patients in the clinic ever since.

Nadine, a registered nurse in the Free Clinic, says, *"She is an amazing woman of God and a great example to me. She would always have the right words or advice that I needed at [any] given time."*

A man from the community said, through broken English, *"She saved my life! When I came, I couldn't walk. Now I walk without a cane!"*

Dr. Carolyn has given selflessly and sacrificially of her time, talent and treasure. We wish her all the best as she closes this chapter and continues to be the "hands and feet" of Jesus wherever she goes!

And thank you for providing a place where health care providers can use their gifts to help the underserved and underinsured!



Restoring HOPE

Annual Banquet at the Marriott Albany

YOUR CHOICE OF DAY!

Sun, Oct 15 @ 1:00PM

-OR-

Mon, Oct 16 @ 6:00PM

Cost: \$40 per person

Online Auction:

Preview: Sat, Oct 14

Bidding Begins: Sun, Oct 15 - 9am

Bidding Ends: Tue, Oct 17 - 9pm

RESERVATIONS NECESSARY

To RSVP, call 518-462-0421
or visit

capitalcityrescuemission.org



Giving Hope... Transforming Lives.

A MESSAGE FROM PERRY JONES, EXECUTIVE DIRECTOR



What's happening at the Rescue Mission? It's a question I often hear.

The good news is that God is at work saving souls and transforming lives through Jesus Christ. Men like Travonte who you will read about in this issue. Tray is making steady progress in walking out his love for the Lord and has just graduated the program. What a blessing to watch him as his seed of faith grows into a tree with roots.

Challenges at the Rescue Mission include the number of men and women who need food & shelter, and those who struggle with addiction and despair. Staff is literally saving lives daily — often administering CPR or Narcan.

Your partnership is critical in meeting these challenges.

Please pray for the ladies and their children who are moving into the newly refurbished transitional housing units redone just for them. You have helped give them the next step in their independence. Thank you!

Please join us at the Marriot on Wolf Rd on October 15 or 16 at our *Restoring Hope Banquet*. We are looking forward to a great gathering of partners! As usual, it will be accompanied by our much anticipated online auction.

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

Reserve today (\$40 per person) for this exciting event at capitalcityrescuemission.org or call 518-462-0421.

Blessings,

The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.
- John 10:10

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 neighbors 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 capitalcityrescuemission.org. Thank you as *together* we reach out to the homeless at Thanksgiving . . . *and every day of the year.*

Help us gear up

Drop off by Nov 16:

Turkeys
Boxed stuffing
Cranberry sauce
Instant potatoes
Canned yams
Boxed Dessert Mixes



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 HUNGRY THIS THANKSGIVING

YES, PERRY! I'm giving a generous gift to help bring God's restoration and hope to those who come through the Mission doors. Enclosed is my gift of:

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

Please enclose a check or give via credit card: VISA / MC / AMEX / DISC

Credit Card# _____ Exp. _____ Code _____

Name _____ Email _____

Address _____ City _____ State _____ Zip _____

☐ Please send me a FREE copy of "The 90,000 Hour Investment."

Donate online at capitalcityrescuemission.org • CCRM | 259 S Pearl St | Albany, NY 12202



THE

MISSION: RESCUE

FALL 2023

Stories of hope...lives transformed



Pride and arrogance
kept me from the path
God had for me.



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