

How to Simply Live and Give



Did you know American homes contain an average of 300,000 items? Beyond the physical stuff that fills our lives, our inboxes receive about 121 messages per day, and our calendars reveal our over-commitment. When stuff and schedules are out of balance, it clutters our soul and makes it challenging to love and serve our neighbor. Here's how to shed what's weighing you down:

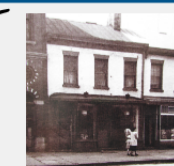
- 1. Fully surrender. Psalm 119 states the path of purity and simplicity is paved with "living according to [God's] word," and hiding it in your heart. Quietening your life enough to hear God's voice is crucial to making wise decisions.*
- 2. Streamline your schedule. Remember, every time you say "yes" to something, you're saying "no" to something else. This clarifies what (and who) deserves the gift of your time and, ultimately, what doesn't.*
- 3. Spend wisely. Acknowledging all I have comes from God alters the way you view your finances and how you give out of what He has given you.*
- 4. Strengthen your relationships. There are three strong themes in the wisdom of Proverbs: trust God, care for others, and live as a person of peace. Fashioning your lives around these concepts can simplify the way you talk and act, rooting all you do in love.*
- 5. Invest in something lasting. Many people use resources like IRAs, real estate holdings, stocks, life insurance, or a gift in their will to bless ministries that align with their personal values, like Capital City Rescue Mission. Thinking long-term can unclutter how you live today.*

For the full version of this article, request a FREE copy of "5 Steps for Living Lighter" by contacting Mandy Schettini at (518) 462-0421 or mschettini@albanymission.com - Visit christianwill.org/ccrm to bless your family with an up-to-date will.

Capital City Rescue Mission: A Legacy

1949

In October, local businessmen rent a storefront at 64 Madison Ave to serve the homeless and needy. Their desire is to reach people who would never set foot in a church. The Mission's first superintendent is Ted Brubaker from Bob Jones University.



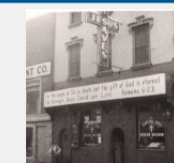
1950

The Mission is incorporated. Their first home has no room for lodging but provides food for the community and nightly chapel services. The overall budget is \$3,800 that first year.



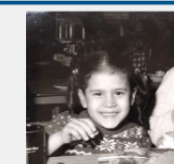
1953

Under Rev. Wilford Fowler, the second superintendent of the Mission, a three story building at 50 Hudson Ave is purchased for \$25,000. It enables them to sleep men overnight for the first time.



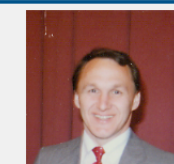
1965

A Settlement House at 77 South Ferry St. was given to the Mission where they begin a children and youth ministry. They also help neighborhood families with supplies and summer camp scholarships. This is in operation until it is sold in 1977.



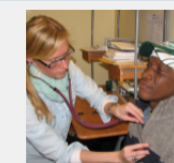
1982

The Board of Directors calls a new Grace Seminary graduate, Perry Jones to be Executive Director. He is the only employee. His first duty is to develop a men's discipleship/recovery program. The operating budget is now \$38,000.



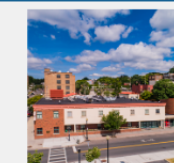
1993/94

The Mission develops two new programs: **1993** - An educational resource center to assist with computer skills, GED prep, resumes, job search, etc. **1994** - A Free Medical Clinic to provide healthcare to the needy & uninsured.



2000

The Mission relocates to a much larger campus at 259 South Pearl St in Albany. The general operating budget is now about \$750,000.



2002

New Faith Program for women and children is established. In this Mission program, participants are provided an apartment where they find safety and healing from trauma, abuse, domestic violence and addiction.



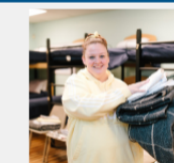
2015

Construction is completed on a 50,000 square foot warehouse at 95 Trinity Pl. It contains the New Life Men's program, transitional living apartments, learning center, clothing center and celebration room.



2016

The Mission opens a small overnight emergency shelter for single women who need safe shelter, a warm bed and a refreshing shower.



2021

New Faith women's program is relocated to a newly renovated 40,000 square foot warehouse. It has 14 apartments, teaching kitchen, craft room, lounge, fitness room and rooftop patio. The Mission budget is now over \$5,000,000.



WITH YOUR HELP, I FOUND HOPE!

My name is Wumi. I grew up in Nigeria and made a decision for Christ when I was 8. I struggled with what that meant until age 17 when I met Christians at University who helped me grow in my faith. University in Nigeria is very hard. Students live in fear. A degree can take 8 years. It was my dream to come to the U.S. for a better life. I worked hard and got accepted to Berea College!



In 2012, I completed my bachelors in Psychology, but had to return home for a family emergency. I was accepted at Carnegie Mellon University for my masters in 2019, but COVID struck. After coming back to the U.S. in 2022, I was able to complete my masters and received a job in Buffalo, NY. When I tried to renew my student/work visa the systems were so far behind that I lost my job and housing. I came to Albany seeking help from the U.S. Committee for Refugees and Immigrants (USCRI). They said my visa would take ten months. I was able to stretch my savings for 8 months, then I became homeless.

For three months I slept on the couch of a church friend. I learned that God allowed this homelessness to make my walk with Him stronger. I went to the welfare office and they referred me to the Mission. I met shelter coordinator, Olga and stayed at the women's emergency overnight and day shelters. I was safe. I was able to get my visas. Amanda Marie, the Mission's Learning Center Director, helped me apply for jobs. I was hired by Price Chopper and started work. Now, I am in management training and have my own apartment! I learned that we need to reach out for God's help rather than trying to do it our own way. I am most thankful to the Mission for being there when I needed them and their diligence in sharing the gospel. This fellowship and time of worship is what gave me hope and renewed a steadfast faith within me! *Thank you!*

THANK YOU FOR GIVING ME NEW LIFE IN JESUS!

Hi I'm James. I grew up in a Christian home in New Jersey. At the age of 12, I experienced intense feelings of betrayal and loneliness when I discovered I was adopted, something my parents had lied about. I was also diagnosed with a rare disease that kept me in leg casts for 2 years. I began experimenting with drugs as a way to fit in and soon fell into addiction.



Even though I had a good work ethic, when I started using cocaine, that was all I wanted. I would blow through my savings and then turn to crime to keep the party going. One day I found myself on the streets alone, penniless, dirty, and facing a 15 year prison term. I thought, "Lord, I can't do this anymore." I was arrested within 24 hours. I was released from prison after 6 years and arrived at Capital City Rescue Mission to participate in the 9-month New Life Recovery program. I do not trust easily at all. And yet, when I arrived I felt welcomed and comfortable for the first time in a long time.

During my time in the program, I found the importance of learning from my mistakes and above all, I developed a deeper relationship with Jesus Christ. I finally have hope and a path for the future. Today, I'm living in the Transitional Living Program and I have held down a steady job in construction. However, I don't want to be complacent. I want to continue moving forward with the Lord's guidance and ultimately help others. *Thank you* for giving me a supportive place where I can grow and walk with Christ!

75 YEARS OF GIVING HOPE

Thank you friends! Many of you joined us at The Marriott Albany to celebrate our 75th anniversary of serving the Capital Region. Your support today and throughout the years has allowed the Mission to build a legacy of hope for many who felt hopeless.

With your partnership, so far about \$170,000 has been raised, including sponsors, online auction donations and your generous offering! These gifts will go far in providing a transformed life for men, women and children in the coming year.

On behalf of each person who enters Capital City Rescue Mission ...thank you for your compassionate hearts and allowing them a chance to start over!



Visit our YouTube channel to view our latest videos - youtube.com/albanymission. God will encourage your heart with the testimonies of changed lives.

A MESSAGE FROM PERRY JONES, EXECUTIVE DIRECTOR



This time of year reminds me again of the goodness of God. We are celebrating the greatest Giver, His daily provisions and the greatest Gift ever given!

God gave His one and only Son, Jesus. His sacrifice offers us forgiveness and the free gift of eternal life - His presence now and forever. Praise God!

This year please join us as we continue to celebrate 75 years of what God has done and is doing at Capital City Rescue Mission. Through your support hundreds of men, women and children know that God cares for them personally through delicious hot meals, safe shelter, medical attention and holiday gifts. You are God's blessing and provision for those in need. Thank you for your kindness and generosity.

If you have never visited Capital City Rescue Mission, please come and see how you are making a difference. Your partnership is invaluable and life changing in every way. Thank you for your sacrificial giving, your volunteer hours, and compassion.

Together let's give thanks to the LORD, for he is good; his love endures forever.

Have a blessed holiday season,

Perry

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. James 1:17



Thank you for your faithful support throughout the year... Especially during the holidays.

Once a year the world stands still to celebrate the advent of a life. God gave us Jesus - the greatest gift of all. A gift so lavish that we also delight in giving to each other.

You have shown that you celebrate the giving spirit of Christmas. Your support during this critical time of year—when so many come to us hungry, cold and distraught—is a true act of mercy. We will use your kind contribution to welcome the homeless and poor, giving them a plate piled high with food, a bed that's safe and warm, compassionate Christian counseling, medical attention and gifts.

To send your donation, please use the remit enclosed. Or, make your donation online at capitalcityrescuemission.org.

Thank you for making the holidays brighter for our neighbors who are lonely and lost. May God bring peace and goodwill to you and your family too.

I WANT TO HELP FOR THE HOLIDAYS

YES, PERRY! I'm giving a generous holiday gift to help provide meals, shelter 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 enter a credit card: VISA, MC, AMEX, DISCOVER

Please make my credit card gift an automatic monthly donation.

Credit Card# _____ Exp. _____ Code _____

Name _____ Email _____

Address _____ City _____ State _____ Zip _____

Please send me a FREE copy of "5 Steps for Living Lighter"

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



THE MISSION: RESCUE

HOLIDAY 2024

Stories of hope...lives transformed



75th Anniversary Edition