

“God brought me to the Mission!”

I WAS HUNGRY & YOU FED ME



My name is Yakaira. I grew up in NYC. My alcoholic dad was scary to us, so my sister and I lived with our mom. My mom's new boyfriend beat us. Simple things like bad posture or not speaking loud enough would set him off.

We cared for our mother as her mind and health failed from drug and alcohol abuse.

I was seven years old.

Homelessness is something I have battled ever since childhood. My sister and I were in and out of foster care. I was constantly being shuffled around, from different family members or foster homes.

As an adult I have had many bankrupt relationships, most leaving me homeless.

My whole life the people I relied on always let me down.

As a result, I have struggled with trusting people. I used to feel like most people were inherently wicked.

Last year I became homeless again after a failed living arrangement with my sister. I was working at the mall and had

nowhere to live. After being denied social services I decided to live in the back of the emergency stairwell at the mall.

I would squat in back hallways for warmth but I had no food, nowhere to shower and nowhere safe to sleep.

After living that way for three months I called out to God, "God, I don't want do this anymore. I'm tired of living behind the mall. I'm hurting, I'm cold, I'm exhausted."

But I wasn't ready to listen to Him yet. I just wanted Him to fix it.

My next stop was at a warming center. It was during this time I heard about the Mission. My pride was telling me "I'm above the shelter. I work, I make money, I take care of myself."

When the warming center closed for the season I squatted on buses for a month.

God knew I was sick and broken. I had not eaten a good meal in a long time. I was finally ready to come to the Rescue Mission.

At the Women's Emergency Shelter I had hot meals, a warm bed and a shower! I remember

feeling full for the first time in a long time! I felt energetic, strong, and healthy.

Soon I entered the New Faith Program. I have been able to learn more about God and Jesus and what it means to be a child of God. He is in control. He says: "Be still and know that I am God." It's hard to always focus on Him but I am learning to put Jesus first and foremost in my life.

The Mission has helped me to know it's not just me who's struggling. There are other women who have gone through trauma, been betrayed, abused, and homeless.

I am learning the importance of fellowship. Being surrounded with other women, with constant companions and Bible studies I have joy. For the first time I have a church home!

I'm thankful to Capital City Rescue Mission because I'm no longer homeless.

Thank you for giving me a place where I don't have to worry about where my next meal will come from or where I'm going to sleep tonight.

From self-destruction to building others up!...

Hi, I'm Richard. I grew up in New Jersey. When I was born, my mom was living in a car. My grandparents took custody of me. They were loving and kind, I was happy. However, this caused a lot of division in my family.

At age ten I went to live with my mom and stepfather. They were abusive. They used drugs and alcohol and kicked me out of the house. I ran the streets and used marijuana. I was in and out of juvenile programs and became filled with anger.

I started drinking at 19. One day I got drunk and had a fight. I ran and got my shotgun. The police were called. I was so drunk I pointed my gun at an officer. I went to prison for five years.

I have lived in a tent city, in crack houses and overdosed 3 times. I should be dead. I was desperate, angry, and broken. In and out of programs I met God, but tried to dismiss Him. I wanted to hurt other people and fight.

I was in pain and I wanted to destroy myself.



But God had other plans.

He brought me to Capital City Rescue Mission, where Jesus isn't part of the program; He's the main course.

I'm thankful to the Mission for giving me an opportunity to serve God as a Residential Assistant.

I pray God will use me to help change the path of others lives. To direct them towards Jesus and away from all the stuff that they're going through.

The Mission is saving lives, not just physically, but spiritually too. I am grateful to be a part of His plan.

What Lessons Can You Share with your Loved Ones?



Kyle Martin was thrilled to be named valedictorian of his graduation class. But, as he shares in his viral graduation speech, achieving that title came at the expense of relationships in his life. "A lesson learned should be a lesson shared: Nothing is more important than your healthy relationships."

In Deuteronomy 4:9, God tells the Israelites (who learned their fair share of lessons), "Be careful to never forget what you yourself have seen. Do not let these memories escape from your mind as long as you live! And be sure to pass them on to your children and grandchildren" (NLT).

How will you share your life lessons with your loved ones? One approach is to create a Legacy Love Letter. Sometimes called an Ethical Will, a Legacy Love Letter shares hard-won wisdom, deeply held beliefs, and can even include funny stories from your childhood. Use the following prompts to get started:

What do you believe? What principles guide you when it comes to marriage, children, serving others, stewarding finances, etc.?

What have you learned? Highlight the people and experiences that shaped you. What do your loved ones need to know? Let your loved ones know about the difference they've made in your life. Make apologies and amends where they're needed.

What really matters? Share Scripture that has been especially meaningful to you, along with a message of hope and encouragement for your family and friends.

The lessons you've learned are a priceless legacy. Don't miss the opportunity to pass them on to those you care about most.

For the full version of this article, request a FREE copy of "A Lesson Learned Should Be a Lesson Shared" by contacting mschettini@albanymission.com. Visit capitalcityrescuemission.legacywill.org to bless your family with an up-to-date will.

You make Independence Day a special celebration for hungry neighbors!

On the Fourth of July, men, women and children sheltered at the Rescue Mission and from the South End community enjoy a festive picnic including hot dogs, hamburgers, salad, and watermelon.

Because of your compassion, over 650 picnic meals are served to appreciative guests in the name of Jesus!

For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another. ~ Galatians 5:13



Will you help fill backpacks for kids?

Needy children in our community will greatly appreciate a filled backpack to start the school year. As you know, many families struggle to provide these essentials for their children.



With your partnership, last year Capital City Rescue Mission gave away 150 backpacks full of school supplies to children without charge.

Thank you for your help!

Stewart's Shops has once again generously agreed to provide all of the backpacks. Now we need your help to fill them with school supplies! What better way to help a child as they begin their school year! Check out the list below to get you started.

Some needs are:

- Plastic 2-pocket folders
- WIDE-RULED Composition Notebooks—1 subject/ **NO college-ruled**
- WIDE-RULED spiral notebooks
- Only glue sticks/ **NO liquid glue**
- Dry erase markers
- Colored pencils
- Box of crayons
- 3x5 Index cards
- Pencil cases
- Pre-sharpened pencils
- Scissors (round tip)
- Markers
- Highlighters

Please bring supplies to the Mission by **Tuesday, August 8th.**

Message from
Perry Jones
Executive Director



Who reaches out to the brokenhearted man or woman caught in the grip of addiction? Who opens their heart to someone who is weary, desperate, and in need of refuge—someone with no safe place to turn? God does.

Gods love for the lost and hurting is unwavering. As Scripture promises, *“He will deliver the needy who cry out, the afflicted who have no one to help. He will take pity on the weak and the needy...”* (Psalm 72:12-13). God is a healer of broken spirits—and He works through people like you to bring hope, healing, and restoration.

Thanks to your support, people like Yakira and Richard have found faith in Jesus, safety, and healing through the Mission's programs.

We're thrilled to share that graduates of our Women's Recovery Program have moved into our newly renovated transitional apartments—a safe, structured environment where they can continue to grow in Christ.

Thank you for being the hands and feet of Jesus as the temperatures rise. The need is great! Your support keeps our doors open and hope alive for those seeking shelter, food, and a new path. Please invite others to join you in this vital work. Your faithfulness changes lives.

Thank you for your compassion.

“He heals the brokenhearted and binds up their wounds.”
Psalm 147:3

Thank you for your partnership

Hearts of Hope

WOMEN'S LUNCHEON



Your generous support of our Hearts of Hope Ladies Luncheon is such a blessing.

Women and their children will be provided all they need to find recovery, healing and hope for a new life. Because you care, lives are forever changed!

We raised over \$100,000 this year in sponsorships and donations! Praise God. Thank you, friends!

Most importantly, with your help, eternal hope through Jesus Christ is modeled and proclaimed by staff and volunteers. And precious souls are being added to the family of God.

Please help again this summer

Please remember our homeless and hurting neighbors with a special gift today. Giving always plummets during the summer months, so your support and prayers are crucial to providing for hungry and despairing men and women. Thank you for giving hope and help this summer.

MY SUMMER GIFT

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 _____

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THE

MISSION: RESCUE

SUMMER 2025

Stories of hope...lives transformed



I have a new identity, as a child of God!



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