

“I found God’s love here at the Mission.”

THANK YOU FOR GIVING ME A SECOND CHANCE!



My name is Cristeen. Growing up wasn’t easy. My mother struggled with mental illness. My grandmother raised me, she was very strict—children were to be seen and not heard—and discipline was harsh.

She taught me how to clean, cook, and the importance of going to church. As a young adult I had a child out of wedlock and was shunned to the back of the church.

Shame kept me from attending church for a long time.

I worked hard and did well for myself. I became a secretary and later a paralegal. I was proud to be one of the first in my family to go to college and become a homeowner.

But life brought many struggles. I dealt with deep depression and anxiety for years, even though I tried to hide it by joking and pretending everything was fine.

Over time, I began to realize I had deeper mental health struggles, similar to my mother’s. Instead of facing them, I stayed in denial.

Then during COVID everything

changed. I lost my job, and soon after I lost my home. Being homeless and losing everything was the biggest challenge of my life. I stayed briefly with a friend, but I knew I needed real help to rebuild my life.

Eventually I came to Capital City Rescue Mission’s day shelter. At first, I just came for meals, but after a month I learned about the New Faith Program. Choosing to stay and commit to the program became a turning point in my life.

When I first arrived, it was challenging. Living in an area with many other women was intimidating, and I kept mostly to myself. But the staff showed me something I hadn’t experienced in a long time—genuine love and patience. They didn’t expect perfection. They met me exactly where I was.

Through counseling, anger management classes, and spiritual guidance, I began to face my struggles honestly. I now see a psychiatrist and attend therapy, and I’ve learned healthier ways to process my emotions instead of burying them.

The Mission also helped me grow

spiritually. Through Bible studies and classes, I began to understand what it really means to have a relationship with Jesus Christ. My faith has grown deeper than it has ever been before. I’ve even started a small prayer group to pray for persecuted Christians around the world.

One of the most important lessons I’ve learned is that God doesn’t make mistakes. He created each of us with purpose, and even the hardest situations can be turned into something good.

Today I feel hopeful about my future. Soon I will graduate from the program and move into supportive community housing where I will continue receiving care and guidance as I rebuild my life.

I’m thankful for the Mission because my relationship with Jesus Christ is closer than it has ever been.

Psalm 23:1 “The Lord is my shepherd, I lack nothing.”

The Mission gave me more than shelter—it gave me hope, healing, and a fresh start.

I have a new family in Christ!

Hi, I’m Jared. I never expected to find myself at the Mission. I grew up in a loving home, played soccer throughout college, and later started my own business.

My mother passed away and I was involved in litigation over the estate. I was evicted during the legal battle and I was left homeless.

I had anxiety when I arrived at the Mission, but received a warm welcome. The staff greeted me with kindness, and that took away my uncertainty. The Mission provided a safe place for me during a difficult time, and the biggest change in my life has been spiritual.

I was raised Jewish and knew a lot about Scripture, but I didn’t have a personal relationship with Jesus. Before I came to the Mission, I was spiritually dead.

Through chapel, studying the Bible, and being surrounded by a community of believers, that began to change.



Over time my faith grew, and I began to pray and seek God more seriously.

Since coming to the Mission, I am spiritually alive. I now have a relationship with Christ and with God the Father. Being part of the body of Christ and having people around me who support and encourage me has meant a lot.

I enjoy serving while I’m here, helping others who are going through difficult times. I work in the clothing center, we sort and distribute clothing to people in need.

I’m grateful to the Mission for helping me develop a relationship with Jesus and a new family in the body of Christ.

When Life Changes, Your Will Should Too!



What did your life look like six years ago?

It was the pandemic summer of 2020. You might have been working from home, spending a lot of time outside, or learning how to place a grocery delivery order. You may have also used that time to create a will.

What do these past events have to do with the present? If you created a will in 2020 or 2021, now is the time to update it. (And if you haven’t yet created one, now is a great time to start!)

Estate planning experts recommend revisiting your will about every five years. Other reasons to make an update include:

- A change in your marital status
- The addition of a child or grandchild through birth or adoption
- A move to a different state or country
- A change to your financial situation
- Updates to state and federal estate tax laws
- You’ve changed your mind about something

As your life has changed, your thoughts on the legacy you want to leave your loved ones might have changed too. Prayerfully consider these important questions:

- Does my will reflect the beliefs and values I want to pass on to the next generation?
- Do my plans align with my family, faith, and charitable goals?
- Does my will reflect my love for my church and favorite ministry organizations?

Including a gift to Capital City Rescue Mission when you update your will is a meaningful way to communicate your faith and beliefs while impacting the work we do for years to come.

For the full version of this article, request a FREE copy of “Has Your Will Kept Up with Your Life?” by contacting mschettini@albanymission.com. Visit capitalcityrescuemission.legacywill.org to bless your family with an up-to-date will.

You help our neighbors in need celebrate America’s *250th Anniversary!*

On the Fourth of July, men, women, and children who find help and hope at Capital City Rescue Mission join with the South End community to celebrate 250 years of America’s independence! Festivities include a picnic with hot dogs, hamburgers, watermelon, salad, and a special chapel service.

Because of your compassion, we serve over 650 picnic meals to thankful guests in the name of the Lord!

“For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.” ~ Mark 10:45



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 200 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 Friday, August 7th.

Message from Perry Jones
Executive Director



Who notices the man or woman struggling under the weight of addiction, homelessness, or deep loss? Who reaches out when someone feels forgotten, ashamed, or without hope? God does.

Scripture reminds us, "The Lord is a refuge for the oppressed, a stronghold in times of trouble." (Psalm 9:9). He meets people in their darkest moments and leads them toward healing and restoration.

Every day at the Mission, we see this promise lived out. Men and women arrive weary and uncertain, but through the compassion of friends like you, they find safety, encouragement, and the hope of new life in Christ.

Because of your generosity, people like Cristeen and Jared have found faith in Jesus, stability, and healing through the Mission's programs.

As summer approaches, the need remains great. Your support helps provide shelter, meals, and a path forward for those seeking hope and a new beginning. Thank you for standing with us and helping change lives.

Thank you for being part of this life-changing work.

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." Psalm 34:18

Thank you for your partnership.

Hearts of Hope 
WOMEN'S LUNCHEON



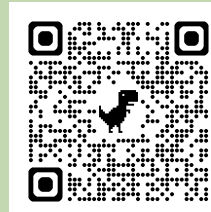
Your generous support of our Hearts of Hope Women's Luncheon is such a blessing.

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 \$104,000 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.



SCAN the QR code to see how your gifts change the lives of women like Hombeline, Krista, Deanna and Sandy!

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 provide meals, shelter and hope to those who come through the Mission doors this Summer. Enclosed is my gift of:

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

Please enclose a check or give via 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 "Has Your Will Kept Up with Your Life?"

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THE MISSION: RESCUE

SUMMER 2026

Stories of hope...lives transformed



The Mission gave me hope, healing, and a fresh start.



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518.462.0459