

The
**UNION
MISSION**

MISSIONNETWORK

Food, Clothing, Shelter ... and so much more!

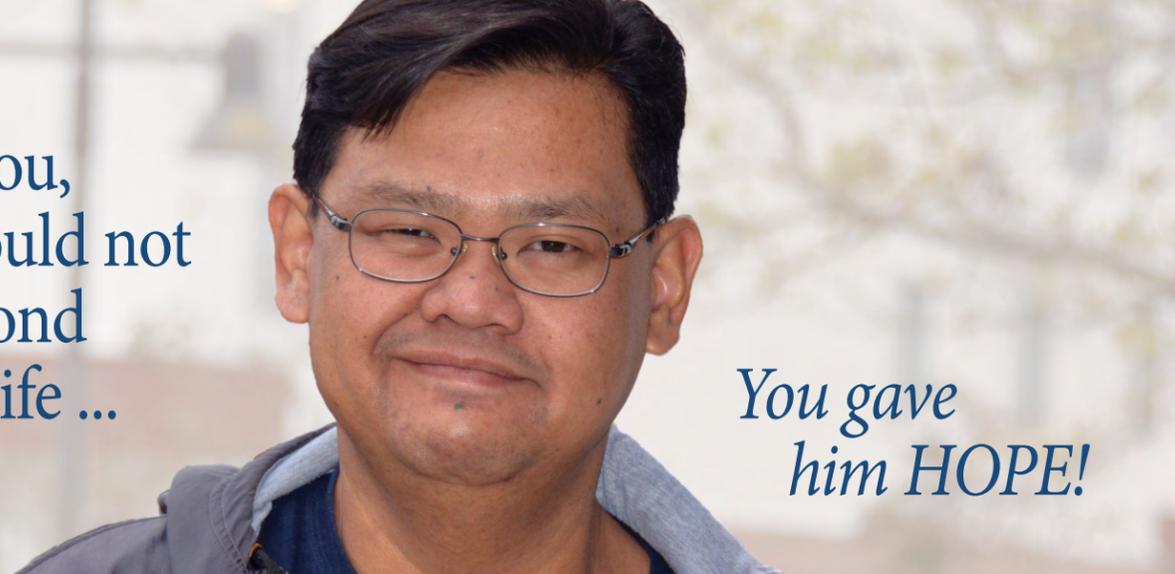
*You are
Saving
Lives!*

The weather is cold and damp. For those living on the streets it is a dangerous and deadly time of year. The homeless are threatened with frostbite, exposure, hunger, and serious illness. But you are saving lives with your gifts. You provide warm shelter, hot meals, and life-saving programs to help people overcome their homelessness.

Thank you!

To GIVE go to www.unionmissionministries.org

Without you,
Martin would not
have a second
chance at life ...



You gave
him HOPE!

Struggling to keep a job after suffering a stroke, and no family close by to care for him — Martin needed your help to start his life again.

“If not for The Union Mission I’d be on the street. I was destitute, not knowing where to turn and heavily doubting God every day. I’m extremely grateful to be here.”

Martin was born in the Philippines. His family moved to Saipan and then to Guam where they obtained U.S. citizenship. He attended college, moved back to Saipan and got a sales job. When the owners retired he returned to Guam to care for his parents.

In 2017, Martin’s brother was stationed in Norfolk with the Navy and invited him to come here. He lived with his brother and worked at Subway, but the job only lasted three months. He applied for another job and on the day he was to start, he had a stroke. Martin spent four days in the hospital and transferred to a rehab facility. When he went home he had lost 40 lbs. and was so weak he had trouble climbing the stairs to their second floor apartment.

Martin got better and got another job, but his brother moved to Houston and he was in no shape to go. Then he was laid off and couldn’t pay his rent.

With nowhere to turn, he found The Union Mission. “It was difficult and intimidating because I had never been homeless, but I was encouraged that it was a Christian ministry. The staff welcomed me and helped me get settled. I was relieved I had a bed and roof over my head.”

Then Martin joined the Damascus Program, moved to a room with two other men on the 3rd floor, and worked on getting disability. “It’s very different from being surrounded by so many men. Three to a room is a lot better than 16-24 to a room. There’s more time for reflection,

solitude, and meaningful communing with God.

Pastor Jeremiah (*Program Director*) told us, ‘If the only reason you want to come to the 3rd floor is to get a bed and a smaller room, that’s all you are going to get. It’s up to you to make that extra effort. The question is, how much of yourselves are you willing to let go?’ He said having security in things goes to one’s head and corrupts one’s heart, but fulfillment enriches your soul, your heart, your mind, and enriches others.”

Martin is doing well and says, “I want to see a more focused, more motivated me, with a stable job, a thoroughly changed personality that communes with God as easily as I take a breath.

If not for you, Martin and others like him wouldn’t have the HOPE they need for a brighter future. Thank you!

GIVE TODAY! Go to www.unionmissionministries.org

Sarah is grateful you provided a safe place for her

Sarah’s mother died when she was 6 and her father raised her and her siblings. She dropped out of school, but later got a G.E.D. She got certified as a CNA and spent many years as a caregiver.

“When my health started failing and arthritis spread all through my

body, I couldn’t stand for long periods of time and had to quit the work I was doing. Being out of work, trying to pay bills, is how I got in this predicament.”

She lived with her son in his car for a while and with

“I didn’t have a relationship with the Lord, but I found him here.”



other people, but it was hard to find a job, until she came to the Mission. “Coming here was so different and I had to adjust like everyone else, but it was good. I got clean linen, we had three meals a day, and I got to go to Chapel. Back then I didn’t have a relationship with the Lord, but I found him here.”

Sarah applied for disability but was turned down. When her son got a better job she left to live with him. “It felt promising,

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Want to feel more alive?

At our best, humans desire fulfilling lives that leave a positive impact on our world. So, how do we live truly alive? Here are two simple ways:

Practice
Gratitude

Do you find yourself struggling with negativity or cynicism? Consider practicing “grateful touch” for a week — simply thanking God for anything you touch — and see how it changes your perspective.

Give

Acts 20:35 echoes the words of Jesus, “It is more blessed to give than to receive,” and did you know, science backs this up? Giving releases oxytocin and endorphins into your body, rewarding the same pleasure centers in the brain as receiving a gift! Plus, giving of your time or money to an organization like The Union Mission has the added benefit of impacting lives.

Many people have decided to update their will to include a gift to a ministry they care about. This is a unique way to feel more alive now — and ensure your legacy will outlive you.

For the full version of this article, request a FREE copy of “3 Secrets for a Fulfilling Life” by contacting Helen Hayes Sommer at (757) 627-8686, ext. 504 or hsummer@ummnorva.org

Bless your family today with a God-honoring will at www.christianwill.org/umm

You helped Dontrez start over ... now he wants to give back!

Dontrez is in the David Development After-Care Program. He got his own apartment and was doing well until one night he fell asleep while cooking French fries and caught his kitchen on fire. Because you gave, the Mission was able to pay \$250 in damages so he wouldn't lose his place, and several *Davids* helped clean up the mess.

Then he lost his job and couldn't pay his rent. Once again the Mission stepped in, paid his rent, and helped him get a better job. He was amazed that the



“The Mission did so much for me. I am so grateful. I just want to give back and help other Davids.”

Mission still cared about him. “This place actually helps people. They really care. My faith is strong now. This is the beginning of my journey.”

GRATEFUL ... continued from page 3

but things didn't go well.” She was back to living from house-to-house, then from shelter-to-shelter. “It was horrible. I had to stay outside in the cold. My health was deteriorating, I felt depressed, and my self-esteem was so low.”

Sarah came back to the Mission last summer. “It was such a relief. I thank the Lord because he led me back here. I was so grateful.”

When her disability was approved, “it opened up doors to get Medicaid and food stamps. They sent me a check and I was able to save money and spend money on things I really wanted. I started feeling the favor and

blessings of God. I even started losing weight and enjoyed all the compliments I got. The Handi-Ride comes right to the door to pick me up and I have a wonderful doctor.

I used to feel like the Lord didn't love me. Why did I have to go through all this? Today, I don't talk like that. When I came into this environment, it was like a breath of fresh air. I'm just so grateful to the Lord and that the Mission was still here for me. Thank you Lord, thank you so much! I don't know where I'd be without the Lord!”



Staff Needs

Experience preferred

APPLY ONLINE AT
www.unionmissionministries.org

Some positions require days, evenings, and weekends.

Men's Shelter

Send resume to William Crawley at wrcrawley@ummnorva.org

Evening Manager –

Full-time: male only

Overnight Manager –

Full-time / Part-time: male only

Cook – Full-time

Kitchen Staff – Full-time

Women's Shelter

Send resume to Kathy Vaughan at kathy@ummnorva.org

Overnight Assistant –

Full-time: female only

Women & Children's Shelter

Send resume to Kathy Vaughan at kathy@ummnorva.org

Overnight Assistant –

Part-time: female only

Assistant – Part-time: female only

Donor Services

Send resume to Roseanne Dickerson at roseanne@ummnorva.org

Specialist – Full-time / Part-time

Thrift Store

Send resume to C. Wayne Berry at wberry@ummnorva.org

Manager – Full-time

Store/Production – Full-time

Truck Driver – Full-time



5100 E. VIRGINIA BEACH BLVD.
NORFOLK, VA 23502

757-627-8686

Thank you for caring ...
thank you for giving.
You are a Blessing!



REV. JOHN W. GRAY, JR.
EXECUTIVE DIRECTOR

Dear Friend,

2018 was a challenging year with the loss of staff members and more hurting people seeking our help than ever before. But we are grateful to have caring friends like you who pray for us and continue to support this work of the Lord. People's lives are being transformed, and the future looks brighter because of friends like you. Please continue to pray for the Mission and keep the plight of the poor and homeless in your hearts. Thank you for caring ... thank you for giving!

May God bless you and your family in the New Year as you have blessed us and those we serve.

In His Service,

A handwritten signature in blue ink that reads "John Gray".

Rev. John W. Gray, Jr.
Executive Director

"And if you spend yourselves on behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday." Isaiah 58:10

Because you
cared ...

Over 400 hurting men, women, and children experienced the joy of Christmas with a delicious Christmas dinner with all the fixings, and everyone received a Christmas gift. The joy of our Savior's birth filled the hearts of hurting people and restored their hope.

Thank you!

Dear Rev. Gray, I want to transform the lives of the poor and homeless with my gift.

I've enclosed: \$25 \$50 \$75 \$100 \$150 \$_____

I would like to commit to a **monthly gift** of \$_____. My first gift is enclosed.

Method of Payment: Check VISA MasterCard American Express Discover

Card Number _____ CCV Code _____

Expiration Date _____ Signature _____

Please make your check payable to **The Union Mission**. To make an online donation go to donate.unionmissionministries.org



Please complete this slip and return it to **The Union Mission** with your generous gift. Your gift is tax deductible to the full extent of the law. We will send a receipt for your records.

You can be an ANCHOR of HOPE

Imagine feeling hopeless, alone, and scared, feeling you are drowning in despair. Then ... imagine someone throws you a lifeline that guides you safely to shore.

The homeless and hurting come to The Union Mission when they have nowhere else to turn. They are welcomed without judgment or condemnation. They are welcomed with the love of Christ that gives them hope for a brighter tomorrow.

As an "ANCHOR of HOPE," your monthly gift can be a steadfast anchor that provides for the physical, emotional, and spiritual needs of those who are hurting. It will also meet the basic needs of food, clothing, and shelter for the over 400 men, women, and children we serve every day.



"We have this hope as an anchor for the soul, firm and secure ..."

HEBREWS 6:19

You can make a lasting impact on the lives of your poor and homeless neighbors ...

Become an "ANCHOR of HOPE"

Contact Donor Services
(757) 627-8686 ext. 554

Visit us online
www.unionmissionministries.org

Comments / Change of Address:

EMAIL

PHONE

THE UNION MISSION MINISTRIES

P.O. BOX 3203 | NORFOLK, VA 23514 | 757-627-8686
info@ummnorva.org | www.unionmissionministries.org

No person is denied service based on race, creed, gender, disability, or national origin.

Photos are representative of actual mission clients.

If you would like to donate food or other supplies, or volunteer your time, please call (757) 627-8686. Thank you!

In the event contributions exceed expenses, extra funds will be used to feed, shelter, and care for the hungry and homeless throughout the year.

Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at 919-807-2214 or 888-830-4989 for NC residents.