

The
**UNION
MISSION**

MISSION NETWORK

MAY 2019

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



**Camp Hope Haven
begins June 24th**

**Sponsor a child today
& transform a life!**

www.unionmissionministries.org/camp

Details on page 3

INSIDE: You Can Provide a Path to Purpose for Malik | You Turned Annie's Sorrow into Hope
Joy can be Found through Giving! | 4 Ways to be Happier Today!



Malik needs guidance and hope ... your support provides a path to purpose!

Malik is the oldest of nine children. Born in El Paso, Texas, they lived with his military grandparents, moving from place to place. He dropped out of school in the 9th grade, but later got a G.E.D. “I had a problem with drugs and alcohol. That was my whole life — chasing highs and entertainment.”

He lived with his grandparents while his mother moved to Virginia, but when things got out of control they sent him to his mother, who sent him to rehab. “I began to realize that the things I was doing were having a dramatic impact, not just on myself, but on my loved ones. I didn’t see the root problem until I had my son (now 6).”

Malik went back to school, got married and had a daughter. “I wanted to do things right this time, but I took my old habits—my old ways with me.”

They had their own place, and lived off and on with their parents, but when the marriage ended he stayed with his in-laws. “I was dependent on them, which was not very good.”

Malik and his children moved back to his mother’s. He got into an argument with his brothers that ended in a fight. “That’s what pushed me to reach out to the Mission. I wasn’t looking for more confrontation—fighting around my kids, so I asked my mom to keep an eye on them while I tried to get on my own feet.”

“I didn’t know what to expect. When you think of the words ‘homeless shelter’ you think of

people squatting outside, having to fend for yourself, but that’s not what you find here. People really want to help you, know your story, and where you come from. It’s easy to hear ‘homeless’ and judge someone, but it takes someone with consideration to ask what that person has gone through, how they got to this point.”

Then Malik joined the David Development Program. “I told myself whether it was easy or hard, I would push through and see what it had to offer. I found a brotherhood I could relate



The David Program is giving Malik a “Path to Purpose” for his life. Your support will strengthen this program for him and others like him by:

1. Helping these young men continue their education and improve their career prospects.
2. Connecting them with employers willing to look beyond a young man’s past and toward his bright future.
3. Helping to hire mentors and coaches.
4. Supporting the graduates as they transition from the shelter into the “real world.”

Give today at www.unionmissionministries.org or call 757-627-8686 for more information.

to, talk to, and not be so alone. It made me look at myself, my decisions, and what I’m going to need to break these habits. You spend years doing things a certain way, you can’t expect immediate change. It takes time and effort. It’s giving me a better perspective.”

Today he’s working and going to college and has been clean for a year. “I’ve met a lot of heart-

warming, beautiful people here. It helped me put faith back in humanity. I didn’t see much good in people, or in the world I lived in. The only thing I saw that was genuinely good was my kids.

“I realize I’ve been ‘homeless’ for years, hanging by a thread of someone else’s kindness. I didn’t realize how many life skills I was lacking. There’s no class in self-

management or accountability.

I realize there are people I have influenced to a negative lifestyle. I’m now spending energy and time to break out of it. I understand we’re not made to fight this battle by ourselves. I’ve gotten a lot more understanding that there are certain things I give to the Lord that will please him, and I have faith.”

camp hope haven ...

you can make a difference in the life of a child!



Over 700 children will come to camp this summer. Most come from families whose parents can’t afford to send them to camp. With your help the children can ride a horse for the first time, learn to swim, hold a baby chick, or pet a donkey ... and they will learn that Jesus loves them.

One father called to sign up his son. He attended camp as a child, even although his family didn’t have much money. “Camp kept me and my brothers out of trouble, and reminded us of all the things our mom was trying to teach us at home.” He was excited to hear that camp is still going on after more than 50 years, and is looking forward to his son staying in the same cabin that he did as a camper.

A mother said, “I am so grateful for Camp Hope Haven. My husband is in the military and was deployed last summer. It was amazing to be able to send our three boys to camp. They had a great time in a loving environment, and had counselors who were positive male role models for them. The program has been a big blessing for our family.”

For \$150 you can give a child a fun-filled week of camp this summer.

Visit unionmissionministries.org/camp and give today!



You turned Annie's sorrow into hope!

Annie's mother died when she was eleven. It was a difficult time for her and her sister.

After high school she took college classes and worked as a Veterinary Assistant, Kennel Attendant, and an Animal Technician until her father became ill, and she quit to be his caregiver.

She got engaged and pregnant, but lost the baby. Then her fiancée died from an overdose. "I knew he had done drugs but thought he was clean. I didn't want to accept him doing more."

She got engaged again and had a daughter. But when the relationship ended, she moved back in with her father.

A "friend" gave her a credit card to get some things at the store. "I should have seen the red flags. The card was stolen and she left me stranded." Annie was arrested and sent to jail. When she got out, she and her dad came to the Mission. "We were here a couple months when he passed away. I dealt with it pretty bad, but the staff helped me and I'm doing better now."

One day while crossing the street she was hit by a car fracturing her leg. While in the

hospital, she was arrested for violating her probation and she was sent back to jail until a judge dismissed the charges. Then she became addicted to cocaine. "I knew I needed to separate myself from that and went to rehab, but

"Everything good I have going on is because of the Mission."

I was homeless. I felt worthless, hopeless, and was dealing with anxiety and depression." She returned to the Mission and was connected to

the Mission's Wellness Program for medication. "They gave me somewhere warm to sleep, food, helped me get disability and connected me to Narcotics Anonymous."

Today Annie attends NA meetings. "I have no desire for drugs anymore. My daughter needs her mommy and I'm trying to get back on my feet. I haven't seen her in a long time, but I'm working on it. She's my everything, the reason I get up in the morning—my reason for living. I want to go back to school to be able to provide a home and a better life for my daughter.

I'm very grateful. Everything good I have going on is because of the Mission. When I don't have anything else, I hold on to my faith and God gets me through."

Staff Needs

Experience preferred

APPLY ONLINE AT www.unionmissionministries.org

Some positions require days, evenings, and weekends.

Send resume to Kathy Vaughan at kathy@ummnorva.org

Men's Shelter

Evening Manager –

Full-time: male only

Overnight Manager –

Full-time / Part-time: male only

Cook – Full-time

Women & Children's Shelter

Day Shift Supervisor –

Part-time: female only

Evening Supervisor –

Full-time / Part-time: female only

Women's Shelter

Day Shift Supervisor –

Full-time / Part-time: female only

Overnight Supervisor –

Full-time: female only

Development

Donor Services Specialist –

Full-time / Part-time

Digital Marketing Specialist –

Full-time

Thrift Store

Store/Production – Full-time

Truck Driver – Full-time



5100 E. VIRGINIA BEACH BLVD.
NORFOLK, VA 23502
757-627-8686



Joy can be found through giving!



REV. JOHN W. GRAY, JR.
EXECUTIVE DIRECTOR

The staff at Camp Hope Haven is getting ready to welcome hundreds of boys and girls for a week of summer fun, while parents pray that friends like you will open their hearts to sponsor the children.

Our shelters are full each night with men like Malik, women like Annie, and mothers and their children struggling to hang on to hope.

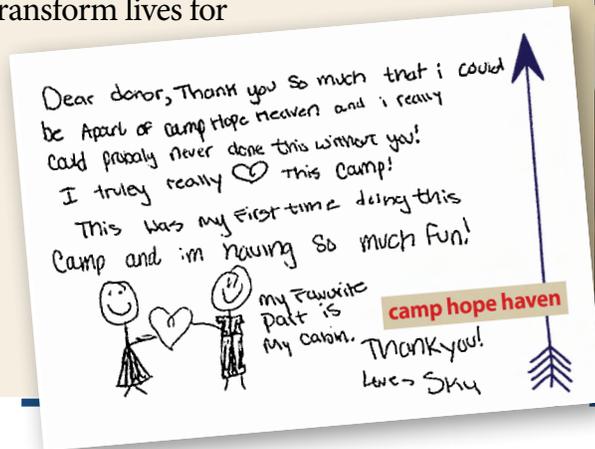
A verse in the Bible, Philemon 1:7 says ...

"Your love has given me great joy and encouragement, because you, brother, have refreshed the hearts of the Lord's people."

Life is often heavy, but joy is within reach as you prayerfully consider making a gift that will transform lives for eternity. Thank you for your faithful support.

With warmest regards,

John Gray
Rev. John W. Gray, Jr.
Executive Director



"I made more friends this week then I have ever made in my whole life!"



"The pool is amazing. It's like having our own private ocean!"



"When I ride on the horses, I feel like a princess in a movie!"



"Camp was the first place anyone told me that God loved me!"

Dear Rev. Gray, I want to help transform lives for eternity!

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.

4 ways to be Happier today!



Until 2018, the most popular class in Yale's history was *Psychology and the Law*. Today's most popular class is *Happiness 101*.

A *New York Times* article says the course *Psychology and the Good Life* focuses on well-being, and teaching students how to lead a happier, more satisfying life." So what did they learn?

- 1. Money buys only so much happiness.** Nobel Prize winning economists say, "well-being rises with income until you reach \$75,000, then it levels off. There's no observable increase in happiness with higher income."
- 2. Happy people devote time to family & friends.** Humans have a need for connection and experience joy when that need is met. *Time Magazine* claims that 70% of happiness comes from relationships with others.
- 3. Physical activity, attending church, and expressing gratitude matter.** A *Journal of Economic Psychology* study found that experiencing positive and engaging things provide "small but frequent boosts," which add up to greater mental and spiritual health. Experts encourage people to buy "experiences" instead of things — they last longer.

- 4. You feel good when you do good.** An old proverb says "If you want happiness for an hour — take a nap. For a day? Go fishing. For a year? Inherit a fortune. If you want happiness for a lifetime — help someone else." Copenhagen's Happiness Research Institute found that people who volunteer and give, "experience fewer depressive symptoms, less anxiety, and enjoy a more meaningful life."

What could be more meaningful than combining these ideas by connecting with family through service or giving? Inspiring generosity in the next generation is a great way to connect, and blessing those in need is a great way to leave a legacy. At The Union Mission we believe ultimate joy comes from knowing and sharing Christ.

"You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore."—Psalm 16:11

For more information contact Helen Sommer at hsommer@ummnorva.org.

Comments / Change of Address:

EMAIL

PHONE

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.

THE UNION MISSION MINISTRIES
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