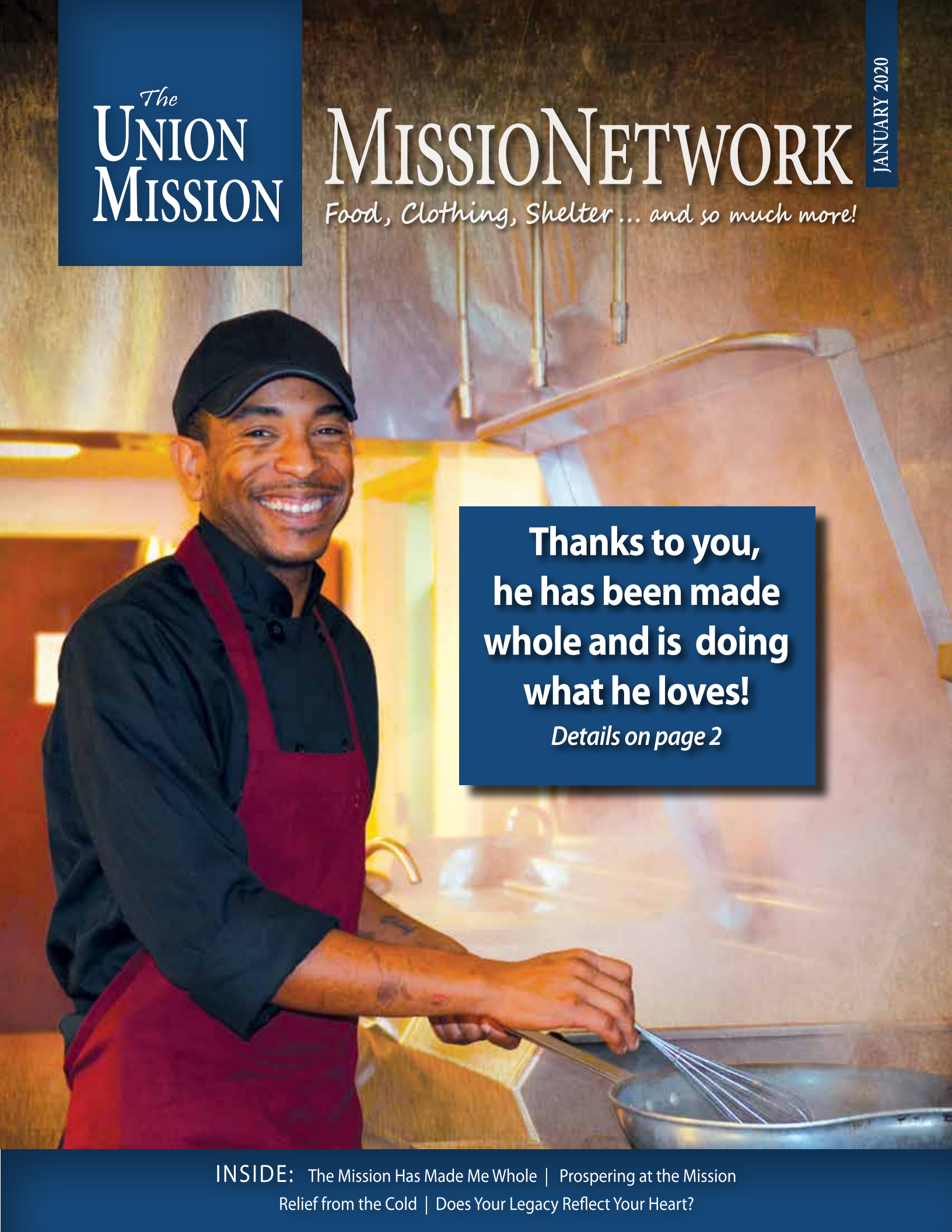


The
**UNION
MISSION**

MISSIONNETWORK

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

JANUARY 2020

A smiling man wearing a black cap, a black long-sleeved shirt, and a red apron is cooking in a kitchen. He is holding a whisk and stirring a pot on a stove. The background shows a stainless steel kitchen environment with a sink and a range hood.

**Thanks to you,
he has been made
whole and is doing
what he loves!**

Details on page 2

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Relief from the Cold | Does Your Legacy Reflect Your Heart?



Prospering at The Mission



*You can feel in your heart that
you're not the same person...
I feel like I'm grounded in the Word,
more so than when I wasn't here.*

The Mission made me Whole

Wesley's passion is cooking and he worked as a cook for 23 years in restaurants and hotels. When he got into drugs and alcohol in his early 20's, he lost job after job because of his addiction. "My parents were over dealing with it to a certain degree and showed me tough love. They said, 'You have to go. You have to find your own way.' With nowhere else to go, he came to the Mission for eight days. "I was homeless, and I got extremely sick. It was a struggle. I went back out there and thought I could handle it." He moved in with his brother but, "drugs and alcohol took a hold of me again." He lived with a lady friend and was sober for a while, "but we started to use again and it just spiraled out of control. She didn't see anything wrong with what we were doing, but I couldn't do it. I left and was on the streets for

about a month. A friend let me sleep in his car, but it started getting cold and he wouldn't let me sleep in his car anymore. I didn't know what I was going to do. I was afraid of being out there, so I said, 'Just bring me to the Mission.'"

*The Mission helped
me find myself. It
helped me find God.
It's made me whole.*

He came back in October. "On my second day here, I was sitting outside smoking and one of the kitchen staff asked me to help take out some trash. I told him I love to cook and would love to volunteer. He

asked me to come down at 3:30 in the morning to help prepare breakfast, and I did that for about 40 days. I spent as much time as I could in the kitchen, and it was wonderful.

Wesley joined the staff in November last year and helps cook the hundreds of meals the Mission serves every day. When the Director asked him to try cooking breakfast on his own. "Things starting looking up". "The Mission helped me find myself. It helped me find God. It's made me whole. I've never felt that way before. I love serving all the men. It's an amazing feeling. If it wasn't for the Mission I'd be dead or in jail. I was on my last leg. I thought I'd hit rock bottom before, but it was a rock bottom when I didn't know what else to do but die. I'm happy and thankful for everyone here."

Pamela looks like she should be working in a bank or teaching at a University. She has the education to do so, and she has held several professional jobs. But life doesn't always turn out the way we plan. After High School, she earned a Bachelor's degree in Business and a Master's degree in Urban Affairs. She was married for thirteen years and has a daughter and a grandson. At 55 she retired and began receiving Social Security. Life was good until one day, "I got scammed. Some men came to my door. I thought they were solicitors. They said, 'We just bought your house this morning.' They put signs on my door and told me I had to leave. I didn't pay the attention that I should have and I didn't call the police. I didn't realize

that it was real, but my credit report said, my house was in foreclosure."

She stayed with her daughter for a year but, "I found myself lying down most of the time, not looking for a job and not in God's Word. I was filled with anxiety. It was not a good situation, so I left her house. I called the Mission but the beds were full so I lived in my car for two months. I would get up early in the morning about 5:00, brush my teeth, go into Walmart to use the bathroom, and then park my car where I felt safe until I could come to the Women's Shelter Day Center when it opened. Ultimately I got a bed.

It's been excellent because it is a structured environment. You have Bible study twice a day

and Chapel on Sunday, which was the best thing that could have happened, because it took me back into the Word. You can feel in your heart that you're not the same person. One of my favorite scriptures is Romans 8:28, 'God causes all things to work together for those who love the Lord and are called according to his purpose.' I knew that he was with me. I feel like I'm grounded in the Word, more so than when I wasn't here. It is being delivered in such a way that it brings glory to God. I've gotten a lot out of it, and I'm grateful. I have a lot of respect for the people here - what they do. I was reading Psalm 1, 'like a tree planted by the rivers you prosper' and I've been prospering at the Union Mission."

Your Giving Helps people like Wesley and Pamela get back on their feet.

Thank You!

As we enter our 128th year of service to the poor in Hampton Roads, we want to say a very heartfelt thank you to all who have come along side as partners in providing this very important lifeline to countless needy yet incredibly valuable souls in our community.

Your generosity will be felt for generations to come!

If it's not bitter **Cold** It's Raining!

It's a hard time of year to be living on the streets in Hampton Roads.

It can even be deadly. Frostbite, hypothermia can set in when you can't get out of the cold. One man said, "If it's not bitter and cold, it's raining." Shivering in wet clothes, they are hungry and can't find a place to escape the bone-chilling cold. When they have nowhere else to turn, the Union Mission is there. A nutritious meal to warm one's belly, a hot shower, clean dry clothes and a safe place to lay one's head...and a fresh start. You can help someone get through the cold winter months with a gift today.

Just \$50 provides a meal and care for a homeless neighbor. Give today and save a life.

Visit www.unionmissionministries.org



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

Women's Shelter _____

Evening Supervisor

- Full-time 3pm-11pm
- Female only

Facilities Manager _____

- Full-time
- Must be mature Christian
- Experience in facilities management, communications and construction required
- Only qualified candidates need apply

Digital Marketing Specialist _____

- Full-time
- Experience in Social Media, Websites and Graphic Design



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NORFOLK, VA 23502
757-627-8686



Thank you for Your Generosity!



REV. JOHN W. GRAY, JR.
EXECUTIVE DIRECTOR

I am truly grateful for the many blessings God gave us this the past year. We had more people in our shelters to provide for, more meals to serve, more clothing and other basic necessities to provide. We counseled more men and women, taught more children, loved and cared for more hurting people. And God gave us you! You prayed for us and supported this work of the Lord. We couldn't have done it without you and we are truly grateful! Most of all you gave us the opportunity to share the Gospel of Christ, and men, women and children came to accept Him as their Savior. As we face new challenges in the months to come, we will need you more than ever before. Will you prayerfully consider how you can increase your support of the Union Mission in 2020?

Thank you. I trust God will bless you and your family in the new year as you have blessed so many.

In His Service,

Rev. John W. Gray, Jr.
Executive Director

ANCHORS of HOPE ...

Are You an Anchor of Hope?

Hebrews 6:19 says, "We have this hope as an anchor for the soul, firm and secure ..." Hope...is what most of our homeless neighbors are looking for when they come through the doors of the Mission. Life has beaten them down. Loss of job and home, trauma, mental and physical illness, and estrangement from family and friends can be overwhelming. They are drowning in problems they can't overcome on their own. You can provide that hope, the peace that anchors the soul. We know you will give, because you already have! But, knowing how much we can count on each month helps us to be good stewards of what we receive. Are you an Anchor of Hope, a monthly donor? If not, will you consider becoming one this year?

To become an Anchor of Hope,
contact Trudy Rains at
trains@ummnorva.org

Dear Rev. Gray, I want to help you meet the challenges of the coming year.

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*

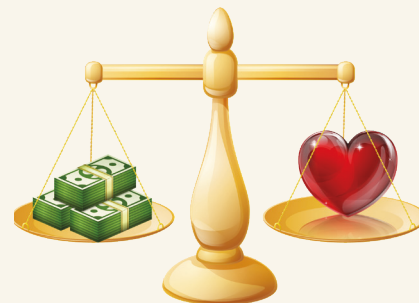


Please complete this slip and return it to **The Union Mission** with your generous gift. Your gift is tax deductible to the full extent of the law. We will send a receipt for your records.

01-2020



Does Your Legacy Reflect Your Heart?



The Reader's Digest published a list of "The 60 Most Ridiculous Excuses People Actually Used to Get Out of Work." It includes an employee who called in sick because "bats got in her hair," another who "broke his arm reaching to grab a falling sandwich," and one who had to "attend the funeral of his wife's cousin's pet because he was an uncle and pallbearer." Sometimes showing up is hard work – especially when it means working on matters of the heart. Likewise, many people want to leave a legacy that inspires and impacts, but they'd rather avoid doing the tough work of actually building one.

A "legacy" is more than leaving behind an inheritance or the "good stuff" you'll be remembered for. According to author Bill High, true legacy is "building intentionally into others with a vision for the future instead of choosing the course of least resistance." It starts by:

1

Doing hard work.

Author Lyndsay Green recommends doing a 'legacy exercise' of asking yourself uncomfortable questions like "If life abruptly ended, what responsibilities and commitments would be left dangling? What messes – concrete and emotional – would I want sorted out?"

2

Cutting through excuses.

Many people don't create a will or talk to their families about important topics because they assume there's plenty of time, it might be awkward, or it'll 'all just work out in the end.' But anything left undone will only cause heartache. Getting serious about your legacy means you may have to push past the excuses holding you back.

3

Being intentional.

Just like creating an estate plan requires evaluating your assets and getting your affairs in order, leaving a legacy with heart means you decide to tell your loved ones what you believe, how special they are to you, and why you support organizations like The Union Mission Ministries that align with your values.

PLEASE CONSIDER INCLUDING THE UNION MISSION MINISTRIES IN YOUR WILL.

For more information, contact Helen Sommer at 757-627-8686 x505 or hsommer@ummnorva.org.
Go to www.christianwill.org/umm to bless your family with a God-honoring Will.

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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