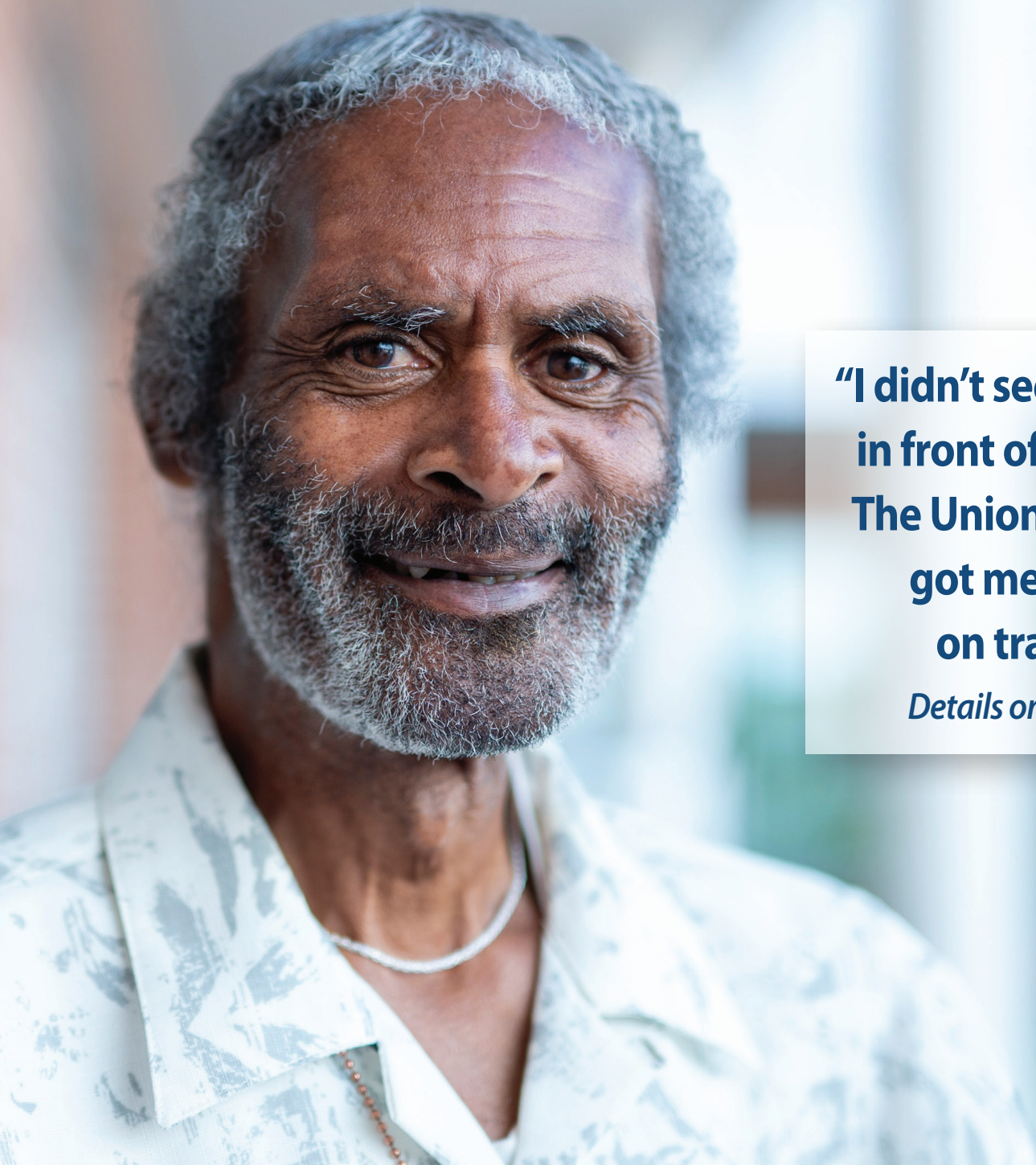


The
**UNION
MISSION**

MISSION NETWORK

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

SEPTEMBER 2022



**"I didn't see nothing
in front of me, but
The Union Mission
got me back
on track."**

Details on page 2

**INSIDE: John's Fall to Grace | Iceberg Generosity | Sentara Cares with Onsite Clinic
Camp Hope Haven 2022 | Join our Ladies Auxiliary | Thanks for Giving Meals**

The Fallout of a

Fall

Just one misstep can ruin your entire life, John can tell you. Even so, God can still put you on the path to brighter future.

John and his four siblings grew up in Washington, D.C. Their godly parents taught them to work hard, to save money, to show respect, and to stay out of trouble. Church was an everyday part of life, and “I’m glad I was raised that way,” he says. After graduation, John attended college for art and design, a plus in his work as a landscaper. He loved working outdoors, making things beautiful, but he also helped with customer service at his family’s funeral home.

Nothing prepared John for his most life-altering mistake: trusting a “friend” who wasn’t at all trustworthy. They had come to Virginia to work on a roofing job. One day when John went to climb down, someone had moved his ladder. He fell hard and seriously injured his back. And his so-called friend quickly disappeared.

Disk surgery helped, but he still uses a cane. “Though it looks like I’m drunk, it’s a blessing that I can walk anything like I’m supposed to.” The accident affected his ability to keep a job as steadily as he always had, and desperate decisions put him in poor living situations. John sometimes ended up homeless.

In 2021, John was living in a garage with inadequate heating or cooling. The pandemic made work hard to find, and he wasn’t eating regularly. A fall in the garage led to another hospitalization. When he was admitted, 6’ 2” John weighed only 123 pounds and was severely malnourished. “You could see the bones in my face. It would bring tears to your eyes.”

After stabilizing at Sentara Norfolk General Hospital, John was discharged to The Union Mission and is steadily regaining his health. Our Wellness Team supplies him with medications, vitamins, and protein shakes to help him gain weight. And John is doing his part, too. “I usually eat like it’s my last meal.” Having gained nearly 20 pounds, already he’s feeling much healthier. “I give thanks to the Good Man upstairs!”



Once John began on Social Security, he joined RECLAIM, our transitional housing program for men who need more time and resources to prepare for independent living. He loves the positive, encouraging community of men on the shelter’s third floor. John has always enjoyed the Mission’s spiritual emphasis

“I have no shame in telling anyone, ‘I am at The Union Mission getting my life back together.’”

and Bible studies—“and I love going to Chapel!” He sits in the front row, prays, and takes notes about verses he wants to read later.

He’s just as thankful for the practical help. “I’m a go-getter. I take advantage of everything the Mission has to offer!” John has taken courses in anger management, healthy living, medication

management, and heart- and budget-friendly cooking—“I have the certificates on my wall!”—and he’s participated in art therapy and mental health sessions. The “amazing” classes “keep my mind focused on positive things.”

“At one time, I didn’t see nothing in front of me. But the Mission got me back on track. This is a safe haven.”

Still, John, now 67, is ready to start his next chapter. He’s looking for an affordable senior living apartment where he can get back to cooking for himself, drawing, and going to church. And he’d love to do some part-time work. “Landscaping—that’s my heart, my passion!” but he also wouldn’t mind modeling again.

But in everything he’s relying on God’s timing. “If you won’t be patient, you will mess up your own life. I’m done making mistakes.” And he’s grateful for all the help. “I would tell everyone who donates to The Union Mission that I appreciate it...very deeply. If it wasn’t for The Union Mission, who knows where I and the other fellows here would be? I love them so from the bottom of my heart!”

For more about John’s journey, see Stories of Hope at unionmissionministries.org.

Sentara Cares at The Union Mission

It's care that's the answer to years of prayer. On July 13, The Union Mission and Sentara Healthcare celebrated their ongoing partnership with the opening of the region's first Community Care Center (CCC) in our Bashford Men's Shelter.

People fighting homelessness usually have had limited funds or access to good health care, leaving them vulnerable to undiagnosed diseases and chronic conditions. This new Sentara CCC at the Mission offers comprehensive primary and preventative care for all shelter guests, regardless of income, insurance status, or the cost of medical care.

Sentara launched its strategic initiative in consultation with community and faith-based leaders across Hampton Roads. The goal is to provide greater resources to underserved communities in hopes of improving the health of those who most need better care.

"Just as we have dedicated ourselves to 'Care like Christ,' it is just as clear that 'Sentara Cares,'" said Rev. William Crawley, the Mission's Chief Operations Officer. "Today, we are blessed with relationships and resources that have been our prayer request for many years. It is by God's orchestration that—together—we will care for those we've committed to serve."

"You all are Heaven-sent!" Executive Director John Gray, Jr. told the Sentara CCC team. Rev. Gray's late wife,

The Union Mission Wellness Team



Gayle Harper

Theresa Tambussi

Rev. Adrian Wyrick II

Jill, had championed the presence of an onsite clinic when she led our Women and Children's Shelter. "Long has been the dream, the idea, the prayers—and now the day has come!"

For over a decade the Mission has had a fruitful relationship with Sentara. It has helped fund our Wellness Program connecting our homeless guests to medical services and medications, as well as providing hospital discharge beds for men and women who have nowhere else to go. Sentara also prioritized the safety of the Mission's guests and staff with access to Covid vaccinations.

Our Wellness Team coordinates guests' appointments with the CCC, which is on site Wednesday mornings and Thursday afternoons. Common primary care services—physicals, diabetes, colon, blood pressure screenings, gynecology and urology checks, and prevention of hypertension, stroke, and heart disease—will help shelter guests avoid medical crises and emergency room visits. Dr. Michael

Charles, Sentara's Executive Director of Ambulatory Quality, is the new center's lead physician, supported by four nurse practitioners and administrative staff.

And along with the debut of the Sentara CCC came a timely expansion of our own Wellness Team. Alongside Director Theresa Tambussi and Wellness Program Specialist Gayle Harper, Rev. Adrian Wyrick II now serves as our Wellness Chaplain, providing personalized spiritual counsel, prayer and pastoral care to all of our Bashford Men's Shelter residents.

All those involved are enthusiastic about the CCC staff, services, and the spirit in which they are offered. "Give me a voice in a community that needs me," Cathryn Ashe prayed, never expecting to serve as Sentara's CCC practice manager at the Mission. "When you ask God for something, you've got to be ready for Him to give it to you. This partnership is from God 'for such a time as this' so we can work together to care for these homeless residents!"





CAMP HOPE HAVEN SUMMER 2022



Join our Ladies Auxiliary!

From September through May each year, these dedicated volunteers help out with special service projects. Work is completed both on-site and off, and past projects include collecting needed items, addressing cards, and packing Housewarming Hope Totes or Christmas gift bags for shelter guests. Members also pray for our staff and residents. Though most of the ladies in the group are retirees, women of any age may participate. And membership is free!

If you'd like to learn more or join the Ladies Auxiliary, contact Vickie Smith at 757-627-8686, x 413 or vsmith@ummnorva.org.



Combined Federal Campaign

About 100 homeless veterans find care and support at The Union Mission each year. If you're a current or retired federal employee or military service member who'd like to help, you can give through the annual Combined Federal Campaign. Overseen by the Office of Personnel Management, the CFC offers an easy way to donate to The Union Mission and make a real difference for those in need in our community.

- 1 Scan the QR code below or go to cfcvab.givecfc.org.
- 2 Under **Charity Search**, choose **Union Mission Ministries** or write in **CFC #61126**.
- 3 Make your annual pledge.
- 4 Change the world with your generous community support.



Caring Like Christ

If you're looking for meaningful Christian employment, you may want to join our ministry. We have openings in both of our shelters and in our support departments. Take a look at our current staff needs at:

unionmissionministries.org/job-opportunities.



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Thank you for Your Generosity!



REV. JOHN W. GRAY, JR.
EXECUTIVE DIRECTOR

Here at The Union Mission, we love seeing how God changes lives in major ways through even the seemingly minor things: a joyful experience, an unexpected kindness, a hot and wholesome meal.

At Camp Hope Haven this summer, hundreds of boys, girls, and teens shared fun and fellowship with friends—and were introduced to the greatest Friend they could ever know. After hearing the simple Gospel, many of these young souls came to faith in Jesus Christ, and still others started a closer walk with Him.

And every single day our homeless shelters are serving up to 250 neighbors in need. They've come to us with nowhere else to turn, feeling low and less-than after a life-devastating loss of work, relationships, home, or health. They hope against hope that we can help. And we do, in the name of the Lord!

With a warm welcome, a sense of safety, and a caring, comforting meal served with compassion, their hope is renewed. And as our guests experience God's love, they open their hearts to find the practical help and spiritual answers they truly need.

Through your prayers and partnership in giving, you are not only changing lives here and now—you are changing eternity one person at a time! Thank you for your faithfulness!

In His service,



Just \$2.78

Can Change a Life!

For the cost of a hearty, healthy meal, you can put a neighbor in need on the path to help, wholeness, and hope!



You can provide:

10 meals = \$27.80

45 meals = \$125

250 meals = \$695

**Please give
generously
today!**

unionmissionministries.org/meals

Rev. Gray, I agree that hope begins with a meal—and I want to help!

Email _____ Phone _____

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 _____

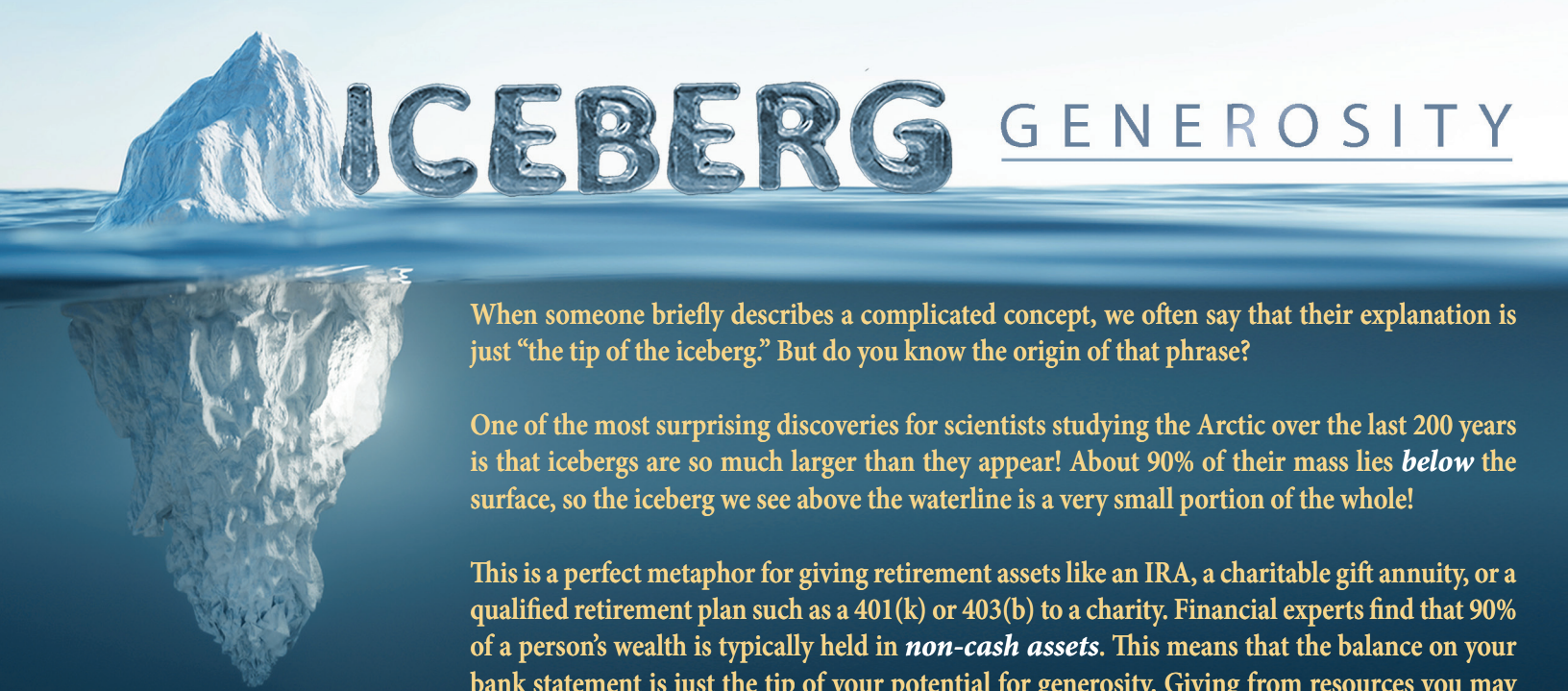
Expiration Date _____ Signature _____

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.

09-2022



ICEBERG GENEROSITY

When someone briefly describes a complicated concept, we often say that their explanation is just “the tip of the iceberg.” But do you know the origin of that phrase?

One of the most surprising discoveries for scientists studying the Arctic over the last 200 years is that icebergs are so much larger than they appear! About 90% of their mass lies *below* the surface, so the iceberg we see above the waterline is a very small portion of the whole!

This is a perfect metaphor for giving retirement assets like an IRA, a charitable gift annuity, or a qualified retirement plan such as a 401(k) or 403(b) to a charity. Financial experts find that 90% of a person’s wealth is typically held in *non-cash assets*. This means that the balance on your bank statement is just the tip of your potential for generosity. Giving from resources you may not even use or need could benefit a nonprofit like The Union Mission Ministries.

Retirement assets could help you explore a whole new world of giving since non-cash gifts:

DECREASE YOUR TAX BURDEN.

When you name a charity as the next owner of your assets, they can pass directly to the organization from your estate, minimizing the tax responsibility on your heirs.

MEET REQUIREMENTS.

Qualified Charitable Distributions can help satisfy IRA required minimum distributions in the same year.

INCREASE YOUR IMPACT.

Charities that receive assets from a retirement account or annuity do not have to pay taxes on your donation.

Like the hidden mass of ice below the water’s edge, your gift of retirement assets could tap into something deeper and more expansive—an eternal impact for ministry!

IT’S EASY TO INCLUDE THE UNION MISSION MINISTRIES IN YOUR WILL!

To create a will that reflects your values and blesses others, visit www.christianwill.org/umm or contact Helen Sommer at 757-627-8686, x 504, or email us at legacygiving@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 much-needed supplies, please see unionmissionministries.org/ways-to-give/give-goods. 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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