

A Message from Duke . . .

### The Sower & The Seeds

If you haven't read the parable of the sower in a while, I invite you to grab your Bible and turn to Matthew 13.

Jesus talks about a sower who scatters seeds on the ground. Some seeds fell among the weeds and were choked out. Some seeds fell on fertile soil and grew.

Just like the sower, the Mission's Search & Rescue street ministry scatters the seeds of God's hope, trust and love to men, women and children in dire need throughout our community. Reaching out and caring for our hurting neighbors as Christ's hands and feet.

Every sandwich, blanket, pair of socks or set of hand warmers that the Search & Rescue team hands out is a seed planted. A seed that can grow into trust. To help a neighbor accept the life-changing resources they desperately need. And a seed that can grow into hope. Inspiring someone to see a better future and take that first step toward a new life.

Thanks to compassionate partners like you, seeds are being scattered. Help is being offered. And love is being shared. You are a blessing to this community.

In Christ,

Duke Paulson, Executive Director

### Planting a Seed Can Change a Life

A special column by Mario Perez, Search & Rescue Coordinator

Every time Search & Rescue goes out, seeds are being planted. We connect with people. Nurturing relationships is just as important as offering food and essential items.

Helping someone change their life doesn't happen in an hour. A day. A week.

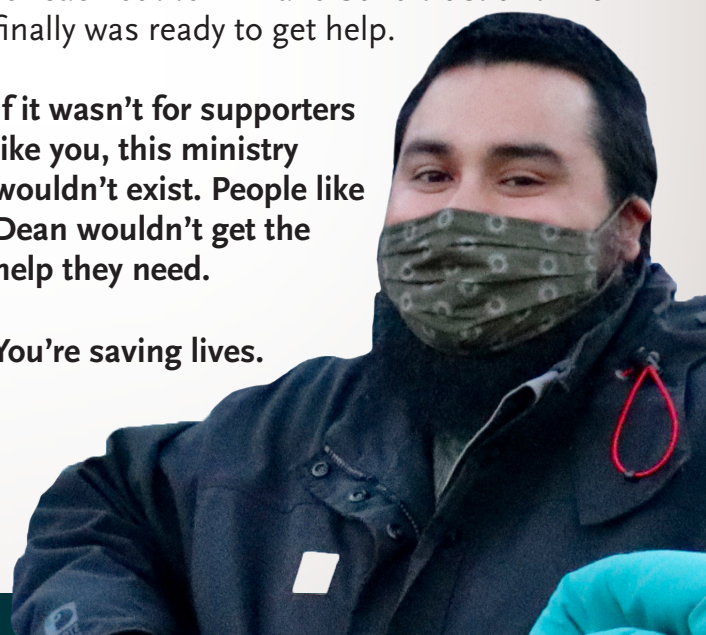
Consistently showing up for someone can break through a history of mistrust and trauma. It can plant a seed to help hope grow. And that can lead to a whole new life for someone living on the street like Dean was.

I met Dean in December of 2019. He was living under a bridge. We offered him food and told him what the Mission could offer him. But he didn't trust us at first.

Dean had been let down and abused by too many people in the past. But, we continued to reach out to him and build trust until he finally was ready to get help.

If it wasn't for supporters like you, this ministry wouldn't exist. People like Dean wouldn't get the help they need.

You're saving lives.



Each \$8.04 you give will help rescue a vulnerable man, woman or child from the dangerous streets this winter.

### Help Rescue a Neighbor in Dire Need

Right now, men, women and children are struggling to survive on the cold, wet streets.

Your unsheltered neighbors are at risk of frostbite. Hypothermia. Even death.

That's why your gift today is so urgently needed. **YOU can help save lives!**

Each \$8.04 you give will help rescue someone who's desperate for safe, warm shelter. Crucial food. And a better life.

Help save & change lives now at [trm.org](http://trm.org)

"Please help," Dean shares passionately. "Contribute time. Money. Just be there. Show these folks that you care, and it'll change lives."

It is only with your generosity that the Search & Rescue team can continue reaching out to our neighbors on the streets in dire need.

Your support is the lifeblood of this ministry.

Rush your gift today to help save lives. Many of our neighbors can't wait much longer.

HELP. HOPE. HEALING.

### From Near Death to New Life

Dean was almost hit by a car one night while sleepwalking away from his tent.

His sleepwalking episodes had become more frequent. Since living on the streets without a bed, daily meals or adequate healthcare.

A severe, 30-year case of restless leg syndrome kept Dean constantly sleep deprived. This along with his addiction and struggle with homelessness were a dangerous combination.

"I've been severely deprived of sleep for so long. At that time, I was only sleeping about 15 hours a week. And it was going to kill me," he says matter-of-factly.

He desperately needed rest. Even though the thought of sleepwalking made him frightened to even close his eyes.

Dean knew he couldn't survive on the streets much longer . . .

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"I'd be dead right now if it wasn't for the Search & Rescue team and the Mission. They won't give up on you."  
— Dean



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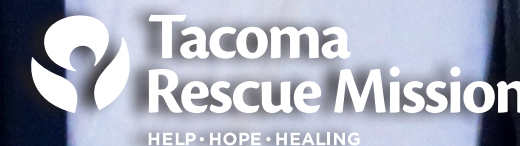
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HELP. HOPE. HEALING.  
THE NEWSLETTER OF THE TACOMA RESCUE MISSION

#### OUR COMMITMENT TO YOU

The entire staff of The Tacoma Rescue Mission pledges to do everything possible to help the hurting and homeless. It was our commitment when our work began in 1912, and it continues to drive us. We pledge to bring help, hope, and healing to as many people as possible by providing food, shelter, clothing, education, job training, work opportunities, transitional housing, and other programs.

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[trm.org](http://trm.org) | [Facebook](https://www.facebook.com/TacomaMission) | [Instagram](https://www.instagram.com/TacomaMission) | [Twitter](https://www.twitter.com/TacomaMission) | [YouTube](https://www.youtube.com/TacomaMission)



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## From Near Death to New Life

... Dean didn't know what to do, where to go or who to even trust for help.

He sat in his wet tent. Cold and alone. Praying for a miracle.

That's when the Mission's Search & Rescue street ministry team stopped by his campsite. Offering food, warm clothes and a listening ear.

*"I was sitting out there in the cold thinking nobody cared,"* Dean emotionally shares. ***"When Search & Rescue stopped and gave me something to eat, it meant everything to me."***

While Dean was grateful for their help, he didn't know if he could trust them. Having had a history of broken trust and abuse among his family members and so-called friends.

But, the Search & Rescue team didn't give up on Dean. They understood his struggle.

They continued to visit him. Providing essential items and an invitation back to the Mission for safe shelter, hot meals and an opportunity to join the New Life Recovery Program.

Eventually, a foundation of trust was built between Dean and the team. And, because of that, Dean finally accepted their invitation.

***"Building trust was the first step in helping me get off the street,"*** Dean shares.

*"For people out there, if there's no trust, they won't even take a sandwich from you. They'll just go hungry. You have to have trust. That's what the Search & Rescue team establishes."*

Thanks to partners like you who make our Search & Rescue ministry possible, Dean is on the path to a better future.

Soon after arriving at the Mission, Dean joined our New Life Recovery Program!

*"I wouldn't have made it here without Search & Rescue,"* Dean explains thankfully. *"I'm going to put my heart into doing the best I can here."*

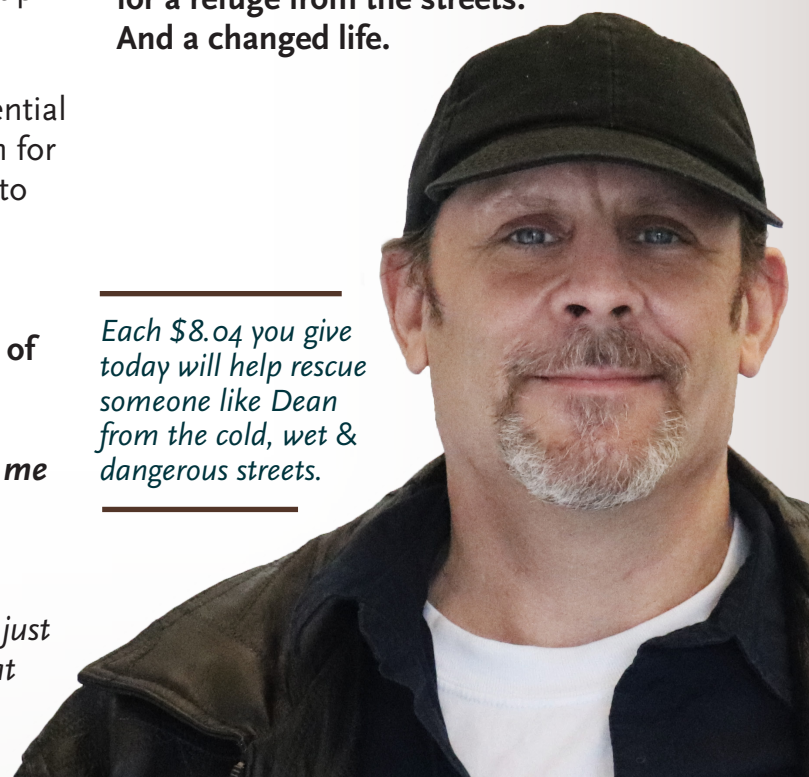
Now Dean is getting the medical help he needs, he's sober AND is going to school! He eventually wants to volunteer with the Search & Rescue team that saved his life.

*"I will be a witness to people still on the streets that the Mission is a good place to go if you want to get your life back,"* Dean excitedly shares.

Supporters like you helped make it possible for Dean to be rescued. And to rebuild his life. You can do the same for someone else in need.

Your gift today will provide a vital rescue for another hurting neighbor who's desperate for a refuge from the streets. And a changed life.

*Each \$8.04 you give today will help rescue someone like Dean from the cold, wet & dangerous streets.*



## Our Hurting, Vulnerable Neighbors Need Our Help

Help ensure that our unsheltered neighbors receive food, warm blankets and other essentials through our Search & Rescue street ministry.

Every person the team meets on the streets receives an invitation back to the Mission for safe shelter, nutritious meals, hot showers and other life-changing resources.

***"Search & Rescue isn't just a drive-by service,"*** Hannah\*, a former shelter guest, explains. ***"It's an invitation to come to where the help is. An invitation to a better life."***

*"Many times people can't find or get to the Mission. They're too far away. They're too sick,"* Hannah emotionally continues. ***"Search & Rescue saves lives."***

**Your support is vital to help rescue men, women and children struggling to survive out in the bitter cold.**



## Cold Weather Dangers Threaten Lives

When you're experiencing homelessness there's no escaping the cold, damp winter weather that is constant this time of year.

*"Being homeless in the dead of winter is really, really hard,"* Calvin, one of our guests, shares. ***"You can't stay warm. Can't stay dry. Your body starts going into hypothermia."***

Right now, your vulnerable neighbors are being exposed to life-threatening risks including . . .



**Hypothermia.** When your body loses too much heat, hypothermia sets in. Young children, the elderly and those struggling with alcoholism are at greatest risk. If not treated quickly, hypothermia can cause severe health problems or death.



**Frostbite.** Your skin freezes when exposed to the cold for too long. This can lead to large blisters, nerve damage and serious infections.



**Heart Problems.** Your heart has to work harder to keep you warm when you're exposed to the cold for a prolonged period of time. This increases your heart rate, blood pressure and risk of heart attack.

*"It's bad out there,"* Mario, the Mission's Search & Rescue Team Coordinator, shares sadly. ***"Last year we knew of 4 people who died from just being out in the cold."***

\* Name and photo changed to protect guest privacy

## More Ways You Can Help Save Lives

### Volunteer With Our Search & Rescue Team

The Search & Rescue street ministry would not be possible without generous friends like you and our dedicated community volunteers.

Volunteers play a crucial part in the Mission's street outreach. They go with staff into the streets to meet our hurting neighbors right where they're at. Our crucial volunteers not only change lives but are being changed and blessed themselves!

***"I've seen countless individuals realize they truly matter,"*** May\*, one of our volunteers, shares. ***"It also showed me that if I ever need help, someone will be there."***

*"Search & Rescue reminds me that my needs are no different than the homeless. Just that my opportunities are better,"* Marcus\*, another volunteer, adds.

Help save lives by volunteering. Sign up at [trm.org/volunteer](http://trm.org/volunteer). Or email [volunteer@trm.org](mailto:volunteer@trm.org) to learn more.

### Donate Urgently Needed Items

Individuals and families living on the streets in our community are in desperate need of essential survival items.

*"Everything is critical: socks, shoes, hand warmers. Those items could prevent something like frostbite,"* Mario explains. ***"You're essentially providing first-aid."***

Will you help save lives by donating some of the most-needed items below?

- Socks & Shoes
- Coats, Sweaters, Rain Jackets & Ponchos
- Hand Warmers
- Blankets (especially wool or fleece)
- Hygiene Items (travel size)
- Wet Wipes
- Hand Sanitizer
- Tents & Sleeping Bags
- Non-Perishable Snacks
- Flashlights & Batteries

\* Names changed to protect volunteer privacy



Please bring all donations to our Donation Center located at: **2502 6th Ave., Tacoma, WA 98406**

## Verse of the Month

*"The Lord is close to the brokenhearted; He rescues those whose spirits are crushed."*

— Psalm 34:18 (NLT)

**Each \$8.04 you give today will help rescue a neighbor in dire need from the cold, wet streets.**