

A Message from Duke . . .

Caring for the Whole Person

Every individual or family who comes to the Mission in need has a different story. Unique barriers, traumatic experiences, and more, that have led them to struggle with homelessness or addiction.

At the Mission, our goal – no matter someone’s past or current circumstances – is to give each person the best chance to heal and step into a better future. What that looks like in our New Life Recovery Program is restoration and transformation for the whole person – body, mind and soul.

Physical restoration comes through meeting essential needs like food, clothing and shelter. Emotional healing is offered in counseling. Gaining important tools to cope with past hurt in a healthy way. Spiritual growth happens in connecting individuals to the only one who can truly heal and transform – Jesus Christ.

Providing compassionate care for the whole person is what changes lives. And generous friends like you make this holistic care possible!

Your support shows men and women in dire need that they are valued and have a purpose. Thank you investing in people’s futures. Thank you for helping to rebuild lives and heal souls.

In Christ,

Duke Paulson, Executive Director

It's a blessing to partner with you in making a lasting difference for our hurting neighbors!

Be the Change

Community members like you make the New Life Recovery Program possible.

From donating financially, to mentoring men and women battling addiction.

As a mentor, Steve has witnessed lives being changed in the program first-hand. Because of the holistic care and healing it offers.

“The mission really looks at each guest as a whole person. Obviously, helping them through their addiction and recovery. But also helping them get housing, get counseling and find jobs,” he shares.

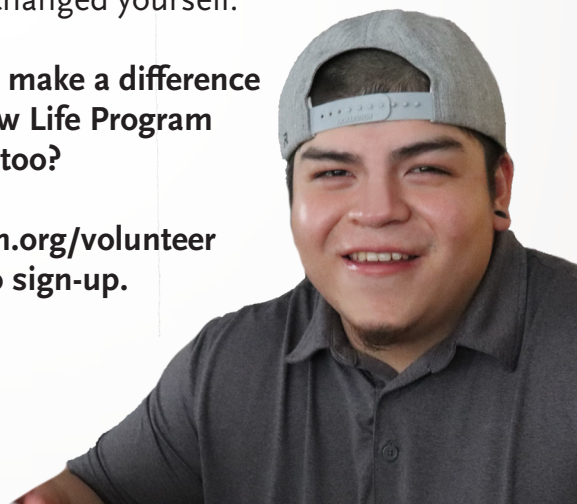
He’s also seen the importance of having God’s love and grace at the center. Bringing lasting transformation to hurting men and women.

“This is what church should look like,” Steve shares emotionally. *“The men in the program talk openly about their faith and struggles. And realize they’re not alone. Everyone around them is struggling in similar ways. It’s encouraging for them and for me, too.”*

As a mentor, you’ll not only change lives but be changed yourself.

Want to make a difference as a New Life Program mentor too?

Visit trm.org/volunteer today to sign-up.



Each \$32.73 you give provides a day of holistic care and healing for someone who’s desperate to step into a new life.

Give Hope. Give Healing. Give New Life.

Because of compassionate friends like you, hurting men and women – like Stephen – are stepping into new lives.

And, it’s because of you, neighbors who are still struggling will be able to overcome addiction, heal from past trauma and experience lasting transformation.

Will you help change a life today?

Each \$32.73 you give provides a full day of holistic care and healing in the Mission’s New Life Recovery Program.

Help transform and restore lives today. Give now at trm.org!

Your gift will help meet the physical, emotional and spiritual needs of vulnerable individuals. Through recovery care, counseling, faith formation classes and more!

Give someone an opportunity to become the man or woman that God created them to be.

Each \$32.73 provides a full day of holistic care and healing for one person in dire need.

Please give as generously as you can. Every gift matters.

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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HELP. HOPE. HEALING.

All He Needed Was a Second Chance . . .

Trauma was a constant in Stephen’s childhood.

Growing up, Stephen’s dad struggled with alcoholism. And was physically abusive.

Stephen’s mom and dad eventually got divorced. And his mom started using a babysitter to look after him and his sister. That’s when the sexual abuse began.

“I remember my mom dropping us off at the sitter. I’d be screaming. Literally, tearing at her clothes because I didn’t want to go. She never figured out what was happening,” Stephen emotionally shares.

At 13, Stephen had his first drink. He and a friend snuck into the liquor cabinet at his friend’s house.

“After that first drink, it felt like there was no pain. Like all the hurt went away,” he vividly remembers.

From that point on, Stephen drank whenever he could. It was the only way he knew how to escape. As the trauma of his past continued to haunt him.

Stephen went on to get married and start a family. But, because he’d never healed, his addiction began to destroy his life and eat away at his soul . . .

Continued Inside ▷

“I’d be dead without the Mission. Their recovery program got to the root of my problems. It gave me my life back. And my faith.”
– Stephen

INSIDE:

- Caring for the Whole Person
- Be the Change
- Offer More Than Sobriety
- Help Your Hurting Neighbors Step Into a New Life
- Give Hope. Give Healing. Give New Life.



All He Needed Was a Second Chance . . .

His wife had had enough. Telling him, “You either stop drinking or you have to go.”

He knew he couldn’t stop. So, **Stephen left. Ending up on the streets, living out of a tent.**

As despair crept in, he began drinking more and more. Everything felt completely hopeless.

“I just wanted to die at that point,” Stephen shares matter-of-factly. *“It was miserable. I didn’t care if I just laid outside getting wet and cold.”*

He didn’t know what to do. Or who to turn to for help.

Until, one day, someone who was also experiencing homelessness told Stephen about the Tacoma Rescue Mission. That he could get a hot meal there and get cleaned up.

“I had lost everything,” he shares. *“So, I came to the Mission to get something to eat, a change of clothes, a shower. Then I started staying here.”*

While at the Mission, he heard about our New Life Recovery Program.

He thought it might just be the second chance he desperately needed. And decided to apply.

“I knew I had to do something drastic in my life to change. *I wasn’t only affecting myself, I was affecting the rest of my family, my wife and my child,”* Stephen explains.

In the program, Stephen finally had the opportunity to face his past trauma. Gain healthy coping skills. AND find a powerful, life-changing faith in Christ.

“This program goes way beyond conventional rehab. It felt different than anything I had experienced,” Stephen shares.

His life was transformed!

Now, he’s celebrating 3 years of sobriety. He’s back home with his family – being the best husband and father he can be. And he’s working at the Mission as a driver.

Stephen is beyond grateful that friends like you gave him the opportunity to step into a better future.

“Thank you for helping me become someone I actually want to be,” he shares gratefully.

Will you give a gift today to help someone else overcome their past and truly heal?

You can help completely change a life.

Each \$32.73 provides a full day of holistic, recovery care and healing for one person in desperate need.



Help Your Hurting Neighbors Step Into a Whole New Life

Stephen’s powerful story of transformation is just one of many. **In the past year, over 100 men and women battling addiction experienced whole-life transformation in the Mission’s New Life Recovery Program. All thanks to generous friends like you who make this program possible.**

Because of you, our hurting neighbors have overcome addiction, healed from past trauma, restored relationships, found new life in Christ AND so much more.

Offer More Than Sobriety: Holistic Restoration and Transformation

Your support today will make it possible for individuals still struggling to get the help they desperately need. Offering holistic care and resources that will equip and empower them to thrive in all areas of life. Including . . .



Counseling

Counseling plays a critical role in allowing men and women to heal from past trauma. Giving them the tools to be mentally and emotionally successful once they transition from the Mission.

“I learned where my behaviors came from. Why I was so angry and defensive. Counseling helped me have goals and achieve them.” – Amanda



Faith Formation

True transformation only happens through Jesus Christ. That’s why, at the center, our recovery program focuses on God’s love and grace. Offering devotionals, prayer, mentorship and Bible classes.

“This program being faith-based has been so impactful for me. I have a relationship with Christ and am going back to society a better me than when I got here.” – CJ



Career & Education Development

Men and women are being equipped to enter the job market, pursue further education and become thriving members of our community. Through job training, resume building, classes on digital and financial literacy AND more!

“The Mission helped me be more than I was. Without the confidence I now have with my GED, I wouldn’t be where I am.” – Paul



“The New Life Program is what made the difference. It’s not just a clean and sober program. It’s discipleship.”
– Amanda



Post-Graduate Care

Post-graduate care is a vital part of the men and women’s continued success after the program. Staff members check in with them regularly. And “Change Groups” are held so graduates can walk through their transition to a new life together.

“Having support after the program is essential. Without it you’re setting yourself up for failure. You need to have support around you.” – Jackson*

Verse of the Month

“Lord my God, I called to you for help, and you healed me.” — Psalm 30:2 (NIV)

Each \$32.73 you give provides a full day of holistic care and healing for one man or woman who’s homeless and hurting.

*Name changed to protect guest privacy