

Rescue  Mission
OF MIDDLE GEORGIA

THE

MISSION

Bell

VOLUME 23 • ISSUE 5 • MAY 2022

"Where Healing Begins"

**BREAKING
THE CYCLE**

p.4



HAPPY
Mothers Day

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THE MISSION Bell

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PROVIDING *a Path of*
HOPE, REDEMPTION,
& **EMPOWERMENT**
THROUGH
Jesus Christ



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FROM THE President's Desk

Spring Drive


It's that time of year when many of us start "spring-cleaning" our homes and property. This decluttering process can be very time-consuming and sometimes leave us with nowhere to put the old things. We believe this is a great opportunity to support the Rescue Mission. We would love for you to give us a call to schedule a pick-up of your gently used appliances, furniture, clothing, electronics, or any other usable items.



Continuing with the spring-cleaning theme, we will also be doing spring cleaning around the Mission. If you would like to donate cleaning supplies to aid in our efforts, please visit our AmazonSmile Wish List to purchase items such as detergent, paper towels, toilet paper, disinfectants, Windex, kitchen and bathroom cleaners.

God is on the move and with more than 110 men, women, and children on campus, all of these items are GREATLY appreciated!

Please know that when you donate to the Rescue Mission, you are directly supporting the life recovery programs for these precious men, women, and children. We want to be good stewards of what God has given us, but we also want to give our community a chance to be a part of this heartfelt journey! We love you very much, and we pray for God's hand of peace over you and your family!


Pat Chastain, President/CEO



3 EASY WAYS TO Donate

SCHEDULE A PICKUP:

CALL Steve at 478-743-5445 ext.314 or EMAIL donate@rescuemissionga.com

ORDER SUPPLIES ONLINE:

Purchase cleaning supplies and have them shipped directly to us by visiting:
https://smile.amazon.com/hz/charitylist/l/2AZAKDIRFHDBU?ref_=smi_cl_lol_lls9_ls9

DROP OFF:

Donation drop off at our main campus, 6601 Zebulon Rd, Macon, GA

Breaking THE CYCLE

My name is Rebekah, and I was born right here in Macon, Georgia in the fall of 1983. I have spent most of my life in this community. My childhood was a fairly normal one. My sister and I spent lots of time playing together, until our parents divorced when I was 7 years old. At this point, we were split up. She stayed with my dad, and I moved with my mom to Gainesville, GA. Every weekend my parents would meet in Atlanta so that my sister and I could see each other, and we spent every other weekend at the other parent's home. This continued for roughly two years. Then my mom and I moved back to Macon. My parents decided to work things out between themselves, and we were super excited to be one family again. However, this would only last until I was 14 years old. At this point, my mom's addiction took over, and my parents split up for the final time. My dad and younger sister then moved to Twiggs County. Shortly thereafter, my mom ended up leaving me at our house alone with no power or food.

During this time, I was hanging around with kids from my neighborhood, and we were drinking, smoking pot, and just being reckless teenagers. At any point, I could have reached out to my dad, but I was so in love with the boy next door that I chose not to. Once my dad found out that my mom had left me and that I was acting out in multiple ways, he decided the best thing for me was to send me to a boarding school in North Georgia. I came home at Christmas and spent it with my mom in a hotel room. During the break, I met up with my boyfriend and ended up getting pregnant. I did not yet know, so I returned to school. When I found out in February that I was pregnant, the school dismissed me. I moved in with my boyfriend and his mom, and we got married right before our son was born. That relationship became a rocky one once we realized we had to grow up quickly. However, we still did everything together. I did not know then that this was a sign of my struggle with co-dependency, but I am thankful to recognize it today. Eventually, my codependency led to some more poor choices and when he told me about meth, I had to try it. Thus began my 5-year addiction to methamphetamines which led to our marriage ending in divorce.

During the divorce, I began my relationship with Xanax and had no idea the path it would lead me down. Thankfully, after 5 years, I was able to get clean from the meth and have not touched it since, however, I didn't see an issue with the Xanax since it

CONTINUED ON PAGE 5

Testimony CONTINUED FROM PAGE 4

had been prescribed by a doctor. I then continued my path of codependency with a few unhealthy relationships and even more Xanax. Eventually, my choices led me to my younger children's father. We had known each other our whole lives, so once we reconnected it wasn't long before we were married. We decided early on in our relationship to start going to church together, and we tried to put God at the forefront of our lives. We had two beautiful children, and he was a great stepfather to my oldest son as well. Unfortunately, the demons of our past lives reared their ugly head, and we did not know how to navigate the feelings and fears that came with them. I will never forget the day that we got into an argument, and it was as if a switch flipped inside my husband's brain. Before I knew it, I was on the floor with a pistol to my head. I know he was yelling at me, but the fear I felt drowned out all the noise. I remember suddenly feeling hot liquid on my head. When I reached back there to feel for it, my hand was covered in blood. I was so shocked and confused that it made me wonder for a second if he had pulled the trigger. When he came to his senses and realized what he had done, he was terrified and left the house. It was at this point that I realized that I was bleeding profusely from the sight of the gun being pushed so hard into my scalp. My children were screaming and crying, so I hurriedly tried to wash the blood away, wrapped my head in a towel, and grabbed up my babies. After this, we were both afraid of what may happen if we stayed together, so we separated until the divorce was final. [CONTINUED ON PAGE 8](#)



\$25,000

MATCHING CHALLENGE

DOUBLE the impact of your gift!!!

A generous partner has donated **\$25,000** and challenged you and other Mission friends to collectively donate an additional **\$25,000** by **May 31st**.

2X the Safe Housing & Nutritious Food
2X the Clothing & Daily Essentials
2X the Counseling & Recovery Care
2X the Life Skills Classes & Job Training
2X the Hope & Life Change!

\$25,000 becomes \$50,000
when you give today!

My MATCHING CHALLENGE Gift...

Name _____

Address _____ City _____ Zip _____

Telephone _____ Email _____

_____ My check for \$ _____ is enclosed

Donate online: rescuemissionga.com/donate

Return to: Rescue Mission
6601 Zebulon Road
Macon GA 31220

Please Return Form With Your Check...THANK YOU!

Donation Drives

THAT CHANGE LIVES

Your generous donation of these much needed items help the Rescue Mission of Middle Georgia to be good stewards of our resources while meeting the daily needs of the men, women and children we serve. THANK YOU for any help you can give in meeting these needs.

Cleaning Products

TOILET PAPER	Fabuloso All Purpose
PAPER TOWELS	Cleaner
Bleach	Windex
Furniture Polish	Pine-sol
Bathroom Cleanser	

Other Items Needed

MEN'S BOXER BRIEFS (Large & XL)	Allergy Medicine (not Benadryl)
Spiral Notebooks	Children's Cold Medicine
Liquid Bath Soap	Twin Sheet Sets
Razors	Towels & Washcloths
Shave Gel	Shower Liners
Advil or Tylenol	
Cold Medicine	

Donate much needed items RIGHT FROM YOUR COMPUTER!

Visit Our **Amazon Wish List** to Browse, Order & Ship items directly to the Rescue Mission with just a few quick, easy steps...

Items purchased locally can be brought to the Mission at 6601 Zebulon Road.
For more information contact Karen Kinsler at 478-743-5445 ext.404 or karen@rescuemissionga.com

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Testimony CONTINUED FROM PAGE 5

I moved to Byron, Georgia, and started over again. I eventually met another man, and we dated for a year before moving in together and then getting married. Looking back, I can see how I ignored all the red flags about this relationship. At the time, all I could think about was wanting my children to be a part of a family with two parents. I chose to ignore his drinking habit, and I used marijuana and Xanax to cope. Unfortunately, when he drank, he would get mean. He would become physically abusive, and he was very mentally abusive as well. After a few years, I finally had enough, kicked him out, and changed the locks. Changing the locks only led to him kicking in my door to prove to me that I couldn't escape him. Up to this point, I had trusted him to pay the bills and had no idea that we were behind, therefore, it came as quite a shock when my children and I were evicted from our home. As bad as this seemed, it is what ultimately led me to the Rescue Mission. Before this, I had begun tapering off my Xanax, and I was so thankful since I was not allowed to have that at the mission. I am happy to say today that I am now 6 months clean and sober from all substances! My children and I have been at the mission since November of 2021, and I can honestly say that this place saved us. It brought me back to Jesus and has given me hope for the future that God has for me and my children.

This journey of healing has not been easy and has been extra challenging as I have had to learn to trust again. Once I risk trusting, I find that it is easier to open up to others, and I'm learning how to feel again. I used Xanax daily for over 20 years to numb myself to the world around me, and for the first time, I am finally able to experience my emotions. I am in a safe place to learn what to do with those feelings when I feel them. The world now seems a little brighter. I see where God is bringing true restoration and healing to my family and I am so thankful. The Rescue Mission has helped me to rebuild my foundation and relationship with Jesus Christ, and He is transforming me into the best possible version of myself. The classes here have shown me what co-dependency is and how to recognize what unhealthy relationships look like. For the first time, I am running from red flags instead of running toward them. I am actively implementing what I am learning while being here in the program. I still make mistakes sometimes, but God is turning those into teachable moments and showing me how to better love, treat, and trust those that God places around me.

Men's Division HAPPENINGS

A Friend Indeed

I can't express enough the absolute honor it is to have the opportunity to walk with the men here at the Rescue Mission of Middle Georgia. The way that God brings joy into my life through watching them grow in Christ leaves me awe-struck and overcome with emotions. Many different roads could lead a man to his recovery here. It doesn't always have to be drugs. We're all in recovery from something. Most of us, if not all of us, are recovering from our attempts to find fulfillment with what the world has to offer through relationships, status, money, cars, houses, appearance, work, achievements, goals, education, popularity... the list goes on and on. Probably the most painful of these to recover from, and an area we focus on during a man's journey to healing, is our relational choices. Relationships are powerful; they can "make us or break us", so to speak. When we have healthy relationships in our life, they can bring out the best in us through encouragement, getting needs met, and challenging us to actively live out our life in Christ. Unhealthy relationships, however, can lead to chaos, poor decision-making, toxic behaviors, and painful consequences. The Bible states in 2 Corinthians 5:17 "Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come." What are some of these old things? Those pain bringing, death-dealing relationships of old. What are some of the new things that are now present? Life-giving, Grace-filled, trust-breeding relationships that allow the soil of our hearts to be saturated with the nutrients needed to allow the work of Christ in us to bring forth good fruit. As the men enter into the last 3 months of their program journey, they're paired with a mentor. These men commit to walking, one on one, with the mighty men of the Mission for the next year of their life. We ask for a year of commitment, but I'm amazed that many of the mentors are still connected to their mentees years later. Some of them have developed lifelong friendships. The mentors get to model out what a healthy, encouraging relationship looks like, and they get to do it through the most important time in a man's recovery, when they are preparing to transition from the program back into the world. The men get to live what they've been practicing with one another during their stay at the Mission. I can't say enough good things about the men who have chosen to volunteer their time to become mentors; the way that they love and share Christ with their mentees is a true example of discipleship at work. The beautiful part is that they continue to volunteer again and again. Thank you guys for your Christlike example to us all. As we continue to grow, our need for more selfless men of God with a desire to walk with other men grows as well. If that's you, and you feel the Holy Spirit nudging you in that direction, please contact me, I'd love to talk.



Jason Beck

Jason Beck, Vice President of Programs

Volunteer OPPORTUNITIES

Volunteers have a tremendous impact on the lives of our residents. Our volunteers help to change lives by extending the love of Christ and friendship to the men, women, and children in our life-recovery program. For them, your acts of kindness and service are very special gifts.

Share your talents and heart with these precious individuals - volunteer today!



For More Information Contact Patti Stevenson at

Opportunities...

- Intercessory Prayer Team
- Donation Drives
- Mentors
- Thrift Store
- GED & Literacy Instructors
- Meal Preparations
- Drivers

These and many more opportunities can be found at

www.rescuemissionga.com/volunteer



478-743-5445 ext. 403 patti@rescuemissionga.com

Women's Division HAPPENINGS

EASTER SUNDAY Blessing

We have been so busy in the Women's Division here at the Mission! We were able to take the women and their children on a trip to Dauset Trails Nature Center and enjoy the beauty of God's creation. It was such a blessing to watch the excitement on the kid's faces as they saw the different animals and fed the fish in the pond!

The highlight of the month, however, was what we got to experience the morning of Resurrection Sunday! Tommy's Bakery and Café catered and delivered a wonderful meal for all the women and their children. It was jam packed with breakfast casseroles, grits, sausage gravy, and donuts! It was delicious! Once we all had our fair share of food, the Honorable Judge Colvin blessed us with a powerful and encouraging message explaining to all of us the difference between hope in the secular world versus the hope we have as children of The Most High! Our hope is not only desire for something good, but the EXPECTATION of it, because the Lord said so! We were all so touched and encouraged by her message to us.



After Sunday came and went, I met with the ladies Monday morning and had not one, but two of them say they never really celebrated or understood the true meaning of Easter. It was always about the spiral hams, the coconut cream pies, eggs and Easter bunny, but this year it was different. They heard and understood the sacrifice that Jesus made on the cross and celebrated the victory that was won through His resurrection. I can not put into words how touched I was at their testimonies toward God's goodness and perfect timing in revealing that truth to them. He is working in the hearts and lives of the women at the Mission, and it is beautiful to watch them come alive!



Jessica Coleman
Women's Program Director

*"Praise be to the God and Father of our Lord Jesus Christ! In His great mercy He has given us new birth into a living hope through the resurrection of Jesus Christ from the dead."
1 Peter 1:3*



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Shop at 3375 Napier Avenue or donate items to a great cause. For large pickups call 743-5445.

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