

THE MISSION Bell

"LOVE YOUR NEIGHBOR AS YOURSELF" - MATTHEW 22:39

Lacey Davis

RESIDENT TESTIMONY

Before I came to the Mission, it felt like my life was falling apart underneath me. It happened slowly over many years, then all at once, but the truth is the unraveling actually started when I was a child. I grew up carrying wounds I couldn't understand or express in words. There were people who should have protected me but chose not to, which led me to believe I had to handle things on my own. I started to think I wasn't worthy of being fully seen or loved, and I carried that pain into every part of my life.

As I grew older, I searched for love and a sense of worth in relationships, but each one fell apart. I poured myself completely into three different relationships, yet each ended in devastation. Each man in these relationships passed away, leaving me with profound heartbreak. In the process, I lost myself. I was always trying to be enough, trying to fix things, trying to hold my life together, but each time I ended up more broken than before. It only confirmed what I already believed—that I was too damaged, too much, or simply not enough.

By the time I arrived at the Rescue Mission, I was spiritually numb. I believed in God, but I felt like He wouldn't want anything to do with me. I felt like I was too far gone. To cope, I tried to bury my pain beneath addiction, chaos, and isolation. I kept a smile on the outside, but inside I was drowning in guilt, shame, anger, and grief. I was exhausted—not just physically, but mentally and emotionally as well. I had nothing left to give; I was losing myself completely. I knew I couldn't go on living like that; something in my life had to change.

In 2024, during my incarceration, my cellmate mentioned that she wanted to go to the Rescue Mission. My children were living with my mom and sister in Macon at the time. I knew I needed help and that I couldn't do it on my own, so the Mission seemed like the perfect place to begin.

At the Rescue Mission, I finally admitted that I couldn't do it on my own and needed help. I couldn't keep faking it anymore. I needed God to meet me where I was and rebuild me from the inside out.

I felt nervous at first, like anyone making a life change would, but the Mission is full of love and grace. You can truly feel it when you walk through the

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doors. Serving the community and feeding those in need has been the most meaningful part of my time here so far. It's more than just handing out food; it's personal. I know all too well what it feels like to be on the streets, hungry and hopeless, and serving others in that way humbled me.

Being surrounded by people who understand addiction, have lived through it, and are walking this journey with me has been incredibly powerful. The staff and residents – my sisters in Christ – have spoken truth into my life, helping me see what I couldn't see on my own. Since coming here, my relationship with God has grown in ways I never imagined. I used to try to control everything, but here, I've learned to surrender and lay it all down at the feet of Jesus. I've also experienced His grace in real, tangible ways.

One day, I remember sitting on my bed crying like a baby and finally saying, "God, I can't do this on my own. A heart change, a mindset change, a life change – I need you to take over." It was in this moment of raw, genuine surrender that my turning point began. I've learned how to ask for help, something I once viewed as a weakness, but now I see it as a strength. I am spiritually grounded and have developed new, healthy coping skills.

I've learned to sit with my feelings in a healthy way, rather than hiding from them, and I've also learned to be honest with myself, others, and God. My mindset has shifted. I'm no longer just surviving; I'm learning how to truly live. The person I am now is very different from the one who walked through the Mission's doors. I still have work ahead of me, but my struggles no longer limit me. I'm proud that I have chosen to face the truth— about myself and my past— without running or numbing anymore.

I'm most proud of the journey I've started with my kids here at the Rescue Mission. I was gone for seven years while struggling with addiction, and now I'm a full-time mom again.

Now, I see life as a gift, not a burden. Every part of each day is something to be grateful for. I no longer take peace, people, or second chances for granted. After graduation, I plan to continue my journey at the Mission in Aftercare and stay connected in every way I can. I hope to find a job to support my family, and I would love to work at the Mission someday if possible.

To me, the Mission is the hands and feet of Jesus. It is love. It is grace. It is restoration. The Rescue Mission is like chicken soup for your soul. Choosing to come here has been the best decision I have ever made in my life.



Warning Signs of Abuse

Some warning signs of abuse in the home or in a relationship include:

- **Pushing for quick involvement:** Comes on strong, claiming, *"I've never felt loved like this by anyone."*
- **Jealousy:** Excessively possessive; calls constantly or visits unexpectedly; prevents you from going to work because *"you might meet someone."*
- **Controlling Behavior:** Interrogates you intensely (especially if you're late) about whom you talked to and where you were; keeps all the money; insists you ask permission to do anything.
- **Unrealistic expectations:** Expects you to be the perfect mate and meet his or her every need.
- **Isolation:** Tries to cut you off from family and friends; accuses people who support you of *"causing trouble."*

- **Blaming others for problems or mistakes:** It's always someone else's fault when anything goes wrong.
- **Making others responsible for his or her feelings:** The abuser says, *"You make me angry,"* instead of *"I am angry,"* or says, *"You're hurting me by not doing what I tell you."*
- **Hypersensitivity:** Is easily insulted, claiming hurt feelings when he or she is really mad.
- **Verbal abuse:** Constantly criticizes or says blatantly cruel, hurtful things, degrades, curses, calls you ugly names.
- **Rigid roles:** Expects you to serve, obey and remain at home.
- **Sudden mood swings:** Switches from sweet to violent in minutes.
- **Past battering:** Admits to hitting a mate in the past, but says the person *"made"* him (or her) do it.
- **Threats of violence:** Says things like, *"I'll break your neck,"* or *"I'll kill you,"* and then dismisses them with, *"I didn't really mean it."*

<https://wadvocates.org/find-help/about-domestic-violence/warning-signs-of-abuse/>

Impacts of Domestic Violence.

Emotional Trauma and Psychological Effects

Domestic abuse creates an atmosphere of fear, tension, and instability within the family. Witnessing or experiencing abuse can lead to severe emotional trauma and lasting psychological effects on all family members, including children. The constant exposure to abuse can result in anxiety, depression, post-traumatic stress disorder (PTSD), low self-esteem, and a sense of helplessness.

Breakdown of Trust and Relationships

Domestic abuse erodes trust within the family unit. The victim may struggle to trust their abuser, leading to a breakdown of the intimate relationship. Additionally, children growing up in an environment marred by violence or abuse may have difficulty trusting others and forming healthy relationships in the future. The cycle of abuse can disrupt the bonds between family members, creating a sense of isolation, resentment, and strained communication.

Impact on Children and Parenting

Children exposed to domestic abuse are particularly vulnerable to its detrimental effects. Witnessing abuse can result in long-lasting emotional and behavioral problems, including aggression, withdrawal, academic difficulties, and difficulties in forming healthy attachments. These children often grow up in an environment of chronic stress and instability, which can hinder their emotional development and lead to challenges in social interactions and educational attainment.

Domestic abuse also affects parenting dynamics. The victim may struggle with their parenting role due to the emotional toll of the abuse, while the abuser may use manipulation and control tactics to undermine the victim's authority.

Social Isolation and Stigma

The fear of judgment and shame may prevent them from seeking support or disclosing their situation to others. The abuser may further isolate the victim from friends and family, creating a sense of dependency and cutting off potential sources of support. The lack of a strong social network can exacerbate feelings of helplessness, making it challenging for the family to break free from the cycle of abuse.

Intergenerational Cycle of Violence

One of the most devastating consequences of domestic abuse on families is the perpetuation of the intergenerational cycle of abuse. Children who witness or experience abuse are at higher risk of becoming either victims or perpetrators of abuse in their own relationships as adults. Without intervention and support, the damaging patterns established by domestic abuse can continue from one generation to the next, perpetuating a cycle that affects the overall well-being of individuals, families, and communities.

Educational Implications

Children growing up in households plagued by domestic abuse often face educational challenges. The chronic stress and emotional turmoil they experience can impede their ability to focus, concentrate, and succeed academically. The instability within the family unit may lead to frequent school changes, absences, or difficulties in forming relationships with peers, teachers, and other authority figures. These educational implications can have long-term consequences on their educational attainment and future opportunities.

Long-Term Effects on Future Relationships

The impact of domestic abuse extends beyond the immediate family context and can affect individuals' future relationships. Both victims and witnesses of abuse may struggle with establishing healthy and trusting relationships. The trauma and negative experiences associated with domestic abuse can shape their beliefs, behaviors, and expectations, making it challenging to engage in relationships that are built on mutual respect, trust, and equality.

<https://thecenternow.org/uncategorized/the-devastating-impact-of-domestic-violence-on-families/>



Candlelight Vigil

Join us to honor victims of domestic violence and their families, celebrate the successes of survivors, and take a stand against abuse in our community.

October 28, 2025
6:30-7:30 pm

Purple Pinwheels

We are partnering again with the Shoppes at River Crossing to display pinwheels that represent a person who died during a domestic violence incident in the state of Georgia. We will have a table set up on October 5th and 19th and invite you to stop by and see us.

October 1 – 31, 2025
the Shoppes at River Crossing
5080 Riverside Drive
Macon, Georgia

Thrift Store Deals

Women's division staff and residents will be at both of our stores on specific weekends to give out/paint purple ribbons for donations made.

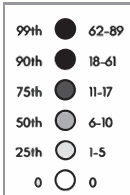
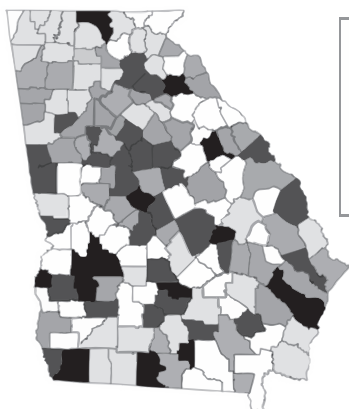
We will have special savings at both thrift store locations. Notifications of sales will be posted on Facebook.

October 10th, 2025
Bargain Center at
3375 Napier Avenue
Macon, Georgia

October 17th, 2025
Barn Center at
6601 Zebulon Rd
Macon, Georgia

Georgia Domestic Violence Stats

Domestic Violence Fatalities (2020-2024)



National Statistics

- About **41%** of women and **26%** of men have experienced intimate partner violence involving contact sexual violence, physical violence, or stalking.
- Approximately **1 in 5** homicide victims are killed by an intimate partner.
- On average, over **once a day** in the U.S., someone kills an intimate partner and then dies by suicide.

2024 Overview

- There were **42,184** incidents of family violence reported.
- Family violence incidents reported statewide increased by **12%** from 2023 to 2024.
- Over **35%** of reported family violence incidents resulted in arrest, of which over **two-thirds** of predominant aggressors were **male**.
- **70%** of victims of reported family violence were **women**.
- Nearly a third of reported family violence incidents reported were committed with a child present.
- In **2024**, Georgia's certified family violence and sexual assault agencies answered **110,001** crisis calls.



Complete the enclosed reply card or donate online at:

rescuemissionga.com/newsletter



Scan here!

Rescue Mission of Middle Georgia

6601 Zebulon Road, Macon, GA 31220

Monday - Saturday | 8:30 am - 6:00 pm

(478) 743-5445 | info@rescuemissionga.com

rescuemissionga.com

@ [rescuemissionmiddlega](https://twitter.com/rescuemissionmiddlega)

f [maconrescuemission](https://facebook.com/maconrescuemission)

Schedule A Donation Pick-Up

Steve Floyd | (478) 743-5445. ext. 314

donate@rescuemissionga.com

Bargain Center Thrift Store

3375 Napier Avenue, Macon, GA 31204

Monday - Saturday | 10:00 am to 6:00 pm

(478) 743-5445. ext. 317 | niger@rescuemissionga.com

f [MissionBargainCenter](https://facebook.com/MissionBargainCenter)

Barn Center Thrift Store

6601 Zebulon Road, Macon, GA 31220

Monday - Saturday | 10:00 am to 6:00 pm

(478) 743-5445. ext. 406 | kyle@rescuemissionga.com

f [MissionBarnCenter](https://facebook.com/MissionBarnCenter)



GIVE YEAR-ROUND Consider becoming a monthly giver and have a lasting impact throughout the year! Find out how at rescuemissionga.com/monthly



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