OCTOBER 2026

Rescue Mission OF MIDDLE GEORGIA

THE MISSION Bell

"DEAR CHILDREN, LET US NOT LOVE WITH WORDS OR SPEECH BUT WITH ACTIONS AND IN TRUTH." - 1 JOHN 3:18

Alicia Huff

RESIDENT TESTIMONY

For most of her life, Alicia carried the weight of fear, depression, and survival. Originally from New York, she had worked in nursing, caring for others with compassion, while privately longing for safety and healing in her own life. Her childhood was marked by instability and loss. Domestic violence was present in her family home, and both parents struggled with substance abuse. Her mother died of lung cancer when Alicia was only fourteen. Growing up, faith was not something she knew or was taught to lean on. Without that foundation, she learned early how to endure life's hardships by herself.

At eighteen, she became a mother for the first time. Her oldest daughter became the center of her world and her motivation to keep going. During that pregnancy, she experienced abuse from her daughter's father, who was later deported because of domestic violence. She raised her daughter on her own, determined to give her a better life. Years later, another abusive relationship brought more pain, but also the birth of her younger daughter. Through every season, her children remained her greatest motivation to stay alive, keep trying, and believe a better way of life was possible.

After the birth of her youngest child, she suffered from severe postpartum depression. Medications and hospital programs did not bring relief. Hoping for a fresh start and desperate to escape danger, she fled New York for a new life in Georgia. But peace did not come right away. While living with family members in Georgia, Alicia relapsed into drinking and found herself in deeper trouble, with nowhere to go and no clear path forward.

One troubling night became a turning point. After relapsing, Alicia woke up in jail with no memory of what had happened. Overwhelmed by fear and concern for her children, she cried out to God for help. That heart cry became the beginning of her journey toward healing and restoration.

After her release, sitting in food lines and staying in shelters was devastating. It was difficult to reconcile that reality with who she knew herself to be—a nurse who loved caring for others and a mother longing for stability. Looking back, Alicia recognizes that the missing piece was a relationship with Jesus Christ, and that God was using her circumstances to draw her closer to Him.

Searching the internet for helpful resources, she found the Rescue Mission of Middle Georgia. At first, she hesitated, uncertain whether any program could truly stand by what it promised. But when she entered the Mission's long-term life recovery program, she found more than temporary shelter. She found compassion, safety, accountability, and the hope of Jesus Christ.

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Seven months later, Alicia's life is transforming with a greater sense of purpose. The depression that once numbed her heart is lifting, and hope has replaced despair. She has found the staff to be dedicated and trustworthy, with an open-door approach that makes her feel seen and supported.

The Rescue Mission has also provided a safe place for her daughter. The childcare staff have been patient and supportive as she learned to trust others with her child. Even more important, her young daughter is now learning about God and the Bible. Because faith was not part of Alicia's upbringing, watching that foundation form in her child represents a new legacy of biblical faith for her family.

In the women's life recovery program, Alicia has learned that healing takes more than willpower. It requires loving community, Bible-based truth, and a safe place to change from the inside out. She especially values the 12-step recovery class and attending Celebrate Recovery, where she is reminded, she is not alone. The Mission's transportation support has also touched her heart by removing barriers that once made help feel out of reach.

Work therapy has restored purpose she thought she had lost. Nursing once gave her the opportunity to serve and losing that role made her feel like nobody. Through her work at the Barn Center thrift store, Alicia can serve again—giving back to the community while supporting the ministry that helps people rebuild their lives. Her oldest daughter, now in college, reminds Alicia why this healing journey matters. When Alicia shared that she was entering the Rescue Mission, her daughter was overjoyed, strengthening her resolve to keep moving forward. Today, Alicia wants both daughters to inherit a different story—one shaped not by fear and survival, but by faith, dignity, healing, and hope.

Alicia believes that reaching her lowest point in Georgia led her to the Rescue Mission of Middle Georgia and to a personal relationship with Christ. What once felt like failure became part of God's path to restoration. Her life is no longer defined by trauma, addiction, depression, or loss; it is being redefined by God's unfailing grace.

To others considering life recovery, Alicia offers simple encouragement: "Do not focus on fear. Think about what needs to change, what life could become with the right support, and trust the process." For Alicia, God used the Mission to save her life. She is thankful to know the depth of God's love for her, and, in Him, she has life, hope, and a brighter future for herself and her children.

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.
- **Cruelty to animals or children:** Kills or punishes animals brutally. Also, may expect children to do things that are far beyond their ability (whips a 3-year-old for wetting a diaper) or may tease them until they cry.
- **Use of force during sex:** Enjoys throwing you down or holding you down against your will during sex.
- **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."*
- **Controlling behaviors using social media or technology:** Listen to the following PSA.

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

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

From our Women's Life Recovery Program

Rescue Mission of Middle Georgia wants you to know that God's heart is close to the broken, the silenced, and the oppressed. Psalm 9:9 reminds us: "The Lord is a stronghold for the oppressed, a stronghold in times of trouble."

This month, we stand together in faith alongside survivors of domestic violence. We want every survivor to know they are precious in God's sight and worthy of a love that protects and causes no harm.

Allowing the compassion of Jesus to lead us, we walk alongside each woman to create a safe, Christ-centered place where women in recovery can learn to recognize healthy boundaries, rebuild their sense of worth, and truly embrace who our Father in Heaven created them to be.

Will you join us in lifting our voices, prayers, and actions so our communities can become safe places of healing and hope for every woman and family in need?

Chako Scott, Women's Program Director

If you or someone you know needs help, call the National Domestic Violence Hotline at 1-800-799-SAFE (7233), text START to 88788, or visit thehotline.org.

STOP! DOMESTIC VIOLENCE

Help us stand in solidarity and honor victims of domestic violence and their families. We have several awareness events planned and would love to have you join us.

Candlelight Vigil

October 27, 2026 • 6:00pm
Rosa Park Square
700 Poplar Street • Macon, Georgia

Special Awareness Events at our Thrift Stores

October 9, 2026 • 10am – 4pm
Bargain Center
3375 Napier Avenue • Macon, Georgia

October 22, 2026 • 10am – 4pm
Barn Center
6601 Zebulon Road • Macon, Georgia

Community Blood Drive

in partnership with Shepeard Community Blood Center

October 15, 2026 • 10am – 4pm
Rescue Mission of Middle Geogia
(Chapel Parking Lot)
6601 Zebulon Road • Macon, Georgia

Other Events

Follow us on social media for the latest updates on Domestic Violence Awareness Month activities, event details, and ways to get involved throughout October.

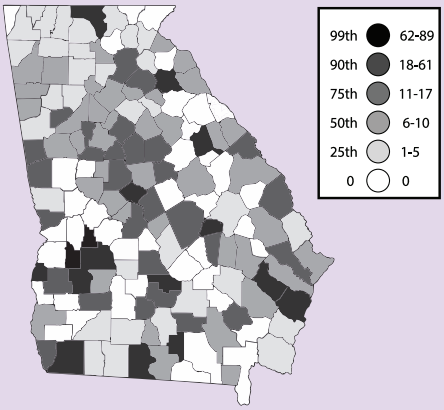
@maconrescuemission

@rescuemissionmiddlega

Georgia Domestic Violence Stats

Domestic Violence Fatalities (2020-2024)

Fatalities per population of 100,000



National Domestic Violence Hotline
1-800-799-SAFE (7233)
Text "START" to 88788
Live chat at thehotline.org

What is Domestic Violence? Domestic Violence is a pattern of abusive behaviors by one partner to control another in an intimate relationship, encompassing physical, sexual, emotional, economic, psychological, or technological actions, threats, or coercive behaviors.

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.

5-Year Overview (2020-2024)

- There were **214,047** reported incidents of family violence.
- The number of reported domestic violence-related incidents decreased by more than **10%.**
- Domestic-violence related fatalities increased by nearly **4%.**
- Approximately **4 in 5** domestic-violence related fatalities are committed with a firearm.
- Domestic violence-related murder-suicide incidents increased by more than **80%.**

Rescue Mission OF MIDDLE GEORGIA

Complete the enclosed reply card or donate online at:

rescuemissionga.com/newsletter

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6601 Zebulon Road, Macon, GA 31220
Monday – Saturday | 8:30 am – 6:00 pm
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Schedule a Free Donation Pickup
Steve Floyd | (478) 743-5445. ext. 314
donate@rescuemissionga.com

Bargain Center Thrift Store
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MissionBargainCenter

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MissionBarnCenter

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