

FAIRBANKS RESCUE MISSION

Making a Difference One Life at a Time

Sept 2009 / Serving God and the community since 1974

www.FairbanksRescueMission.org

HEALING THE WHOLE PERSON

“WHY DON’T THEY JUST STOP IT?” Stop their drinking, their drugging, their gambling, their addiction? Can’t they see the harm they’re doing themselves and their families?” Many of us have thought that of others, from the drunk staggering across First Avenue to those in the very heart of our families. We wonder how someone could lose their family, their job, their home and still not be willing or able to “stop it.”

I once sat in a meeting with an individual who had just returned to the Mission after relapsing. His excuse was, “I’m just a drunk.” When I heard this I thought of Proverbs 23:7 which says, “As a man thinketh in his heart, so he is.” Often, people will allow the things they are struggling with or their history to become their identity. I’ve heard someone put it, “They just need to stop the stinking thinking.” What’s really needed is an extreme makeover or overhaul, but too many addiction programs only address the undesirable behavior and not root causes. That’s like silencing the smoke detector and not putting out the fire.

The Fairbanks Rescue Mission’s Recovery program seeks to heal the whole person. FRM uses the Genesis Process curriculum, a faith-based, 10-step process which leads a person from initial assessment through the challenging steps that lead to a life of full recovery. Addiction affects an individual spiritually, physically, emotionally, mentally, and relationally. There are many underlying issues, which is why an “overhaul” is needed. Coming out of addiction involves a complete lifestyle change.

The spiritual component of our Recovery Program presents the Gospel of Jesus Christ and the truth of God’s deep love for each of us. When drugs, alcohol or other addictions take over a person’s life, the conscience (the internal impulse to self-correct) is anesthetized. When addictions are given up, the conscience doesn’t automatically come back to life. As the Program helps the participant develop the basic Christian disciplines of prayer, personal Bible study and Christian living the conscience is revived.

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ROAD TO THE MISSION

“Making a difference one life at a time”



You go through life, taking things for granted; family, housing, food, and down to the basics, clothes. The only thing that makes the road seem brighter to lots of people is drugs and alcohol.

I am a preacher’s kid with two other siblings and have often felt alone and isolated from the world. I dealt with that pain by turning to alcohol. I lost my job, my family, and most importantly, my identity. I was at the bottom of the barrel with nowhere to go. I came to the Mission in hopes of a new start in a program I had heard about called Genesis. Genesis is a program not just for the homeless but to help those with drug and alcohol addictions through a faith-based setting. The Mission provided me with a place to stay, meals, clothing, and many other needs. The Genesis program topped it off with Jesus being the forefront of my life and the only way to overcome my addiction.

— RANDY MCCOY

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*Because
you gave:*

5,134 meals
were served

2,286 bed nights were provided

1549 for men

418 for women

319 for children

55 Bible studies
were held

36 chapel services
were held

AND

Thanks to our
volunteers
for **360**
volunteer hours!

"To know that even one
life has breathed easier
because you have lived,
that is to
have succeeded."

— **Ralph Waldo Emerson**

HEALING THE WHOLE PERSON, continued . . .



The diploma reads "Genesis Addiction Process and Programs certifies that Nita Armstrong has shown courage and integrity by successfully completing The Genesis Process on this 5th day of January, 2009." Women's Shelter Manager for much of Nita's time in the Program, Dana Anderson was the proud presenter.

The goal of the physical component of our program is to see improvement in the physical health of our participants. Scheduled meals, bedtimes, and a program of healthy physical exercise are part of the daily routine. Addictions can destroy you physically, causing diseases such as hepatitis and cancer of the liver, lungs, pancreas and stomach. Part of a balanced recovery is rebuilding the physical body.

Our emotions are God-given including the painful ones which warn us when something is wrong. If we try to anesthetize those emotions with drugs, alcohol, or overwork, a deadly cycle can begin. The negative consequences that "being under the influence"

brings about creates more painful emotions which, in turn, increases the activity being used to deaden that pain. In our program, group and one-on-one work helps establish the needed emotional stability. Underlying core issues and their attendant painful emotions are addressed and experienced and this enables people to move on with their lives into the future instead of being captured in the past.

The goal of the mental component is to reestablish a positive self image. This is accomplished through helping participants identify false beliefs and replace them with truth. ("I'm just a drunk." with "I am a child of God.") Participants identify the triggers for their addictive behavior and are taught alternative coping mechanisms.

The ability to have healthy, close, intimate relationships is the key to overcoming addictions. The goal of the relational component is to build a successful new life on the foundation of a personal relationship with Jesus Christ. God created us uniquely for one thing. It isn't to conquer the world, or to go to the moon and back, or to accumulate wealth and power. No, God created you for intimacy, both with Himself and with each other.

For more information about this or any of our programs, please visit

www.FairbanksRescueMission.org

EXECUTIVE DIRECTOR GREETING

from the desk of Rodney Gaskins

I WOULD JUST LIKE TO SAY "THANK YOU" to everyone who was a part in making our Cruise for a Cause a huge success. Through the covering prayers of all of our Prayer Warriors the evening of the event turned out to be beautiful and sunny, the food was great, the attendance was good, the music was heavenly, and over \$18,000 was raised.



The fact that the Cruise is our **end** of summer fundraiser is starting to sink in. I'm doing the things I need to do to prepare for the upcoming winter, but I'm hanging on to denial and still can't face the fact that summer is all but over.

Last winter I dreamt of all the projects I wanted to get done that can only happen during the summer...most never happened. Why are things are so much easier in my mind? I never ever sweat, get hurt, am in pain, throw a temper-tantrum, or quit when I'm doing these projects in my mind. I always have a self-satisfied grin.

As the staff and I prepare for the influx of families that will be at our doors this winter, we are trying to look at things realistically. The Cruise was a success because of the prayers, love and hands involved. The reality is that with your continued prayers, love, and hands the needs of the children, women, and men who will come to us will be met with safe, warm shelter, food, and hope.

Thanks for being on our team!!

FRM RECYCLING AT THE MISSION

REMEMBER THE FRM RECYCLING CENTER officially opened September 5, 2009. Our hours are 11:00 AM – 5:00 PM. Please watch this space for recycling tips and statistics on recycling in Fairbanks. Remember, we can all save money by diverting trash from the landfill, which extends the life of the landfill!



SIGN UP FOR OUR E-NEWSLETTER

WHILE WE TALKING ABOUT RECYCLING AND SAVING MONEY—take the time today to sign up for our e-newsletter — delivered right to your home or office computer, saving both money and resources! You can sign up on our website, www.FairbanksRescueMission.org. Contact Michelle Harpole to be taken off the regular newsletter mailing list at phone 452-5343 x109 or email michelle@fairbanksrescuemission.org.

SHELTER NEEDS THIS MONTH:

Kitchen Items Needed:

- Chicken Base
- Beef Base
- Butter
- Syrup
- Eggs
- Oatmeal
- Cooking oil
- Salad dressings
- Coffee
- Tea bags
- Juice mix
- Sugar
- Spaghetti Sauce
- Fresh potatoes
- Lunch meat
- Cheese
- Breakfast meats
- Silverware, forks and spoons

Shelter Items Needed:

- Feminine hygiene pads
- Disposable razors
- Paper towels
- Bus tokens

Office Items Needed:

- 8-1/2 x 11 copy paper





EVERY BIT HELPS

SUPPORT FOR THE RESCUE MISSION comes in many forms and there are many ways to help out. This month we thank Tesoro Northstores for sponsoring the Fairbanks Rescue Mission as their charity in September for their **Charity Jar collection**. Pitch in a quarter or a dollar at your nearest Tesoro on Cushman, Peger, College, or Badger!

Other ideas for your family, business or organization this fall:

- **Have a food drive!** Collect food from clients, co-workers, friends and neighbors and take it to the Mission.
- **Lend a hand!** Organize a group volunteer day! Call Michelle at 452-5343 x109 if you'd like to help out!

HUNTING FOR THE HUNGRY

HUNTING SEASON HAS ARRIVED - DON'T FORGET! "Hunting for the hungry" is a great way to give to the Mission! Donate a portion of your hunt. The Mission has a commercial butcher shop that we make available to hunters for a portion of their kill. For more info call 452-5343.

Visit our website for more information, including employment and volunteer opportunities.
www.FairbanksRescueMission.org

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