



Rescue Portland

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Generations of Pain

**Ann Found Freedom
When She Faced
Her Past**

"Mom, I don't want to live with you. I don't feel safe anymore."

Ann was blindsided. She knew she had anger issues, but she was trying to fix them. Couldn't her 15-year-old daughter see that? Didn't she see her mom go to therapy, go to church, and go to work? Surely she could see her mom desperately trying to hold things together. But for her daughter, that wasn't enough.

"To have your child say she doesn't want to live with you—it was very painful. I was shattered into a billion pieces."

CONTINUES INSIDE

The Deep Roots of Addiction



There is one common element that brings men and women to the Mission's New Life Recovery Ministry for help: addiction. For most, it's addiction to alcohol or drugs. Others are addicted to unhealthy relationships. There are even some who come to us with an addiction to a harmful emotion or state of mind. Often it's a complex combination of several interlinked addictions.

Almost every addiction is rooted in deep, painful wounds, and the hurting people we serve have never found healing for their wounds. Ann used anger to push back the pain of her childhood. Jonathan simply turned off his emotions after his mother's death and never learned to express himself at all. These unhealthy coping behaviors lead to isolation—much like solitary confinement in a prison. Recovery requires intervention through deep, trusting relationships. At Portland Rescue Mission, the grace of Jesus flows through these relationships and brings understanding of their brokenness, healing of their wounds and freedom from their imprisonment.

Christ alone can uproot addictions and create new roots of his righteousness in hurting hearts. Our recovery residents experience the resurrection power of Christ as described in Isaiah 61, "He has sent me to comfort the broken-hearted and to announce that captives will be released and prisoners freed. He will give beauty for ashes, joy instead of mourning, praise instead of despair. For the Lord has planted them like strong and graceful oaks for his own glory."

Because of your partnership of prayer and support many people like Ann and Jonathan are finding hope and new life rooted in the love of God.

Thank you!

Eric Bauer,
Executive Director



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Mission Needs

Undergarments are a year-round need. Thanks so much for your donations!

We also need:

- Socks
- Blankets
- Backpacks
- Deodorant (spray or solid)
- Disposable razors
- Toothbrushes
- Toothpaste
- Travel-size toiletries
- Jeans
- Life Recovery Bibles (NLT)
- Yard equipment: mowers, weed-eaters, leaf blowers, garden soil and pea gravel
- Office furniture: conference table (8' x 4') with 10 chairs
- Recliners, couch/chair set

Your donations of practical items make relationships possible! Please bring donations to the Burnside Shelter at **111 W. Burnside, Portland**, 24 hours a day, 7 days a week. Short-term street parking is usually available at our front door.

New Weekend Lunch Service Ministry

This year, we began providing more than 300 meals to men and women each weekend at our Burnside Shelter. Weekends are a time when many other agencies do not serve meals. Beyond the tangible benefit, this meal service creates more relational opportunities for our homeless guests and hundreds of volunteers.

Special thanks to **Walmart** and **Safeco** for helping this ministry come together.

Visit www.PortlandRescueMission.org/Give or [/Volunteer](http://www.PortlandRescueMission.org/Volunteer) to support this ministry!

Generations of Pain

CONTINUED FROM FRONT COVER

The trauma Ann had put her young daughter through—fits of rage, constantly moving apartments and schools and churches, struggling with bills and putting food on the table, all while fighting to look good on the outside—followed a trend through the generations. Ann’s mother had done the same thing to her. “My mother never wanted children, and she made it very clear. I spent years trying to get her approval, but nothing was ever good enough.” At the age of 10, Ann lost her father when her parents divorced, and Ann was left with a distant, angry mother.

“I was never good enough. Never pretty enough. Never measured up.” Ann internalized those beliefs as a child. When she had a daughter of her own, she passed down her fear of rejection and inability to trust others like an inheritance.

Her daughter’s cry of fear is what spurred Ann to fully submit herself to recovery. “My daughter was scared. She knew I was collapsing emotionally, and she couldn’t trust me to take care of her. I immediately called my counselor and said, ‘I need to go to Shepherd’s Door.’”

As a resident in our New Life Recovery Ministry at Portland Rescue Mission, Ann started to uncover that painful childhood she’d buried decades ago, and she saw how it had affected her entire life, particularly her relationships.

As an adult, Ann saw two marriage engagements end in heartbreak. She broke off the first one because she felt like she couldn’t love her fiancé. The second engagement ended tragically—Ann watched as her fiancé was innocently killed during a robbery at a convenience store. Left alone, Ann avoided close relationships. She fought to keep things together, just like her mother had done, but she had grown into a numb, fear-driven, anxious woman.

At Shepherd’s Door, Ann was able to identify those traumatic incidents she endured as a child, see how they affected her adult life, and learn the truth about who she really is in Christ. Ann discovered that she didn’t have to look good on the outside while fighting hard battles within. Through prayer, mentoring and counseling, Ann found the freedom to be the woman God created her to be.

“After six months in recovery, I realized that I was acting differently. My anger dissipated. I could feel the peace of Christ.” Ann no longer hides behind secrets, lies or sarcasm. “Any personal attribute I exhibit that is contrary to God’s character has no profit.” Christ’s life is a daily example for Ann, and she looks to Him for guidance in all things. Her relationship with her daughter is healing—they talk on the phone often and encourage one another—and Ann finds comfort in knowing that she’s working to end this painful generational trauma.



Ann relates to other residents, helping her understand her own recovery better.

Today, Ann tells others that there is hope to survive the ingrained wounds of childhood and traumas of life.

“For women out there, sitting in the pews, taking care of their families, still working, but dying on the inside—hurting, and they don’t know why—you don’t have to stay in that. There are people who can lead you out of these struggles.”

This Mother’s Day, Ann will spend time with her own daughter, celebrating her recovery and God’s plan for the next chapter of her life.



Scan with
RedLaser app
or other
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▶ Ann’s dependence on Christ helped redeem her relationship with her daughter. www.PortlandRescueMission.org/Ann

He Found His Identity by Helping Others

Jonathan's mother died when he was just 20. She'd been fighting cancer for years, and everyone knew the end was near. But there were things left unsaid between his parents—issues unaddressed—that cut a wound in Jonathan's spirit that never fully healed.



While serving at the Mission, Jonathan met homeless guests who shed light on his own recovery.

"My parents didn't get along. When Mom got sick, she didn't want to be with my dad anymore. He checked out completely. I was basically a single parent to my younger brother and sister."

A shy teen, Jonathan was a loner in high school, burdened with family responsibilities. The trauma of his mother's cancer introduced some complex emotions. He buried them in order to make it from one day to the next.

After his mother's death, the emotional damage began to take its toll. Jonathan had just ended a relationship. "I had nothing better to do than drink and party. Until then, I had been a straight-laced guy. And then I became one of the 'bad boys.' It was miserable." Jonathan's own friends told him they thought he'd be dead if he didn't get help. "I was always looking

over my shoulder wondering when I was going to get arrested. Everything started falling apart."

Jonathan endured these dangerous highs and lows in his 30s—finding sobriety for a while, living on his own, then losing it all and needing others for support. At his lowest, he found himself on the streets of Portland, going from one shelter to the next in search of food and support. "I thought, 'I can't do this anymore. I'm tired. I've lost everything. I've hit the bottom.'"

Exhausted and desperate, Jonathan came to Portland Rescue Mission to get his addiction under control. He found an entirely different identity.

As a recovery resident, Jonathan helped manage the Mission's evening shelter ministry, and he developed friendships with homeless men from the street. He could see that these guests felt invisible. For many of them, that feeling is what landed them on the streets in the first place. After months or years of that, they felt as if they'd completely blended into the dirty concrete sidewalks.

"I related to how they felt, 'cause I felt that way all my life. I always felt like I didn't exist—like I was a ghost."

"That's the biggest thing that changed me here—that I was able to serve these people who felt invisible."

Serving other hurting people gave Jonathan the courage to deal with the emotions he'd bottled up for so long. Grace flowed through one-on-one counseling, mentor relationships, prayer and daily practice in other healthy living habits. "Now I know that it's okay to feel. I'm starting to become a new person."

Today, Jonathan anticipates graduation from New Life Recovery Ministry. "I'm trusting an unknown future to a known God." Equipped with a new identity and a community of support from family and church friends, he looks to Christ to direct his path.



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 Jonathan's a new man who's excited about tomorrow.
www.PortlandRescueMission.org/Jonathan

GIVE SOMETHING MORE

Support from donors like you helped heal Jonathan and Ann from years of buried pain. More than a meal. More than a bed. You help give HOPE to people who desperately need it.