



# Lighthouse

Portland Rescue Mission | Circle of Friends

**Filling  
Hearts  
With  
Hope**



Giving Hope. Restoring Life.



# Path To Healing & New Life

Many people know that Portland Rescue Mission annually gives hope to thousands of people in crisis by providing nutritious meals, safe shelter, showers, clothing, toiletries, mail service, 24/7 restrooms, chapel services, and more at our Burnside Shelter in Old Town.

But that's just the beginning. Each year, hundreds of people are served in our free residential recovery programs at The Harbor for men and at Shepherd's Door for women and children. In our **Discovery and New Life programs**, hurting people experience a healing journey from homelessness and addiction to addiction-free, purposeful living.



## Discovery Program

Five Weeks

- Participants discover:
- peace in a safe, healing environment
  - personal needs and challenges to overcome
  - recovery basics and tools to prevent relapse
  - the next step forward

## Recovery Ministry locations

At Shepherd's Door and The Harbor, participants live in supportive communities where they receive holistic, highly relational care that cultivates sustainable growth by receiving addictions recovery programming, life skills and vocational development, legal and health care advocacy, relational and emotional growth, spiritual encouragement, and transitional support.



**SHEPHERD'S DOOR**  
for Woman and children



**THE HARBOR**  
for Men

KNOW SOMEONE WHO NEEDS RECOVERY?  
[www.portlandrescuemission.org/i-need-help](http://www.portlandrescuemission.org/i-need-help)

# New Life Program

Four Phases, 3 months each

## 1 Truth Phase



Truth is the foundation upon which healing and recovery can occur.

- Participants gain understanding of the truth about the:
- destructive power of addictions
  - healing power of Jesus' love
  - restorative power of caring community
  - life-changing power of hope

## 2 Acceptance Phase



Accepting the truth leads to identifying woundedness and experiencing healing.

- Participants are encouraged to accept:
- their past and take ownership of their choices
  - God's love and let Him work through the pain
  - invitations to grow emotionally and relationally by engaging with safe, healing communities
  - feedback and training from caring people

## 3 Freedom Phase



Embracing acceptance cultivates freedom to liveout a new identity by trusting God and letting go of unhealthy behaviors and attachments.

- Participants can gain freedom:
- from addiction and be empowered to walk in a new life
  - to love themselves and others because they experience God's love
  - to build long-term healthy relationships

## 4 Purpose Phase



Walking in freedom broadens perspective for choosing new life patterns and career.

- Participants are supported in:
- understanding their talents, strengths, and passions
  - creating well-aligned career objectives
  - establishing healthy, practical life rhythms
  - deepening engagement with community-based support groups



# Compassionate Community Makes All the Difference



**ERIC BAUER,**  
EXECUTIVE DIRECTOR

*(Pictured on left with graduate on right)*

“  
**Compassionate  
community  
conveys value,  
ignites hope, and  
builds trust.**”

**M**ost of us enjoy a supportive community of family and friends with whom we can share our hopes and plans for the new year. Over the years, I have noticed my hopes and plans are deeply entwined with these same family and friends. I have also noticed that the people I have served who are experiencing homelessness or addiction have lost – or never had – supportive community and have had hope dissolve into despair.

This is why every service provided by Portland Rescue Mission is offered with a view to building healthy relationships by which the journey from isolation to compassionate community can begin. Compassionate community conveys value, ignites hope, and builds trust which often provide the opportunity to walk alongside our hurting neighbors in their journey to a new life. Because the needs can be great, we offer the holistic Discovery and New Life programs summarized in this newsletter. They are pathways for addressing addictions recovery, life skills development, job training, emotional/relational/spiritual growth, legal and health care advocacy, and transition support.

The love and grace of God expressed through these services renews lives and restores families. **Over 80%** of the men and women who have graduated from our New Life program over the last 5 years remain addiction-free and in housing.

As we begin the celebration of our 75th anniversary we are thankful for the partnership of friends like you that allow hundreds of people each day to experience grace and receive hope at Portland Rescue Mission.

Grateful for your partnership,

Eric Bauer  
Executive Director

