

LightHouse

Portland Rescue Mission | NEWSLETTER



***“Before
Shepherd’s
Door, I barely
existed.
Today, I am
thriving!”***

THERESA’S STORY OF HOPE

It’s Never Too Late to Heal

Theresa spent years caring for others, but on the inside, she felt lost and trapped in a cycle of addiction. After decades of struggle and unsuccessful attempts at recovery through

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WE LOVE OUR VOLUNTEERS!

We recently celebrated more than 1,400 incredible volunteers during National Volunteer Month. Every day we are honored by those who voluntarily serve the Portland Rescue Mission community with love, grace, and dedication.

Because of you, men and women experiencing homelessness and addiction find **hope, healing, and a path forward**. Your kindness is felt in every service you offer, every encouraging word you give, and every moment of care you extend.

In the last year, you helped serve **6,573 individuals** with **over 244,000 meals** and **67,812 nights of safe shelter**. Your impact goes beyond numbers—it's seen in **transformed lives and renewed hope**.

From all of us at Portland Rescue Mission, **thank you** for your generosity. **We couldn't do this without you!**

WANT TO VOLUNTEER?



Visit: PortlandRescueMission.org/Volunteer

To Recover, We Must First Stabilize

Part 2 of PRM's "Did You Know Series?"



Every month in our New Life Recovery Program is a journey of hope, healing, and transformation for our participants. For men and women overcoming addiction, 30 days can mean the difference between despair and a renewed sense of purpose.

For James, the first month at The Harbor began with the **Discovery Program**, an essential phase focused on stabilization and relapse prevention. After years of substance abuse, homelessness, and broken relationships, his first days were about adjusting to a safe, stable environment. Often when people enter our program, the chaos of addiction leaves one's mind and body exhausted, and the simplest tasks—eating regular meals, getting sleep, and engaging with others—felt overwhelming. Through assessments, the Discovery Program Team helped him start to identify the root causes of his addiction and develop a personalized recovery plan.

The first few weeks in the Discovery Program were challenging, but worth it! James had been isolated in his struggles, relying on substances to numb his pain. But now he was surrounded by a supportive community—people who understood his journey and were walking alongside him. In relapse prevention classes, he learned tools to navigate triggers and cravings, and in spiritual growth sessions, he began rediscovering hope and purpose.

By week three, James found stability in daily routines, attending life skills classes, one-on-one mentorship, and group therapy. By the end of the month, he had begun vocational training, preparing for a future of stability. For mothers in our Discovery Program at Shepherd's Door, their first month includes childcare support, allowing them to focus on stabilizing and healing, knowing their children are in a loving and safe program on site.

The first month in the **New Life Program's Discovery Program** is more than recovery—it's a foundation for lasting transformation.



THERESA'S STORY OF HOPE, continued



companion, filling a void where community should have been. Her addiction strained relationships with her children, who struggled with her absence even when she was physically present.

For Theresa, Shepherd's Door offered more than just the path to sobriety. It provided stability, structure, and, most importantly, Jesus. Diagnosed with ADHD, Theresa found that having a routine and a supportive environment were key to her healing. The program's Christian discipleship and biblical teachings resonated deeply, helping her reconnect with God and find strength in prayer.

"It takes a lot of courage to be brave, and Shepherd's Door taught me I didn't have to be brave alone."



Graduating recently from the program was a monumental achievement! Theresa did not graduate from high school, so receiving her diploma from Shepherd's Door was a proud, emotional moment. Standing in front



of a full church, sharing her story, and feeling the support of a loving community was life-giving.

Today, Theresa serves as a mentor, helping other women on their paths to recovery. She has rebuilt her relationship with her children and cherishes every hug from her grandchildren.

"I just want to keep thriving so I can be the best grandmother!" exclaimed Theresa.

Theresa's story is one of resilience, faith, and the transformative power of community. She is living proof that it's never too late to find hope and healing.



Giving Hope. Restoring Life.

➔ **Continued from the Cover Page:** secular programs, she knew it was time to go back to her roots and reconnect with her faith. Theresa's decision to find a faith-based recovery program led her to Shepherd's Door, a decision that would change her life. It was a chance for a fresh start, and Theresa was ready.

"When I first came to Shepherd's Door, I was so excited," Theresa shared. "I knew I was here to stay. I came seeking God, knowing that my addiction was just part of the story."

Theresa's journey wasn't easy. Since the age of 26, Theresa had been abusing substances – a habit born from curiosity and sustained by loneliness. Drugs became her closest



A JOURNEY OF TRANSFORMATION Celebrating Graduates from The Harbor

At Portland Rescue Mission, we witness powerful stories of transformation every day. In particular, The Harbor's New Life Recovery Program for men is where hope is restored, faith is strengthened, and lives are rebuilt daily. Earlier this year, we had the privilege of celebrating the graduation of several men from The Harbor who have courageously walked the path of recovery.

The Harbor provided these men with more than just tools for recovery; it gave them a community where they found strength in fellow participants and the unwavering support of volunteers who kept the program running smoothly. Collective care and encouragement made The Harbor a place of healing and transformation. Their journeys, marked by perseverance and faith, remind us of the life-transforming impact of community and support. **Congratulations!**



The Future is BRIGHT!

For 75 years, Portland Rescue Mission has been a beacon of compassion, love, and grace to the community suffering from homelessness and addiction. Our life-transforming service model provides personalized and holistic programs to people in great need on their journey toward a purposeful and self-sufficient life. **Our PRM Transformation Model** is structured around four integrated and holistic offerings – **Get Help, Stabilize, Recover, Give Back** – to maximize individualized care through Christian

discipleship, life skills training, and addiction recovery. At any point in time, our highly relational, Christ-centered, joy-filled servant team strives to meet people where they are and walk with them at a pace they can sustain to address the physical and relational aspects of homelessness, addiction, and trauma. We are 100% community-funded, offering all services free of charge to those in need. Every day, hope and transformation are realized at Portland Rescue Mission.

Donate to
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PortlandRescueMission.org/May25