

LightHouse

Portland Rescue Mission | NEWSLETTER



“Trust the
process —
miracles
take time!”



BREAKING FREE

Michael's Story of Triumph

Michael was fighting a battle he believed he could never win. His addiction took root with his first drink at age 12, and it escalated to substance abuse after high school. Despite multiple stints in treatment centers, Michael couldn't maintain sobriety. Every relapse drove him deeper into despair. **Continued on page 3** ➔

FRESH START CATERING: Serving More Than Meals

Launched in 2021, Fresh Start Catering is a professional catering service operated by Portland Rescue Mission. It offers hands-on job training for men and women in our New Life Recovery Programs at The Harbor and Shepherd's Door. When you hire Fresh Start Catering, you're doing more than ordering great food—you're creating real opportunities for these men and women.

Our participants work alongside our staff, building skills, confidence, and hope for a better future through meaningful work. Best of all, 100% of the proceeds support PRM's services—including meals, shelter, recovery, and life transformation.

Your next event can serve hope. **Book Fresh Start Catering today!**

CALL: (503) 746-9685 or EMAIL: FreshStartCatering@pdxmission.org



The Homeless Population is Aging. And It Matters.

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

The population of people experiencing homelessness is diverse, with no demographic boundary. One of the most alarming trends today is the rapid rise of homelessness among older adults, particularly Baby Boomers—America's largest generation.

By 2030, the number of homeless seniors is expected to triple. Why? For many, a lifetime of hard work and contributions to society has not shielded these seniors from homelessness in their later years. Rising housing costs, lack of affordable healthcare, and an inadequate social safety net leave older adults

vulnerable. Many face financial instability due to fixed incomes that haven't kept up with inflation, and unexpected medical bills or the loss of a spouse can suddenly force seniors into their cars or onto the streets.

In addition to financial insecurity, mental health struggles and substance use disorders play a significant role. Many seniors have battled untreated depression, PTSD, or anxiety, often stemming from early-life trauma, military service, or personal loss. Some have turned to drugs or alcohol as a way to cope, which can lead to addiction and further instability. Without access to proper treatment and supportive services, many find themselves trapped in a cycle of homelessness.

At PRM, we believe no one is beyond hope. Our doors are open to anyone in need, offering meals, shelter, access to support services, and long-term recovery programs that help seniors rebuild their lives. Thanks to your support, we can offer these services with compassion, dignity, and real solutions. Together, we can give hope to our community's most vulnerable.



MICHAEL'S STORY OF TRIUMPH, continued



➔ Continued from the Cover Page:

Sitting alone in a smoke-filled apartment, drained mentally, physically, and spiritually, Michael remembered his mother's teachings about Jesus. In that moment, he clung to the promise in Luke 18:27: *"What is impossible for man is possible with God."*

When Michael arrived at The Harbor, PRM's long-term recovery program for men, he was anxious but determined. Unlike the countless programs before, The Harbor offered something different: a holistic, faith-based environment that addressed his heart and soul, not just his addiction.

"Not by might, nor by power, but by my Spirit," says the Lord."

- Zechariah 4:6

"The Harbor's comprehensive program has been instrumental in my journey to sobriety and personal growth."

Daily devotionals, prayer, and strong mentorship helped Michael rebuild his life from the inside out. He learned to confront his fears, accept responsibility for the pain his addiction had caused, and trust God's greater plan. Through community, Michael discovered the power of accountability and encouragement. Fellow participants and volunteers became brothers and mentors, challenging him to persevere even on the hardest days.

"Through this program, I found a community of people who understood my struggles and were committed to helping me find a way forward," Michael says with gratitude.

Faith played a vital role in his transformation. Inspired by Romans 8:31 — *"If God is for us, who can be against us?"* — Michael began to believe that real, lasting change was not only possible but promised through God's Spirit and grace.

Today, Michael's life is a testimony to the miracles that happen when we surrender to God and open ourselves to the love of a supportive community. His encouragement to others walking a similar path is clear:

"Recovery is possible. There will be tough days, but every step forward is a victory. Don't leave before the miracle happens."

Michael's journey reminds us that transformation doesn't come by our strength alone — it's by the grace of God that broken lives are made whole.



Giving Hope. Restoring Life.



FAITH IN ACTION

A Legacy of Faithful Partnership

Recently, we gathered our faithful monthly partners—our Circle of Friends—to share Mission updates and celebrate with our alumni. It was a beautiful reminder that monthly supporters are the foundation of our work, with many giving to the Mission for over 30 years and volunteering their time. The event was a testament to the impact each person can make in Giving Hope and Restoring Life.

“Partnering monthly makes me feel like I’m part of every story of hope,” Sandra, a Circle of Friends partner, said. “It’s my way of walking by faith, believing everyone deserves a better future.”

Because of the support of our monthly partners, lives are being transformed every day at Portland Rescue Mission. Thank you for walking with us to bring hope to our community!

Want to become a **monthly partner**? Visit: PortlandRescueMission.org/Give



The Future is BRIGHT!

For 75 years, Portland Rescue Mission (PRM) has been a beacon of compassion, love, and grace to the community suffering from homelessness, addiction, and trauma. PRM’s life-transforming service model provides personalized and holistic programs to people in great need on their journey toward a purposeful and self-sufficient life.

The **PRM Transformation Model** offers individualized, Christ-centered care through four holistic and integrated offerings—Get Help, Stabilize, Recover,

and Give Back—each designed to deliver personalized support through Christian discipleship, life skills training, and addiction recovery. At every stage, our highly relational, joyful servant team meets neighbors in their moment of need, offering individualized care at a sustainable pace to address the physical and relational roots 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
Portland Rescue Mission:



PortlandRescueMission.org/July25