MESSENGER

UNION GOSPEL MISSION TWIN CITIES

FALL 2023

OUR MISSION IS CHANGING LIVES

A Heart of Thanksgiving

Angie wants to share how your support changed her life!

DON'T MISS... 2 Our Thanksgiving Campaign has begun! 3 "I want God to work in my life." 4 Always learning!

For more information: 651-228-1800 ugmtc.org

Anticipating This New Season with Thanksgiving

A Message from PAM STEGORA AXBERG

It is hard to believe we are over halfway through another year. Here at Union Gospel Mission Twin Cities, preparations for our busy fall season are already underway.

Outside, the leaves are starting to change color. And inside, we are hard at work **getting ready for the many men, women and children who will come to us during the months leading up to Thanksgiving**. It's one of my favorite times of the year, and it's made possible, thanks to the generosity of friends like you.

As I think about this time of the year, I'm reminded of the words of Ecclesiastes 3:1: "There is a time for everything, and a season for every activity under the heavens."

Each time someone comes to the Mission for help, their season changes. They leave a time of pain and struggle that they may not have anticipated—and certainly didn't desire—and they choose a season of support and recovery.

I truly believe this is God's hand at work through your partnership in this life-transforming work.

Now, as we prepare to serve an estimated 39,000 meals in the coming months, I ask you to pray for every struggling man, woman and child who finds a seat at our tables. Pray for God to lead our neighbors who need a new season to the doors of the Mission. And pray for our staff as we serve and love with dignity and compassion.

Thank you for making sure there is one more seat at the table for our neighbors who are hungry and experiencing homelessness.

Blessings,

Pam

Pam Stegora Axberg,
Chief Executive Officer

YOU'RE MAKING GOALS AND DREAMS POSSIBLE...

"I feel like I'm a good father and role model now. I hope people can see God working through me."

"I didn't know I could actually heal this much and put myself back together again. I've learned to love myself."

At the Mission, hopes and dreams are born—thanks to the support of friends like you, men and women in our recovery program can believe that a brighter future is possible.

To find out more about how you're helping transform lives and fulfill dreams, visit ***ugmtc.org***. Thank you for believing that everyone deserves the opportunity to build a better, more fulfilling life!

Join Our 2023 Thanksgiving CAMPAIGN

39,000

Meals Needed this Thanksgiving Season

This Thanksgiving, countless guests and residents will gather at our tables. Many are alone... longing to overcome homelessness and poverty... wishing they could reunite with their families for the holidays.

For just $2.82, YOU can provide a meal to nourish their bodies and lift their spirits. Your gift surrounds hurting people with loving care that leads to a better life through:

- **Safe, welcoming shelter**
- **Warm clothing, coats and shoes**
- **Adult education and job-skills training**
- **God's life-changing love**

Please help our neighbors in need this holiday season! Send your 2023 Thanksgiving Campaign gift today using the enclosed reply card and envelope OR online at **ugmtc.org**.

Meet Angie—who is thankful for your support!

“I want God to **work** in my life.”

Angie grew up in a Christian home with loving parents. Yet, at the age of 17, she made the decision to leave home.

“I always regret leaving so early, because that opened the door to so many things.” Broken relationships... single parenthood... domestic abuse... homelessness—all exacerbated by chronic physical and mental health challenges. “I started self-medicating because that was what helped me cope.”

This led to a roller coaster of ups and downs, and Angie eventually hit rock bottom.

“I was in a very dark place. I heard the Spirit say, ‘You have to reach out.’”

So, she did.

Angie came to our Naomi Family Program with her two young children, only seeking housing and meals while she got back on her feet. “But when it was explained that this program consists of starting your healing journey and getting a renewed mindset, I took it all in.”

Before coming to the program, Angie had never been to therapy. Our on-site, professional therapists helped Angie dig into the trauma of her past that she carried in the present.

“I lived 41 years doing a lot of suppressing and compiling of things that I never really dealt with,” including 14 years of domestic abuse. “I’m still healing now. Healing never ends.”

Angie learned healthy coping skills and is working through her trauma. She is no longer self-medicating with substances. And with encouragement from our chaplains and staff, she has opened her heart to God’s work in her life. “I want God to work in my life and do what He would have me do.”

> “[The Naomi Family Program] is what helped me start my healing, and be more aware of my mental health.”

As she grows in her faith, she hopes to become a godly role model for her children and a source of empowerment and motivation for others. “I want to be the change I want to see.”

Angie is filled with thanksgiving for her journey toward healing and God’s redeeming love in her life—and your incredible generosity and support! “This program helped me become a better individual versus someone just saying, ‘I know who God is.’ Today I know who God is... what He has done for me... and what He is still doing for me.”

Always learning!

We are once again surrounded by backpacks and buses as everyone transitions back to school. But here at the Mission, we have school all year!

Our Child Development Center provides licensed and accredited education for children ages six weeks to kindergarten in a safe and loving environment. Providing quality early childhood education is proven to disrupt and prevent the cycles of homelessness, poverty, domestic violence and abuse.

For adults experiencing homelessness, gaps in education can hold them back from getting a job. We offer job-skills training, résumé writing assistance, computer literacy and individualized educational support. We have found education to be a key contributor to disrupting cycles of homelessness.

NEW HOW WILL YOU GET INVOLVED THIS FALL?

Book a Mission speaker for your next event!

Hear how God has been at work in our community this year, and how your generosity is supporting life-changing services and programs.

Contact Sarah today to arrange a visit: volunteers@ugmtc.org.

Donate essential items!

Help stock our kitchen with the food items and our clothing closet with the protective clothing needed to care for our hungry, weary neighbors. OR... host a donation drive by inviting others to join you in collecting much needed items for struggling community members.

To see our most urgently needed items, visit ugmtc.org/needs

Get involved yourself!

Join us for one of our special events or enjoy a guided tour—we'd love to show you the life-saving work made possible by your generosity! OR... set up a time for your family, friends or church to volunteer this fall!

To learn more, visit ugmtc.org

Volunteers needed... *like YOU!*

Ever thought of how you can do more for men, women and children here at the Mission? Come serve as a volunteer! There's plenty to do, and no experience or skill sets required... just open hands and a willing heart. We'd love to have you!

Call: **Volunteer Services at 651-789-7570.**
Email: **volunteers@ugmtc.org**

Sign up now!