

h REFUGE of HOPE MINISTRIES

YOU Helped Me Believe In Myself Again!

Frank struggled for over 2 years as he searched for a way to cope with the overwhelming grief he experienced after the death of his fiancé. These are a few of the words he uses today to help us understand what made him decide to end his own life: *Tragedy... Heartbreak... Addiction... Helplessness...*

Frank used alcohol, drugs, and self-medication to find relief, but found only depression topped off by anxiety. It finally landed Frank in the hospital after his attempted suicide. With no home, no job, no family or friends, he was referred to Refuge of Hope. “Wow!” he thought, “now I get to live in a homeless shelter.”

Frank was pleasantly surprised when he was greeted by shelter director, Scott Schnyders, and quickly



Frank...happy and hopeful because of you!

discovered his new reality. “Scott treated me like a real person, with no labels or judgment about my past,” Frank said. “He did not see the loser label I thought was imprinted across my forehead.”

When you are on a journey like Frank had been on you believe you are worthless, a loser, nothing, and so you stop caring altogether about yourself or anything in your life. But when you are treated with love, compassion and respect, you begin to believe in yourself again.

Hope replaced helplessness!

That is exactly what happened to Frank. He now knows his identity is in Jesus Christ, and he is valued and loved. Therefore he is able to give back to help other men coming into the shelter find the acceptance and hope he discovered.

“I became teachable again,” Frank explained. “I learned through counseling how to respond, not react, to circumstances in my life and I am sharing that with everyone I meet! Helping others is my way to never forget my journey and to help others traverse theirs.”

When Frank realized that Refuge of Hope was not just our name, but our ministry, it was his real Aha moment. “This place was my refuge and where I found the hope I needed to live my life with a new purpose,” Frank said with a huge grin.

Frank is learning new skills, preparing a plan for a business he is starting, and looking forward to his new life. Most importantly he is sharing the love of Christ and the hope he found in Stark County’s Homeless Shelter...Refuge of Hope! You can hear more of Frank’s story on our video at www.refugeofhope.org

Food Insecurity

While making a video at Refuge of Hope, we interviewed a young girl who said her family gets one meal on the weekend. I'm guessing it's lunch with us on Saturdays. Her comments made an article I read recently very disturbing. FOOD INSECURITY IN OHIO ON RISE WHILE DECLINING NATIONALLY the headline stated. Is this possible? The economy is improving, right? Evidently not in Ohio.

Food insecurity, according to the article, is defined as households that at some time during the year lack access to adequate food for active healthy living for all household members.

In Ohio, the number of food insecure households has increased to almost 17% (nearly 4.8 million households) while in the United States, the number has dropped to 14%.

In addition to causing hunger, food insecurity can also negatively impact worker productivity as well as one's overall health and well-being. While harmful for adults, food insecurity can be even more devastating for children. Proper nutrition is critical to physical growth, mental health, and academic achievement which, in turn, can affect one's economic prosperity for a lifetime.

The article also mentioned very low food security rates where households reported disrupted eating patterns or hunger on multiple occasions during the year due to lack of resources for food. Decisions must be made in many households on whether to buy food or pay for rent, utilities, healthcare, etc. Quite the dilemma.

Unfortunately, many of the households dealing with low food security or food insecurity are found in Stark County. They could include a neighbor, friend, co-worker, or even a family member.

Don't think that's possible?

- one in six people in our county are food insecure
- one in four children and one in ten senior citizens go to bed hungry every night.

Hard to believe, appalling really, that this is happening but unfortunately it is.

Supporting Refuge of Hope is one way you can help with food insecurity. We serve more hot meals for hungry men, women and children than any other such agency in Stark County. Last year, we provided over 89,000 free meals and through June of this year, almost 45,000 meals.



Together, we can abolish food insecurity in our community. Helping us feed the hungry is a great way to start.



*A higher standard.
A higher purpose.*



REFUGE of HOPE
MINISTRIES

P.O. Box 9361, Canton, OH 44711 • Ph: 330-453-1785

www.refugeofhope.org



HOPE
IS WHERE THE
heart
IS

REFUGE *Of* HOPE

7TH ANNUAL HOLIDAY GALA
KENT STATE UNIVERSITY STARK CONFERENCE CENTER

FRIDAY, DECEMBER 2ND • 2016 ❄️ 6 O'CLOCK

- FORMAL DINNER
- FABULOUS AUCTION ITEMS
- RESCUE MISSION GIVING TREE

SAVE THE DATE!

Yes! I want to help struggling people like Frank by providing meals, shelter and HOPE for a better life. Your gift today will make a difference to hurting men, women and children in Stark County!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

How you can contribute to Refuge of Hope Ministries

\$50.00 \$100.00 \$150.00 Other: \$ _____

Credit Card: Visa MasterCard Expiration Date: ____ / ____ / ____

Card Number: _____ Signature: _____

Thank you on behalf of those who benefit from the work of Refuge of Hope Ministries made possible through your generous gift. Tax deductible information will be mailed with your donation receipt.



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**For your convenience, on-line donations are accepted on our website:
www.refugeofhope.org**

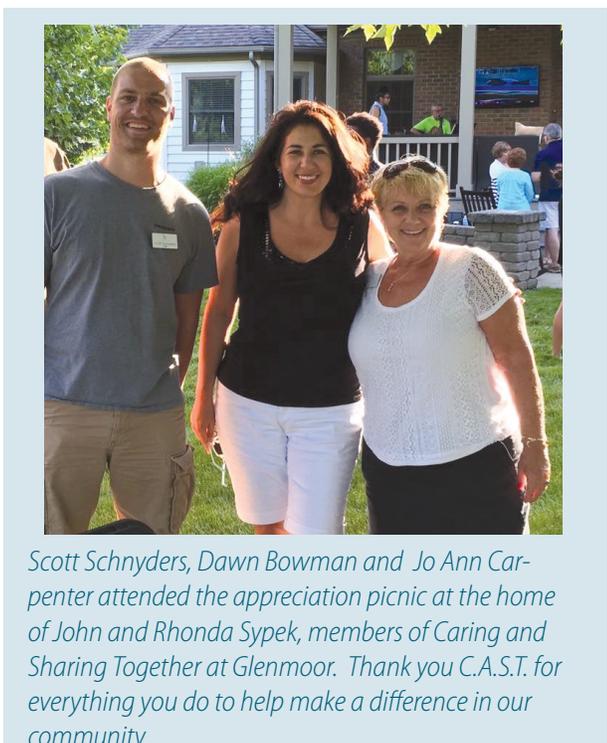
Refuge of Hope, Busy Giving Back to Our Community

Refuge of Hope staff and men helping build a Habitat for Humanity home with C.A.S.T. and other volunteers.



Scott Schnyders, shelter director, and Susan Sherer.

While Scott's son was getting his first haircut someone called out in the salon, "She is choking can someone help her?" Scott and our staff had just received CPR and First Aid training at the mission and he ran to assist Susan. After applying abdominal thrusts the mint she was choking on dislodged and she could breathe again! Thank you to Mark Hartzell from Stat Services for our excellent training!



Scott Schnyders, Dawn Bowman and Jo Ann Carpenter attended the appreciation picnic at the home of John and Rhonda Sypek, members of Caring and Sharing Together at Glenmoor. Thank you C.A.S.T. for everything you do to help make a difference in our community.