

Is GOD stronger than depression? Just ask ROH resident Jeff Hackney

DEPRESSION:
What is it really
and how can it
affect a life?

The official definition is a psychiatric disorder showing symptoms such as persistent feelings of hopelessness, dejection, poor concentration, lack of energy, inability to sleep and sometimes suicidal tendencies.

If that definition does not sound bad enough, add a list of medical conditions that cause you to lose your business and you just might begin to understand why Jeff Hackney <u>walked</u> the towpath from Cleveland to Massillon just to forget.

"I saw a beautiful pond and put my heavy backpack on the ground to walk around the water," Jeff said. "When I returned it was gone. I could not believe things could get any worse until I discovered my food, tent, blankets, clothes and identification were gone!"

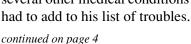
Over the next week Jeff visited several agencies and slept out in the rain. Someone told him about Refuge of Hope and he walked through our doors soaking wet and thoroughly discouraged. Simon Horn, Shelter

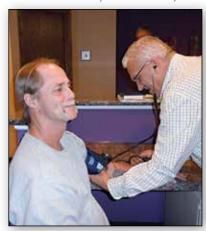
Manager, worked with Jeff to get him a State ID and, of course, provide him with warm, safe shelter, clothing and nourishing food.

Jeff explains what happened after his arrival at Refuge of Hope, "I was not feeling well, with vision problems and lightheadedness, but I did not know what to do. After the evening meal a Pharmacist, Bob Kerick, was

at Refuge of Hope for his weekly visit of monitoring blood pressure, sugar levels, etc. for all of us. That night probably saved my life!"

Jeff's vital signs were dangerously high and Bob advised him to get to the ER as soon as possible. He was admitted and spent a week being treated for high blood pressure and diabetes. Further testing revealed several other medical conditions Jeff had to add to his list of troubles.



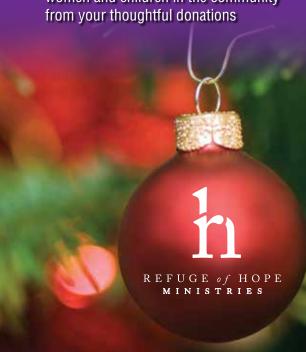


Jeff Hackney & Bob Kerick

DID YOU KNOW...



- (SEE ABOVE) Melanie Hall, volunteer, handcrafted a beautiful wreath to enter a competition at Westfield Mall along with other non-profits in the area. Please stop by the food court, vote for our wreath and help win \$1,500 for Refuge of Hope!!
- unfortunately last month two men staying in the shelter experienced the loss of their mothers; fortunately, from generous donors we were able to provide them with suits and shoes to wear to the funerals
- we can use any Gordon Food Service (GFS) coupons along with our regular discounts when we purchase from them. GFS Coupons are available in the Entertainment Book
- Refuge of Hope has already distributed hundreds of coats and socks to men, women and children in the community from your thoughtful donations



AT LEFUSCOF HOPE



ROH Residents Trim Tree

Being homeless at Christmas is not ideal for anyone but the men staying at Refuge of Hope have much to look forward to and for which to be thankful.

They have already decorated their tree while listening to Christmas music and enjoying delicious pies provided from the Hartville Kitchen the night before Thanksgiving.

On Christmas Eve we will host an evening meal at Refuge of Hope for the community and will be joined by Love Canton families and staff. After

the meal we will adjourn to the new Love Canton Facility on Walnut Street for a special Christmas Eve Service.

Christmas Day will begin with gifts for the men in the shelter, lunch prepared just for them and concluding the day with an evening meal for the community.

Being homeless at Christmas does not mean you are alone when Refuge of Hope is your family!

We wish you all a Merry Christmas!!

OVER 200 GUESTS COMING TO DINNER AND THE ELECTRICITY GOES OUT! (?)



It's almost noon and you are expecting 200 dinner guests in five hours. Construction at the end of your street knocks out your power and the meal cannot be prepared! These are very special guests and you cannot cancel dinner as they are counting on you. What do you do now??

This happened to Refuge of Hope the last week of November. "Cancelling the meal

is just not an option we would accept," explains Meal Ministry Manager, Jo Ann Carpenter. "Who could we call to help us? There are many generous donors who came to mind and we called one of them. Dan Mastroianni from Chicken Manor (pictured above) stepped up to 'the plate' and helped provide 220 meals of potatoes and chicken for the evening meal. What a blessing!"

The power came back on in time for us to add a vegetable to the meal along with dessert. God has placed many special people around Refuge of Hope to provide for this ministry. We are sincerely grateful for each and every one of you... and particularly to our friend Dan for his help in this unique situation.



Falling Leaves...

ROH Raking Crew

On an exceptionally warm day in early November several residents of Refuge of Hope shared their time and generosity by raking leaves and cleaning up the grounds of Santa Clara Monastery. "Loving one another with the charity of Christ, let the love you have in your hearts be shown outwardly in your deeds so that compelled by such an example, the sisters may always grow in love of God and in charity for one another." (Testament of St. Clare) This is a way of life that both ministries strive



to live each and every day. Being charitable to one another does not always have to involve a monetary donation but can also be shown through lending a hand whenever and wherever needed. God Bless Santa Clara Monastery.



If Not You and Me, Then Who?

An old adage states that to truly understand another person's troubles, you must walk a mile in their shoes. In the middle of winter, a young man stopped at Refuge of Hope asking for a place to sleep. He had spent the previous night in the woods on the hard, cold ground covered with leaves in an attempt to stay warm. Walk a mile in his shoes? To be honest...I don't want to walk 10 feet in those shoes let alone a mile. How about you?

If you're like me, you've never had to worry about where you will get your next meal or had to decide in which doorway or alley you will sleep on a freezing winter night. Many in Stark County, however, aren't blessed like you and me. These are the men, women and children that we serve at Refuge of Hope every day of the year.

The severe impact of poverty, hunger and homelessness in our community has been felt at Refuge of Hope. In 2008, we served 14,500 meals;

this year, over 60,000 meals. Our men's emergency shelter, one of only two in Stark County, has been occupied near, at or over capacity every night for the past three years. We provided over 12,000 bedded nights at Refuge of Hope in 2011 and unfortunately will eclipse that number again this year.

With enough food to eat and a roof over our heads, we are blessed. We, in turn, can and should be a blessing to others who lack these basic vital necessities. In dealing with hunger, homelessness and poverty, there is but one question we must each ask of ourselves – if I'm not willing to help the less fortunate, than who will?

"When a poor person dies of hunger it did not happen because God did not take care of him or her. It has happened because neither you nor I wanted to give that person what he or she needed." – Mother Teresa

Yes, I want to help men, women and children this Christmas Season! Please use my gift to provide hot, nutritious meals and safe shelter to our neighbors in Stark County.	h
Name:	REFUGE of HOPE
Address:	MINISTRIES
City: State: Zip: How you can contribute to Refuge of Hope Ministries:	For your convenience, Pay-Pal on-line donations are accepted on our website www.refugeofhope.org
□ \$50.00 □ \$150.00 □ \$100.00 □ Other:	THANK
Card Number: Signature:	YOU!
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 upon donation receipt.	100:



REFUGE of HOPE Is Your Stark County

Christian Rescue Mission

We are here to serve hot nourishing meals to your neighbors! We provide safe warm shelter to homeless men in your county.

Daily hundreds of people in Stark County face the prospect of going hungry. There are families with incomes so low they must decide whether to put food on their table or pay the rent and utilities. Refuge of Hope annually provides thousands of free meals to help our community. We also house homeless men in our emergency/transitional housing shelter.

If you would like a staff member to speak at your church, civic organization, business, school or club, please contact Jo Ann Carpenter at 330-453-1785. We have an informative 4 minute video about our Ministry and would love to share information about the work we are doing locally in Stark County.

Current Needs List for



REFUGE of HOPE MINISTRIES

MEN'S SHELTER:

Socks, blankets, bed linens, wash cloths, bath towels, shower shoes, stick deodorant, men's underwear and gloves

MEAL MINISTRY:

Please call Jo Ann Carpenter (330-453-1785) to see what the most immediate need is



Is GOD stronger than depression? continued from cover page

Homeless, broken, and seriously ill, Jeff found the hope he desperately needed through Refuge of Hope. During a counseling session with Simon, Jeff found the Lord! "Perhaps it was my fear of God that prevented me from asking Him into my heart. But that day when I prayed with Simon, it was different, I felt it and I knew my life would be changed," Jeff joyfully said. "I still have medical challenges to face and I am still homeless, but for now Refuge of Hope is my home and my family! And I can find strength and courage from God to deal with my problems."

Jeff has been back in the hospital several times over the past few weeks but his spirits are good. Please pray for Jeff and others like him who are struggling with difficult situations in their lives that lead to depression, homelessness and a life they never thought they would be living. Pray also for the staff at Refuge of Hope as we work with others though the problems of mental illness, addiction and other causes of homelessness.

At the end of the day, these are real people, like Jeff, not just definitions of hopelessness or symptoms of depression. They are God's children and we are here to serve Him by serving them.

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