LightHouse

Portland Rescue Mission | NEWSLETTER



FROM BROKENNESS TO HEALING & HOPE

Teyuana’s Story of Transformation

After years of living in an abusive relationship, Teyuana found herself sleeping in a car with her two young sons while pregnant. Her mind racing, exhausted from searching for a safe place to park the car every night, she cried out to God. Through the recommendation of a stranger, He led her to Shepherd’s Door, where she joined the New Life Program. **Continued on page 2**

Teyuana's Story of Transformation, continued

Teyuana worked hard to build a better life for her family. But when she became trapped in an abusive relationship, it left her feeling hopeless and isolated. "I was in a very toxic situation... and eventually I was sleeping in my car with my boys. I felt like a terrible mom."

She desperately wanted to protect her children and knew returning to the abusive situation wasn't an option. "Every day was a new battle," she recalls. **"I broke down to God, I prayed, 'Father, help me. I need to get out of this.'"**

When she realized she was pregnant with her daughter, Teyuana became determined to break free from the abusive cycle. "I sat in the car thinking, 'Do I want my baby to see my life and think that this is okay? Absolutely not.' I felt disconnected from them, and I knew I was putting them in unsafe situations."

On the suggestion of a stranger, Teyuana drove to Shepherd's Door. "From the minute they opened the door, I felt so warm and welcomed." After so many days spent fighting to survive, Teyuana found safety instead of fear. **"My first morning waking up here... my kids were asleep in a bed. I felt so much peace."**

As she participated in counseling, Bible studies, and parenting support, God began restoring every part of Teyuana's life. She's deepened bonds with her sons and daughter and found healing through our Children's Center's trauma-informed care programs and play therapy. "We're learning everything all over again in a healthy way through God."

Today, Teyuana has a fresh perspective on life: **"I feel strong.** I feel that I'm being guided. I've grown closer to God and I feel free. **I'm happy again, after a long time."**



This Christmas, Teyuana is celebrating the gift of a new beginning and restored relationships. She looks forward to building a safe and joyful life for herself and her children.

> **"Before coming to Portland Rescue Mission, I was broken, hurt, and alone. Now, I've been restored. I've gained so many relationships in the community here. My life has been blessed."**

Recovery means addressing root causes and pursuing transformation within a loving community.

SEE HOW YOUR SUPPORT HELPS NEIGHBORS LIKE TEYUANA EXPERIENCE HEALING AT PRM!

Help Fill our Hope Vans!

Nights and evenings, our Hope Vans deliver essential items across the greater Portland area to meet our neighbors' greatest needs.

As the weather turns colder, help fill our Hope Vans with our most-requested items:



- Socks
- Coats
- Hats & gloves
- Blankets
- Hygiene items (toothpaste, soap, etc.)

As we share these items, we get to know our neighbors, hear their stories, and connect them to PRM's New Life Recovery Program and other vital resources. Thank you for helping make this outreach possible!



Please drop off items at this location:

Burnside Shelter
111 W. Burnside St.
Portland, OR 97209



Giving Thanks for Christian Culinary Academy

During the Thanksgiving weekend, we'll serve over 1,650 special holiday meals to our community – and we couldn't do it without our longtime partner, Christian Culinary Academy!

For the 13th year in a row, students and faculty from the Academy will join us at our Burnside Shelter to help prepare a Thanksgiving feast for our neighbors who have nowhere else to go.

Together, we'll welcome each guest who turns here with a place at our table and a hot Thanksgiving meal – a comforting reminder that they are not alone and their presence matters.

Thank you, Christian Culinary Academy! Your gifts of time and talent are an incredible blessing to our community.

Want to volunteer at Christian Culinary Academy? You can! Visit
portlandrescuemission.org/get-involved

Spreading Christmas Cheer

For our neighbors experiencing homelessness, the holidays can be a hard and lonely time. At PRM, we do everything we can to make sure our guests find a place to belong where they can feel the joy of the Christmas season.





Christmas Party

Moms and their kids enjoy games, art projects, and a visit from Santa for family photos, while Mrs. Claus shares the story of Jesus' birth.



Festive Decorations

Volunteers help "deck the halls," creating a warm and welcoming environment.

To see more of our Christmas happenings, follow us on social media!

PDXMission PDXMission portland-rescue-mission

A Menu That Makes a Difference!



Hosting a Christmas party, church luncheon, or other special event this holiday season? Leave the menu to us!

Our **Fresh Start Catering** makes it easy to serve great food while giving back in your community. Proceeds from every order help provide meals, shelter, and long-term recovery services to more of our neighbors in need.

FRESH START CATERING & BBQ

From gourmet charcuterie boards, to BBQ entrees, vegetarian options, and even dessert too – you'll find menus to please every palate.

Eat well, do good!

Check out our menus or order now:

www.FreshStart.Catering
FreshStartCatering@pdxmission.org
(503) 746-9685