

Milestones

Recovery happens in relationships.

FALL 2025

It Wasn't Just a Meal. It Was a Lifeline.

“God has given me the strength to focus on the now.
I'm growing in my faith and recovery one day at a time.” — Jane

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Santa Barbara
Rescue Mission

sbrm.org



A NOTE OF FRIENDSHIP FROM ROLF GEYLING

There's Always Something to be Grateful for

SOMETIMES I'M CAUGHT off guard by how grateful our guests are. For them to have ended up at the Rescue Mission, they have had to hit rock bottom.

Most of them, like Jane, have endured childhood trauma that wasn't their fault and faced pain that no one would ever choose.

They could be bitter.

They could be angry.

They could act like they are entitled to a better life after all they've been through.

But often they don't. And they aren't.

Instead, they are grateful for the simplest things friends like you provide: food, shelter, hot showers, clean clothes.

Joe, one of our residents, is one of those people.

After I finished teaching Bible class recently, he came up to me and couldn't stop talking about how grateful he was.

He said, *"This place is amazing! I get up every day, and there's food. This building is beautiful."*

His words encouraged and reminded me that no matter what is going on in your life, there is always something to be grateful for.

That's something we can practice not only at Thanksgiving, but all year long.



It Wasn't Just a Meal. It Was a Lifeline.

WHEN JANE FIRST came to the Mission, her body was in desperate need of nourishment. She'd been living on the streets, not getting enough to eat, and battling decades of addiction.

She had also been pregnant.

"One day, though, my boyfriend beat me so badly that I had a miscarriage," Jane says.

That was the final straw.

A Meal is Just the Start

Jane came to the Mission and was given a hot meal and a safe bed to sleep in. Those simple acts of kindness got through to her heart.

"At the Mission, they encouraged me to get help because I mattered in life," Jane says. "They made me believe that I was worth more."

With newfound hope, Jane decided to apply for our 12-Month Residential Treatment Program.

"I was accepted, and it has been the greatest gift ever given to me," she says.

In our program, Jane discovered the addiction that led to her homelessness was largely due to childhood abandonment, trauma, and frequent abuse.

She endured so much before she ended up at the Mission's front door.

Healing Happens Here

By the time Jane got here, she was so close to giving up, it's a miracle she was alive. The meals friends like you gave not only nourished her body, but also helped her believe that her life was worth fighting for. And she fought hard to start a new life, fueled by your meals and the hope of a second chance.

Four Years Sober

Jane graduated from the Mission in 2022 and has been sober since she first arrived in 2021. Since finishing the program, she's reconnected with her family, has good relationships with her kids, and knows that no matter what lies ahead, she has everything she needs to make it through.



“At the Mission, they encouraged me to get help because I mattered in life . . . They made me believe that I was worth more.”

“With the tools and guidance from my Higher Power, I have been able to overcome those obstacles and continue to live a life without alcohol and drugs. I am very blessed to have been given a chance to redirect my life and stay positive and be a positive influence for those around me,” Jane says.

“I want to thank all the volunteers and donors because without you, none of this would be possible. Thank you all and God bless.”

Each \$2.65 meal you give this fall can change another life!



“The past is the past. God has given me the strength to focus on the now . . . I am currently my youngest daughter’s PR person for her up and coming professional motocross career . . . I am also responsible for her nutrition, exercise, and sleep regimen. It is a full time job and very rewarding.”
– Jane



The Biggest Meal of the Year!

Our Thanksgiving Feast is always the biggest meal we serve all year — and friends like you make it all possible.

We offer restaurant style table service so guests can sit down, slow down and savor every bite.

Speaking of bites, the menu features roasted turkey with mashed potatoes, stuffing, green beans, gravy, cranberry sauce and — of course — pumpkin pie.

Because so many of the people who join us at Thanksgiving have not had a hot meal in a while, we make sure that second portions are available so that no one leaves hungry!

No One Leaves Hungry!





Just one meal at the Mission can prove to a hurting neighbor that their life matters!

Give Life-Changing Meals!

Thanksgiving is a big deal, not only for people in our Residential Treatment Program, but also for our homeless neighbors.

They know that if they come here, they'll get a delicious holiday meal like they won't get anywhere else.

And they need it.

Some haven't eaten in days. Many haven't had a family-style holiday meal in years. For most, they haven't received kindness or respect in years.

At our holiday meal, every bite is a taste of kindness. An example of God's love.

Once someone is treated with dignity and respect, they begin to realize their

own worth. They begin to believe that their life matters. That shift in belief can give them the courage to ask for additional help. Often that means joining our 12-month Residential Treatment Program, that not only transformed Jane's life, but over 1,000 others.

\$2.65 isn't much. It seems like such a small thing. But for the person who gets to eat the meal your gift will provide, it can change everything.

Please give generously. It's only because of friends like you that there will be enough!



Prayer Requests

- Please pray for all the homeless guests who will be coming to us for shelter this holiday season. Pray that our Case Management team will be able to connect them with our Treatment Program or permanent housing.
- Please pray our holiday feasts would demonstrate God's abundant love to every person who comes in for a hot meal.
- Please pray for provision so that we can keep all our programs running.
- Please pray for the health and strength of our staff during this busy season.

Give Life-Changing Meals!

Yes, Rolf! I will help change lives by providing meals!

I'm giving:

☐ \$ _____

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A Caring Neighbor



**Santa Barbara
Rescue Mission**



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