



SEEDS

By Joy Sylvester-Johnson

Zucchini. Lots of zucchini. Some big enough to swallow Vinton!

When zucchini begins to arrive by the trunk load, you know its August at the Roanoke Rescue Mission. As a result we have developed quite a few recipes for zucchini. We bake, sauté, boil, steam, roast and fricassee' it. We've even invented "stealth zucchini." By steaming and dicing it we can hide it in spaghetti sauce, meatloaf, bread pudding, egg casseroles and muffins. You may not see it right away, but zucchini is in there somewhere at meals served in August.

In August we are the happy recipients of the dreams of all those home gardeners who in the dead of winter started perusing seed catalogs. But to get from catalog to table requires more than a dream—it requires work. As a child, I loved planting, but weeding—not so much.

Every successful gardener knows that before the seed can be sown, the ground must be prepared. And then God (the Partner of anyone who ever attempts to grow anything) must send the rain to water and the sun to warm those seeds so they will sprout and eventually mature into a bountiful harvest.

Once upon a time God opened a stall on the Roanoke City Market. When a woman in SW county heard the news she immediately rushed downtown with her shopping list in hand. Arriving in a flurry of activity,

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We had a Birthday Party and the Tooth Fairy Came!

On Friday July 2nd the Rescue Mission was 62 years old. To celebrate this event, the Tooth Fairy welcomed 162 dental patients to our new dental clinic.

A **Passport to Health** was issued to each new patient. The **Passport to Health** was used as they went from station to station for x-rays, blood sugar screenings, blood pressure screenings, dental hygiene instruction and dental exams by our five volunteer dentists. The **Passport to Health** is one way the clinic uses to help patients take more personal responsibility for their own healthcare management.

Some patients had dental surgery and many more were given appointments for later in the summer. Our five volunteer dentists (Dr. Kenneth Ison, Dr. A Wharton Ramsey, Dr. William Roller, Dr. Dan Thompson and Dr. Barry Wolfe) were assisted by 59 other volunteers including students from Virginia Western Community College, Skyline College, Liberty University and Notre Dame University.

What a great kick off in the Virginia Healthcare Foundation dental wing of the clinic.



August 7 - 2nd Helpings
2- 4 p.m. Artist Reception
Pattie Neal &
Carol Rosenburg

August 15 - 2 - 4 p.m.
Back to School Blast 2010

August 6 - 20
SummerCamp/Jubilee Acres

September 11
2nd Helpings
2- 4 p.m. Artist Reception
Heath Nevergold

September 9 - 5:30 p.m.
E.V.E. Network Meeting

September 15 - Noon
Auxiliary Meeting

September 18 - 20
6 hour shifts start 6 p.m. Sat.
Thriftstore Blast

September 17 - 19
Noon - 7 p.m. Greek Festival
at Holy Trinity Greek
Orthodox Church

September 25
Thrift Store Grand Reopening

October 2 - 2nd Helpings
2- 4 p.m. Artist Reception

October 18 - 22
Christmas Card Stuffing
9 a.m. - 4 p.m.

For More Information
Call (540) 343-7227
rescuemission.net

2nd Helpings
(540) 491-9405 Gallery
(540) 491-9409 Cafe
2ndhelpings.org

Want to receive this letter
electronically? Go to
rescuemission.net and look
for the link on the left.

Find us on Facebook

Making Mission Possible!

- 7 volunteers from Spoon's Chapel, Asheboro, NC spent 2 days at the Rescue Mission working in just about every department - Thrift Store, Children's Ministry, Kitchen, Housekeeping, Grounds Keeping, and Development.
- Salem Presbyterian kids spent time at the Rescue Mission as part of their VBS time - shucking corn.
- Shady Grove Baptist Church youth weeded and mulched outside of the Family Shelter.
- Fifty Miss Virginia Pre-Teen and Outstanding Teen candidates helped host a special "Beauties and the Feast" luncheon with our guests.



A young volunteer from Shady Grove Baptist Church pulls weeds at the Women and Children's Shelter.

below: Dr. Thompson and his wife, Jan volunteer in the Virginia Healthcare Foundation Dental Wing.



Volunteers from UPS assist with making the old clinic ready for the new respite area.



- Temple Emmanuel-Camp Kayitz had a contest to see who could make peanut butter and jelly sandwiches the quickest. Four teams made a total of 100 sandwiches for the Mission!



To Remember and Honor, to Remember

In Memory of

Given by

Lucille Abbott
 Maury Adams
 Estelle Akers
 Ed Allen
 Lucille Angle
 Nancy Bias
 Nancy Bias
 Alberta Brammer
 Marie L. Buchanan
 William D. (Bill) Clement
 Willis Coddington
 Robin Cole

 Eva T. Craig

Earl Abbott
 Ora Mae Broadman
 Rebecca Davis
 Jeanette Kidd & "Wacky" Robertson"
 Glenn Angle
 Lucian Bias & Children
 Patricia H. Camper
 Larry & Debby Gibson
 Rayborn & Juanita Hill
 Mr. & Mrs. W. E. Clement
 Paula & Chip Vail
 Mrs. Genevieve Roscoe
 & Ms. Geoffrey Roscoe
 Jefferson Surgical Clinic
 D. L. & V. M. Davis
 55 Lunch Bunch Girls,
 William Byrd High School
 Genetta H Lewis
 Alfred & Betty Jo Tuck
 Shirley D. Duncan
 Aunts, Uncles & Niece
 Larry & Debby Gibson
 Pat & Richard Huffman

Daniel & Donald Croy
 William D. Cushman
 Paul & Odell Davis
 "Arthur E. Gaylor, Jr."
 Iris Gibson
 Warner Greer

In Memory of

Given by

Cora & Bedford Hambrick
 Joseph V Harrison
 Liz Hodges
 Dorothy Howe
 Bill Hungate
 Jane Ingram
 Sterling Journell
 Jeannette Kidd
 John E. Lancaster
 Arlene Lawson
 Louise Lindsey
 Brent Masey
 A. Mason
 Carl Matthews
 Thomas Spencer McCallie, II
 Gray & Jimmy Michael
 David Mitchell
 Colonel Joseph Moses
 John W. Naff
 Lorraine F. Noell
 Coach John Noftsinger
 Bonnie L. Patterson
 Roy C. Perdue

Genetta H Lewis
 Ms Alice W Harrison
 Mr. & Mrs. Guy Kidd
 Debie Nicholson
 Helen Hungate
 Shirley R. Witt
 Loraine J. Cuthbertson
 Velma F Dulaney
 Gloriadene Lancaster
 John & Bonnie Dunn
 Gerald Housenleur
 Helen Kaszar
 Rita Scott
 Evelyn Matthews
 John & Norma Jean Markey
 Mr. & Mrs. James W. Michael
 Mr. & Mrs. James B. Gurley
 Shelia Schoendorfer
 Hazel Naff
 Robert L. Noell
 Wendell McCarty
 Rayborn & Juanita Hill
 Bonnie J. Perdue

Feed Your Family & Families at the Rescue Mission at the same time!

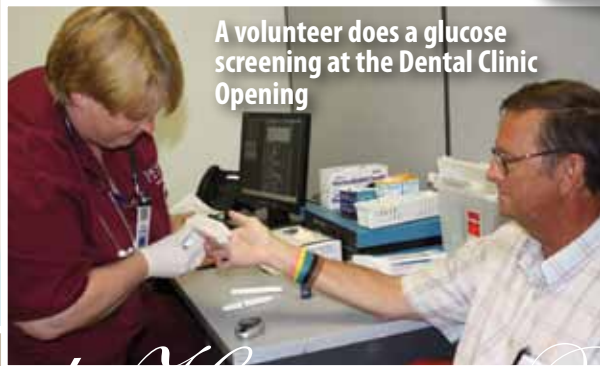
Here are two easy ways to support the Rescue Mission that won't cost you a penny!

1. Shop at Kroger using a pre-paid Kroger Gift Card to buy your groceries:

The \$5 purchase price is offset with \$5 already loaded on the card. Customers can reload their cards at any Kroger store in any amount up to \$500 at the customer service desk.

5% of your purchases (gas, prescriptions, food, etc.) will be donated by Kroger to the Rescue Mission each time you reload your card. The cards are available at the Rescue Mission at 402 4th Street S.E. or call (540) 343-7227.

2. Register your Food Lion MVP Card. Log onto foodlionmvpwards.com. and register your card with the Rescue Mission's organization code: 252263. Each time you shop, Food Lion will support the Rescue Mission.



A volunteer does a glucose screening at the Dental Clinic Opening

Use Your Talents Here, VOLUNTEER!

- Sunday Receptionist 7 a.m. - 12 noon
- Volunteer Teams of 4-8 people to sanitize and make 118 Men's Shelter beds on Saturday mornings
- Thrift Store Workers: To hang and tag clothing Tuesday – Saturday 9 a.m. – 5 p.m.
- Van Drivers: Monday – Friday during summer: 9:15 a.m. – 10:30 a.m. shift or 2:45 p.m. – 4:15 p.m. shift.
- Cheerleading teams for the Drumstick Dash 5 K Race and Walk Thanksgiving morning
- Christmas Card Stuffers - October 18 - 22 between 9 a.m. - 4 p.m.
- Quick to learn? If you are eager to help others, we'll provide on-the-job training for dental assistants in the Mission's Dr. G. Wayne Fralin Clinic for the Homeless

Leslie Littlefield
 Rescue Mission Volunteer Coordinator
Leslie.littlefield@rescuemission.net
(540)-777-7651

FED UP WITH CD RATES? WANT TO HELP THE MISSION?

Check out a Mission Charitable Gift Annuity. Your income is guaranteed for life and you can make a bigger gift to the Mission than you thought possible. Rates for 71 year olds are currently 5.9%. For more information on Mission Charitable Gift Annuities, call Lee Clark at 540-777-7687.

er and Honor, to Remember and Honor

In Memory of

Gordon Peters
 Martha Ann Peterson
 Dorothy M. Sink Reynolds

Mr & Mrs Alexis Radjou
 "Wacky" Robertson
 Curtis L. Rowland
 Donald Rutherford

Al Secrist
 Dallas Shelton, Sr.
 Judy Riley Sink

Eva A. St. Clair

Russ Streeper
 Helen Thompson
 Ray Thompson
 William J. Thornton
 Roy Throckmorton
 Harry O Witt

Given by

Paula & Chip Vail
 Paula & Chip Vail
 David & Barbara Jones
 Karolyn A. Sink
 Marcia Larson
 Sandra Sink
 Peter Radjou
 Velma F. Dulaney
 Mrs. Curtis L. Rowland
 Rev. & Mrs. John Cochran
 Bill & Gwen Rutherford
 Frances Stover
 Timothy S. Shelton
 Mr. & Mrs. Jack A Riley
 Clyde B. Sink
 Mr. & Mrs.

Frederick A. St. Clair
 Jeff & Katie Highfill
 Grady & Janice Pagans
 Margaret Thompson
 Barbara Thornton
 Richard Throckmorton
 Genetta H Lewis

In Memory of

James D. Ware's Birthday
 Paul A. Wood, Jr.
 Colonel Jim Woodrum

In Honor of

Rose M. Barger
 Lance Barnett
 Taylor S. Brown
 Herbert Bryant
 Richard Cundiff
 Rev. Mason Cooper
 Susie Deeds
 Robert and Frances Garland
 Ansel M. Greene
 Coach Leonard Hale
 Bill Kohler
 Rev. Bob & Shelby McAden
 Thruston & Ruth Moomaw
 Jessica "Mondays" Newcomber
 Bob Parker
 Betty Stanley
 Coach Hugh Tucker
 Alton L. Wilmer
 Douglas Wright
 Soldiers
 All Moms

Given by

Mr. & Mrs. Jeffrey L. Kresge
 Paula & Chip Vail
 Shelia Schoendorfer

Given by

Joseph B. Camper
 Beatrice Barnett
 Donald E. Brown
 Melissa Wagstaff
 Frank H. Mater, Jr.
 Robert Cooper
 Karen S. Carter
 Paulette Ferguson Lawson
 Melanie Dowdy
 Wendell McCarty
 Ms Drew Gibbons
 Nancy Bracey
 Mike Moomaw
 Wanda Broady-Q-Hartman
 Betty Parker
 Rebecca Bane
 Wendell McCarty
 Wesley Wilmer
 Mr. & Mrs. Stephen Wright
 Shirley Sutphin
 Capt R.K. Culbertson



Pressing on towards the Goal...

Tammy Wiley approached the Rescue Mission with the idea of getting a group of recovery program participants together to start running and eventually (if they stuck with the training) to enter a 5K race.

"I thought it would be a sense of accomplishment, getting out early at 6 a.m. and running and then actually being able to participate in a race and complete the 5K," Wiley explained.

Sponsors helped pay for the Rescue Mission group to run in the Commonwealth 5K Race by donating entry fees and supplying running shoes. Two of the folks from the Mission's team actually placed in the race and all of them finished the course!

"When I was in active addiction the only time you could see me running was when a flashing blue light was chasing me," said one of the runners. All on the team agreed that running for health and fun was a great way to stay clean and sober.

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she placed her order, "I want one perfect cantaloupe, one perfect tomato, one perfect cabbage and one perfect peach." God, who was minding the store that day responded, "Lady, I only sell seeds."

At the Rescue Mission we see the seeds God has already planted in the lives of people. We see the seeds of hope and resiliency when folks have to face disasters and the aftermath of disaster. We see the seeds of curiosity and intellect in the faces of young children in the shelter. We see the seeds of faithfulness and generosity in our donors and volunteers. We see the seeds of perseverance and kindness in our staff. Seeds abound here.

God then sends the rain and the sun, but the weeding—that is our part in the process.

In the 12 step community we call this "taking inventory." At the end of the day we reflect on where we saw God at work in our lives and where we saw ourselves as obstacles to His grace. These two questions help us to stay in the center of God's will and to "weed" our lives so that we can grow in grace.

Hope your garden outside and the even more important one inside are both thriving this summer.

72 Hour Thrift Store Blitz

The Rescue Mission Thrift Store has been a service to the community by recycling clothing, furniture and other items for more than 62 years. 20,000 items were given to families in need last year with our Thrift Store Voucher Program and thrifty shoppers found bargains galore.

On Saturday September 18th the Thrift Store will close and the Thrift Store 72-hour Blitz will begin! Working round the clock, teams of volunteers will totally renovate the Thrift store with new paint, new displays and all new merchandise (new to us anyway).

Want to help? Call Leslie Littlefield at 777-7651 to get on the team.

Love to shop? Come to the Grand Opening of the new and improved Thrift Store on Saturday, September 25th!!



Wish List

- Bath Towels & Washcloths
- Toothbrushes & Dental Floss
- Deodorant
- Copy Paper
- Homemade Quilts (twin size)

School Supplies and Book Bags
for Back to School Blast

for a complete list see rescuemission.net
or call (540) 343-7227
(2,000 kids this year!)

Meals and More...

These numbers represent lives changed through God's blessings and your generosity!

	JUNE 2010	YTD 2010
Meals served	24,037	149,694
Shelter nights	8,215	53,313
Clothing items provided	2,957	12,104
Professions of faith	56	330
Volunteer hours	7,690	35,834
Class hours of instruction	2,338	13,508
Clinic patient visits	1,029	6,989
Value of healthcare provided	\$141,914	\$1,122,4411
Case management visits	406	2,601
Legal clinic visits	4	18