



## When the Answer is “NO”

It is the official beginning of the busiest season of the year for those of us at the Rescue Mission. We have the Drumstick Dash and the two big holiday meals and all the year end events on top of the things that normally take every minute of our 24 hour days.

In my senior years I have learned, *(not quickly, but I have finally learned)*, that to say “yes” to someone requires in equal measure the ability to say “no.” If I make a commitment, it inevitably means I will be saying “no” to some other cause, program or person.

I have also learned that if I really care about someone, and I believe what they are asking me to do will harm them or others, then I must say “no” even when they ask, beg or demand a “yes” from me. I got rather good at this as a mother with my own children. It has been harder as a grandmother with my grandchildren and even harder still as the CEO at the Rescue Mission. In that role there are times when I have to say “no” to shelter guests, to staff members, to volunteers, to donors, to board members and even to other organizations.

It was said of St. Vincent de Paul that when he had to say “no,” people left as blessed as if he had said “yes.” Those who know me best will be the first to agree that I have not achieved a reputation of sainthood, but when it comes to saying “no” my prayer has increasingly been that one day even my “no” will be received as a form of blessing.

Often before a person can hear my “no” they want to be sure that I have heard all of the reasons why my answer should be “yes”. What this means is that I now do more listening than talking in meetings where I am the final decision maker especially when I suspect the answer is going to be “no”. Occasionally some new fact or circumstance does require pause and reconsideration, and when that happens, I am glad.

I have found that if I let others talk first and say all they have to say about an issue, they are then more willing to listen. I have also learned that even when the person wanting a “yes” gets loud or red in the face, or resorts to blaming, threatening or abusive language, that it is best if my “no” is said in a firm, but quiet voice. In fact, the louder the protest, the more quiet the response. I have also learned that it is important to look people right in the eye when saying “no.” Looking people in the eye *(in this culture)* conveys respect. And someone who is hearing “no” needs to know that the negative response is to the question being asked and not an evaluation of

*Continued on back page*

## Move Your Feet, So Others can Eat!

In these challenging economic times we at the Rescue Mission have seen the numbers of homeless women and children swell to unprecedented heights. For the first time in the Mission’s 62 year history of serving the poor, there are more women and children seeking safe shelter than men.

*When we run, or walk in the Stellar One Drumstick Dash, everyone wins!*



- ▶ The winners are every homeless family who receives food, shelter, clothes and medical attention at the Rescue Mission.
- ▶ The winners are every runner who races toward the goal of ending hunger in our city
- ▶ The winners are all the walkers who move their feet so others can eat.
- ▶ The winners are all the volunteers who show up to make a stand against poverty and homelessness.
- ▶ The winners are the number of sponsors who put their money where it will accomplish the most good right here in the Roanoke Valley.

**Early Registration Deadline is November 15. Register now at [drumstickdash.net](http://drumstickdash.net).**

### November 6

Park-Oak Grove Retirement Community Bazaar to benefit Women & Children’s Center 9 a.m. - 2 p.m. 4920 Woodmar Dr. Roanoke, 989-9501

**November 6 - 2nd Helpings**  
2-4 p.m. Artist Reception  
Jane Stogner

**November 9 - 11 a.m.**  
“Updating your Estate Plan for Today AND Tomorrow” Luncheon Included  
RSVP 777-7687

**November 11**  
E.V.E. Network Meeting  
5:30 - 6:30 p.m.

**November 15 - 12 midnight**  
Drumstick Dash  
Early Registration Deadline

**November 17 - 12 Noon**  
Auxiliary Meeting

**November 22 - 25 Mon. - Wed.**  
Homemade pies for Thanksgiving accepted and Drumstick Dash packet pickup.

**November 25 - 9 a.m.**  
StellarOne Drumstick Dash  
Register now at [drumstickdash.net](http://drumstickdash.net)

**November 25 - Thursday 1 p.m.**  
Thanksgiving Feast

**November 26 - 10 a.m. - 4 p.m.**  
Gift Wrapping at 2nd Helpings

**December 2-23, 2nd Helpings**  
Thurs., Fridays 5 - 7 p.m.  
Gift Wrapping

**December 4th - 2nd Helpings**  
2 - 4 p.m. Artist Reception  
George Shumate

**December 14th**  
Adopt-a-family Gifts Due

**December 25, Friday. 1 p.m.**  
Christmas Feast

For More Information  
Call (540) 343-7227  
[rescuemission.net](http://rescuemission.net)  
[drumstickdash.net](http://drumstickdash.net)

2nd Helpings  
(540)491-9405 Shop/Gallery  
(540) 491- 9409 Cafe  
[2ndhelpings.org](http://2ndhelpings.org)

[Find us on Facebook](#)



*Acorn Stitchers*

# Thank you!

## Making Mission Possible

- Acorn Stitchers, at the One Oak Quilts in Daleville, handmade 15 quilts for the Rescue Mission. In addition, Brenda Buckner, one of the members donated 99 sets of twin size sheets!
- Virginia Tech Catholic Campus Ministries brought 20 students to clean, paint, and sort in the Thrift Store on October 2.
- Over 400 Fellowship Community Church members left their shoes at the alter one Sunday and then donated them to the Rescue Mission!
- John Cahoon led the Rotary Club of Roanoke to sponsor 20 children in shelter to go horseback riding at Slocum's Appalouosa Ranch!
- Volunteers helped us fold and stuff over 155,500 Christmas cards and inserts!
- Under the direction of Eagle Scout candidate Matt Reyer, volunteers, Carter Media, and Access teamed up to produce a memorable Drumstick Dash Commercial for the Rescue Mission!



*Every Bed at the Mission has a handmade quilt.*

*Students from Catholic Campus Ministries assist in sorting quilts at the Thrift Store.*



*On the set of the shoot for the Drumstick Dash Commercial*



*Some children in shelter got to ride a horse for the first time.*

## To Remember and Honor, to Remember a

### In Memory of

Farrell L. Adams  
Gerard Adler  
Jerry Adler  
Estelle & Roy Akers  
O.P. Akers  
Alan L. Amos

Lucille Angle  
Connie Bagbey  
Jewell Bayse  
Lillie Betters  
Arthur & Meryl Biggane  
Frances L. Blankenship  
Harold Breedlove  
Raymond Carter  
Ricky Carter  
Robie M. Camper  
Irene K. Childers

Joyce Diane Woodson Childress  
Marvin Cronk  
Dorothy Dent  
John W. Dulaney

### Given by

Ray & Rosemary Widener  
Oakey's Funeral Service  
Vicki Lee  
Earl & Helen Akers  
John & Clarice Corell  
Jean D. Kosko  
S. B. Cox Inc. & the Cox Family  
Carla H. Pickeral  
Royce P. Foster  
Glenn Angle  
June & Caldwell Butler  
Mr. & Mrs. George Igoe  
Mr. & Mrs. Eric Reichardt  
Meryl E. Mantione  
Alfred & Betty Jo Tuck  
Blanche Breedlove  
Earl & Helen Akers  
Earl & Helen Akers  
Joseph B. Camper  
Neighbors  
James B. Carmical  
Leda R. Wingfield  
Lois B. Wade  
Jack and Donna Woodson  
Patty Cronk  
George O. Dent  
Velma Dulaney

### In Memory of

Annie Ellis  
George McAfee Frye II (Max)

Pamela Gallagher  
Vivien Glidden  
Gwen Gordh  
Thelma H. Green  
Larry Hager  
Curtis N. Hambrick  
Margaret High  
Liz Hodges  
Gloria Hornbarger  
John H Hudson Jr.  
Evelyn Jamison  
Mr. & Mrs. Robert Kjeldsen  
Carl W. Lewis  
Brent Masey  
Ethel Mason  
Ronnie Mayfield  
Thurston & Ruth Moomaw  
E. E. Morgan  
Larry Moulse  
Byron & Irene Moulse  
John W. Naff  
Lorraine Noell

### Given by

Mr. & Mrs. Ralph W. Ellis  
Jim & Nancy Brown  
Everett Holland  
Elsie Turner  
William & Ruth Turner  
Diane & Wanda Whitlow  
Geraldine M. Snyder  
Olin Glidden  
Elizabeth W. McGavock  
Genetta H. Lewis  
Lucian Bias  
Genetta H. Lewis  
Paula & Chip Vail  
Mr. & Mrs. Guy Kidd  
Jack & Nancy Moore  
Velma Dulaney  
Francis Stover  
Allan R. Kjeldsen  
Genetta H. Lewis  
Helen Lynn Kaszar  
June & Caldwell Butler  
Ronald & Constance Callahan  
T.M. Moomaw  
Louise & Lloyd Nicely  
Carolyn Franklin  
Carolyn Franklin  
Hazel Naff  
Robert Noell

# Volunteer Needs

## GREATEST NEED

**Road Marshals, Musicians and Cheerleaders for the Drumstick Dash 5K Race & Walk on Thanksgiving Morning**

- **Food Prep:**  
Thursdays or Fridays from 1:30 – 4:30 p.m.
- **Breakfast Volunteers:**  
Weekdays, 5:30 – 8 a.m.
- **Pantry Worker:**  
Any Weekday, 3 hours per day.
- **2nd Helpings Gift Wrappers in December:**  
Thursdays and Fridays, 5 p.m. - 7 p.m.
- **2nd Helpings Gallery**  
Thursdays from 12 noon - 1:30 p.m.
- **Custodian Groups:**  
4 to 8 people to sanitize and make 118 Men's Shelter beds on Saturday mornings.
- **Spelling and Language Arts Teacher:**  
Teaching adults in our Mending Wings Learning Center
- **Children's Chapel Leaders:**  
for 1st and 2nd Thursdays 6:15 - 7:15 p.m.

Leslie Littlefield

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

# Rescue Mission Christmas Wish List



## Adopt-A-Family

Adopt a shelter family this Christmas and provide gifts for the children and parents, contact Kirsti Powell at 777-7664

## Christmas Care Packages

### Recovery Participant Gift:

Umbrella, \$5 Fast Food Card, Boxed Chocolates

### Rescue Mission Shelter Bedtime Gift

Twin Size Sheet Set, Bath Towel

### Child Shelter Guest Gift Bag

Underwear, Socks, Pajamas

### Adult Shelter guest Gift Bag

Underwear, Thermal Socks, \$5 Fast Food Card  
Boxed Chocolates

### Rescue Mission Shelter Toiletries

Deodorant, Toothbrush, Shampoo (trial size),  
Comb, Lotion, Disposable Razors, Chapstick.

Drop off at the Mission's front Desk  
between 7 a.m. and 9 p.m.

402 4th St. SE, Roanoke, VA 24013

## Medical Clinic Ministry

In the Month of August these services were provided by volunteer providers in the **Virginia Healthcare Foundation** wing of the Dental Clinic:

12 fillings

30 dental visits

39 extractions

5 Dental Referrals

In September the Rescue Mission Medical Ministry dispensed perscriptions valued at over \$20,060.90 to those who were uninsured, unemployed and homeless.

# and Honor, to Remember and Honor, to

## In Memory of

Ellen C. Owen  
Mary Peebles  
Albert Pichett  
Helen Pichett  
Gracie M. Poff  
William E. Pritchett

Lisa Puckett  
Mr & Mrs Alexis Radjou  
Jack Richardson  
Curt Rowland  
Galen D. Saul  
Elizabeth Scholz  
Judy Riley Sink  
Eva A. St. Clair  
Ellen Stover's Mother  
Jim Taney  
Dorothy Townsend  
Al Traylor  
T. George Vaughan  
Anna I. Walker  
Dorothy N. Walters  
Teresa M. Wiley  
Mary Sue Wilhelm  
Waltraud M. Wirt  
Lydia & Willie Witt  
Francis R. Wright  
Mom & Dad

## Given by

Ken & JoAnn Stafford and Joan & Frank  
Patricia W. Witten  
Jalean P. Warner  
Jalean P. Warner  
Mary S. Hailey  
Skyline Door & Hardware  
Royce P. Foster  
Mr. & Mrs. George Igoe  
Peter Radjou  
Lewis Pillis  
Pat & David Lumsden  
Margaret H. Saul  
Mary Scholz  
Mr. and Mrs. Jack A Riley  
Mr. & Mrs. Frederick A. St. Clair  
Earl & Helen Akers  
Evelyn K Matthews  
Lynette Martin  
Paula & Chip Vail  
Ms. Patricia Vaughan  
Jonathon & Bonnie Apgar  
Sharon W. Fleming  
Arthur & Melissa Wicker  
Gayle Daniel  
Bobby E. Wirt  
Genetta H. Lewis  
Mr. & Mrs. Melvin Johnson  
Shirley Sutphin

## In Honor of

Alpha Delta Kappa Month  
Pastor Daniel Boone  
Bobbi & Johnny Carter  
Ruth Carter  
Colin Doughty  
Friends and Family  
Martha Hartberger  
Eunice Harvey  
Gail Holbrook  
Mr. & Mrs. Glennard Quesenberry  
Liz Radford  
Betty & Jim Reynold  
Charlotte Taylor  
Charles C. Vail  
Kim Young  
Natalie, Heather & Nicole

## Given by

Marilyn Martin  
Mr. & Mrs. Floyd M. Markham  
Karen S. Carter  
Earl & Helen Akers  
Robin Austin  
Douglas L. Waid  
Susan Richardson  
Mr. & Mrs. Ralph W. Ellis  
Drew Gibbons  
Richard Thockmorton  
Mrs. Elizabeth S Stanley  
Paula & Chip Vail  
Lois B. Wade  
Paula Vail  
Drew Gibbons  
James O. Baker

You are invited to an informative talk

## Updating Your Estate Plan for Today AND Tomorrow

presented by

**Ann Green, Attorney**

Anderson Desimone and Green, PC

11 a.m. Tuesday, November 9

at the Rescue Mission, 402 Fourth Street, SE, Roanoke

Luncheon Included RSVP 777-7687

# Give Yourself a Present

As we head into the final days of 2010, now is the time to give yourself a gift by helping the Rescue Mission:

- ◆ Donate your old but still running car.
- ◆ Give clothing or furniture or household items.
- ◆ Make a cash or stock contribution.
- ◆ Give as part of the Virginia Neighborhood Assistance program by making a minimum gift of \$500 and get 40% back in Virginia Income Tax Credits.
- ◆ Set up a Charitable Gift Annuity which allows you to make a gift today and receive an income for the rest of your life.
- ◆ Shop at 2ndHelpings or the Rescue Mission Thrift Store and save!
- ◆ Make your biggest gift by including a bequest to the Rescue Mission in your will.

Your gift will make a difference in the lives of many. *Thank you!*

To learn more, contact Lee Clark at 540-777-7687 or [lee@rescuemission.net](mailto:lee@rescuemission.net).

## When the Answer is “No” continued from front page

their value as a person. I believe what people want most is an acknowledgement that they have been heard and that they are respected.

So this is one of the questions I now ask myself before I say “yes” or “no”: “Is this the redemptive thing to do in this situation?” I know that if I say “yes” or if I say “no”—there will always be a cost.

Everyone likes to be “liked” and saying “no” can make a definite dent in one’s popularity ratings. But if it is the redemptive thing to do, then “no” it should be. The older I get the more I pray for courage to say “no” when love demands it. This month I had to say “no” to a young man who was working on a Mission related project. I knew his initial response would be one of agitation followed by disappointment (and that his parents would also be troubled by my decision to refuse his work), but I also knew that to say “yes” to inferior work would be wrong. It would be wrong for the sake of the Mission, but it would also be wrong in terms of “growing” a boy. “No” was the redemptive response.

I think more these days about how God responds to my requests—sometimes made with great urgency and often couched in a realm of what I believe to be logical prepositions. When God answers “yes” or when God answers “no” or sometimes when God answers “wait awhile”, what matters most is that my response to God always be “yes.” As a leader, if I get that right, all will be well. In this season of thanksgiving, I am thankful that God loves me enough to sometimes tell me “no.”

# 2<sup>nd</sup> helpings

SHOP • GALLERY • CAFE



## Extended Hours at 2nd Helpings in December

Starting in December, 2nd Helpings will be open til 7:00 p.m. every Thursday and Friday night, ending on December 23.

Friendly Gift Wrappers will be available from 5:00 til 7:00 p.m. Watch for special promotions in the gallery, cafe and shop on our facebook page.

Enjoy your “2nd Helpings” in knowing your gift will be used to provide for the medical, dental and psychiatric care needs for homeless families.

Located at 1502 Williamson Rd. in the Civic Mall just north of the Roanoke Civic Center.

Call (540) 491-9405 to learn more.

## Wish List

### Sugar & Mayonaise

### \$5 Fast Food Gift Cards

(McDonalds, Hardees, Arby’s, Subway)

### Housewarming Baskets

(These baskets are given to families moving out of the shelter and into their new homes)

Cleaning Supplies

Paper Products

Towels & Washclothes

Laundry Detergent



## Meals and More...

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

	September 2010	YTD 2010
Meals served	27,010	237,236
Shelter nights	9,380	81,918
Clothing items provided	2,233	18,882
Professions of faith	59	540
Volunteer hours	6,632	58,786
Class hours of instruction	2,581	21,083
Clinic patient visits	1,056	10,473
Value of healthcare provided	\$185,299	\$1,755,448
Case management visits	392	3,960
Legal clinic visits	4	24