



Living into Forgiveness

It's not even a week into the New Year and already many of my resolutions have been compromised. I was going to move the speed up on the treadmill to 4 miles per hour instead of 3. I was going to limit diet carbonated drinks to two per week. I was going to sing more and worry less. I was going to read two serious books for every mystery I opened. Well, I sang to myself and the dog this morning, but the other things I promised myself are still more "wishful thinking" than resolutions.

So rather than making anemic resolutions, I will be embracing a theme for the year. This is the year I want to take forgiveness seriously. This is the year I want the experience of forgiveness to begin healing me, my family, my mission, my neighborhood, my church, my country and my world.

I no longer want to put "forgiveness" on hold. When I repeat the words of our family prayer, "and forgive us as we forgive" I want to say it with a conviction that is matched by changes in my mind, my spirit and --my behaviors.

We Christians are supposed to buy into this whole forgiveness concept, but instead of practicing forgiveness as a way of life supported by individual and communal disciplines, I find myself reduced to forgiveness as a "solution" when things get to the point of being too awful to do otherwise. I don't want forgiveness to be the end, but the beginning of my relationships and my life's work.

The bible tells me that God has to forgive me, because that is what God does. This vertical form of forgiveness is usually on my radar and many times I experience it with no little sense of relief—because I know not only my words and actions, but the spirit behind them.

Most of the time, perhaps because I am one of those more public believers, I even manage to give lip service to the horizontal forgiveness that is supposed to be the result of that vertical forgiveness. But usually I have to preach a bit to myself first and if the truth be told (and it should be) I get a bit of a "high" by holding on to my resentments. I now realize it is a luxury I can no longer afford.

So how do I plan to embrace forgiveness vertically and horizontally? This is where L. Gregory Jones and Ce'lestin Musekura, in their book Forgiving As We Have Been Forgiven, offer me a six step plan that prompts me to think and plan and act.

Step One: Tell the truth.

We in the South may actually have more problems with this than others because we try to be so polite all the time. But when there is real conflict or injustice, we must learn to tell the truth about it. The truth is not only

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It was far from a Silent Night, but it did have it's Holy Moments.

The story was read, carols were sung, and the bells rang, and rang and rang as children from the shelter celebrated the birth of Jesus by holding a pageant in His honor at the Rescue Mission December 20.



January 8 2nd Helpings
Sat. 2 - 4 p.m. Artist Reception
Sally Mook, Aileen Flescher
Jenny Ohs

January 13
Thursday 5:30 - 6:30 p.m.
Eve Network Meeting

January 19
Wednesday Noon
Auxiliary Luncheon

January 20 Medical Clinic
Thursday 5:30 p.m.
Bless My Sole

January 23
Sunday, 2 p.m.
Friends & Family Event

January 23,
Sunday, 1-4 p.m. Souper Bowl
(snow date January 30)

February 3
Thursday 5:30 p.m.
MENistry - New Men's Group

February 5 2nd Helpings
Sat. 2 - 4 p.m. Artist Reception
Barry Wolfe, Larry Mitchell

February 13
Sunday, 2 p.m.
Volunteer Appreciation

February 24 2nd Helpings
Thurs. 5-7 p.m. Designers Event
with Larry Bly,
Carol Fralin and others

March 5 2nd Helpings
Sat. 2 - 4 p.m. Artist Reception
Olivia Kershaw Smith
Betty Hancock Bright
Donna Hancock

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

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

to receive this newsletter
online visit
rescuemission.net

Find us on Facebook 

WHAT WILL THEY REMEMBER ABOUT YOUR GIFT?

When they no longer play holiday music at the mall...

When the tree has been taken down and the last bit of tinsel vacuumed from the carpet....

When the new toys have been broken and the new gloves lost...

And the last of the fudge and fruitcake has been eaten...

We want you to know that your gift to the Rescue Mission will still be changing lives.

The hungry were fed • The homeless were sheltered • The sick were treated.

And all were welcomed -- not just on Christmas Day -- but everyday.

In Memory of

E. M. Abbott
Jerry Adler
Maxine Akers
Theresa Alba
Jerome Allen
Leonard Allen
Willie Allen
Betty Anderson
Evelyn Turner Anderton
Remona Angell
Lucille Angle
Justin Alan Arthur
Lee Atkinson
Peggy Baker
Stewart Baucom
Ray Belcher
Lynn Blackburn
Charles T Bland
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Maurice & Francis Booth
Alberta Brammer
Lewis Branch
P. B. Branch
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Vernon Cook
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George Copenhaver
Mr. & Mrs. Dennis Craft
Sherman Craighead
Adrian & Daisie Cronk
Aurthor & Laura Cronk
Pauline Crouse

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Buddy Sink
Helen L Bland
Chris & Krissy Conner
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Debby & Larry Gibson
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Mary V. Branch
Mary V. Branch
Rayborn & Juanita Hill
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Patricia Camper
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Doug & Wanda Powell
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Faye Cooley
Barbara C Barksdale
Janice P. Copenhaver
Mr. & Mrs. Cyril J. Goens
Carmen M. Craighead
Adrian & Lottie Cronk
Sherrill & Betty Cronk
Dr. & Mrs. Stephen Alouf

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Clarence & Mattie Custer
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Harry Davidson
M. Leon Davis
Mittie Davison
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Virginia R. Wirt
Sallie Williamson
Larry Wray

Mike Wright
Gary W. Young
Loved Ones
My Parents
Parents, Brothers, & late husband
My Dear Husband
My family
My deceased family
Jesus

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James Saunders
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Robert and Mollie Harris
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Wanda Miller

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Cliff & Mary Ann DeMars
Doug & Dot Law
Cliff & Mary Ann DeMars
Rita Filbrun
Her nieces and nephews
Jeff & Katie Highfill
Jones
Marjorie W. Jones
Janice Kastler
Richard & Susan Bingh
Diane Garrett
Steve and Jo-Ann Lonker
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Linda Meador
Cliff & Mary Ann DeMars
Judy A Bower
Jane W. Bower
Linda Glatt
Dennis Miller
Dennis Miller

Family & Friends
Health Care Staff at The Glebe
Jesus's Birthday
Jesus
Monday Morning Breakfast Staff &
Volunteers
My Brother
My Clients
Olivia & Jake in Room 124

Our Family
Our Family
Parker/Cooper Family
Soldiers
Sons and Grand Children
The Homeless
Volunteers
Veterans
My friends and family

Mary Naff
Fred H & Mary K Nedved
Fred & Elsie Nicewonder
Paul & Penny Phillips
The Pleasants
Dylon Pugh
Josh Pugh
Anne Pullen
Mary Pullen
Louise Pullen
Peggy Ray
Emily Reel
Ron & Sally Roseveare
Ms. Lyle Ross
Ms. Elizabeth Ross
Sue & Charlie Rowe
Charles Salmon
Betty Bonsack Shaver
Sue Shaver
John, Matilda & Brad Shaw
Edward Shott
The Sleds Family
The Slinkards
Dolor & Naoma Slone
Mr. & Mrs. Randolph, Victoria Smith
Fred & Jean Swisher
Mr. & Mrs. David Thomson
Tracy & Philip Travis
Olivia Grace Turner
Chip & Paula Vail

Bill Webb
W. L. Whitwell
Jim, Pauline & Joe Williams
Jean Willis
Mike Wright
Aiden Yates
Drumstick Dash Volunteers
All Children Everywhere
All Friends
All The Hungry

Family & Friends
Health Care Staff at The Glebe
Jesus's Birthday
Jesus

Monday Morning Breakfast Staff &
Volunteers
My Brother
My Clients
Olivia & Jake in Room 124

Our Family
Our Family
Parker/Cooper Family
Soldiers
Sons and Grand Children
The Homeless
Volunteers
Veterans

My friends and family

Lawrence G. Naff
Richard D Nedved
Kathy M. Smith
Dana Sealey
Ms. Jean Ridenhour
Glenna B. Caldwell
Glenna B. Caldwell
Paul & Connie Pullen
Paul & Connie Pullen
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Aryana Cox
Jonathan & Bonnie Appgar
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Franklin Coe
Beverly J Kennedy
Scot & Wanda Overstreet
Ronnie Richardson
Donna Atkin
Joy B. Cutler

Forgiveness *Continued from front page*

found in my recollection of what happened, but in the listening to the other parties involved. We were all there, but we experienced the event differently and it is important to listen and remember and perhaps challenge some of our pre-suppositions.

Step Two: Acknowledge the anger/bitterness/hurt.

It does no good to deny our feelings. In fact, the only way to heal them is to first acknowledge them. Our feelings just "are." Often they are not based on facts or what is right or wrong. They just come and when they do we need to admit that they are our feelings.

Step Three: Realize that the other person is one of God's creations and potentially our brother or sister in God's family.

When we are deeply hurt or in the midst of an angry rage we don't want to be reminded that the focus of our feelings is one of God's children too, but if we can make ourselves confront that possibility then there is potential for forgiveness to happen.

Step Four: Recognizing, remembering and repenting

We recognize our own complicity in the conflict and we remember that we have been forgiven in the past and so we begin to repent. There are victims and there are abusers, but all need repentance. Repentance breaks the cycle of violence and creates the space for God to do something new.

Step Five: Commit to change

Forgiveness doesn't just look backwards toward absolution of guilt, but forward toward restoration and community. There is no future without forgiveness.

Step Six: We confess our yearning for reconciliation

When a situation is so painful that reconciliation seems impossible, forgiveness is the only option.

We embody the hope of forgiveness with every act of kindness, every meal shared, every apology offered, every movement towards justice and healing.

Jones and Musekura talk about the dance of forgiveness in their book and remind us that the dance teacher often tells the student not to look down at their feet when learning to dance. This is good advice. I have heard it before. My dad always signed his letters "keep looking up." If this is my year to live into what I say I believe about forgiveness, then I will be looking up to see how to do it. Will you join me? It could change the world.

Making Mission Possible:

- Allstate donated 118 sets of twin sheet sets
- Eli Lilly helped organize our pantry
- ACL-Axon, a business partner doing work for Norfolk Southern, donated their per diem allowance for a total \$1,630
- 83 volunteers helped to serve 917 meals for our Thanksgiving Feast
- 319 volunteers helped with the 2010 Drumstick Dash. 11,500 moved their feet so others could eat
- Park Oak Grove Retirement Community held a Benefit Bazaar for the Lois Bettis Woman and Children's Center
- Pastor Ben Sturgis said he "left a little piece of his heart at the Mission" when he delivered over 60 cakes from his congregation.
- Virginia Western School of Nursing helped stock our pantry for the holidays
- Norfolk Southern annual Beary Merry Christmas brought a truckload of toys



Souper Bowl at the Taubman Museum

Attend our **Souper Bowl** at the Taubman Museum, Sunday January 23, 1-4 p.m. (snow date: Jan. 30) to benefit the Rescue Mission and RAM House.

Sample signature soups by 20 Local Chefs and receive a handcrafted bowl made by local potters.



Tickets are \$25 (last year they sold out). Don't wait to reserve your bowl!

(540) 387-0234 or Q99fm.com

**Tickets go on sale
January 7, 2011**

January Wish List

Razors

Toothbrushes

Flip Flops or Shower Shoes

Spray Deodorant

Diapers & Wipes
(all sizes except size 4)

Quick Cook Grits

Mayonnaise

Ground Beef

Over-the-Counter Cold Remedies

Volunteer !

Painters & Cleaners

to deep clean and paint kitchen between 8 p.m. until done. 12-15 people

2nd Helpings Receiving Dock

Extreme make-over. 12-15 people

Shelter Desk Helpers

Women & Children's Center:
Wednesdays & Fridays 6- 9 p.m.

Thrift Store Baggers and Dock Workers:

Monday – Saturday
between 10 a.m. and 5 p.m.

Women's Shelter Helpers

Wednesdays or Fridays
6 - 9 p.m.

Leslie@rescuemission.net

(540) 777-7651

Meals and More...

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

	November 2010	YTD 2010
Meals Served	27,801	293,069
Shelter Nights	9,857	101,596
Clothing Items Provided	2,469	23,837
Professions of Faith	107	747
Volunteer Hours	8,375	75,799
Class Hours of Instruction	2,133	24,788
Clinic Patient Visits	1,206	12,898
Value of Healthcare Provided	\$159,692	\$2,122,703
Case Management Visits	270	4,785
Legal clinic visits	4	30