



HELPING HURTING PEOPLE IN JESUS' NAME

October 2025

NEWSLETTER



DONATE ONLINE



Contact Us

402 4th Street SE,
Roanoke, VA 24013
rescuemission.net
(540) 343-7227

Immediate Needs

- Women's Underwear
- Men's Underwear
- Hygiene Items
- Disposable Razors

For information on our **Immediate Needs** or to donate items from our **Amazon Wish List** go to rescuemission.net/immediate-needs

Social Media

To see more photos or learn more about the Rescue Mission, check us out on



Feeding Families, Sharing Hope

By C. Lee Clark, Rescue Mission CEO

Your generosity this fall brings food and hope to the table.

Providing food for hungry people has been a core impact of your Rescue Mission over the last 77 years. From humble beginnings on the Roanoke City Market—serving what our founder Lois Johnson Bettis called “enthusiastic soup” because she put everything she had into it—to today’s Food Services operation providing more than 200,000 meals each year in our Dining Room and more than 21,000 Manna Food Boxes to families struggling with food insecurity, your support continues to nourish our community in body and spirit.

Why Now?

As the seasons shift and colder weather approaches, the needs around us grow heavier. Food insecurity deepens for families with tight budgets. People living unsheltered face harsh weather and fewer options. This is a time when your support—whether a meal, a warm

welcome, or a kind word—can make all the difference.

What It's Like to Serve

Join me for dinner on the serving line. Volunteers gather around 4:15 p.m. for instructions and prayer. Our chefs prepare a hot assortment of entrées, sides, fresh salad or fruit, and an array of desserts. Volunteers offer choices, smiles, and encouragement. My favorite spot is desserts—where deep dish apple pie, decadent chocolate cake, and sugar cookies delight grown men and women who fondly recall their childhood favorites. It’s a moment of joy in the midst of struggle.

Women and families with children staying in the Women & Children’s Center—eat first, followed by men in Emergency Shelter, then anyone from the community who is hungry. One recent evening, a breathless young woman arrived close to 6:30 p.m., in tears, believing she’d missed dinner. Our team quickly pulled together a warm to-go

Feeding Families, Sharing Hope: continued on inside

Finding Purpose in Service: Connor's Work at the Rescue Mission Pantry

By Olivia Watson, Development Manager

When you step into the Manna food pantry at the Rescue Mission, chances are you'll see Connor hard at work. For more than a year, Connor has served as Pantry Assistant, helping to ensure that families across Roanoke receive the food and care they need. His days are full of organizing the warehouse, managing incoming donations, and making sure everything is ready when hundreds of families come through the food distribution line each week.

What surprises many people, Connor says, is the sheer volume of food that comes in. "The other week we had eight tons of Coca-Cola donated. That's 16,000 pounds. That's not normal, but we get a lot of product," he explained with a laugh. Whether it's donations from Kroger or a sudden truckload from another partner, Connor and his team make sure every item is sorted, stored, and ready for distribution.

But the work isn't always easy. Connor recalls one especially difficult day when only he and two others were available to serve more than 200 families. "It was rough, but we pushed through," he said. Volunteers, especially a dedicated group of volunteers that come faithfully each Tuesday, make all the difference. "They're the type of people who will drop what they're doing to come and help," Connor shared.

Connor's journey to the Rescue Mission is deeply personal. After losing his father and grandparents, he came to Roanoke from Florida feeling lost and searching for direction. He began volunteering in the Mission kitchen more than two years ago before finding his place in the pantry. "This place gave me that direction," he said.

What keeps him motivated, even on the hardest days, are the people. Connor recognizes many of the families who come through the line and cherishes the chance to connect with them. "Seeing the smiles when people get their boxes, knowing it makes their week a little better; that's awesome to me."

Sometimes, those connections leave lasting marks.



A guest once gave Connor and each of the others serving in Manna, a handmade cross as a thank-you gift. "It was a small gesture, but it meant a lot. I still have it," he said.

For Connor, the pantry is more than his job, it's his calling. He sees God's hand in the daily operations, from the timing of food donations to the relationships formed through service. "Sometimes it looks like we're running low, and then the next day a big shipment arrives. I know He's looking out," he reflected.

At the heart of it all, Connor believes the pantry provides more than just food. It offers hope, stability, and community to those who need it most. And for Connor, it's given him something, too: a renewed sense of purpose.

Have you found your purpose? Join Connor in offering hope to our community through volunteering in our Manna food pantry or in other areas of service across our campus.

Feeding Families, Sharing Hope

Continued from front page

meal for her. No one is turned away hungry.

Meeting the Needs of the Community

We also serve families who have housing but are food insecure. Manna Ministries distributes boxes filled with 50-60 pounds of food from canned goods to fresh produce, bakery items and meats every Wednesday and Thursday. Families may come once a month, and the demand continues to rise.

Cars line up early on distribution days—sometimes even backing up into Elm Avenue. Volunteers like Robin help direct traffic, check in families, and ensure safety. Other volunteers pack boxes with non-perishables, while our drivers gather food donations from stores, restaurants, and bakeries daily. It's a full-circle operation, rescuing more than 1.5 million pounds of

food annually to feed hungry families, powered by compassion and the love of Christ.

The personal impact in providing food for hungry families is powerful. A participant recently shared, "I have only managed to get by this week because of the help of the Manna food pantry. Without it, I don't know how I would have fed my children. I've been in tears over what to do."

Reinforcing Our Mission

Every meal served and every food box shared is a direct expression of our purpose: Helping Hurting People in Jesus' Name. This work isn't transactional—it's transformational. It's about more than food; it's about dignity, love, and community. When we serve, we embody the hands and feet of Christ, showing each person that they matter

and that hope is still possible.

How You Can Help

You can be part of this life-giving mission:

- Volunteer on the serving line or help pack food boxes.
- Host a food drive at your business, church, or school.
- Make a financial gift to help us purchase needed food and supplies.
- Pray for those who are hungry and hurting.
- Invite others to serve with you. Your small group, coworkers, or neighbors can multiply the impact.

A simple yes—your yes—can change everything for someone in need.

With gratitude for all the ways you share food, hope, and the love of Christ.



Urgent Volunteer Needs!

FRALIN FREE CLINIC: Phlebotomy Certified, Pharmacy Technician Certified, Dentists

RESCUE MISSION: Shuttle Drivers

More Volunteer Needs:

Serving Breakfast

5:45 am - 8:00 am; Daily

Serving Lunch

11:15 am - 1:30 pm; Mon - Sat

Serving Dinner

4:15 pm - 6:30 pm; Daily

Making Bag Lunches

8:30 am - 11:30 am; Sat only

2nd Helpings Stores

1502 Williamson Rd, Roanoke
3425 Orange Ave, NE, Roanoke
9:00 am - 5:00 pm; Mon - Sat

Donation Center

9:00 am - 5:00 pm; Mon - Sat

Foot Washing for Bless my Sole

4:45pm- 7:00pm;
Every Third Thursday

Grocery Box Distribution

12:45pm - 3:30 pm;
Wednesdays and Thursdays

To volunteer please go to rescuemission.net/volunteer or email volunteer.info@rescuemission.net or call **(540) 777-7656**



In Memory & Honor of...

For Memory and Honor Gifts received
August 15 through September 12

IN MEMORY OF

Jalene Buck Ann Hatcher
Stuart Bush Wanda B. Paul
Michael F. Cox Charles E. Lex
Todd D. Daniel & Carol Maderic
Benjamin Emerson Robert A. Emerson
Kim Gembala Brenda Allen
Mark Gordon Gladys E. Falls
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Jonathan & Bonnie Apgar Mary Ellen Apgar
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Monty Cox Laura Cox
Lindsey Jacobsen Anne J. Smith
Monika Mundy Frank & Doris Rogers, III
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Jeffrey Strup Family Linda Heinaru Strup
Ricky featured in
August Newsletter Arvil L. Pennington

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THERE'S ALWAYS A WAY TO GIVE!



- **MAIL:** Donations can be mailed to: P.O. Box 11525, Roanoke, VA 24022. You are welcome to use the self addressed envelope included in this newsletter.



- **GIVE ONLINE:** Visit our website at rescuemission.net/donate



- **WISH LIST ITEMS**
 - Updated wish list items can always be found on our website under Immediate Needs or the Mission's Amazon Wish List
 - Items can be dropped off in Reception any day of the week from 8am - 6pm



- **SIGN UP FOR BREAD, BEDS, AND MEDS:** Become a monthly donor and help provide life-changing resources for our shelter guests. Visit rescuemission.net/monthly-giving for more information.



- **VOLUNTEER YOUR TIME:** Volunteers are vital to the Mission's daily operations. There are many ways to get involved. Visit rescuemission.net/volunteer



- **SPREAD THE WORD:** Tell everyone you know about the Rescue Mission of Roanoke and the services we provide. If you would like to learn more, we have tours every Monday at 12:00 Noon.

Volunteers & Donations: The Heart of the Rescue Mission



United Healthcare volunteered with our Manna food pantry distribution.



Delta Dental volunteered at 2nd Helpings on Orange Avenue.



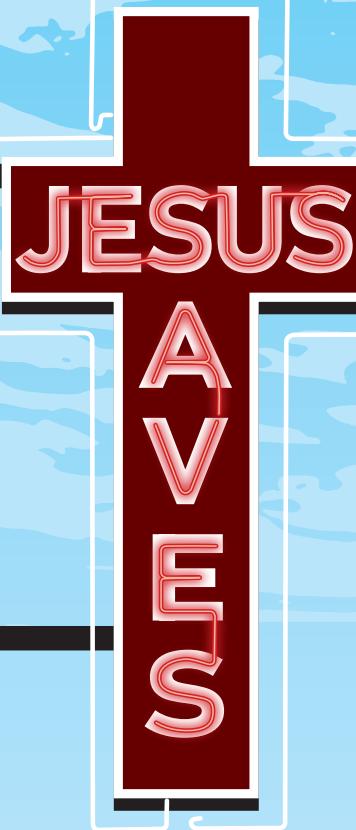
Volunteers from Church Women United served dinner.



Food Lion organized shelves and prepped food for distribution at our Manna food pantry. Food Lion also donated 3,000 lbs. of food and awarded a grant to upgrade our distribution dock.



Volunteers from Galen College of Nursing served lunch.



Tours

Take a tour of the Rescue Mission! Every Monday at 12:00 Noon

402 4th Street SE, Roanoke, VA 24013
(540) 343-7227



Your October Newsletter!

– Donation Envelope Inside –

GET INVOLVED TODAY

► DONATE

Go to RescueMission.net and click on the "Donate" button



[DONATE ONLINE](#)

► VOLUNTEER

Sign up to volunteer at:
RescueMission.net/Volunteer

Contact our volunteer department at:
Volunteer.info@RescueMission.net

► SHOP

• **2nd Helpings** is located at the following locations:

- 3425 Orange Ave NE, Roanoke, VA 24012
- 1505 Williamson Rd NE, Roanoke, VA 24012

• Go to our **Online Store**:
ebay.com/str/roanokerescuemission

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DRUMSTICK DASH 2025

Celebrating **20 Years!**
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- **5K Run**
- **Family Walk**
- **Thanksgiving Morning**



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