



eugene mission 
Rescue + Revitalize + Restore

Eugene Mission Board of Directors

Walking the Courageous Path of Recovery Together



Whether it is the start of a new year or a renewed commitment to restoration and recovery, one often embarks upon a new path without knowing what the full journey entails. There is an element of the unknown.

Far too many people, both housed and unhoused, will decide to stay in their present circumstances out

of fear of that journey. Sadly, they may choose to stick with the suffering they know rather than take steps forward into the unknown. Just think of the children of Israel grumbling to Moses in the book of Exodus about wanting to return to brutal enslavement in Egypt rather than experience brief hunger as they journeyed into the unknown. This, too, when they had experienced God's presence, miracle after miracle, and were on their way to the Promised Land.

We are saddened that many of our unhoused neighbors will choose to remain in harrowing conditions on the streets rather than seek healing and restoration at the Eugene Mission and at other healthy options. We have come to learn that our precious unhoused neighbors at times prefer known, terrible elements to what they fear will be yet another crushing disappointment in trying and failing to return to healthy community. We pray they will not give up!

It is why, as a starting point, we recognize the courage of new guests in coming to the Eugene Mission. These are individuals who humbly recognize that they need help and who are willing to give it another go. These are individuals who are willing to tackle tough, sometimes generational, barriers in their lives that led to their disconnection from support networks and to becoming unhoused.

It is our privilege to walk alongside these brave individuals and to share Christ's love with them. It may be a rough road

to rebuild the broken pieces in their lives, but it is doable. We at the Eugene Mission are not into band-aid fixes and platitudes. We walk alongside our guests through the tough stuff and celebrate the victories along the way.

Every day we affirm our guests' status as beloved children of God and their ability in Christ to be overcomers. We walk the path together, growing in grace and thankfulness, and learning tangible skills along the way.

We partner with our guests, helping them build resiliency to face the hard stuff and the periodic setbacks. We convey our absolute confidence that each of us is loved by a Mighty God who is in control. We coach and mentor our guests in wise choices but also in the awareness that none of us can insulate ourselves from suffering, and that the attempt to hide from or medicate away life's hard things leads to a vicious cycle of isolation that only makes the suffering worse. Uncertainties and challenges are a given.

The confidence we offer our guests is that they will never have to do life and the tough stuff alone.

They are, in Christ, guaranteed a relationship and an ultimate outcome. As Jesus tells us in John 16:33:

"I have said these things to you, so that in me, you may have peace. In the world, you will have tribulation. But take heart; I have overcome the world."

This is such good news for all of us and for the path ahead. And truly, the path off the streets begins here! May that path in 2023 lead many back home!

Sheryl Balthrop

Executive Director



Mike's Journey from the Streets to Recovery

With a hammer in one hand and a level in the other, guest Mike Stevens stands back to survey the gallery of pictures he is hanging in the new Women's Life Change house at the Eugene Mission.

"I had a vision for the interior design and Mike took my ideas and made them better!" shares Beth Sheehan, Philanthropy Director. "I ran a quick errand and by the time I returned, Mike had all of the furniture figured out and it was perfect."

Mike Stevens spent several weeks last summer working with staff, volunteers and guests to renovate an existing building at the Eugene Mission for the relaunch of the Women's Life Change addiction relapse prevention program. Mike was newly enrolled in the Eugene Mission's R³ Program (see infographic) and volunteered on the maintenance team as part of his daily schedule. Mike has great construction skills and an eye for aesthetics.

"He was a critical part of the renovation project," shares Chelsae Miller, Director of Staff and Guest Development. "We reached our goal for the women's move-in day with much credit to Mike's amazing efforts."

Mike arrived at the Eugene Mission in early 2021 looking for a warm bed as snowflakes began to dust the streets where he had been sleeping.

"I didn't know a lot about the Mission when I arrived, I just knew that the streets were cold, dangerous and chaotic," says Mike.

Mike was struggling with alcoholism that destroyed his relationships with family and his ability to work and pay rent.

"Ultimately, I ended up on the streets," recounts Mike. "On the streets, your mental health deteriorates and it is hard to make good decisions — to make any decisions."

Homelessness is not a situational crisis, as many think, and has complex causes that include addiction, mental illness and disconnections from family and community. Many people experiencing homelessness feel disempowered and incapable of making changes in their lives. They don't know where or how to start a path off the streets. Many lose all hope which compounds addiction and mental illness.

Mike's journey at the Eugene Mission began in the low-barrier Rescue Shelter. When a guest arrives at the Eugene Mission, they begin the process of meeting with staff to determine their challenges and their goals during a short-term, continuous stay in the Rescue Shelter. Guests will learn about the R³ Program and the Life Change Program. Mike was a perfect candidate for the R³ Program.

"I needed help to stop drinking and to get my affairs in order," he says. "I had worked in heating and air conditioning in the past and I had construction skills."

In the early weeks of the R³ Program, guests are assigned a Program Navigator and begin a weekly routine that provides structure through classes, life skills and sober activities.

Rescue, Revitalize, Restore (R³)

A residential program for all guests of the Eugene Mission who are not in the Life Change Program. Guests are supported with daily schedules, classes, activities and resource navigation, financial planning and sobriety support.

Crisis

Transformation

Rescue Shelter

Guests enter the Eugene Mission in our low-barrier continuous-stay shelter to stabilize & apply for the Life Change or R³ program.

Life Change Program

A 18-month residential addiction relapse prevention program that is structured and intensive to address intractable addiction. Guests may apply to this program to be assessed for program compatibility and is available for both men and women.



Mike Stephens helping the maintenance team

"I really enjoyed the field trips to see area attractions and activities," says Mike. "I also took culinary classes including making charcuterie boards. That was a lot of fun."

Early in the spring of 2021, a team was assembled to begin a renovation project to expand the Life Change Program for women.

"I was encouraged to join the renovation team that was led by the Maintenance Supervisor, Luiggi," shares Mike with his easy and affable smile. "We worked hard and we had a great time together."

Guests get better with the dignity of purpose-filled days, structure, authentic relationships and overseeing their own path to recovery. They learn or rediscover the foundational principles of sobriety, self-reliance and accountability.

"The renovation project boosted my confidence," says Mike. "I was also supported in my sobriety and after several weeks, I was ready to find a job and begin working again."

In the early stages of the R³ Program, guests engage in life skills and vocational training on campus where they are supported in their sobriety before returning to work in the community.

"I used the computer lab in the Learning Center to begin job searching on Indeed.com," shares Mike. "I needed help learning how to navigate online platforms and job seeking."

Grain Millers, a local grain manufacturing plant within walking distance of the Mission, hired Mike immediately.

"I felt confident to apply for a job that felt like a little bit of a stretch for my skill set and it has worked out great," he shares.

Mike is now working a four-day, 12-hour shift rotation with four days off while working with his navigator on a savings plan for housing.

"I need a few more paychecks before I'll be ready for housing," shares Mike as he pours over his bank statement and



Mike Stephens helping with Women's Life Change Grand Opening

paycheck stubs with his Program Navigator. "The R³ Program has helped me with financial planning so that when I do find housing, I'll be able to sustain it."

On Mike's days off, he can be seen working with the maintenance team on the endless repairs and projects of such a large campus.

"It really is like a big family here," shares Mike "I have made friends and I've been talking with my family again. The Mission has helped me stay sober and has boosted my confidence that I am capable and valuable."

We invite you for a tour and conversation about our transformational programs at the Eugene Mission. Contact miket@eugenemission.org.

Notable Numbers for 2022



of men, women and children received Hope, a healthy temporary living environment, & relational programming

Meals served to unoused individuals

750,000+



4,288

Mission guest class hours

Mission guest vocational training & life skill hours

69,846



70%

of Mission guests met program benchmarks



Women's Life Change cooking New Year's breakfast.

The Amazing Training Kitchen

It is 6 a.m. on Sunday and Women's Life Change members are preparing a special New Year's breakfast for Women's Center residents. What is on the menu? Homemade quiche, fresh banana bread, fruit salad and freshly baked cinnamon rolls.

The training kitchen has brought so much joy to our residents by serving vocational interests, sober recreation and hobby development. These are important components in our Life Change Program and the kitchen was intentionally designed with residential units so that our guests learn culinary skills using equipment they would encounter in a future home or apartment.

"I'd like to spend more time in this kitchen," remarks new program guest Chandra.

Participants will have a chance in the coming week as the Hospitality and Culinary Program hosts three groups for a meal and tour. But today, the delicious quiche and cinnamon rolls are warm, the coffee is ready and the guests in the Women's Center enjoy a special breakfast together.

Happy New Year!

Prayer Requests

Please pray for our guests and their healing journey from loss, trauma and addiction. Please pray for continued support to provide comprehensive, transformational programs for our guests.

Ways to Give

- + Become a monthly sustaining supporter at eugenemission.org/giving/
- + The Eugene Mission gratefully accepts donations of stock.
- + Remember the Eugene Mission in your estate planning: FEIN#93-0563797.
- + Donate using the envelope included with this newsletter.
- + Schedule a tour and discussion of how you might become involved as a volunteer. Contact: miket@eugenemission.org.

Wish List

- + Small and large clear storage tubs for organizing class supplies.
- + Baking supplies: baking release spray, vanilla extract, cookie sheets, rubber spatulas, measuring spoons.
- + Hand mixers for frosting and whipped toppings.
- + Trifle dish
- + Dry-erase markers
- + Black Sharpie pens
- + Volunteers who enjoy leading baking workshops. Contact miket@eugenemission.org.

Happy New Year!

From the Eugene Mission Board of Directors

Dr. Jason Friesen, President | Jenny Rexius, Vice President | John Horn | Dennis Konrady | Gail Lang | Jeff Leishman | Matt Lowen | Casey Martin | Jeff Musgrove | Rodger Terrall | Alan Turanski | Debby Walker