

You gave Keenan the best gift he could ask for

“Thank you. I don’t know where I’d be without your support.”

“My life spiraled out of control as a result of a whole bunch of bad decisions. It felt almost impossible to climb out because I was so far down.”

Keenan was good at bouncing back from the consequences of his choices. But this time, he couldn’t. “I felt lost for the first time,” he says. “I was exhausted. I had no idea which way to turn.”

Without any place to call home, Keenan stayed in a motel for two weeks. It didn’t take long for him to realize his way of life wasn’t sustainable. Keenan made a humbling decision that would change his life—walking through Central Union Mission’s doors.

“I walked through the door with just a sliver of hope,” he says. “Finally having a roof over my head made me think, *Maybe I can get help here.*”

Just that meager amount of hope was enough to make Keenan stick around long enough to realize the Mission is a place of second chances.

“It takes a toll on you when you’re always

Continued inside ▶



Thank you for helping Keenan find the path to lasting transformation!





Just \$3.21 will provide a meal and vital care this Christmas!

“I don’t know where I would be without your support,” says Keenan. Your generosity opened the door to his fresh start!

Keenan’s story . . . (Continued from pg. 1)

worrying about where you’re going to sleep,” says Keenan. “If you don’t have a stable place to go, it’s almost impossible to rebuild your life.”

Because of you, Keenan found everything he needed to achieve lasting stability—work therapy, spiritual discipleship, job resume training. He’s restoring his self-sufficiency and building a life on a better foundation than he ever had before—Jesus Christ.

“I think I was destined to come here all along,” Keenan says. “I’ve had to take a look at myself and reflect on some of the things I’ve done. Through it all, I’ve seen God’s miracles.”

To you and other compassionate friends of the Mission, Keenan has just two words: “Thank you.”

“Your support is needed. I don’t know where I would be without it. I really don’t,” says Keenan. “When you’re so far down and facing so many emotions, it’s extremely difficult to overcome without help.”

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“I think I was destined to come here all along.”
—Keenan

Your generosity and prayers make a lasting local impact across the D.C. area and beyond. This Christmas, you can give another “Keenan” the chance to start over—starting with a \$3.21 meal!



You make Christmas miracles happen!
Behind every meal is an even bigger blessing



Every meal, clean set of clothing, Christmas gift, job-training course and warm bed you help make possible restores hope.

And not just holiday hope . . . **hope that doesn’t fade at the end of the day.**

For a man, woman or child suffering from poverty, a home-cooked holiday meal is the biggest blessing. **But the blessings don’t stop after the Christmas feast is over.** Because every meal you provide opens the door to transformational services.

Parents can rise to their full potential at our Comprehensive Family Resource Center through job-training and parenting classes. Men achieve self-sufficiency in the Restoration & Transformation Program. And struggling families in Northern Virginia can come to Mission: NOVA for not just emergency help, but also long-term support.

Join us in making Christmas miracles happen across the D.C. area and Northern Virginia!



Greater miracles



JOE METTIMANO
President & CEO

Being a parent myself, I cannot imagine the defeat I would feel if I couldn’t put food on the table for my family—especially at Christmastime.

I see that very defeat on people’s faces as they walk into one of our family resource centers.

But because you give, every guest leaves the Mission looking different—they leave with a glimmer of hope in their eyes.

*Food on the table for Christmas is a miracle in itself. **But you also make greater holiday miracles than this possible.** You open the door to lasting stability.*

A life free from poverty, hunger and homelessness is the best Christmas gift a struggling community member could ask for. And thanks to your generosity, our reach is expanding to men, women and at-risk families all across the D.C. area and Northern Virginia.

I could not be more thankful that you’re a part of the Mission family. God bless you and your loved ones this Christmas!



Every meal you provide fills an empty stomach and restores hope!

Open the door to lasting hope with every \$3.21 meal

What would you want for Christmas if you were living out of your car? Or struggling to put food on the table?

The simple things are life-changing blessings for people across our community facing hunger and homelessness. This holiday season, you can be someone's Christmas miracle.

All it takes is \$3.21 to provide a person in deep need with a nourishing holiday meal and care that leads to lasting stability.

Every dollar you give will stretch far and wide across our community, making a local impact in the neighborhoods that need it most. Thank you for your compassion!



The antidote for when you're at odds



Did you know gratitude has a positive effect on our mental and physical health? That's good news as we head into a season of giving thanks! Here are three ways you can practice gratitude with your loved ones:

1. REMEMBER GOD'S GOODNESS

Recall shared stories and memories, ways God has shown His faithfulness and answers to prayer.

2. ACTIVATE YOUR GRATITUDE

Set extra plates at your table and invite college students who can't be home for Thanksgiving. Bless your neighbors with a meal. Volunteer at the Mission.

3. THINK FORWARD

Leaving a gift in your will or estate plan to Central Union Mission is a lasting expression of gratitude. The holidays are a wonderful time to share this with your family, reflect on God's blessings and move forward in unity.

For the full version of this article, request a FREE copy of "3 Ways to Practice Gratitude and Pursue Peace" by contacting Megan Schmoll at (202) 745-7118 ext. 219 or mschmoll@missiondc.org OR bless your family today with an up-to-date will at christianwill.org/missiondc.

3 EASY STEPS to transform a life locally this Christmas season



1 CHOOSE one or more of the Meal Tickets to send with your gift.

2 WRITE out your check for that amount.

3 RETURN your Meal Ticket(s), reply form and check in the envelope provided.

To help now, scan this QR code with your mobile device. Or visit missiondc.org/NovNewsletter24