

# Rescue Mission News

## Ventura County Rescue Mission

**CHANGING LIVES FOR GOOD IS OUR ONLY BUSINESS**

### **Volunteers, the Heartbeat of the Ventura County Rescue Mission**

The Bible says, *“Those who give to the poor lend to the Lord.”* We at the Ventura County Rescue Mission, deeply appreciate the wonderful people who volunteer their time, treasure, and talent serving those who cannot repay. Without such volunteers, the work of the mission would flounder. No task done by a volunteer is insignificant. Every act performed by a volunteer contributes to the overall health and well being of the rescue mission and the Lighthouse. Even though volunteers may serve in an area unnoticed by most people, God takes notice of those who serve and will repay. As Jesus says in Matthew 25, *“For I was hungry and you gave me food, I was thirsty and you gave me drink... In as much as you did it to the least of these my brethren, you did it unto me.”* Therefore, we at the mission give a heartfelt thank you to our many volunteers for their acts of kindness and mercy. ~ John Saltee, Director

### **Volunteering Lifts Her Spirits**



**M**ary Brodersen has been faithfully serving at the mission for two and one half years. She first came to the mission at Christmas time to help wrap presents. She said that people treated her so well that she wanted to come back and serve on a regular basis. She now comes weekly to help serve our guests. “I love the people here at the mission,” she says. “The staff and clients are so helpful and pleasant. I feel uplifted when I serve others and I feel better about myself when I go home.”



### **Graceful Service to the Grateful**

**T**hese three lovely ladies are some of our long time volunteers. Jeri (in the middle) and Sonja (on the right) have been volunteering for over three years. Both ladies attend Camarillo Christian Church and they love serving the men in the program. Jeri told us, “The men in the program are very courteous, thoughtful, and grateful when we serve them. That’s why I love being a part of the volunteer program, because the men seem to really appreciate our work.”

Josie (on the left) told us that she is Jewish and part of her motivation for volunteering is the many references in the Old Testament about how God cares for the poor. She also loves coming back because the men in the program are so thankful for her service.



## Free Time Gains Value through Service

Laura Valdez began volunteering at the Ventura County Rescue Mission in November of 2009.



Laura takes care of her children by working as a house painter and for a Spanish radio station. She heard about the needs of the mission and came over to help wrap

Christmas gifts for the children. "I saw the need for volunteers, had some free time, and thought, why not spend the time for a very good cause." said Laura. She talked to the volunteer coordinator, he invited her to come on a regular basis, and she agreed. She says, "I'm glad I'm volunteering at the mission." She adds, "I would like to see the mission better known by the Hispanic community. More of them to know what kind of programs you offer." Laura now enjoys serving all throughout the year.

## Make Your Gift Dollars Go Further

Does Your Company Match Your Charitable Donations?

It's easy to find out...

Just ask your personnel office if they have a matching gift program. If so, fill out the form and turn it in.

Your company could very well double or even triple your individual, tax-deductible contribution.



## Scouting out Food for the Hungry

Every year for the past three years, the Boy Scouts of America have blessed us with their annual canned food drive that takes place the last weekend in February. We are truly blessed by their efforts. This year, 6,750 items were collected. We really appreciate the efforts of these committed young men who care so much for the hungry.



## Volunteering Instills Positive Values



Girl Scout leader Carol Chavez (on the Left) has faithfully been bringing Girl Scouts to the mission to serve the hungry and to instill positive values in them.

Mi CaSa Service Unit services Girl Scouts of Mission Oaks, Camarillo, and Santa Rosa; about 50 troops and close to 500 girls in the Camarillo area. Most of the members are 5th graders and younger.

# LIGHTHOUSE

## FOR WOMEN & CHILDREN

### *The Art of Healing...*

Several years ago, a friend from church who was a staff member at the Lighthouse asked if I would be interested in doing some art workshops at the Rose Avenue facility. As a retired marriage and family therapist currently working as an artist, it only took me six weeks of art making to fall in love with the courageous women who are hard at work turning their lives around through the love of Jesus.

Since then, my art partner Lee and I have continued to do weekly therapeutic art workshops with all the women at the Lighthouse. The women are doing amazing work through the arts and offer wonderful teaching moments for the whole group as they share their individual journeys of recovery. With their permission, I frequently share their artwork and insights on a weekly blog I write about creativity, art, healing, and transformation. I receive comments, poems, and other bits of encouragement from around the world in response to the work the ladies are doing. It means so much to them that they are influencing the world at the same time they are reclaiming their lives.

Go to [www.lynnefarrow.com/blog](http://www.lynnefarrow.com/blog) and check some of the posts to read more about what these wonderful women are up to. You'll be inspired!



### *It's Amazing When You Finally See the Light*



I'm a proud volunteer at the Lighthouse for Women and Children. God has blessed me with the gift of life after a traumatic battle with cancer. As a student at Oxnard College going through the Addictive Disorders Studies Program, I came to the Lighthouse to do my internship at the beginning of 2010. I have long since finished my internship and keep coming back as a volunteer...because it's amazing! When I see an individual enter into the Lighthouse who finally sees the gift of God's light, which the Shelter and Life Recovery Program has to offer, it's amazing. I've seen the impact the Lighthouse has had on women and women with children who come here. I see first-hand how the staff relies on God and truly respects and cares for the well-being of the women and children.

~ Sharon

## Black Belts with Loving Hearts!

This summer, we wanted to use our skills to help in the community. We thought a perfect way to do this was to use our many years of experience as second-degree black belts to give free taekwondo lessons to kids who wanted to learn. Because we had volunteered at the rescue mission a couple of times, we asked the director there if he knew any children who would be interested

in learning. Luckily, he referred us to the Lighthouse and our journey started from there.

Ever since we started in the summer, we have been going to the Lighthouse once a week. Every time we go there, we try to teach the kids a couple new techniques. After practicing some taekwondo moves, we spend the rest of the time playing a fun game, such as dodge ball, that helps improve our

strength, agility, and discipline. Since the day we have started teaching, the kids have improved a lot. Some of them are even able to break wooden boards! Teaching these kids taekwondo has been an awesome experience. They are always eager to learn and their enthusiasm brightens up our day. It feels nice to be able to use our skills to help others and influence them in a positive way.



## *Esther, For Such a Time as This...*

My name is Esther and I'm a volunteer at the Lighthouse. When I first moved to Oxnard five years ago, I started going with my dad to the rescue mission to do chapel services four or five times a month. On Thanksgiving 2008, I volunteered to help serve the big dinner where I was introduced to Mary Kay, the Volunteer Coordinator at the Lighthouse. She invited me to teach a Bible study. The first book they wanted me to teach was called, "Esther, For Such a Time as This." I thought, "Well, that's just amazing, since my name is Esther." I was nervous, but I remembered that God said,

"I will never leave you nor forsake you" Hebrews 13:5.

Part of what keeps me coming back is remembering the women (I'll just use the first letter of their names to protect their privacy)...the tears in A's eyes when I was able to give her a Bible that was combined with English and Spanish, P's friendly smile and contributions to the discussions, D's insights, T's honesty, V's thought-provoking questions, C's relief from a neck-ache after we prayed for her, and J's love for her children. God is so good. He is alive and well at the Lighthouse.

