

central union
MISSION

THE Missionary

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No one should live hungry and homeless

Full Steam Ahead Navy Veteran Gets a Chance at New Life

MY DAD SERVED IN THE NAVY in the 60s, and my grandfather was in the Navy at the end of WW2. They didn't expect me to join the Navy, but the stories they told drew me in. I was in a big hurry to prove I could do it, and I was looking forward to the adventure." Richard Albee enlisted and went to school for sonar technology in San Diego in 1982.

"Next I was assigned to the USS McKee AX41, one of two sub tenders on the West Coast. We would go out and supply ships at sea. We were out a lot of WESTPACs (Western Pacific units) off Australia, South Korea, Japan and The Philippines and also Mexico and Alaska. I thoroughly enjoyed that job."

Out On His Own

After leaving the Navy in 1986, Richard says "I probably went a little crazy." In 1988, he met and married a woman who in 1990 was killed in a car accident. "I started drinking then," he remembers. By the late 90s he had driven his second marriage "into the ground." For the next ten years, he was on a cycle of "work for a while, quit, go on unemployment, get another job"—each time with more drugs and alcohol. He hit his breaking point in the fall of 2016 when one of his three daughters told him, "You're not a very good role model for my kids, so I don't want you to come around anymore."

"My knee-jerk reaction was to head for New Orleans, but I ran out of money in DC. When I got off the bus at Union Station, I just started walking and ended up about nine miles away in Silver Spring, MD. At the library, I Googled "shelters in DC," and Central Union Mission popped up first! I slept outside that night, but I ended up walking back to DC and to the Mission."

Richard found purpose and strength in the Spiritual Transformation Program (STP). "I was automatically back in a structured environment. A couple of my STP friends are both veterans—one a Green Beret the other in the Navy on a carrier. We're constantly helping each other out."

Baking A Future

Richard is working in the Mission Muffins workforce development program. "I get up at four o'clock every morning to set up the food truck to sell muffins and coffee to passersby. We go to a lot of bazaars and churches to sell the muffins. I think Mission Muffins



"After graduating the STP, I'm a lot calmer than I used to be. This peace is coming from God," Richard Albee (right) comments about his transformation since coming to the Mission.

can be really successful, and it could touch a lot of people in a great way."

Richard wants Mission donors to know that "Without them, I wouldn't be here; I'd be in jail or worse. The money is used to help everyone who comes through the doors, whether for food or services or just for a bottle of water. They '100 percent' made a great decision to donate to Central Union Mission." ■

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WHEN STUFF

ISN'T ALL IT'S CRACKED UP TO BE

When someone decides to create an Estate Plan, they often think first about the “stuff” they’ll leave behind. While you may feel a deep sentimental attachment to your china dishes or heirloom furniture, a recent trend suggests younger loved ones may not feel the same. Millennials and GenXers have a tendency toward minimalism, are more mobile, and don’t mind buying furniture that’s cheaply made if it helps them achieve a certain aesthetic. What they really want from you is a legacy of love.

Here are two simple ways to leave one:

- 1. Put your love into words.** Don’t miss an opportunity to share your faith or feelings with the next generation. Communicating a heritage is a gift beyond value.
- 2. Create a Will that aligns with your heart.** Carving out a plan to bless your loved ones and the ministries you care about—like Central Union Mission—is a powerful legacy. Let your life be punctuated with love through a Will that bestows meaning and belonging.

For the full version of this article, request a FREE copy of **What Your Loved Ones Secretly Want From You** by contacting Minister Deborah Chambers at 202-827-3078, or dchambers@missiondc.org—or bless your family today with a God-honoring Will at www.christianwill.org/missiondc.

No One Left Behind



As a retired officer in the U.S. Army, it disturbs me that nearly 40,000 fellow veterans are homeless. I am proud that Central Union Mission can offer our veterans’ program to on average 50 veterans each month.

Our veteran guests have fought in every war from Vietnam to Afghanistan and Iraq. Many suffer from PTSD and a majority are chronically homeless; however, when they come to the Mission, their lives are transformed.

The Mission provides services for any area of a veteran’s need: support in conquering addiction, social work help, job training and transitional housing. We have a dedicated Veterans’ Suite, where veterans in our Spiritual Transformation Program share a room and provide additional support to one

another. We’re glad to partner with the Veterans Administration to help guests access the benefits they are entitled to.

We’re also excited to announce the grand opening of our renovated Family Ministry Center. The new site offers more display and storage space, more parking and, best of all, a large meeting area perfect for “Relief & Restoration” meetings and neighborhood gatherings. We hope you’ll drop in for a visit soon!

Central Union Mission runs completely on contributions from private donors like you. You can take pride in the new starts and changed lives that you sponsored. Thank you so much for your donations.

Blessings,

David Treadwell

From the
Executive Director

Family Ministry Center Launched



Archbishop Owens leads a prayer of dedication for the renovated Family Ministry Center.

New Help for DC Area Families

AFTER MORE THAN A YEAR OF RENOVATION and approvals, Central Union Mission moved the former Food PLUS Center to a larger location just one block up Bladensburg Road, NE. Renamed the Family Ministry Center, (FMC) this 20,000 square-foot building is a distribution center and home to the Mission's Family Ministry team, which creates and manages services for families, children and seniors.

The new site conveniently offers more display and storage space, better parking and a large meeting area perfect for life-skills training and neighborhood gatherings. The official dedication ceremony on March 1 welcomed nearly 100 supporters and speakers Congresswoman Eleanor Holmes Norton, Deputy Mayor HyeSook Chung, Archbishop Alfred A. Owens, Jr., and Pastor John K. Jenkins, Sr., to celebrate this long-awaited "oasis" for our Northeast neighbors. ■



The FMC has on average 1,250 heads-of-households visiting the FMC monthly for food and clothing and at Christmas distributed toys to 1,800 children.

A Half-Century Commitment

By The Reverend Donna Marsh, National Presbyterian Church

"National Presbyterian Church (4101 Nebraska Ave., NW) has been sending volunteers and financially supporting the Mission's Family Ministries for five decades because it meets the needs of our city physically, emotionally and spiritually.

One passion of the people in our church is health and nutrition. We started off by making sandwiches but realized there's more to nutrition than that. We need to be addressing food deserts just like the Mission is doing with the Family Ministry Center in the NE.

We need to be thinking about the ways that people access food and the quality of the food they receive from church groups or charities. It's a justice issue, really. It's about everyone getting access to fresh healthy food and figuring out how we can be part of that goal. Sometimes we might feel far apart, but we are one city. We have to work together for the good of the whole city.

The FMC is so worth investing in. They're taking care of moms and kids here, whole families and seniors. We encourage people to just come here for one visit—you'll be inspired by what the FMC is doing. Our church views this space as not just a bricks-and-mortar investment, but an investment in the lives of families in this neighborhood."

Rev. Donna Marsh is National Presbyterian Church's associate pastor for Serve Ministries and Management and assistant head of staff



Serving the Servants

VETERANS' EXPERIENCES make them more likely than civilians to experience homelessness. Many suffer from traumatic brain injuries and post-traumatic stress disorder, factors that complicate the already difficult home-



lessness indicators of poverty, mental illness and substance abuse.

At Central Union Mission, veterans are respected and encouraged. While we work to make them

healthy and whole, our social workers help them access their VA benefits, and our teachers prepare them for useful employment.

It's only through your contributions that we can serve those who served our country. Thank you so much for supporting our homeless veterans. ■



Family Ministries Celebration

April 2, 2018

10:00 am to 4:00 pm

Our families gather at Camp Bennett in Brookeville, MD, for games, food and an Easter message.

Spring Cleaning Week

Starting April 2, 2018

8:00 am

The shelter gets sparkling clean this week. Please join us if you have elbow grease to spare.

Revival Week

Starting April 9, 2018

7:00 pm

Join our guests and students during this week's inspirational revival services.

National Volunteer Week

Starting April 16, 2018

The Mission is grateful for last year's more than 7,485 volunteers.



Senior Fellowships

April 20 and May 18, 2018

9:00 am to 1:00 pm;

April 27 and May 25, 2018, in Spanish

8:00 am to 11:00 am

You can help serve seniors as they enjoy fellowship and a delicious meal.

Save the Date!

Central Union Mission Spring Gala

May 11, 2018
7:00 pm

Join us for our Spring Gala at the Fairview Park Marriott in Falls Church, VA. Contact Debra Byrd at 202-262-3987 for more details or email gala@missiondc.org

To volunteer for an event, please register at missiondc.org/get-involved/volunteer.

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CHRISTIAN CAMP & CONFERENCE ASSOCIATION



Empowering Ministries To Transform Communities



I want to help our homeless veterans

Please use my donation of:

- \$15 to feed and care for 7 guests
- \$30 for 14 guests
- \$50 for 24 guests
- \$150 for 72 guests
- \$_____to serve as many as possible

Please make checks payable to "Central Union Mission." To donate by credit card, please see our website at missiondc.org, or visit FaceBook at "Central Union Mission, DC."

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God bless you for caring!



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