

THE central union MISSION Missionary

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No one should live hungry and homeless

Partners in History and Compassion

AT 135 YEARS OLD, Central Union Mission is a mere babe in Washington, DC, compared to our generous business partner of 2018: The Independent Order of Odd Fellows, District of Columbia (IOOF). The IOOF is celebrating its 200th anniversary in the United States,



*Grateful thanks to DC Independent Order of Odd Fellows, Mission Partner of 2018. From left: **Deborah Chambers**, Mission VP for development & partnerships, **Vinod Pavangat**, **Peter Gelot**, **Joe Mettimano**, Mission president & CEO, **Jim Waltermann**, Noble Grand of Central Lodge, **Nick Rowan** and **Rich Eisendorf**, Mission philanthropy advisor.*

and we have evidence of a rich historical connection between our two organizations helping people in need in Washington, DC.

We met with Jim Waltermann, Noble Grand of Central Lodge #1; Peter Gelot, current secretary of the Columbia Encampment, grand secretary emeritus of the Grand Lodge and Odd Fellow member for more than 30 years; and members Nick Rowan and Vinod Pavangat to learn about the Odd Fellows and their connection to Central Union Mission.

Deep Roots

When the Mission began at the turn of the nineteenth century, IOOF was one of the largest benevolent fraternal

organizations in the country. It fulfilled a vital social role by providing its members financial help during disability, unemployment, widowhood, old age and burial in pre-Social Security times. The IOOF's original purpose to "visit the sick, relieve the distressed, bury the dead and educate the orphan" made it a natural partner with Central Union Mission, especially in caring for children.

First Lady Eleanor Roosevelt was a "Rebekah" of the Odd Fellows women's organization and a committed Central Union Mission

volunteer. For many years at the Mission, she distributed presents to orphans at the Children's Home Christmas party. During the Great Depression, much of the Mission's focus turned to helping hungry families and orphans through its Children's Home and the later founding of Camp Bennett.



Our Relationship Today

Its support of the Mission has furthered IOOF's purpose "to relieve the distressed." IOOF was a top sponsor of our 2017 HeArt & Sole event and has made generous donations to the Mission. As well, Nick Rowan, Vinod Pavangat and others have organized Odd Fellow volunteers to assemble hundreds of bag lunches for hungry guests and backpacks filled with educational gear for needy children. According to Jim Waltermann, "We've been glad to see how the Mission is helping people who are homeless and poor. That shared goal makes this an effective partnership for us."

The historical name "Odd Fellows" is said to reflect on the cultural "oddness" of people dedicated to helping others. In that case, Central Union Mission is also pleased to be odd. We look forward to the next 200 years of cooperation in spirit and purpose. ■

Contact **Rev. Deborah Chambers** at dchambers@missiondc.org or 202-827-3078 to learn about becoming a Mission Partner.

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Can Money Really Buy Happiness?

IT MAY BE NO SURPRISE that up until 2018, the most popular class in Yale's 316-year history was *Psychology and the Law*. But which class recently eclipsed it? *Happiness 101!* So what did they learn?

- **Money buys only so much happiness.** According to a study by two Nobel Prize winning economists, well-being rises with income until you reach \$75,000, then it levels off.
- **Happy people devote time to family and friends.** One study noted in *Time* magazine claims that as much as 70% of happiness comes from relationships with others.
- **You feel good when you do good.** Copenhagen's Happiness Research Institute found that people who volunteer and give "experience fewer depressive symptoms, less anxiety and enjoy a more meaningful life."



What could be more meaningful than combining these ideas by connecting with family through service or giving? Inspiring generosity in the next generation is a great way to connect, and blessing Central Union Mission is a great way to leave a legacy. ■

For the full version of this article, request a FREE copy of **Four Ways to be Happier Today** by contacting Rev. Deborah Chambers at 202-827-3078, or dchambers@missiondc.org. Bless your family today with a God-honoring Will at www.christianwill.org/missiondc.

From the President Six Degrees of Compassion

THE WORD

As each has received a gift, use it to serve one another, as good stewards of God's varied grace. **1 Peter 4:10 ESV**

POPULAR SOCIAL THEORY states that everyone on the planet is only six acquaintances ("degrees") removed from any other person anywhere. That's why I smile when friends say "If only I could give more money to Central Union Mission." They all can share something much more valuable than money: their friends! Just like in the business world and even the church, networking is an



intangible donation worth more than gold.

Maybe you don't have a 130 plus-year history with us like the Independent Order of Odd Fellows (see page 1), but you can tell every one of your friends about why you support Central Union Mission. All you have to do is share our website

at missiondc.org, or invite them to HeArt & Sole (see page 4). You can even bring your friends for a tour—I'd love to show you around.

If you are a business owner, you may have even deeper connections to potential jobs, volunteers and professional services that can help ensure the success of the men graduating from our programs. Do you know a company that has food to donate? Please help us get in touch.

Mission partnerships are a blessing for everyone involved. Please don't keep the blessing to yourself—invite your friends! ■

Joe **Joe Mettimano**
president & CEO

Senior Fellowship

by Chris Chapman

“Helps Me Make a Way”

LIKE THE POWER AND LOVE OF GOD, we can never truly understand how the contributions we make help impact and change peoples' lives. We can never determine the long-lasting, trickling effect that those contributions will have on the lives of others. Just ask Mrs. Debra Thomas, great grandmother of two, ages one and two years old, and a Central Union Mission senior fellowship participant.



Our senior fellowship gatherings offer monthly programs in English and Spanish that include an inspiring message, groceries, lunch and a competitive game of Bingo. According to Tracy Duncan, senior director, “The fellowships are creating a safety net to protect isolated and often hungry seniors and the families they care for.”

According to Debra, not only are the Family Ministry Center services outstanding, but the staff helping her is great, too. “When I don't have, they give me, and help me make a way. Any time I'm without, I am able to call Tracy at the Family Ministry Center, and she is always so good at listening and helping me with the things I need,” says Debra.

When asked how the Mission's services have impacted not only her family, but also her community, Debra commented, “It feels good to know that there are wonderful people in this world that donate to single parents who are struggling ▶▶▶

Debra Thomas became a part of the Central Union Mission family 25 years ago while her daughters attended summer camp at Camp Bennett. “When school time came, and my daughters did not have book bags, pencils or any of the basic school supplies, then Central Union Mission was there for us. They helped my family a whole lot,” she shared.

with hard times. I thank God for Central Union Mission and their donors. I am able to look out for other senior citizens and the disabled because being a part of the senior fellowship program has made me be able to give back.” ■

Chris Chapman is a graduate of the Mission's Restoration & Transformation Program, and he now serves the Mission as a journalist.

DONATE Your Car

Help Central Union Mission—and get a tax receipt. It's only a phone call away. More details at bit.ly/don1car.

“Free, easy pick-up and fast—even from two states away. Our car is helping people experiencing homelessness!”
—Karen H., actual vehicle donor

Monthly Donors Help Even More

Your monthly gifts offer the Mission predictable support all year 'round. Automatic withdrawal is available for your convenience.

Sign up at bit.ly/mealsm

Don't Miss Out!

HeART & SOLE

Our fourth HeArt & Sole at the **National Housing Center** is an elegant evening of gourmet food, art and live entertainment—all to provide #onemillionmeals for people experiencing homelessness.

THURSDAY 26 | 7PM
SEPT 2019 | VIP 6PM

You're definitely a VIP. Come at 6:00 PM for complimentary food and drinks, a swag bag and an exciting "Chopped"-style cooking competition. Our last HeArt & Sole sold out, so buy your tickets early at heartandsole.today. For amazing sponsorship opportunities, visit heartandsole.today/sponsorships.html.



Join Us!

Operation Backpack Donations Deadline

August 12, 2019

Please bring new backpacks and school supplies to a local drop-off location listed at missiondc.org/OperationBackpack.

Operation Backpack Open House

August 16, 2019

11:00 AM to 2:00 PM

Distribute backpacks to neighborhood children at the Family Ministry Center.

HeArt & Sole

September 26, 2019

6:00 PM VIP Event

7:00 PM General Admission

See heartandsole.today for info and tickets.

Unless otherwise noted, please register at missiondc.org/get-involved/volunteer to volunteer for these and more events.

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Save a life this summer

When summer heat makes street life dangerous, Central Union Mission is ready to save lives—with cold water, cool air, nutritious food and a clean bed. With God's help, refreshed men can begin restoring their lives. Thank you for your compassion.

Please use my donation of:

- \$20.90 to feed and care for 10 guests
- \$52.25 for 25 guests
- \$104.50 for 50 guests
- \$156.75 for 75 guests
- \$ _____ to help 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."

Central Union Mission

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God bless you for caring!

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Name _____

Address _____
