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He's a new man, inside and out

Thanks to YOU, Malik now has a clear mind, a gentle spirit and a deeper understanding of God

Malik has struggled with mental health issues most of his adult life.

During those years, healthy relationships were non-existent. Doctors from the psychiatric hospitals were only marginally helpful. And Christmas? Malik couldn't even think about the holidays when his mind and body were hurting.

But despite the challenges he faced almost every waking moment, there was still hope. And it began the day Malik took his parents' advice and came to Central Union Mission.

The first thing we did for Malik was identify his previously undiagnosed bipolar disorder. Once we pinpointed the source of his difficulties, we referred him to a local mental health program, where change started taking hold.

Over time, he learned that he was often drawn to toxic people and toxic relationships, which would then trigger manic episodes that were difficult to control. Then he began journaling

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Just \$2.09 will provide a meal and more this Christmas!

Malik's a new man . . . (Continued from pg. 1)

and discovered that writing down his thoughts and feelings served as a powerful tool as recovery took hold.

"I began writing poetry," he says, "and writing down how I felt. And it helped me to open up in my therapy sessions. Being able to go back and read what I was feeling at certain moments helped me to put things in perspective and make better choices."

Today, thanks to you, Malik is experiencing healing of body, mind and spirit.

While working through his health issues, Malik had a safe place to live here at the Mission. We were also able to help him find housing and search for employment when he was ready to take these steps.

Now 26, Malik is putting his broadcast journalism

degree to good use and has found success as a videographer. He is currently editing his first documentary.

And what is his Christmas going to be like? With a clear mind, a gentle spirit and a deeper understanding of God, it's going to be all he could have hoped for—and more!

Central Union Mission is best known for providing food and shelter for those struggling with homelessness and hunger.

But what you may not know is that we also offer mental health services and are able to connect guests like Malik with more comprehensive programs. This enables people to reintegrate themselves into community life.

So much good is possible when friends like you support the Mission through your prayers and financial giving. Thank you for making it possible for healing to occur—in body, mind and spirit.

Show your compassion.

Be a blessing to someone in need this Christmas

So many people in our community feel hopeless because of poverty, hunger, homelessness and addiction. This Christmas, turn the tables on their struggles. When you give, you make possible programs like our annual Show Some Love event, offering individuals and families a reason for hope. The testimonials below prove your giving changes lives.



"When you're homeless, it's easy to lose hope during the Christmas season. That's what happened to me. When I got to Central Union Mission, having a good meal again was the best thing in the world. And the people at the Mission, they're family." —Mission guest

"I knew Central Union Mission was a place where I could get cleaned up and I could get closer to Christ. I had a lot of bitterness in my heart, and the Mission just kind of turned me totally around. I was taught how to live." —Mission guest



"Central Union Mission allowed me to take advantage of some things I really needed: grief counseling, AA meetings and the Spiritual Transformation Program. God is certainly working behind the scenes. I'm so grateful and thankful. This is a place that I'll have a connection to for the rest of my life." —Mission guest



Christmas connections



JOE METTIMANO President & CEO

Christmas is almost here. And that got me thinking . . .

The reason I'm always eager to share the joy of Advent with our guests is because it's the perfect

opportunity to show that true joy doesn't come from presents under the tree but from the gift of Jesus Christ and His unconditional love.

It is that love—and that love alone!—that has the power to transform lives.

There's no better time than Christmas to reach the hearts of men, women and children with the Gospel of Jesus Christ. As we meet people's expectations with traditional holiday meals and celebrations, we also share the love of the Savior with them.

We want people struggling through challenging circumstances to feel God's love through special programs like:

- Show Some Love for men living in our shelter.
- Operation Christmas Miracle for underprivileged children.
- Our Comprehensive Family Resource Center for women, seniors, men and families in need.

If, through your prayers and financial support, people can connect with their Savior, they'll remember His love long after the holidays have come and gone.

Thank you for making all this—and so much more—possible with your prayers and generous gifts.

Bring COMFORT & JOY to someone in need this holiday season, starting with a meal!



Can \$2.09 really change someone's life?

It can when that \$2.09 provides a special Christmas dinner, along with the chance to participate in one of Central Union Mission's life-changing programs.

This year, the Mission is expecting to provide more than 275,300 Christmas season meals to local men, women, children and veterans facing chronic hunger and homelessness. Many come here after being turned away everywhere else they sought help. We are their last hope!

It costs so little to provide someone with hope and the chance to make a fresh start this Christmas. Please send your very best gift today, along with one or more of the Meal Tickets I've included with this newsletter. And see how good it feels to demonstrate the practical side of God's love with those who are facing an otherwise miserable holiday.



Do generous people really live longer?

Maybe giving really is good for you.

A study in Switzerland found that older people who practice generosity tend to have better health, with giving "as effective in lowering blood pressure as medication or exercise."

There's even a positive association between helping others and life expectancy, perhaps because helping others relieves stress.

Here are 3 ways you can give and experience an "endorphin boost" of your own:

- **Pass along a family heirloom.** Instead of a gift, give away a prized family possession. Then watch the recipient's reaction.
- **Teach what you know.** Pass down a skill or a beloved family recipe with techniques that can only be demonstrated.
- **Think long-term.** Consider leaving a gift to Central Union Mission in your will. It can impact future generations, while instantly filling your heart with joy and satisfaction.

For the full version of this article, request a FREE copy of "Do Generous People Really Live Longer?" by contacting Rev. Deborah Chambers at 202-745-7118, ext. 227, or dchambers@missiondc.org. OR bless your family today with a God-honoring will at christianwill.org/missiondc.

3 EASY STEPS to transform someone's life this Christmas

- 1 **Choose** one or more of the enclosed Meal Tickets to send with your gift.
- 2 **Write** out your check for the total amount.
- 3 **Return** your Meal Ticket(s), reply form, and your check in the envelope provided.