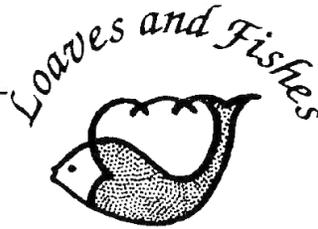


**Emergency Overnight  
Shelter and Services**

831 N. Sycamore St.  
(Corner of Oakland & Sycamore)  
Lansing, MI 48906



**Ministries**

Telephone (517) 482-2099 Fax (517) 482-6848

**Transitional Housing  
and Services**

Zacchaeus House for women  
with children  
Luke's House for single men

**Fall 2014**

## Partnering with L&F in caring for the homeless

*There is no greater gift than to love one another  
As God has loved us*

**THANK YOU!** Over the past 35 years, hundreds and hundreds of volunteers and donors have pitched in to help Loaves and Fishes Ministries keep on...keeping on. Each has brought with them a love so unconditional that guests repeatedly 'shout out' on our random L&F surveys, saying:

- Great people great home
- Everyone is respectful and caring
- That no one is treated like a child who can't understand
- All the food and helpful people
- You feel safe

But we know that times get hard for everyone...and certainly this is true for those of you who give so much of yourselves to your families, churches, civic organizations, neighbors and friends. Yet you are the very people who have also been such great **partners** of Loaves and Fishes Ministries...helping provide guests with the services, safety and security of our short term shelter and long term transitional houses for single women with children and single men.

**Private and public organizations also have been great partners.** This fall we welcome Lansing restaurants Quiznos (West Saginaw) and Woody's (TWO locations: Trowbridge Rd and Jolly Rd), whose staff are collecting donations for our 2014 "Helping the Homeless in Lansing" campaign. (See next column for more details.)

Soon winter will be upon us, and if it's anything like last year's, we will need to be ready to provide more than our usual 70 bed nights per week (3,600 bed nights per year) in our overnight shelter. When the weather gets that cold, we happily shelter added people on blow-up mattresses....to help keep them off the streets.

**So once again, we look forward to Holiday Season – a time when many of you stretch beyond your own limits and reach out to the homeless with your financial donations...loving others as God as loved you! We are most grateful for this 'Holiday Tradition' – and know how blessed we are to have YOU as our PARTNERS!**

### Dine with our Fundraising Partners through Dec 31

#### QUIZNOS SUB

5405 W Saginaw Hwy, Lansing  
(517) 321-3002

**1<sup>st</sup> Option:** Go to Quiznos Sub for lunches or dinners and while there you can **donate \$1 or more to the L&F Holiday Fundraiser.**

**2<sup>nd</sup> Option:** Order sandwiches for organizational, church or family events. **Tell them you are supporting the Loaves & Fishes Fundraiser – Quiznos will then donate \$1 per sandwich!** Go to <http://www.quiznos.com/restaurant/s/store-13973>

#### WOODY'S OASIS

1050 Trowbridge Rd, East Lansing  
(517) 351-2280

#### WOODY'S OKEMOS

2398 Jolly Rd in Okemos  
(517) 853-1331

**BOTH LOCATIONS** have a wide variety of Mediterranean foods and are offering the opportunity for you, friends and family to **donate \$1 or more to the L&F Fundraiser.** So go to one of these locations for your lunches or dinners. See menu options at <https://woodysoasis.com>

**Thanks for joining in our  
Holiday Fundraising!**

## Sheltering the homeless calls for Compassionate care of the mentally ill

By Erma Chastine, Director

Many people live with various types of mental illness such as social anxiety, obsessive compulsive disorder, drug addiction, and personality disorders. If any volunteer has been with Loaves and Fishes long enough, you may have experienced a guest with some type of mental disorder.

With the death of the comedian Robin Williams, it has made the staff at L&F more alert to the common disorder of depression. Depression can be linked to other mental illnesses such as anxiety disorders, panic disorder, social phobia, and other generalized anxiety disorder.

Together, these conditions affect millions of people each year. According to the National Institute of Mental Health, more than 18% of adults in the United States suffer from an anxiety disorder in any given year. Panic disorder affects 6 million people every year. Nearly 30,000 people in the US commit suicide each year.

When a new guest arrives at L&F, the staff is quick to evaluate them so we may understand how they may be, or have been, self medicating for depression and many other mental disorders. We try to stay alert to signs of depression and related disorders. Many of our guests self-medicate which adds to their symptoms and problems. Our Guest Advocate is able to refer them, as needed, to other agencies that can help. Some guests are just in need of understanding and time to relax and refresh so they can gain courage to continue to fight the daily struggle for survival. With God's help we pray that we offer a respite to those who come to Loaves and Fishes for shelter.

We thank all of our volunteers for having patience with guests who lack the skills to monitor their self-medicating behavior.☀

### Your Dollars at Work!

# 9,540

Number  
of  
MEALS  
served  
from July 2013 to  
June 2014

# 3,107

Number  
of  
BED NIGHTS  
provided  
from July 2013 to  
June 2014

# \*46%

Reported destinations of  
people leaving L&F

- Moved in temporarily with friends & family - 20%
- Rental house or apartment - 12%
- Moved in with family - 7%
- Subsidized housing - 3%
- Transitional housing - 2%
- Psychiatric hospital - 1%
- Inpatient alcohol/drug treatment facility - 1%.

**\*NOTE:** Many chronically homeless either go to other shelters or do not disclose destinations when leaving.

# Janet, Rosie and Alicia's Success Story

*Written by Mom Janet*



I have been through some things in my life, most from choices made by myself. I met the father of my girls while working at the same factory he did. Things seemed like everything was OK. I justified his drinking in the beginning and told myself it was not bad. He started drinking more when the girls were born, fourteen months apart.

Things got worse when he was laid off. Because I had justified things, I accepted how I was treated. Then he started treating the girls that way. I wouldn't have it. While I was at work, he let anyone in the neighborhood watch the girls. There were many days that I dreaded going to work as I felt something was going to happen. The girls and I left him.

Someone else was showing interest in me. That person didn't turn out any better. This was the "same song and dance" that we left. Around this time, that man got into some serious trouble and the girls and I went to live with a friend. At this point, I was fired from my job because my home life was a mess.

Feeling like I had exhausted all my resources and my girls weren't in school yet, we moved back to Michigan. My family was here and I wanted to make a home and establish roots of our own. After a week of staying with family, we went to one of the homeless shelters in Lansing for about a year. While there, I did some biblical counseling to get my head straight again and help process what I had been through.

**Then the opportunity came and we were accepted into Loaves and Fishes Ministries transitional housing program at Zacchaeus House, where we were able to stay for 2 years. I still had some things to get a handle on and that was accomplished towards the end of our stay. I am forever grateful for the guidance and accountability that challenged me to grow to change into the mother I am today. I'm very thankful that my family was chosen and that we were able to participate in such a wonderful program. The lessons I learned while there showed me what needed attention in my life and how to make goals in accomplishing them. I will take those lessons with me and teach my children...as I'm the most important teacher in their lives.**

We now have a place of our own and my kids are doing well in school. I am seeing someone who is a good man. I don't worry about my kids not having a father as I allow my church to fill that void as best as it's going to get filled – there they are surrounded by good, godly men. We live one day at a time.☀

## Core Community/Advisory Board

Carol Baker, Co-President  
Barbara Curtis, Recorder/Secretary  
Jack Finn  
Vern Johnson, Financial Steward/Treasurer  
Rev. Derrick Knox, Jr.  
Rosanna Metoyer  
Randy Peeper  
Mary Spencer  
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Mary Tardif  
Joan Tirak, Co-President  
Jim Veurink

## L&F Staff

Erma Chastine, Director  
Jenny Leaf, Guest Advocate  
Beth Young, Volunteer Coordinator  
Lucille Edelen, Weekday Facilities Manager

## LEGACY GIVING

We humbly ask that you consider naming Loaves and Fishes Ministries as a recipient of your gratitude giving through your will or estate planning.

*L&F Newsletter Committee members are Erma Chastine, Joan Tirak & Jim Veurink. If you have comments, questions OR would like to schedule a presentation for your church, community or civic organization, please contact the shelter at 482-2099 or [loavesandfishes@voyager.net](mailto:loavesandfishes@voyager.net)*



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Please join in our Helping the Homeless Holiday Fundraising.  
DONATIONS ARE TAX DEDUCTIBLE.

You can make secure donations through our website  
[www.loavesandfisheslansing.org](http://www.loavesandfisheslansing.org)



Click on "Donate," then click the "Network for Good" button...OR just send your Holiday donation in the enclosed envelope

## CURRENT RESIDENT OR



## PRAYER FOR AUTUMN

For autumn's splendor  
and winter's chill  
For seed that has fallen  
the promise of spring  
WE THANK  
YOU.

Creator God,  
for daily  
bread  
and all who  
work  
to bring your  
harvest  
home  
we bring our  
thanks  
today.



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Forgive our ingratitude  
we who have so much  
yet waste what you have given.

For those whose harvest is poor,  
whose crops have withered,  
water tainted, children starve.  
Help those who bring relief  
and bestow on us  
an unaccustomed generosity,  
that all might share from your garden  
and all might sing your praise.

We bless you,  
God of Seed and Harvest  
and we bless each other  
that the beauty of this world  
and the love that created it  
might be expressed though our lives  
and be a blessing to others  
now and always. AMEN.

Excerpts taken from:  
[http://www.faithandworship.com/Prayers\\_Autumn.htm#ixzz3E4SptNzB](http://www.faithandworship.com/Prayers_Autumn.htm#ixzz3E4SptNzB)