

# LIVING *by the* LIGHT

Published for Partners of Light of Life Rescue Mission

SPRING 2016



Clockwise from top left: Program graduates and their family enjoy the alumni dinner; the Women & Children's Program spends the day fishing; Terry volunteers to cut hair at the Mission; Appetizers at the alumni dinner; We are thankful for donations like these fresh strawberries; Runners for Light of Life; A man in our program caught a big fish during fishing club.

## IN THIS ISSUE

- |                                |                                            |
|--------------------------------|--------------------------------------------|
| 2 Rob's Story                  | 4 Q & A                                    |
| 2 Alumni Dinner                | 5 Tunch & Wolf's Walk for the Homeless     |
| 3 Haircuts                     | 5 Upcoming Events                          |
| 3 Yinzer 5K                    | 6 Pittsburgh Marathon                      |
| 3 Volunteer with Light of Life | 6 Light of Life First Time 5K Runners Club |
| 4 Easter Recap                 |                                            |

**LIGHT of LIFE**  
**rescue mission**  
Food. Shelter. Hope.



## ROB'S STORY

Each person that comes to Light of Life has his or her own journey that brought them here. Our Men's Residential Program lasts 12-18 months and we have the opportunity to walk with the guys as they heal from their past and grow into stronger and healthier men who live with purpose.



Rob, Men's Residential Program

"Every day is a new journey," said Rob, a man currently in our program. We would like to share his journey with you so you can see how your involvement with Light of Life is making a difference every day.

Rob was born in Long Island, NY, where he lived with his parents and two older siblings. When Rob was 15 years old, his mother unexpectedly passed away. "It was sad, but I'm glad she didn't suffer," said Rob. He and his dad moved to North Carolina, where Rob graduated high school.

After graduation, Rob moved around, but ended up living in Tampa, FL to be near family. Rob had tried drugs when he was a young teenager, but his addiction progressed when he was in Florida. "My life fell apart," said Rob. "I lost everything—my apartment, my job, my girlfriend and her family."

Rob went into a program to help him with recovery and when his time there ended he realized he had nowhere to go. He called a close friend of his mother's and she asked him, "When are you coming home?" So, in 2011 Rob moved from Florida to Pittsburgh to have a fresh start. About a year after moving to Pittsburgh, Rob began using drugs again. He ended up moving around, staying with different friends and family members.

Finally, Rob decided he didn't want to continue living this way and he committed to making a change. He tried another program that wasn't a good fit, so he came to Light of Life's emergency shelter in June 2015. "I felt lost and empty," said Rob. "I felt like there was something missing." After three days of staying in the emergency shelter Rob came into our long-term program.

In the last 12 months, Rob has worked on building a strong foundation of recovery, developed a relationship with Christ, and formed strong friendships in the community. "I can be myself—I don't have to be impressive. I know I have a lot of things to work on still, but I can't believe I'm the same person," said Rob.

*"People here actually care about me genuinely. They care about me and want me to do good."*

When asked what has made the difference for him, Rob said, "People here actually care about me genuinely. They care about me and want me to do good. That's not something I felt in a while. It's awesome, actually."

Well, we think Rob is awesome! He is currently in school to become a chef where he has been recognized for having perfect attendance. Additionally, Rob is open to gaining self-awareness and being accountable. "My thinking has changed. I'm going to school to be a chef, I am a community leader [at Light of Life]. Who would have thought that?" Rob said with a big smile.

Thank you so much for the ways that you support Light of Life through donating financially, praying, volunteering, and sharing the mission of the Mission with your friends. You give encouragement to the men, women and children who come through our doors. In the words of Rob, "You are awesome for being so generous!"

## LIGHT OF LIFE ALUMNI DINNER

On Friday, April 22nd, Light of Life alumni from the Men's Residential Program gathered for a celebration dinner in their honor. It was a wonderful evening, with alumni spanning the years. There was an opportunity for alumni to get up and share what they are grateful for and it was a testimony to what God has done in their hearts.

"I was so thankful Light of Life was there for me," said graduate Greg Pettigrew. "The staff members became my friends and I had a lot of great support. I can never forget the love Light of Life gave me." Greg will be celebrating 13 years of sobriety in September and we are grateful for his changed life. "That's the God in me!" said Greg.

Your donations, time and prayers give men, women and children who come to Light of Life the opportunity to experience true change that lasts a lifetime. Thank you for giving to God's work here!



Tim and his son spend time together at the alumni dinner

# HAIRCUTS

It takes a community with different skills, talents and gifts to help the men, women and children who come through the doors. When you volunteer at Light of Life, you are providing something special that only you can give.



Terry with some of his family at the Mission

One of our volunteers has made a significant impact using his resources to give free haircuts to the men in our program and the men who come for a meal or emergency shelter. Terry Brown from the non-profit organization Brown's House of Change recruits volunteer barbers to come to Light of Life every other Tuesday night. "I believe what we are doing makes a huge difference," said Terry. "When you look good, you feel good —

there's a little pep in their step." Terry has a love for the homeless and hurting and was looking for a place to be able to share about the love of Christ while providing this practical service. His friend connected Terry to the Mission and it's been

a partnership ever since November 2015. Around 35 men receive a haircut each time Terry brings the volunteer barbers.

"When we have the men in the chair, we have them for 20 minutes. That's where the discussion is and the relationships happen," said Terry. "The best part about being at Light of Life is that the men have already had truths instilled and we are just adding to that. You see the power of God working — no matter what walk of life, God is working."

This is a volunteer opportunity that Terry's wife and four daughters are part of, too. "I love bringing my children here to see the power of God," said Terry. "This partnership with Light of Life has been the most eye-opening experience. It has given us relationships with people."

If you would like to get involved volunteering with Light of Life, see the box below and get started! You could be just the person we need in the kitchen or to teach a hobby to our clients. We look forward to hearing from you!



**Saturday, August 6, 2016**  
**North Park Boathouse**

Registration at 8 a.m.  
Race at 9 a.m.

## Yinz like to run, n'at?

Grab your Terrible Towels and dress in your Steel City attire that best represents Pittsburgh to you! From your black and gold gear to showing off your favorite Pittsburgh landmark, get dressed and ready to run.

No matter what part of Pittsburgh you call home, get outside and join us for the Yinzer 5k!

Register at [www.lightoflife.org/yinzer5k](http://www.lightoflife.org/yinzer5k)

Pre-registration cost is \$25 per runner.

Day-of registration will be available beginning at 8 a.m. on Saturday and will cost \$35 per runner.

Questions? Contact Maggie at [mjohnson@lightoflife.org](mailto:mjohnson@lightoflife.org)

## Volunteer at Light of Life

There are so many ways to get involved in volunteering at Light of Life:

- Serve meals in Meal Ministry
- Help with child care or plan a family night for the Women and Children's Program
- Become a tutor or a mentor in the Men's Residential Program
- Lead a service for our shelter guests in the chapel
- Answer the phone and help with administrative tasks in the office
- And so much more!



To start the process of volunteering, go to [www.lightoflife.org](http://www.lightoflife.org) and click on the "Get Involved" tab. From there, click on "Volunteer" and fill out the application. You will receive an email with information about the volunteer orientation dates. Once you complete volunteer orientation you can get started volunteering.

**Thank you for choosing to spend your time at Light of Life!**

## EASTER RECAP



A volunteer fries the fish for the Good Friday meal.

We served around 1,000 meals during our Good Friday Outreach on Friday, March 28, 2016! In addition to what we served at the Mission, volunteers delivered 773 meals to local high rises. After serving meals, the volunteers stayed and visited with the residents in the high rises. This is a great way for us to get outside of our doors and be a good neighbor.

The meal was either fried fish with tartar sauce or ham, au gratin potatoes, buttered peas, rolls and assorted pies.

There was also a tent open outside the Mission throughout the day for men, women and children to come for a light jacket, blankets and toiletry kits. The chapel was open with live entertainment to share the Christian meaning of Easter.

Thanks to your support, we had the opportunity to share the hope of the resurrection of Christ this Easter season!

Summer is almost here and that means the Women & Children's Program at Light of Life will be really busy having fun and growing together! Please pray for the families and the staff as they use the time this summer to strengthen families through fun and meaningful outings.



## WHAT DO THESE THINGS MEAN TO YOU?

Each year Uppercut Studios in Pittsburgh donates their video production services to create a video to promote Tunch & Wolf's Walk for the Homeless. In this year's video we asked some of the men in our program to share about the changes they made while at Light of Life. Below are some of their answers explained. You can view the entire video on our YouTube Channel at [www.youtube.com/lorescuemission](http://www.youtube.com/lorescuemission).



I AM FEARLESS.

"Being fearless means I can do anything. I have God on my side so I can get over hurdles."

—Joe,  
Men's Residential Program



I HAVE HOPE.

"To me having hope is a strength that keeps the peace within me and around me. It's a courage builder and a stepping stone for more."

—Deandre,  
Men's Residential Program



I FOUND PEACE.

"Finding peace for me means that even in my difficulties I can rely on God. I find peace when I read His word before I even get out of bed. I get peace from knowing that my identity is in Christ."

—Harry,  
Men's Residential Program



I AM LOVED.

"Being loved is God's greatest gift. It's been ages since I felt this way. I've been lonely so long, but now I feel accepted, hopeful and very joyful."

—Michael,  
Men's Residential Program

**LIGHT of LIFE**  
**rescue mission**  
Food. Shelter. Hope.



# TUNCH & WOLF'S WALK FOR THE HOMELESS

**June 11, 2016**

**Registration begins at 8 a.m.**

*Walk begins at 10 a.m.*

**The Great Hall at Heinz Field  
Pittsburgh, PA**

Proceeds benefit  
Light of Life Rescue Mission

**Whether you are a seasoned walker or new to this event, come on out to the 14th annual Tunch & Wolf's Walk for the Homeless on June 11th!** Enjoy a 10K walk along the North Shore Trail, free entertainment, kid's activities and a hearty picnic lunch. There are many options for you to choose from to get in on the fun!

## **Ways you can get involved with Tunch & Wolf's Walk for the Homeless:**

- **Walk!** Sign up to walk as an individual helping the homeless or head up a team to come together to make a difference for Light of Life. There is no fundraising minimum per person, but we encourage you to let everyone know you are part of Tunch & Wolf's Walk for the Homeless and ask them to support you. There is online fundraising available, so it is easy! This is a really fun day for friends, families, church groups and businesses to spend together for a great cause. Will you walk this year? To learn more go to [www.lightoflife.org/walk2016](http://www.lightoflife.org/walk2016).
- **Sponsor.** Walk sponsorships are an excellent opportunity for businesses to make a difference at Light of Life, as well as a way to let the public know your business supports the Mission. There are a wide range of sponsorship levels available. Please contact Doug at [dougsmith@lightoflife.org](mailto:dougsmith@lightoflife.org) or 412-803-4161 to find out at what level your business could sponsor Tunch & Wolf's Walk for the Homeless.
- **Volunteer.** You are a key reason this event works! We couldn't put on this walk without dedicated volunteers to help with set-up, registration, clean-up and more. People of all ages are needed to make this event a success. If you want to find out more about volunteering at Tunch & Wolf's Walk for the Homeless, contact Emily at [erabatin@lightoflife.org](mailto:erabatin@lightoflife.org) or 412-258-6128.

If you have questions or would like more information about Tunch & Wolf's Walk for the Homeless, **please visit [www.lightoflife.org/walk2016](http://www.lightoflife.org/walk2016)** or contact Maggie at [mjohnson@lightoflife.org](mailto:mjohnson@lightoflife.org) or 412-803-4160. Walk information will be updated regularly on our Facebook and Twitter pages.



This is a picture from this year's walk promotional video! You can view the entire video on our YouTube Channel at [www.youtube.com/lolrescuemission](http://www.youtube.com/lolrescuemission). Please share it with your family, friends, workplace and church.

## **UPCOMING EVENTS**

- **June 7th & 23rd/July 7th & 19th/August 9th & 25th – Volunteer Orientations.** Volunteer orientation at 6 p.m. Please register for an orientation by completing the volunteer application online. It can be found at [www.lightoflife.org](http://www.lightoflife.org) under the "Get Involved" tab.
- **June 11th – Tunch & Wolf's Walk for the Homeless at The Great Hall at Heinz Field.** Registration starts at 8 a.m. and the walk begins at 10 a.m. Visit [www.lightoflife.org/walk2016](http://www.lightoflife.org/walk2016) for more details.
- **July 21st – Day of Hope Picnic from 12-6 p.m. at West Park across from the Mission.** Join us for a day of service projects, free food, Christian music, stories about how God is changing lives, and access to various community resources.
- **July 23rd – Ride-N-Stride at North Park beginning at 8 a.m.** This 5k is organized by North Pittsburgh Networking with proceeds to benefit Light of Life Rescue Mission and Emmaus Community of Pittsburgh. You can designate your support to Light of Life alone or have your donation equally divided. For more information and to register, visit [www.ridenstride.myevent.com](http://www.ridenstride.myevent.com).
- **August 6th – Yinzer 5k at North Park.** Registration is at 8 a.m. and the race starts at 9 a.m. Visit [www.lightoflife.org/yinzer5k](http://www.lightoflife.org/yinzer5k) for more information and to pre-register.



## MARATHON

This was Light of Life's third year as an official charity for the Pittsburgh Marathon. The weekend of April 30-May 1, we had 127 people running for Light of Life and the

total amount raised as of the printing of this article was \$136,281! Our team finished in 2nd place overall out of all of the Pittsburgh Marathon Charities. The number one fundraiser overall was our own Director of Development Jessi Marsh and our Major Gifts Officer Doug Smith finished at number two overall. We are so grateful for your generous donations and encouragement!

Thank you so much to everyone who ran and supported runners for Light of Life. You all made a difference for the Mission.



The Light of Life 5K team

If you are thinking about running the 5K, relay, half-marathon or full-marathon next year, please consider running for team Light of Life! (SEE BOX BELOW FOR FIRST TIME 5K RUNNERS.) Contact Doug at [dougsmith@lightoflife.org](mailto:dougsmith@lightoflife.org) or 412-803-4161 if you have questions or would like more information about getting involved.

## LIGHT OF LIFE FIRST TIME 5K RUNNERS CLUB

Are you someone who has been thinking about running a 5K, but have never signed up to do it? We want to encourage all of you who are on the verge of registering to run a race to do it for more than just you—do it to support Light of Life Rescue Mission and all of the people who receive food, shelter and hope here!

Drew Fiel had never run a race in his life—until this year! “I was planning to run a 5K sometime,” said Drew. “I’ve been going through some changes and living an active lifestyle has become important to me.”

Since September, Drew lost 35 lbs. by changing his eating habits and exercising. He started running in December and decided to test his strength by running an official 5K race.

One of Drew's friends was running the 5K for Light of Life during The Pittsburgh Marathon weekend and he decided to make that his first race ever. “I asked if she needed someone to be part of the team and she said yes,” said Drew. “I was nervous the day of the race because I didn't know anyone besides my friend, but after meeting people from Light of Life I felt good about being part of the team.”

As race day approached, Drew also learned more about Light of Life and he felt good running for our team. “I looked at all the charities before signing up. I didn't know a lot about Light of Life, but I knew it was a good organization,” said Drew. “Building up to race day I learned more about how Light of Life helps people get back on their feet from a Christian viewpoint. Seeing everything Light of Life does, I thought this was the least I could do to help.”

One other thing that could have kept Drew from signing up is that he has asthma. But he talked with his doctor and brought what he needed with him to the race.

Drew wants to encourage anyone who is thinking about signing up to run for Light of Life for the first time to do it. “There's no reason not to,” said Drew. “Even if you don't want to run all the time—if you want to run a 5K just so you have done it—it's definitely worth it.”

We have two exciting opportunities for you to sign up for your first ever 5K race AND benefit Light of Life!

If you want to run this summer, check out our Yinzer 5K at [www.lightoflife.org/yinzer5k](http://www.lightoflife.org/yinzer5k)

If you want some more time, sign up for Light of Life's First Time 5K Runners Club at <http://firsttime5k/eventbrite.com>. We will send you emails and encouragement as you prepare to run for Team Light of Life in the 2017 Pittsburgh Marathon's 5K Race.

What is getting in your way from achieving this exciting goal? Drew did it and so can you!



### Mission Statement

As a ministry of Jesus Christ, Light of Life will provide a home for the homeless and food for the hungry, and will build disciples for the Kingdom of God among the poor, addicted, abused and needy.

### Board of Directors

#### Chairman

Glenn Graner

#### Vice-Chairman

Leonard Petrancosta

#### Secretary

George B. Libby, Jr.

#### Executive Director

Craig Schweiger

#### Members

Rebecca Fatica

Stephanie Herring-Myers

Jody Johnson

Thomas Junker

Ralph Miller

Richard L. Roadarmel

Donald Tucker

David Wilke

William Wolfe

#### Honorary Members

Tunch Ilkin

Don Foster

