

**“Lighting the Pathway
to those in need of
Hope and Peace
October 2008**

Thiessen Roadhouse Ministries
4630 SE Thiessen Road

The Pathway

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A Sense of Responsibility sets 2009 Goals

Our Mission Statement

Thiessen Roadhouse is a Christian ministry focused on providing spiritual guidance and transitional housing for mothers in crisis.

As for me and my household: that He may establish peace on my borders and strengthen the bars to my gates and bless the children within. He sends forth his word and melts anything against the cold, providing for His children.

Psalm 14:13-21

And I heard the voice of the Lord saying “Whom shall I send, and who will go for us?” Then I said, “Here I am. Send me.” **Isaiah 6:8**

Any successful business or organization must have clearly defined goals. TRM Board of Directors, staff, and volunteers, each day, take pride in stepping out in faith. Their commitment of responsibility, leadership and management insures that TRM meets it’s goals. It takes dedicated involvement to keep these objectives in mind. Having defined goals integrates our ministries vision and mission statement. These actions insure that time, energy, resources, and capital are not wasted.

The necessity of setting goals is also true in an individual’s life. How meaningful are the lives of people who have no sense of responsibility or vision of what they can do for the future of their family, church, community, or country? In today’s busy world, TRM has chosen to take a sense of responsibility for others, such as with the mothers that we help and the families that we counsel. Assisting others in making wise

choices in their lives brings a sense of responsibility, personal growth, and most importantly: change. Having a rewarding life begins with a sense of responsibility not only for ourselves but for our fellow man. This mindset infused with God’s word is a successful combination.

With God’s help, and with TRM’s supporters partnering together, we will have the strength to endure the harsh reality of today’s violent and unjust world. We must continue to stand together to be the light in this world for those so desperately in need of God’s restoration. Being a peacemaker in today’s world, having compassion for those in need, to reach out beyond ourselves takes integrity and grace. We have exciting goals planned ahead in 2009. We want to thank you for continuing to believe in Thiessen Roadhouse Ministries mission, as well as sharing our vision.

A Message from Linda Wiles Thornton, Executive Director

Email, text messages, voice mail, websites and internet access has made our lives more convenient, faster and supposedly made us more connected. Let’s keep in mind however that faster doesn’t always mean better. Though all these tools help us to connect to those in need as well as finding the resources available we can’t forget

about the most basic need: human contact. A study found that babies that were only touched when they needed to be fed or changed experience delayed growth. The babies that were touched, cuddled, sang to and nurtured all thrived. What makes an adult any different? A text message can not have the same impact as another human being wrapping their arms around you

and telling you that you’re loved. TRM residents continually say the program has a sense of genuine caring. Most residents experience a “growth spurt” of confidence, renewed spirits and hope. They also learn the importance of connection and that we truly need one another. We are all significant, we all matter because God loves us.



From Our Mailbox: Lovely Letters of Support Make Our Day



Thank you to everyone who sends in letters of encouragement and support. Some of our favorite letters are updates from mothers who have graduated, from people we have never met or from new friends we have made that have come to further support the goals of the ministry. What a delight to go to the mailbox and to find hand written notes sent from such lovely people who have taken the time to say how much they care.

Blessings, Linda

My Dearest Linda,

I can never thank you enough for opening your doors as well as your arms to my son and I. You are truly a gift from God I don't know I can ever repay you. I'll write again soon and Jayden send his slobbery kisses!

Love Always, Bekah & Jayden

Dear TRM,

Thank you so much for inviting us to your home and showing your program and facilities. Constance was a gracious hostess and we loved the tea. We look forward to hearing of Constance's baby boy's safe arrival and her graduation into a "new life". I found your program to be a real inspiration. For so many years I always believed that it was a job of Christians to stand beside and help new mothers who do not choose abortion. We just cannot

condemn—we must enable. Thank your Linda for being strong enough to make that statement. Wishing you many blessings as you continue your good work.

Diana

Dear Linda,

We are a group of ordinary ladies who started playing Bunco 30 years ago. After many years of prizes we decided we had enough "stuff" and wanted to share some of our prize money. Several of us read about your ministry in the Oregonian and presented the idea of sharing our little bit with you. Everyone agreed enthusiastically. So please accept our humble offering to help continue your good works.

Sincerely, Judith

Mother of the Month: Rebecca Smith and Son Justin

Our heartfelt congratulations goes out to recent graduate Rebecca Smith who completed the TRM Promise of Life Program. While in the program Rebecca also maintained her job, and most recently secured an apartment. These accomplishments were Rebecca's dreams when she entered the doors of TRM. Through the support of the counseling program, the board of directors work, and from the support of her family during her five month stay she was able to realize her goals ahead of schedule. Rebecca was among one of the most motivated, focused, thankful and appreciative mothers that has ever been in the program. Everyone was sad to see her move on but at the same time elated to see her succeed in her life. Rebecca's gentleness and inward beauty touched everyone in a most special way. She definitely won the hearts of everyone at Thiessen Roadhouse!

Rebecca will continue to be successful with her determination and articulate manner. When she sets out to reach her

goals, even if she knows they will be a challenge, she now has the tools to succeed. Rebecca and "the most beautiful baby boy in the whole wide world" are set to move forward in whatever God brings their way. Rebecca's soft spirit and determined attitude will serve her well where ever her journey takes her. She has set her spiritual foundation on solid ground and knows that wherever she goes, God will direct and show her the way. Rebecca's arrival seemed like just yesterday, and now, as time has gone by, her leaving is the product of God's timing in her life, which is perfect.

Before graduating Rebecca also graced us with her testimony at the First Annual TRM Ladies Luncheon and Tea that was held in April. Everyone was amazed with how well she presented her story while being 9 months, very... pregnant! Rebecca has also agreed to be a alumni graduate speaker at the 7th Annual "Funding Miracles" Auction being held on December 6th, 2008.

Thiessen Roadhouse Ministries is so very proud of Rebecca and Justin.



Rebecca Smith, our newest graduate from the TRM Promise of Life Program, pictured with her 4 month old son Justin.

The Living Bible

The mother's that enter through TRM's doors often show up with struggles that many people couldn't even imagine being able to cope with or understand, especially while being pregnant.

At TRM we stay out of judgment of someone's circumstances and embrace their spirits instead. Many residents have already experienced being judged by others as to what appears to be an uncomfortable situation. Imagine experiencing homelessness while pregnant or as a new mother and then imagine the obstacles of finding your way. TRM takes on the challenge of this overwhelming time by providing Certified Christian Counseling, housing, food, clothing and even transportation to medical services and education. We teach our residents that TRM is there to give support in order for them to lead a successful new life in their role as a parent. In support of this new journey our residents are encouraged support their spiritual walk by attending a church service of their choosing. TRM attends services at New Song Community Church which is located in Portland at 2511 NE Martin Luther King Blvd. The congregation is led by Pastor Richard Probasco who is a joyful, exuberant man that has a Sheppard's heart, especially for Thiessen Roadhouse and the vision of caring for mother's in crisis. The congregation is diverse, engaged, loving, and open to anyone that comes to worship. They truly represent the "Living Bible" in action by how they receive everyone with open arms regardless of circumstance. The praise and worship during the services communicates that all are welcome and that we are all the same in God's eyes. After leaving a service at New Song Community Church the spirit still lingers.

The following story about the "Living Bible" that we are all capable of. The story is about being the example of God's love and staying out of judgment.

His name is Bill. He has wild hair, wears a T-shirt with holes in it, jeans, and no shoes. This was literally his wardrobe for his entire four years of college. He's brilliant, kind of profound and very, very bright. He became a Christian while attending college.

Across the street from the campus is a well-dressed, very conservative church. They want to develop a ministry to the students but are not sure how to go about it. One day Bill decides to go there. He walks in with no shoes, jeans, his T-shirt, and wild hair. The service has already started and so Bill starts down the aisle looking for a seat. The church is completely packed and he can't find a seat. By now, people are really looking a bit uncomfortable, but no one says anything. Bill gets closer and closer and closer to the pulpit, and when he realizes there are no seats, he just squats down right on the carpet. By now the people are really uptight, and the tension in the air is thick. About this time, the minister realizes that from way at the back of the church, a deacon is slowly making his way toward Bill. Now the deacon is in his eighties, has silver-gray hair, and a three-piece suit. A godly man, very elegant, very dignified, very courtly. He walks with a cane and, as he starts walking toward this boy, everyone is saying to themselves that you can't blame him for what he's going to do. How can you expect a man of his age and of his background to understand some college kid on the floor? It takes some time for the man to reach the boy.

The church is utterly silent except for the clicking of the man's cane. All eyes are focused on him. The minister can't even preach the sermon until the deacon does what he has to do. And now they see this elderly man drop his cane on the floor. With great difficulty, he lowers himself and sits down next to Bill and worships with him so he won't be alone. Everyone chokes up with emotion. When the minister gains

control, he says "What I'm about to preach, you will never remember. What you have just seen, you will never forget. Be careful how you live. You may be the only Bible some people will ever read!"

*I asked the Lord to bless you as I
prayed for you today.*

*To guide you and protect you as you
go along your way....*

*His love is always with you,
His promises are true,*

*And when we give Him all our cares,
He will always see us through.*



Special Note:

Thiessen Roadhouse Ministries provides transportation to New Song Church Sunday Services at 10:00 AM and 6:00 PM. If you would like to be "chauffeured" to church please call Linda before Saturday evening at 503-653-0450 to reserve a ride. Our van can fit up to 10 adults comfortably and car seats are also available for infants to toddlers. The TRM van was made available through a generous grant from the Juan Young Trust Foundation and financial contributions made at the annual TRM Auction.

TRM Scheduled Classes & Services

TRM Woman's Group

Domestic Violence/Anger Mgt., AA/NA Victorious classes

**Tuesday evenings
7 PM to 8:30 PM**

Bring a friend that may be in need of support and fellowship. All classes give documentation for personal & court purposes. Bring your favorite snack.



Women's Bible Study

**Friday evenings
7 PM to 8:30 PM**

Please, come and study with us! Want to learn more about the Bible and the bonding of the sisterhood, in today's busy and

confused world? Need a friend or know someone in need of friendship? You will find encouragement and love of the sisters at TRM no matter what the circumstances are in your life. We pattern our lives today after the women of the Bible, of their strength and courage to endure.



TRM Heart to Heart

Counseling Sessions

By Appointment

As well as in house counseling, we also reach out to serve those in need in the community. Offering Certified Christian Counseling by striving to connect with the client, bringing a better understanding of the importance of their lives. TRM counsels in areas of family and individual

matters of Post Traumatic Stress Syndrome, Drug Addictions, Marriage/Relationships, Sexual Abuse, and Art Therapy for Traumatized Children. No one is ever turned away for not being able to pay for a session.



Labor Doula Services By Appointment

Doula: a Greek word for women helping women during birth. Doula's assist midwives and mothers in the birthing process. TRM offers Doula Services to residents in the house as well as non resident clients. Fee's are arranged by ability to pay.

To inquire about classes and services please contact Linda Wiles Thornton at 503-653-0450

TRM's Promise of Life Weekly Schedule for Residents

What does a week look like in the TRM Promise of Life Program? A set schedule is a must to keep everyone productive and the house in good working order. Residents know what to expect and they learn planning techniques that are crucial to help them graduate, as well as living a productive life outside of the ministry. 2008-2009 revised scheduled format will be as follows:



Monday's:

- 9 AM "Morning Tea Time" to review the upcoming weekly schedule of each resident, review the weekly household chore list, and the ministry schedule such as upcoming tours or volunteer projects.
- Individual counseling appointments are available for residents.



Tuesday's:

- Residents work on weekly individual goals and schedule counseling times to help complete their program.

- A Group Session is conducted at 7 PM to 8:30 PM.



Wednesday's:

- Open day for residents to accomplish their daily obligations and program goals. Individual counseling appointments for residents are available after 7:30 PM.



Thursday's:

- Individual counseling appointments are available for residents.
- Special Focus Projects are scheduled such as grocery shopping outings, resume writing classes, meal preparation, parenting instruction, or techniques for personal relaxation.



Friday & Saturday's:

- Women's Bible Study Group meets from 7 PM—8:30 PM.

- Residents are encouraged to take personal time and have 2 days of rest and family time.

- For residents needing Doula Services appointments can be made.



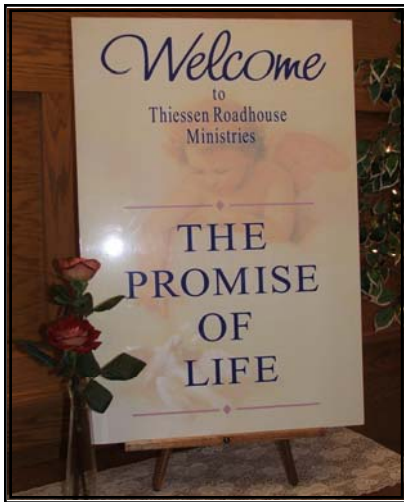
Sunday:

- All residents are invited to attend either the 10:00 AM or 6 :00 PM service at New Song Community Church, (or their church of choice), with transportation being provided by the TRM van. As residents excel in their Promise of Life program they are also encouraged to become involved in the various New Song classes and women's groups.
- Residents have Sunday evening to prepare for the week ahead.



The Promise of Life program is a full week of learning complimented with support and encouragement!

2008 “Funding Miracles” Annual Benefit Auction Underway!



“Funding Miracles”

The mothers and their babies are the “Miracles” of Thiessen Roadhouse! By taking that first step of reaching out beyond one’s self, the miracle of life begins! “Making Big Differences in Little Lives” is our business. You can make it your business too, as we partner together!

The 7th Annual TRM “Funding Miracles” Benefit Auction 2008 is in progress and underway to make this year’s auction one of the most successful events of the year! We have a strong committee who are working earnestly to make this year’s event a spectacular success! The event will be held at the Oregon City Golf Club on Beaver Creek Road on Saturday, December 6th.

Each year we see our corporate donors, faithful volunteers, and new faces, all together as like-minded people sharing in TRM vision and giving generously to support the many needs of the ministry. An event is only as successful as those who support it and believe in it’s vision. Your generosity goes far beyond what we will raise. You will be sending a significant message, and letting TRM know that someone cares, along with “Making Big Differences in Little lives”.

Many people make this evening possible. From our guest speakers, banquet, silent and live auction, and each year we try to “add a little extra” for a most enjoyable gala evening for you and your guests.

Our dedicated Auction Committee and volunteers will be planning and presenting this wonderful evening with joy and anticipation. This year, as every year, our auctioneer JillMarie Wiles (Linda’s daughter and the 2001 International Auctioneer Champion) will bring the evening full circle with her expertise and showmanship! Once again, catered beautifully by Dennis and Julie Ferchland of Bistro Catering, presenting a variety of fine foods, and appetizers along with specialty desserts by “Sweet Street”, a leader in the food service industry provided by Paul Cosby of Morton & Associates.

We are now currently taking in procurement and donations of new, antiques, h o m e m a d e i t e m s , a n d

trips/merchant/restaurant packages. You may or you may know someone who would like to donate, advertise in the auction catalog, buy a corporate table/host a table, or if not attending, a cash contribution for underwriting. Everyone has an opportunity to partner with us this year and leave with a good feeling of doing their part!

The 2008 TRM Auction will be another outstanding event and you do not want to miss it! Mark your calendars for Saturday, December 6, 2008. It is not too early to become involved! Our auction planning committee will be meeting on the 1st Sundays of each month, from 3 pm to 5 pm, at TRM. Let us know how you’d like to participate or be of assistance. We welcome your great ideas, time, and presence. Call us, @ 503.653.0450, if you want to get involved for Auction 2008 Visit our website at www.ThiessenRoadhouse.com for auction photos and updates!



Annual Work Day and Garage Sales a Big Success!

Each year TRM holds several events for volunteers to show their support for the ministry. Two annual summertime favorites include the Annual Work Day and BBQ as well as the Benefit Yard Sales. In 2008 both of these events were considered highly successful due to full participation from our volunteers.

The August Annual Work Day was filled with cleaning up & mending around the property, yard work, housecleaning, and

small “fixer upper” projects. Many volunteers return annually and have made new friends in the process of helping their community. Volunteers from New Song Youth Group were so much fun and the 12 workers gave a total of 48 total hours of volunteer time! TRM enjoyed their labors, as much as they enjoyed the BBQ! Thank you again, Pastor Ray and kids for your labors of love! Great Job!

Our Annual Benefit Yard Sale is always

more about the “friend raising” than the fundraising aspect, as we always find new people who are eager to participate in TRM’s vision who otherwise would not have known about us. We fought the weather but still managed to earn almost \$6000.00 with 4 different sales, all which benefited the general fund. The Board of Directors and many volunteers were the key to a successful yard sale We honor the volunteers incredible efforts & labor of love for TRM.

Outstanding Contributors Give Us Strength in 2008

Celorie Bros. Dump Trucking Inc.

Bistro Catering

New Song Community Church

Clackamas Costco

Waverley Greens Properties

Stiehl Properties

Stuart Realty Group, Inc.

Mr. & Mrs. James Macomber

Mr. & Mrs. Alan O'Kain

Mr. & Mrs. Mike Cowher

Mr. & Mrs. Paul Cosby

Mr. and Mrs. Mike Schwab

Melonie Gabrial



The 2007 Collective Bid at the Annual Auction helped to raise money for scholarships in the Promise of Life Program. These contributions funded the program for seven women and their children and helped to send a strong message that there were people who cared about them by "paying it forward".

For the 2008 Collective Bid the funds will go to support the new TRM Counseling Office located in Oak Grove.

The office meets the growing needs of the ministry and will be used to provide more privacy in counseling sessions, to hold family conferences and board meetings as well as give an area "off campus" to conduct office work. This office addresses the "fast growing" clientele of families, couples and graduates in need of Christian counseling. An auction sponsorship is available to provide a dollar per dollar match. This a wonderful opportunity for a church group, business owner or individual who would like to provide counseling opportunities to give support for domestic violence, an alternatives to abortion and supporting pregnant women in crisis.

For more auction sponsorship details contact TRM Executive Director Linda Thornton at 503-653-0450.

New 2008 Advisory Committee Chair Person: Fe Wagner

We would like to welcome Fe Wagner as TRM's 2008 Advisory Chairperson. Fe asked Linda how she could be helpful and get involved in some way with the ministry. As they embraced, Linda told her "You just signed up"!

Fe's heart lies in the lives of women and children that have experienced domestic violence. Being a survivor herself she wants to do all she can to make a difference. She has been active in the lives of the TRM mothers in support and mentoring, as well as

with the upcoming auction committee, procurement, and reservations.

She is the owner and a Certified Pilates Instructor of her studio, Pilates with Fe, in Oregon City on Main Street. Fe's business is more like a lighthouse for clients, the community and fellow business owners. Her clients get to receive hands on instructions for their fitness needs, the area businesses have a meeting place for main street merchants for after hours, and on every 2nd Friday she sponsors "A Clothes Swap" open to the

community. A Clothes Swap is where women can come and bring bags of clothes and accessories then take what ever clothing articles they need. It is so much fun, benefits so many, and reasonable, because there is no fee or charge! Then after each swap, the clothes that are left over go to the Clackamas Women's Shelter.

Welcome Fe, we know that your beautiful spirit and willingness will just be one more "pillar" added to the ministry. You're an angel!

2008-2009 TRM Board of Directors are Hands On

2008-2009 TRM Board of Directors: June Stiehl, Victoria O'Kain, Genevieve Cochran, Helen Heydel, Mike Schwab

In 2008 we have been blessed with the experience of having the most "hands on" Board of Directors yet. With their incredible consistency, dedication and heartfelt love these board members have displayed their commitment for the mission of Thiessen Roadhouse Ministries. Each board member has brought their own special talents and insights to insure a successful year. Our 1st Annual Ladies Luncheon & Tea was a new idea that was embraced and brought full circle with great results. The board is now planning the 2009 event schedule and are excited to have a Spring event which has become so enthusiastically anticipated. The directors each have their own approach to building awareness about the Promise of Life program and enjoy supporting the new mothers and babies with baby showers, mentoring, and financial support. The board is now focused on and working diligently on the 2008 auction. Their attention to detail and challenging ideas keep the momentum of the ministry "bustling" and alive. We can not begin to thank you for all you've done and our sincere appreciation for all that your continuing to do!

Pledging to Give Women in Crisis a Better Choice.

Most women show up on our doorstep because they are pregnant and in crisis and have no other “choice”. Most have determined that abortion is not the answer for them, but still it is a choice that they could have made in their desperation. The Thiessen Roadhouse Ministries (TRM) Promise of Life Program isn't as easy as getting an abortion, but it does provide a constructive alternative for residents who are exposed to the program. Women who graduate are empowered to move forward with their lives after their baby is born, regardless of what crisis may arise.

TRM has three rooms available for housing mothers in crisis. The TRM Promise of Life Program provides the following monthly services:

- Fully furnished TRM housing, along with “everything a mother & baby might possibly need”
- Maternity and post-transitional clothing for mothers, as well as, infant clothing
- Proper nutrition
- Christian counseling, spiritual guidance/bible study
- Labor Doula services & birthing classes
- Parenting skills/classes, and counseling as needed in anger management, domestic violence, drug & alcohol, as well as, 12 steps programs including AA and NA Victorious

- Support for court related issues/assessments and documentation, monitoring & supervised visitations
- Transportation for medical needs, court appearances, shopping, and church related activities
- Support for transitioning into permanent housing along with help in job search skills and networking

The cost of providing these services for one mother and child is a \$1,300 monthly expense

- **\$600** Housing & Food
- **\$500** Promise of Life Counseling, 20 hours monthly
- **\$100** Transportation
- **\$100** Utilities (water, gas heat, electricity, phone, sewer, garbage)

Thiessen Roadhouse Ministries Sponsorship Opportunities

Consider sponsoring the Promise of Life Program with a one time gift or gifting a monthly pledge. Donors can specify how the donation is used or can designate TRM to grant sponsorship to residents as needed.

- **\$48,750** Sponsors an average of 5 graduates of the TRM Promise of Life Program
- **\$11,700** is the cost per participant that graduates from the 9 month program

- **\$7,800** is the average cost per participant that graduates from the 6 month program
- **\$1,300** will sponsor 1 mother & baby for 1 month
- **\$700** will sponsor 1 mother & baby for 2 weeks
- **\$350** will sponsor 1 mother & baby for 1 week
- **\$150** will sponsor 1 mother & baby for 3 days
- **\$50** will sponsor 1 mother & baby for 1 day
- **\$25** will sponsor 1 evaluation & counseling session for a prospective mother into the program
- **“Priceless”** Daily prayer for our ministry to serve its vision of creating happy, healthy, and self sufficient mothers with babies through the birthing process.

Thank you for a consideration to pledge monthly or a sponsorship to help mothers in crisis!



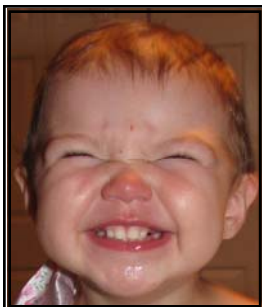
Schedule a TRM Tea & Tour



TRM Tea and Tour is an excellent opportunity to get to know more about the ministry as a whole, as well as meet our mother's and their babies. Our Tea and Tours allow the TRM program leaders and mothers to get to know our supporters in a more personal way. You get a chance to take a tour to see our home, perhaps for the first time. Take some time to slow down, put the world on hold, have a cup of tea, and at the same time “rock a baby”! The visit may also be helpful in realizing where you might serve in our volunteer or sponsorship programs. The Tea & Tour program also gives our mother's an opportunity to interact with visitors and make new acquaintances. Each visitor lends a helping hand of encouragement, essential to a mother's growth and self-esteem, making her feel welcome and cared for. Your interest in the program and personal visit is extremely validating to our residents.

Tea & Tours are by appointment only, and usually take less than an hour, but your welcome to stay as long as you like! Please call and schedule a time so we can anticipate your visit and prepare a personalized tea time just for you!

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“A child is a curly, dimpled lunatic.”

Ralph Waldo Emerson

Almost everyday someone inquires, “What can I do to help TRM”

Diapers & Unscented Diaper Wipes:

Any brand of disposable diapers, sizes newborn to 1 year. We average around 25 diapers daily, 150 weekly, and 600 monthly. Unscented wipes are needed. “Each mother would appreciate something new for herself or for her baby!”

Donate Office Supplies and Volunteer:

We need a new computer and printer for the house for the mothers, HP Printer Photosmart C6150 Cartridges, (black and color) Reams of paper, post its, pens, binder clips, file jackets, 3 ring binders, personal stationary, greeting cards, stamps and tape are all useful in preparing classes, counseling, and resumes. We need a volunteer (s) who are skilled computer organizers and can list and manage donated items on Craig’s list.

TRM Pantry always needs refilled:

Staples such as sugar, flour, bread, butter, and baking supplies are always welcome. Baby food in stages 1-2, Enfamil Iron based formulas, fresh fruits and garden vegetables along with canned & frozen varieties are also needed. Consider putting together your favorite recipe and bringing a “potluck over” and one for the freezer. Accomplished cooks are encouraged to come and teach meal planning & nutrition as well.

Personal Care & Cleaning Supplies:

TRM uses Melaleuca products exclusively. All ingredients are naturally derived, biodegradable, ph neutral and non-alkaline which makes them baby safe. For \$30.00 a month you can provide all cleaning supplies and personal care items for the house. All orders are placed monthly through the house distributorship. If you also use Melaleuca in your home then consider placing your orders through TRM and a portion of the proceeds will benefit the ministry.

Volunteers Needed for Fundraising:

Ongoing volunteer help is needed with event planning, auction committee support, grant writing, coordinating sponsorships, and of course helping out with our “fellowship & fundraising” summer events of yard sales, work day BBQ, or car washes.

Rock a Baby or be a “Mother’s Helper”:

The mothers in the TRM “Promise of Life” program have a set schedule of responsibilities and counseling sessions to fulfill before graduating. Consider coming over to rock a baby while a mom studies, counsels, take her to an appointment, gets chores done or just relaxes for some quiet time to herself. Consider pledging 1 to 2 hours.