

JOIN US MAY 7TH TO CELEBRATE! **WOMEN ON A MISSION**

Women on a Mission is an opportunity for us at Union Mission Ministries to honor the women in our community who are passionately serving others. A “Woman on a Mission” has a vision, strength of character, and demonstrates kindness. Her life is marked by excellence in selfless service and a desire to seek the good and wellbeing of others.

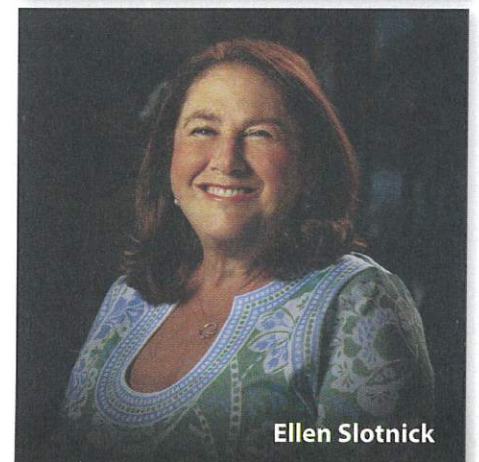
The 2024 Women on a Mission will be honored during a luncheon on May 7th at the Charleston Marriott hotel from 12:00 pm to 1:30 pm.

“We all know the importance of serving and the benefits to our community, and even to ourselves,” said Union Mission Board of Directors President Lisa Pack. “For 113 years the Union Mission has been blessed by thousands of volunteers who have impacted our mission. The Women on a Mission event was birthed in 2016 to recognize women who consistently serve our area.”

THE FIVE HONOREES INCLUDE THE FOLLOWING PILLARS OF OUR COMMUNITY:

Teresa Brown is the volunteer director of the Second Avenue Center on the West Side, which among other things provides after school help and meals to the children at Mary C. Snow Elementary School. She is head cook for Sunday fellowship dinners at her church, where she also serves in the choir and on the church trustee board.

(continued on back page)





From **JASON'S** Desk

WELLNESS CENTER UPDATE: **A Cornerstone of Recovery**

Several years ago, through the Lord's guidance, we launched a fundraising campaign to renovate an unused cafeteria into a gym, a place we fondly refer to as the "Wellness Center." With God's blessing and your generosity, this facility was renovated and outfitted with various strength machines, free weights, and cardiovascular equipment and opened in 2019.

The physical benefits of exercise are well known and include reducing stress, enhancing sleep, boosting energy levels, and enhancing mood. For those in recovery from addictions, exercise also curbs cravings, replaces triggers, increases focus, fills spare time, and inspires higher self-esteem.

Our recoveries are built on a desire to help people reach a place of spiritual, mental, and physical health. Each part of that equation is important, and the Wellness Center is a big part of the recovery process here at the Union Mission.

This facility allows residents recovering from alcohol and drug abuse to let off some steam and work through their emotions in a positive way with the support and oversight of a peer recovery coach. Residents can use the facilities in their spare time, and organized gym time allows both our women and men to work out with peer recovery coaches who have found fitness to be a cornerstone of their own journey.

They are learning coping skills that lead to a place of physical health right along with the spiritual principles that support lifelong lifestyle changes through the healing power of salvation through Jesus Christ.

We are very encouraged by the benefits our residents receive and we have noticed a big difference as our participants utilize the facilities. By providing an opportunity for physical health in addition to spiritual and mental health, our programs offer a pathway for residents to achieve freedom from addictive substances and behaviors. The Wellness Center is a big part of that transformation, and provides an outlet for people to move their bodies from a place of destruction to a place of growth.

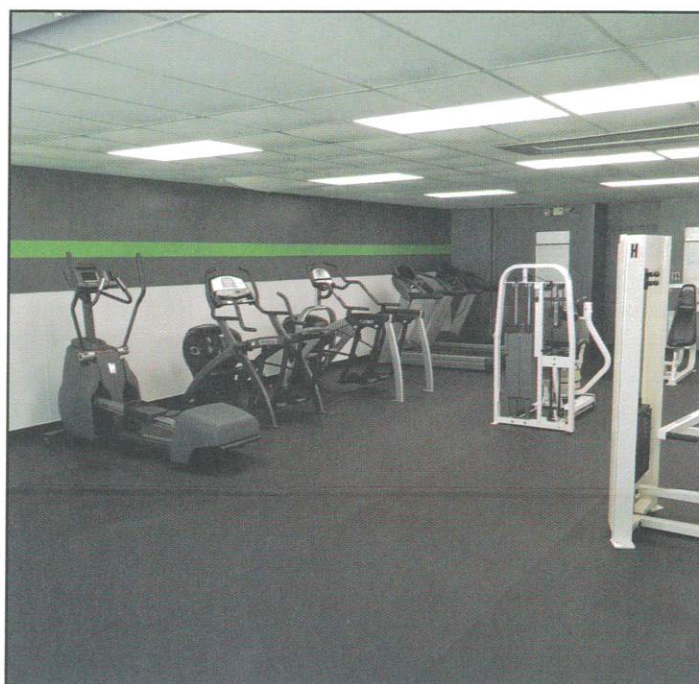
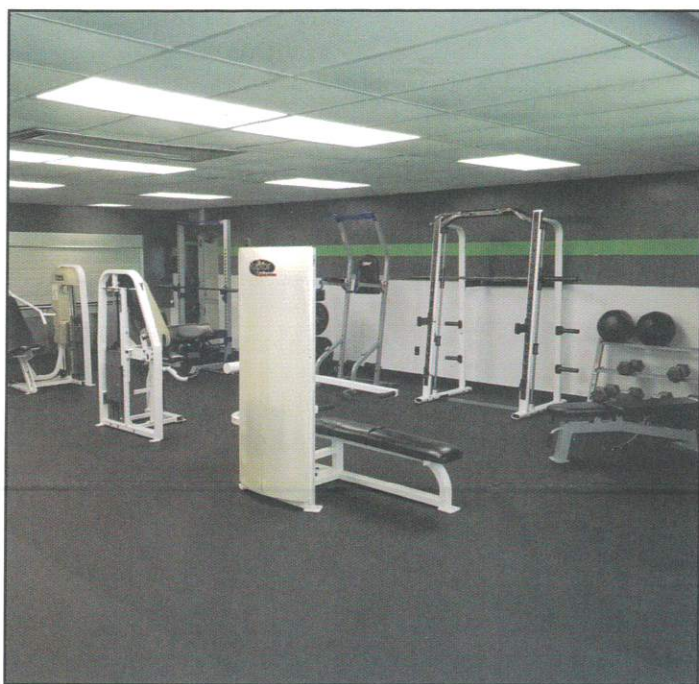
Over the past five years, 80% of those who have completed the 12-15 month addiction recovery program have remained sober. That is the complete opposite of national trends, which say that less than 20% of those in recovery programs maintain sobriety for an entire year, and 40% relapse after two years (Substance Abuse and Mental Health Services Administration).

The Lord is moving in a powerful way at the Mission. He is changing lives and restoring families. People are being set free from addiction and staying sober! I will happily brag on that any day of the week!

A handwritten signature in black ink that reads "Jason". The signature is fluid and cursive, with a long, sweeping underline that extends to the left.

— Jason S. Quintrell, President/CEO

WELLNESS CENTER UPDATE: **A Cornerstone of Recovery** PHOTOS



UNION MISSION **HONORS & MEMORIALS** *February 22-29 2023*

HONORS

Anna Flint
Kate Short
Margaret Ellen Platt

MEMORIALS

Brian Bowles
Laura Z. Bowles

Edward Lee Gwynn
Barbara and Mike McMahan

The Yanaks
Elaine Yanak

Harry C. Young
Jonathan Young

Ways to Give: **DONATING ITEMS**

In addition to your financial blessings, the Union Mission is grateful for your gifts.

Donations made to the Thrift Store are accepted at 700 South Park Drive, Charleston, during business hours. Pull behind the Thrift Store and we will happily accept anything you'd like to donate. Items are sold in either our Thrift Store or our Boutique located at 603 50th Street, Charleston. The proceeds from our sales support all of the Union Mission's employees and ministries including the men's

shelter, addiction recovery programs, family services, emergency response efforts, and our on site preschool.

Should you have items that you would like routed to a specific ministry, we can receive those at our main administrative building, the first large brick building located at 700 South Park Road (the entrance is just behind the flag). Our men's shelter and recovery programs house numerous people and are always in need of toiletries, towels, cleaning supplies, and new over-the-counter medication. Trash

bags, paper towels, and kitchen cleaning items are constantly required to care for the people in our programs.

Should the Lord lay the desire to donate a different or unique item to the Union Mission's ministries, we encourage you to be obedient. We never know when that item is the answer to someone's specific prayer!

If you have any questions about donating items to the Union Mission, please feel free to call our main number at (304) 925-0366.

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Marjorie Cooke is director of marketing and communications for Advantage Valley. She is an active member of Kanawha United Presbyterian Church, the Kanawha Garden Club, the Briar Hills Garden Club, and is a commissioner on Charleston's Municipal Beautification Commission.

Donna Lucas is the volunteer director of the Foster Closet and all Foster and Adoption Ministries affiliated with Bible Center Church. She has been a foster parent to 39 children over the years.

Angie Settle is the CEO of West Virginia Health Right, helped start the annual RAM free medical clinic in West Virginia and is very active in her church. She stays busy, along with her husband, supporting all 8 of her kids in their endeavors.

Ellen Slotnick is a very active member of B'Nai Jacob Synagogue, serving as president of the Ladies Auxiliary and a member of the board. She also serves as a member of the board of the Black Diamond Girl Scouts Council, Ronald McDonald House and the YWCA.

"Join us in May as we celebrate these five amazing women and their unwavering commitment to helping others," said Pack.

Help us celebrate these ladies for their extraordinary service to helping the hurting people in West Virginia. Tickets are \$75 each and can be purchased by contacting Katie Bush at 304.925.0366 ext. 142 or by visiting unionmission.com. Sponsorships are still being accepted, and will be featured in next month's newsletter.

Ticket purchase deadline is April 22nd. All proceeds support the work of Union Mission Ministries including our homeless shelter, feeding and family service programs, addiction recovery, and emergency response teams.

"Our world is a better place because of the work of these women," said Union Mission CEO Jason Quintrell. "Their efforts reach all facets of our society and improve life for many West Virginians. Congratulations to all our honorees for their devoted service to helping others!"

Administration

Jason Quintrell
President & CEO

Garry Bailey
VP of Finance and
Human Resources

Board of Directors

Lisa Pack, Chairwoman
Mitri Ghareeb, DDS, Vice Chairman
Otis O'Connor, Juris Doctor, Secretary
Steven Corbin
Tom Toliver
Kurt Higginbotham
Cheryl Carey
Les O'Connor, Jr., CPFA

STATEMENT OF PURPOSE

Union Mission Ministries, Inc. is set apart by the Spirit of God to preach the Gospel and meet physical and emotional needs throughout West Virginia through the provision of shelter, clothing, food, counseling, and structured programs for the poor, the needy, and those bound and bruised by addictive lifestyles. Union Mission does not discriminate on the basis of race, religion, sex, age, handicap, or national origin. Union Mission provides no goods or services in exchange for gifts. Your gifts are tax deductible when you itemize.



Union Mission

UNION MISSION - MAIN CAMPUS

**Family Services • Thrift Store •
Outreach Ministries • Addiction
Recovery Programs • Preschool**

700 South Park Road, Kanawha City
304.925.0366 phone

Mailing Address

Post Office Box 112, Charleston, WV 25321

Men's Shelter

503 Leon Sullivan Way, Charleston
304.343.4352 phone

Visit us online at www.unionmission.com