



Dear Friends: Thank you for all you do for the Mission. I hope that by the time this reaches you, we'll have seen our last big snowstorm and our last below-zero day of the season! While we can't break the cycle of the seasons, we can help our clients break the cycle of poverty, addiction, and homelessness which has often trapped them for far too long. Below, you will find the story of one client who is working hard to do just that.

### Inside this Newsletter:

- Mark's Story
- Staff Spotlight - Korrin
- Community Kindness
- Mission Service Stats
- ...and more!

From his first moments of life in a small Texas hospital, **Mark** seemed to be set up for failure. Born into an abusive, drug-addicted family, Mark's childhood closely resembled that of his father, and of his grandfather before that. Mark has spent much of his life trying to break this cycle and beat his addiction. He appears closer than ever to that today, thanks to the help he is receiving at the Mission.

Mark grew up on what he calls the "bad side" of Houston, Texas. Mark's father was a violent and unsympathetic enforcer in a biker gang. He had no issue involving Mark in many of the unsavory activities associated with gang life. As a child, Mark was exposed to numerous disturbing and traumatic events at the hands of

his father. Mark recalls watching his father shoot a man when he was just nine years old, something that still haunts him to this day.

At home, abuse and neglect were not just occasional for Mark - they were his everyday reality.

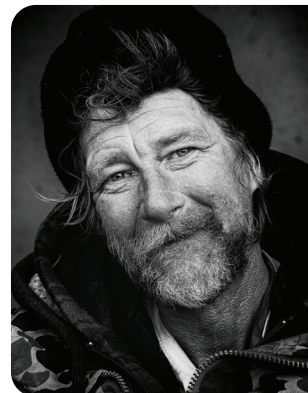
*"My father had a peculiar way of getting his point across," says Mark. "One day, me and my oldest brother were in the backyard playing. He'd throw a ball and I'd catch it with a glove. My brother threw it real hard, and I ducked and it went through a window. When my father came out into the backyard, he didn't ask who threw that ball. He asked, 'Who didn't catch that ball?' I said, 'I didn't catch it, cause he threw it too hard.' My father said, 'You still should have stood there and blocked it.' My father said even if it hit me in the face, that's still better than breaking a window."*

*"I thought...okay, your son goes to the hospital with a broken jaw from a baseball that he stood in front of, which most kids would have gotten out of the way for? I said, 'I don't understand you, Dad.' He told me to go into the house, go to my room and put some gym shorts on. My dad got up in the kitchen cupboard, took a jar of rice down, and poured rice on our tile floor. When I came in the kitchen with my shorts on, he said, 'You see that rice over there? Get on your knees on that rice until I tell you to move.' I was there for three hours. That was torture. I still have rice indentations in my kneecaps to this day."*

Mark got into hard drugs at a young age - partially to deal with his father's abuse and partially because drugs were so present in the lives of everyone around him. It was Mark's father, in fact, who introduced him to meth and heroin. Mark doesn't see himself as a victim, however. He knows that at the end of the day, he is responsible for his own choices.

*"I was born with both methamphetamine and heroin in my system," says Mark. "I didn't ask for my addiction, it was given to me by my parents. But I'm the one...I myself took it to a higher level. I did that. Not my dad, not my mom, not my brothers, not my sisters...I did that. And now, look at the damage I have caused to my body."*

**continued on next page...**



**Do not be conformed to this world, but be transformed by the renewal of your mind,  
that by testing you may discern what is the will of God, what is good and acceptable and perfect.**

**- Romans 12:2**

## Mark's Story, continued...

As a young man, Mark was sentenced to ten years in prison for drug possession. He served every day of that sentence, and when he got out, he married his high school sweetheart. They went on to have three daughters. From the moment he knew he was going to be a father, Mark swore he would do whatever he could to break the cycle of addiction, poverty, and abuse.

*"I made a promise to myself that my kids were not going to have the same background as me," says Mark. "I made a promise to myself, but at the same time I made a promise to my wife and to my kids. None of our kids, when they were born, tested positive for anything. All three of my girls went to college. All three of them have a college education."*

Mark's daughters are doing well today, but Mark has continued to struggle with his addiction and his health. Two years ago, Mark was taken to a dark place when his wife passed away from an overdose. Later that year, his brother and his sister passed away.

*"I didn't know what to do at that time," says Mark. "I had already dealt with so much."*

Around the same time, Mark fractured his neck and spine in a fall on some ice, preventing him from continuing the HVAC work that brought him to North Dakota. He became homeless and spent time living in a tent. After a stay in Minot, Mark found himself back in Grand Forks early this year, and he came right to the Mission. Mark had been sober for a little while at that point, and he joined us ready to turn his life around.



Mark lived in his tent by a river last year when it was warm outside.

Mark has serious health issues, including severe chronic pain, insomnia, and a circulation disease that is slowly robbing him of his mobility. Still, Mark has a strong work ethic, and he stands out as one of our most motivated clients. Sometimes we have to remind him to take it easy and let other people chip in so that he can rest his body. Mark recently began managing the community laundry room, which is a great fit for him.

Mark is still dealing with his addiction. After nearly 5 decades of substance abuse, he knows that it won't go away overnight. But Mark is taking steps. He has stayed sober since coming to the Mission, and he is taking medication that curbs his cravings and withdrawals. He also attends our in-house addiction support meetings nearly every day.

*"A lot of things that are said in those meetings, it's like they were made for me," says Mark. "After my first meeting, [a social worker at the Mission] asked me what I thought, and I told her I loved it. I said, 'Sign me up!' I need some sort of support system that I can lean on when I have nobody else to lean on."*

Mark will soon have his housing voucher, and his main focus is finding an apartment. He is excited by the idea of being housed, drug-free, and with more years left in his life than he ever expected.

*"I've been fighting this addiction for a very long time," says Mark. "But I haven't thrown in the towel yet and I'm not about to. I'm now the last living member in my family. The very last. The only family I have are my three children and my grandbabies. Failure is not an option. It's not an option for me."*

As a supporter of the Mission, thank you for giving Mark this opportunity to turn his life around. Mark helped break the cycle of poverty for his daughters, and now he is working hard to break free from his life-long addiction. This may be the closest Mark has ever been to a stable future, and we are excited to see him succeed. **Thank you and God bless.**

## 2022 STATS



**383 clients** stayed at Northlands Rescue Mission for **12,956 nights of shelter**.



**222 clients** obtained **permanent housing** (including families through our family shelter). The **average length of stay** for a client was **28 days**.



More than **69,000 meals** were served to clients and community members, up 15,000 from 2021! **1000 elementary students** received weekend food assistance through the **Backpack Program**.



More than **5700 food boxes** were distributed in 2022, a **96% increase** from two years ago. Volunteers dedicated **5000 hours** helping us pack food bags, serve meals, and much more!

# Community Kindness

...Follow us on social media to see similar stories every week!



## Snuggle Up

The children at **HOPEful Beginnings Preschool and Childcare Center** chose the Mission for their yearly service project. Not only did they provide us with cozy tie blankets, they were very interested in learning about how we help folks who have less. Thank you to the kiddos and staff for keeping our clients (and our hearts) snug and warm.



## Slam Dunk!

**UND's basketball team** showed off their kitchen skills, serving up a tasty and festive turkey meal donated by St. Jude's Catholic Church in Thompson. Players and coaches continued to visit every Monday for two months to serve meals to our clients. Thank you so much, and Go Hawks!



## Jean-erosity

Make a small donation so you can wear jeans to work? **Gate City Bank** liked the sound of that! The GF Gate City team enthusiastically wore jeans to support the Mission's Backpack Program. Then they dropped off a bunch of food for the program, along with a \$1,000 check! Thank you for helping us fight child hunger!

## Staff Spotlight:

Meet Korrin Nadeau, Volunteer Coordinator at Northlands Rescue Mission



### What is your role with the Mission? What made you want to get involved?

*I have been a part of the Mission team for 6 years. I started out working in the front office, then I took on the role of Volunteer and Backpack Program Coordinator. I grew up in a small town in North Dakota where I obtained my Associates Degree at a community college. Then I transferred my education to UND where I majored in Psychology. I heard about the Mission through UND students who volunteered from time to time, and I thought it would be a great opportunity to get involved! Long story short, I ended up joining the team and became committed to making a difference within our organization and outside of it.*

### What are some of the biggest volunteer needs/opportunities at the Mission right now?

*We have quite a few volunteer needs at the Mission. We can use help sorting food and item donations, serving noon meals, organizing our pantry, painting, and more. We rely on volunteers for events, too, like the banquet and our Thanksgiving meal. Our needs vary but we can always use volunteers for something!*

### What impact do volunteers have on the Mission?

*With nonprofits relying mostly on donations, volunteers are the backbone of the Mission! They help keep the doors open whether its by raising awareness or lending a helping hand.*

### What do you enjoy about working with volunteers?

*I have many wonderful memories with our routine volunteers. The amount of dedication, smiles, and emotion that I see from our regulars warms my heart. It is rewarding work!*

### What should someone do if they want to start volunteering?

*They can visit our website and fill out our volunteer form, or they can contact me to set up a time to volunteer: (701) 772-6600 ext. 212 or email [korrin@jointhemission.org](mailto:korrin@jointhemission.org)!*



Volunteer opportunities abound at the Mission!



## Upcoming Events:

Join us for an indoor golf tournament at **Albatross Indoor Golf Club** on their state-of-the-art simulators!

- Saturday, April 15th • \$100 per player • Two-person teams, double elimination, side games, prizes, and lunch

The **Mulligan Classic** golf tournament returns to King's Walk! Who can drive, chip, and putt their way to victory?

- Thursday, June 8th • \$480 per 4-person team • Scramble format with games, prizes & dinner included

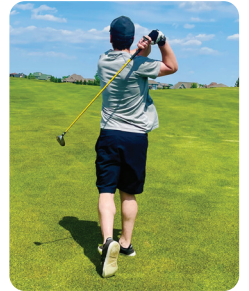


We invite you to walk, run, or ride to prevent homelessness at the **Home Run** in September! Choose a 5k Walk/Run or a Bike Event

- Saturday, September 16th • \$30/\$40 (special rate for kids)
- Lunch, live music, awards, and t-shirt for participants
- Register today for an "early bird" discount!

Visit us online for more information or to register for any of these

events. Your participation helps us serve more men, women, and families in need - thank you!



## Current Needs:

- Pots and pans • Small appliances • Men's new underwear • Men's boots/shoes (size 10+) • Toilet paper
- Washcloths • Noodles • Canned vegetables • Cream of [anything] soup • Spices

## Exciting Developments:

- We've just opened another **family shelter** unit! We now have the capacity to shelter three families with children at once. We've seen high success rates, with the majority of our families transitioning into permanent housing.
- The **Backpack Program** is now serving more than 1200 children every week at all 10 elementary schools in Grand Forks. This is the largest the program has ever been, and the need is real!
- The Mission's in-house **addiction support** program, made possible through a collaboration with Agassiz Associates, has been a great success. We are currently exploring ways to increase the program's scope in 2023.

**Mission Possible** – Grantors play an invaluable role in keeping our doors open and our services operating at full capacity. We would like to express our deep gratitude to the following organizations for investing in the Mission's work.



Thank you to Walmart for their generous funding of general operations and supplies



Thank you to T.J. Maxx and the TJX Foundation for generous funding of our Backpack Program



Thank you to the Otto Bremer Trust for their significant and impactful funding of Mission operations:

- Shelter for clients
- Community food boxes
- In-house meals
- Backpack Program food

## MYRA FOUNDATION

Thank you to the Myra Foundation for their generous funding of building infrastructure, lunch coolers, and a new snowblower