



# Feeling the effects of rising rent, utilities and food cost in Rochester, NY

Hunger is everywhere now, in every zip code, and with the lack of affordable housing, more and more people are living paycheck to paycheck and having to make tough choices to feed their families.

Children and seniors are the communities most vulnerable to hunger, RFMission has several programs aimed at serving these populations.



We acknowledge the stubborn persistence of food insecurity and the cost of food, shelter, and utilities noting the biblical truth that "people experiencing poverty are always with us." Deuteronomy 15:11

Monies are not coming in to offset these increases for the clients and the mission. However, "We won't go on vacation because hunger and food insecurity don't go away or take breaks. We're not going to close," says the board and staff. Instead, we will believe as we have so many times that God will provide!

Now, we look to you for additional support to combat these issues. We pray that your heart responds in love after reading the testimonies in this newsletter. Your support makes a difference and changes the lives of those in need.

"Well done, my good and faithful servant!"

**We Need YOU!**

**DONATE TODAY!**

[www.RFMission.org](http://www.RFMission.org)



## Eliminating Hunger...



Betsy never thought she would be forced to live in her car and rely on food pantries for her meals.

After she lost her home, which she had lived in for 15 years, Betsy had nowhere to go. She has family, but none of her relatives live nearby to help her out. So Betsy currently stays with a friend or in her car while waiting for her Social Security disability benefits to be approved. She's hoping that a small income will help with her living expenses and get her back on her feet.

Betsy started coming to the mission food pantry about two years ago after a friend told her about the available help. She is so thankful for the food and respect she receives that she has been telling others. She said, "I've referred a couple of people over here, especially mothers with kids and people going through hard times. I spread the word and tell them this is where to come and get good nourishing food. That people are going to talk to you on a social and personal basis and be very respectful."

She is especially grateful that the staff and volunteers at the food pantry help her get the food she needs the most. She said, "There's only so much food you can put in the back of a car when you live there. But they make sure that I don't get all perishable food — that I get fresh fruits and canned food that will serve my needs." Despite her current situation, Betsy remains optimistic about the future. "My spirit is lifted up, and I'm very positive," she says with a smile.

## Counseling Help!

"The families of Rochester feel blessed by the provision of the counseling center at the mission.

The women's support group is excited about the monthly fellowship and upcoming group sessions. We feel empowered to face life challenges"  
-Tracy S.



"The counseling services have been a blessing to us. You showed us the beauty in our marriage; during bad sessions, you were a fair judge and kept the arguments clean.



We are now stronger because God sent us you!  
-The Martinez

We are so grateful for the help and support you have given us."

## Clothing Room



"I wanted to donate money and wasn't sure where to give. I had kept it in prayer and was browsing around when I stumbled onto your site. I like that we can donate in many ways: feeding people experiencing poverty, donating clothing, and paying for staff, including counselors, etc. These are practical ways to help families sustain their homes. I am grateful to God for the opportunity to give and to see lives being changed. I am blessed. Thank you for the work you are doing. May the Lord continue to bless this ministry!"— Lilian R.

**We strive to reflect God's unconditional love. It's a sacrificial love that embraces everyone. We believe that we can show His love by serving the "least of these," as Christ challenged us to do in Matthew 25. We pray that by God's grace and with your support, we can continue to bring relief to the suffering and hope to the hopeless. Thank You!**