

Healing from the inside

Travis found God's victory over addiction. Thank you for making it possible!

"My circumstances haven't really changed all that much, but inside, my thinking has changed."

For Travis, life restoration has been less about fixing things on the outside and more about healing from the inside.

For years, he had carried around invisible wounds from trauma and depression. He had always dealt with the pain the only way he knew how — through drugs. First, it was pain pills. Then meth.

"I felt worthless."

He tried going to rehab a few times. One place even stuck out in his mind for introducing him to Jesus, and he was able to stay clean for a little while. At one point, his life seemed normal. He had a wife and child and was working a good job as an electrician's apprentice.

Then COVID-19 hit.

Travis was laid off. He shares, "When I was laid off from work, I felt worthless. I felt like I needed to provide for my family. I got really depressed about that. I started drinking, which for me always leads back to pain pills.

continued inside ►



Healing from the inside ... (continued from front)

I started draining our bank accounts, selling my wife's stuff, my kid's stuff. Doing anything and everything I could to get that next pain pill."

When Travis's wife discovered what was going on, she told him he needed to go back to rehab. Unfortunately, nothing changed. "I was still on drugs pretty much," Travis says.

Hitting rock-bottom

Eventually, Travis and his wife decided to separate. On his own, Travis's addiction quickly escalated.

Just before coming to KARM, Travis says, "I had been on meth for 8 days. I hadn't been asleep in 8 days. I hadn't showered in 8 days. I hadn't really eaten in 8 days. I was starting to hear and see things that weren't there."

Peace and joy

The delusions scared Travis enough to come inside KARM. Then, in a way only God could have arranged, Travis ran into someone he knew from rehab, who encouraged him to enroll in LaunchPoint. After completing the program, Travis went on to join KARM's Berea program,

"What's changed more than anything is what I think about myself."

where he has found new purpose working on the facilities team.

He's thankful now to be able to wake up each morning confident in the peace and joy of Christ.

Better still, he's working to reestablish his relationship with his daughter and to see her on a regular basis.

"KARM has really changed my life"

Today, the hopelessness Travis once felt is gone. He shares honestly about where he was before coming to KARM and where he is now, thanks to you: "When I got to KARM, I was completely broken. I felt like a failure. I was just so ashamed of what I had done to my life. I was really suicidal. I had no desire to live.

"When I wake up in the mornings, I don't want to end my life anymore. KARM has really changed my life. What's changed more than anything is what I think about myself. I am grateful."

Thank you for your partnership in restoring lives in Jesus' name at KARM! Please consider making a generous gift today to make new life possible!



HOPE FOR WOMEN & CHILDREN

875 women getting vital care

12 single moms rescued

20 children getting help

"God is so good, and He's blessed me so much. I'm excited for my future, and I've never felt that way in my entire life."

Tara, Serenity resident



Every \$1.87 you give starts the journey to a new life

LIFESAVING MEALS & SHELTER

185,000 meals served

76,000 nights of safe shelter

75 professions of faith and baptisms

Since 1960, KARM has been meeting men and women where they are in their struggle with homelessness, poverty and addiction. We tell them about the hope found only in Jesus. We share tools, resources and compassionate relationships to help them live a fully restored life.

Want to see living proof of Jesus' power to change lives? You've come to the right place.



Andrew, student in KARM's Berea program

CHURCH & VOLUNTEER ROOTED

737 active volunteers who gave 17,955 hours of their time, for a value of \$251,368

1,030 community partners

\$492,360 in gift cards to Corners of Your Field partners

(Gift cards are used to meet immediate needs, respond to disasters and help with new opportunities.)

A few of KARM's wonderful volunteers

KARM'S BEREA PROGRAM

Our 9-12 month Berea program has transformed KARM into a Work-Learn-Serve-Live campus environment, where students are either in class, working or performing community service. Upon completion, students have realistic short- and long-term goals and Biblically-based plans for their future, supported by skills for employment—helping them break the cycle of homelessness.

16,500 hours of vocational skills training

9,000 hours of classroom study

1,000 community service hours

11,000 total nights of shelter for all KARM's Berea program students



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Taking our outreach to a new level

BURT ROSEN, CEO

Just recently, I walked out of KARM's Gay Street entrance and watched as a man and woman took turns putting needles into

medical care and finding ways to remove the barriers that keep men and women on the streets from seeking services.

Though the problems in our city are complex, KARM remains committed to doing everything possible to be part of the solution . . .

To help those who are hurting know they are valued and unconditionally loved by God. And to help provide services that will restore people physically, emotionally and spiritually.

But homelessness, poverty, addiction and mental illness are not problems we can solve alone. That's why I was so encouraged by the responses to my LinkedIn post, which came from far and wide. Clearly, I had tapped into something that speaks to the need that people are seeing in their own communities.

Today, I encourage you to be part of the conversation and solution. We invite you to email us at seekingsolutions@karm.org.

Thank you for standing with KARM again today. We are honored and blessed by your partnership.



Your partnership will help take KARM's outreach to a new level.

each other's necks — in plain view of passersby and with no apparent concern about getting caught.

That day, I found myself thinking, *How long has this been going on?*

Just outside of KARM, we've seen people passed out, lying on the streets regardless of the time of day. Overdoses occur in front of our doors on a regular basis. Pimps and prostitutes conduct business in broad daylight.

How long has this been going on?

Today, I encourage you to be part of the conversation and the solution.

In my 18 years in Knoxville, things on the streets today are as bad as or worse than I have ever seen.

Recently, I posted on LinkedIn about the problems we're seeing in Knoxville, and it was like a thermometer going into hot water. The number of views kept going up. People began commenting, sharing their thoughts and wanting to be part of the solution. So we set up an email address where people could send us their ideas: seekingsolutions@karm.org.

We know that, like us, you care about our city and its growing problem of street homelessness. That's why we want to let you know that KARM is taking our outreach efforts to a new level. God has placed several opportunities before us, including helping more people experiencing homelessness gain access to

A new life starts with YOU!

No matter what is happening at KARM, in our community or in the world around us, our work of restoring lives in Jesus' name continues on.

Today, more people in the Knoxville area are in need of hope and the chance to start a new life.

Your gift of \$1.87 provides a meal and care, which often awakens the hope someone needs to begin thinking about a different way of living — free of addiction, hunger and the dangers of the streets.

Will you give more people the hope and second chance they need with a generous gift to provide meals and care today?

Thank you for every \$1.87 meal you can provide to help restore lives!

A new life starts with you! Thank you for healing hearts and restoring lives through Jesus Christ and for partnering with KARM as we begin a new year of ministry together!



3 WAYS TO GIVE



Knox Area Rescue Ministries
P.O. Box 3310
Knoxville, TN 37927-3310



Visit us online at karm.org
and give right away.



To give by phone, please call **865-673-6540**.

STAY CONNECTED



MY GIFT TO CHANGE MORE LIVES IN 2022

YES! I want to continue to partner with KARM in 2022 to give people hope and chance for a new life, starting with a meal. Here's my gift of:

- \$18.70** to feed **10** hungry people.
- \$28.05** to feed **15** hungry people.
- \$37.40** to feed **20** hungry people.
- \$_____ to feed as many hungry people as possible.

Name _____
 Address _____
 City _____
 State _____ Zip _____
 Email address _____

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Thank you! Please make your check payable to KARM and return this form with your gift. To put your gift to work immediately, visit karm.org. Your gift is tax-deductible as allowable by law.