


A Heart of Thanksgiving

Arlayna wants to share
how your support
changed her life! 



Anticipating This New Season with Thanksgiving



A Message from DANITA MCCARTNEY, PRESIDENT & CEO

It's hard to believe we are here again: well over halfway through another year. Here at Knox Area Rescue Ministries, preparations for our busy fall season are already underway.

Outside, the weather will soon start to cool. But inside our doors, it's still warm and inviting as **we get ready for the many men, women and children who will come to us during the months leading up to Thanksgiving.** It is one of my favorite times of the year, and it is possible because of the generosity of friends like you.

As I think about this season, I'm reminded of the words of Ecclesiastes 3:1: *"There is a time for everything, and a season for every activity under the heavens."*

Each time someone comes to KARM for help, their season changes. They leave a time of pain and struggle they may not have anticipated and certainly did not desire – and they **choose** a season of support and recovery. **I truly believe this is God's hand at work through your partnership in this life-giving ministry.**

Now, as we prepare to serve an estimated 79,000 meals in the coming months, I ask you to pray for every struggling man and woman who finds a seat at our tables. Pray they would realize the time is right for a new season in their life, and they would know that God will help them every step of the way.

Thank you. I am grateful for you now and always.

Danita McCartney

COMING SOON: COATS FOR THE COLD!



It's time to clean out those closets and get ready for cooler weather.

While we aren't quite ready to accept your coat donations for our **2023 Coats for the Cold** drive, PLEASE HOLD ON TO THEM. Because, from October 16 to November 11, you can drop off new or gently-used coats at any KARM Stores location. (Children's and XL+ adult sizes are always needed.)

If you'd like to organize a coat drive at your church, posters can be downloaded online at **karm.org/coats.**

Join Our
2023 *Thanksgiving* CAMPAIGN

79,000
Meals Needed this Thanksgiving Season

This Thanksgiving season, countless guests will gather at our tables. Many are alone... longing to overcome homelessness and poverty... wishing they could reunite with their families for the holidays.

For just \$1.87, YOU can provide a meal to nourish their bodies and lift their spirits. Your gift surrounds people who are hurting with loving care that can lead to a better life through:

-  Safe, welcoming shelter
-  A refreshing shower
-  Classes and job training
-  God's life-changing love

Please help our neighbors in need this holiday season! Send your 2023 Thanksgiving Campaign gift today using the enclosed reply card and envelope OR online at **karm.org.**



Scan to see how you can offer a helping hand this fall!

“I’m finding truth **in** Christ.”



Growing up, it was just Arlayna and her mom. They were best friends. Arlayna told her mom everything – except that she was being abused by the cousin who babysat her. It started when Arlayna was just 3 years old, and it set the tone for the next several decades of her life.

“I grew up feeling like a monster. I never got along with people my age or had healthy friendships. It was embarrassing.”

Arlayna began using drugs and alcohol at a young age to block out her pain. Because of her past, she didn’t know the difference between a platonic relationship and a romantic one. She began looking for love in the wrong places, which led to more abuse. She got pregnant at age 15.

“My mom took me to have an abortion,” Arlayna says. “I don’t blame her for that. She was doing her best. But that is when my addiction really started.”

Arlayna tried several times to get her life back on track. After being homeless for several months, she hit rock bottom when a man she was staying with attacked her. She realized she had to change her life to stay alive, so she came to Knox Area Rescue Ministries.

Arlayna joined our Serenity Ministries program and started building her self-worth through Serenity, Bible studies and classes. She had always believed in God, but through our ministry she built a relationship with Him – which helped her heal from the years of trauma and abuse she had endured.

“
I was trying to cover up
my shame.
”

“Now I can help somebody else one day,” she says. “I’m still healing, but KARM is helping me find truth in Christ. I know I can do things on my own now.”

Arlayna is filled with thanksgiving for God’s redeeming love in her life – and your incredible generosity and support! “I’m thankful to the ministry for showing me the love of Christ.”

JOIN OUR TEAM



Now that the busy summer season is behind us, you may be thinking about making a change in your life – like a new job or volunteer opportunity. If so, please consider joining our amazing team here at KARM.

Working or volunteering at KARM is more than a job or a hobby...

- It is a chance for you to be the hands and feet of Jesus to our community's most vulnerable men, women and children.
- It is a way you can help break the cycle of homelessness in your neighbors' lives.
- It is how you can share the hope of the Gospel and change lives... both now and for eternity.

KARM is a place where you can discover gifts you never knew you had as you live out Jesus' command to "love God; love others."

To learn more about volunteering, email volunteer@karm.org.

To learn more about full-time, part-time and PRN career opportunities, visit karm.org/careers.



Join us at our Fall gala

HOPE RISING

Thursday, November 2, 6:30 p.m.

The Mill & Mine, 227 West Depot Avenue, Knoxville

We promise you a night of laughter, delicious food, heart-filling stories from our guests and inspiration from our **dynamic speaker, Carlos Whittaker**.

Here's what's been written about him:



"Carlos brings hope to humans all over the world, as an author, podcaster and global speaker, and he's good at it! His large, enthusiastic social media followers, known as his 'Instafamilia,' join forces with Carlos every day to find connection, do more good in the world, and learn *how to human*."

To **reserve your spot at Hope Rising** or to learn more, visit karm.org/events.

