



*Restoring Lives in Jesus' Name*

**HOLIDAY 2023**

Thanks to you...

**DAVID HAS  
HOPE THIS  
Christmas!**



For more information: (865) 673-6540 [karm.org](http://karm.org)

A Message from  
DANITA MCCARTNEY,  
PRESIDENT & CEO

## Celebrating the HOPE of Christmas



**How comforting it is to know that our Lord, Jesus Christ, has shared in our humanity. He knows our weaknesses and the struggles of our neighbors who are homeless!**

On the eve of his birth, Jesus and his earthly parents, Joseph and Mary, experienced being turned away and told there was “no room at the inn.” It reminds me that Christ understands the pain and fear of our guests who also have nowhere else to turn.

Here at Knox Area Rescue Ministries, we will always do everything in our ability to welcome and support a hurting person who comes to our doors. Even so, many of our guests have faced years of homelessness... poverty... and other challenges that have left them feeling unloved and unwelcome.

During the holidays, caring friends like you help remind them they are not forgotten. Your gifts to provide hot meals, safe shelter and recovery are meaningful expressions of the Lord’s kindness and care in their life.

**This Christmas, I invite you to extend Christ’s love and grace to our neighbors and veterans – like David (whose story is on the next page).** Your generosity will surround them with hope this holiday season!

Thank you, and may God bless you now and into the New Year.

## Share Hope AND A Christmas Meal...

It’s hard to have hope when you’re struggling with hunger or homelessness. **YOU can make this Christmas a time of celebration for our struggling neighbors with your gift today!**



**\$1.87**  
for 1 hot meal



**\$17.78**  
for 1 night of  
safe shelter

**CAN GIVE  
SOMEONE**



**Please Send Your Christmas Gift Today!**

Help meet our **\$50,000**  
**GIVING TUESDAY** Goal!

*Tuesday, November 28*

**Giving Tuesday is November 28! Join us for this global movement of generosity to unleash the power of people and organizations to transform communities and the world!**

We need your help to meet KARM’s \$50,000 Giving Tuesday fundraising goal! This year’s Giving Tuesday focus is **mental health** and the expanded services we’re offering in our **onsite Care Center**.

Mental illness is an ongoing struggle among many men and women who are homeless. It contributes to and exacerbates homelessness – creating a vicious cycle that can be incredibly difficult to break.

A staggering 49% of guests who meet with a KARM Care Coordinator say they have been diagnosed with a mental health disorder. Additionally, KARM staff estimate that 90-95% of homeless individuals would receive at least one mental health diagnosis if they were evaluated by a mental health professional.

Your donation on Giving Tuesday will help make a significant difference in addressing this critical issue. You can help provide onsite essential mental health services, including counseling, therapy and access to psychiatric care.

Thank you for being part of their restoration stories by donating on Giving Tuesday, November 28!

# “ I CONSIDER MYSELF lucky.”

*KARM honors the sacrifices of our armed forces. No veteran should experience homelessness – much less during the holidays. Yet, veterans are at greater risk of homelessness than non-veterans. David is a former service member who struggled with homelessness before coming to KARM. We're proud to share his story.*

David's military service included two 6-month deployments to Iraq. As a member of the United States Army, he was proud to serve his country. Still, he doesn't like to talk about his time overseas; those memories are too traumatic. He does, however, like to talk about walking and hitchhiking from South Carolina (where he grew up) to Tennessee for a fresh start.

“I had a good childhood, but in our small town, everybody knew everything about everyone. I needed to get away to start over – to make my life what I wanted it to be instead of reliving my past.”

David joined the military straight out of high school. He served faithfully until his hand was severely injured in a car accident shortly after his second deployment. He spent time back in South Carolina and Tennessee before deciding to settle in the Knoxville area. He still had connections locally and was full of hope for his future, but when he arrived, he had nowhere to go.

“I spent the night outside of a church. The next day a woman from the church got me into KARM. That was 12 years ago,” he says.

Through KARM, David was introduced to the Volunteer Ministry Center and was later part of our inaugural LaunchPoint class. Now, he lives at Flenniken Landing, which partners with KARM to provide permanent supportive housing. As he has gotten older, David has also received much-needed care for his medical challenges, including depression, anxiety and a type of muscular dystrophy. But perhaps most importantly, he has learned to trust in God and His plan.

**“I am alive because of KARM. They were here for me when I needed them. I am thankful.”**



**David has hope this Christmas. He wants to thank YOU for supporting his journey toward a new life – and for recognizing the sacrifices of all veterans.** “It is true that all gave some and some gave all. Some people gave everything, including their lives, for the liberty and freedom to be an American. I hope people will continue to support our veterans.”



*Thank you  
for helping our veterans!*

We hope you enjoyed reading David's story in this newsletter. We love our veterans and are grateful for their service to our country.

By the end of 2023, KARM's staff and volunteers will have provided services for more than **170 veterans**, including:



**6,600**

nights of safe  
shelter



**20,274**

nourishing  
meals



**1,280**

case  
management  
services

An annual highlight is our special Veteran's Day dinner and ceremony, during which our staff and volunteers who are veterans serve a special meal and celebrate their service to our country. We're also excited about our relationship with the U.S. Department of Veterans Affairs, whose staff help our veteran guests receive their military records and apply for VA benefits.

Given the sacrifice our veterans made to defend our freedom, we realize the above mentioned services are hardly comparable. However, because of your generosity, we are grateful to be able to provide them.

To give a gift in honor or memory of a veteran in your life, visit [karm.org/donate](https://karm.org/donate).

# HELP MEET THE INCREASING NEEDS THAT COME WITH COLDER WEATHER!



At KARM, we're actually grateful for the holidays and colder weather. You see... during these months, men and women living on the streets are more likely to turn to KARM for help – and for hope. But, as you can imagine, this also puts a strain on supplies we need to care for guests.

You or your church, business or community group can make a big difference for our guests by donating any of the following items. You can drop off items to KARM's main campus at **418 North Broadway**, any day between **9 a.m. - 5 p.m.**

## CHRISTMAS NEEDS:

- Thick, calf- or knee-length socks for men and women
- Thick, warm knit hats
- Thick scarves
- Warm gloves

## YEAR-ROUND NEEDS:

- Brushes and combs
- Shampoo and conditioner
- Hair ties
- Deodorant
- Small-sized toiletries
- Small-sized women's hygiene items
- Toothpaste
- Toothbrushes
- Body wash
- Body lotion
- Foot powder
- Lice treatment
- Twin XL sheets and pillowcases
- Towels and washcloths



- Hoodies
- Anything warm and handmade
- 1-day Knoxville Area Transit (KAT) bus passes
- Wrapped hard candies



## COLD-WEATHER NEEDS:

- Lip balm
- Packs of hand warmers/foot warmers
- Packs of small individual Kleenex (or generic brand)
- Non-menthol throat lozenges
- Long-sleeved T-shirts (men's and women's, all sizes)
- Backpacks (for new guests)
- Men's and women's underwear (new in package, sizes small through 3XL)
- Ground coffee
- Hot chocolate
- 8-oz. Styrofoam cups
- 12-oz. Styrofoam bowls