

February 2013



REGIONAL EMERGENCY SHELTER TEAM WARMTH * NOURISHMENT * COMPASSION

The Regional Emergency Shelter Team or REST, an organization based on the teachings of Jesus Christ, partners with participating churches, congregations and other community and faith based organizations to provide cold-weather shelter and meals to single women and families who are homeless in the Yuba-Sutter community.



February 2013 Update: *By the Numbers*

As our wonderful volunteers know very well, we have been crowded! REST is now the final third of our winter shelter season and we have seen a major increase in the number of homeless guests handled by REST as compared to the same period last season. As of February 21st, we have filled over 1,900 beds since the final week of November. This number is more than 30% higher than what we saw in 2011-12. Of course, last year we experienced numbers higher than in 2010-11 and so it goes. Each season has its own dynamics. This year, despite the high numbers of guests coming to us each night, fewer different people are coming to REST than last year. Specifically

IN THIS ISSUE

[Poem: May God Bless the Damned](#)

[Homers for the Hungry!](#)

[River Valley Community Foundation](#)

[We Need Volunteers Now](#)

[New Earth Market Donation](#)

[Volunteer Spotlight: Valerie Loewen](#)

[You Can Help In Many Ways](#)

[Our Volunteers Speak](#)

[Web Site Help Needed](#)



VOLUNTEERS ARE REALLY NEEDED!

**Volunteers provide the life
blood for REST.**

It's that simple.

Without your assistance, we cannot stay open. If you have already completed our training

last year at this time, we accepted 115 different people versus 100 this year. Similarly, last year we housed 28 children and 36 single women whereas we have seen 23 different children and 31 different women this year. So the numbers are indicating that, on the average, our guests are staying longer with us this year than last.

Despite this trend, we have seen guests secure stable housing and leave our program. In the month of February alone, three single women found separate apartment housing. We are hopeful that others will follow before REST closes in April. Typically, REST has experienced the season's highest utilization rates in March. What we have seen this past week seems to point to even higher numbers this year. Let's finish strong!



God has used REST through its faithful volunteer workers to start establishing a shelter safety net for women and families in this region. However, for REST to move ahead and expand its season and services, our friends and acquaintances who reside in this community must leave the sidelines and join the team to further this effort.

Do you know such a person or persons? Please reach out to them and tell them about REST. Explain how they can get involved and

and haven't yet signed up for a task, please do so now.

Remember to go to the Lotsa Helping Hands website at www.lotsahelpinghands.com

If you are unsure about how to sign up, contact either Val Loewen:

dvloewen@hotmail.com

or Dennis Green:

greensettters@aol.com

If you want to help but have not attended our 90 minute training class, let us know. We will do what is necessary to get you ready to go. But you must take that first step. Volunteering just once or twice a month goes a long way in keeping REST functioning. Jump in right now!

► Take Action

New Earth Market Provides REST Meal

Thank you to New Earth Market for providing a wonderful dinner for our guests last fall. We appreciate your support of REST and its ministry in this way! The guests enjoyed a full ham dinner including sides of green beans, dressing, salad, rolls and dessert bars! Remember New Earth Market as a supporter of REST!



contribute whatever time or resources that they can. We still have much work to do during the remainder of the shelter season.



May God Bless the Damned

Underneath an overpass in
downtown Atlanta,
Lives an old man with his clothes,
but no shelter.
You'd think that with his strife and
not enough to eat,
That this old man couldn't get up off
of his knees.
And you'd be so wrong!

If you want to know the secret to
this life,
Then just bend down your head and
look into his eyes.
There is a sparkle in them I swear,
I think they gleam.
It connects me to his mind and all
the things he's seen.
And it blows me away!

He has this little smile that now,
I understand.
Life is so much different living as
one of the damned.

God bless the damned!
They are the ones who really stand.
God bless the damned!
They are the ones who would give
you
a helping hand.
God bless the damned!

VOLUNTEER SPOTLIGHT: VALERIE LOEWEN

Valerie Loewen has served on the REST board of directors for three years. She currently acts as the board treasurer, volunteer coordinator and intake coordinator.

Val grew up in the Yuba City area and other than several years when she went up to Trinity Western University in British



Columbia, she has lived in this community. Her interests are cooking, decorating and snow skiing.

While raising three children, Val always found time to be involved in the leadership of ministry opportunities at Cornerstone Church. In more recent years she has taken on the role as a bookkeeper for Hawkins Exteriors.

Sensing a desire to practice her faith outside of her "comfort zone", four years ago Val responded to a newspaper ad seeking volunteers for the FEWS

They all know that it's what's inside
That makes and shapes a man.
Truly, I say to you
God blessed the damned.

Up in New York City in a hospital
called St. Jude's,
There is a little girl whose whole
body
is a bruise.
You'd think that she'd be crying as
her life, she's about to lose,
That because she's dying and she's
got nothing left to choose.
And you'd be so wrong!

If you want to know the secret
to this life,
Then just bend down your head and
look into her eyes.
There is a sparkle in them I swear,
I think they gleam.
It connects me to her mind and all
the things she's seen.
And it blows me away!

She has this little smile that now,
I understand.
Life is so much different living as
one of the damned.

God bless the damned!
They are the ones who really stand.
God bless the damned!
They are the ones who would give
you
a helping hand.
God bless the damned!
They all know that it's what's inside

homeless shelter. Since that
initial tug, she has spent
countless hours at home and at
the Hands of Hope facility
working to keep the REST
program running smoothly.
Her love of Jesus and His
example to respect and dignify
those who are struggling for the
basic necessities of life has been
a motivating force in her desire to
work with the Yuba Sutter
homeless community.
We are blessed to have someone
who has become a genuine
friend of the homeless. Val's
ability to encourage and
challenge many of the female
guests has brought hope to those
who are most often forgotten.
God has taken that tiny church
"comfort zone" for Val and
expanded it into one giant
"exhilarating mission field."



You Can Help In Many Ways

**If you know some one who
might be interested in learning
about REST and homeless
issues, you can help by
forwarding this newsletter to
them. Just click the "Forward
email"
link below.**

Warmth * Nourishment * Compassion

that makes and shapes a man.

Every moment that voice ringing
always rising above!
If you really want to know the secret
to this life,
Then just bend down your head and
look into my eyes!
There is a sparkle in them.
They are mine and I know they
gleam.
You're connected to my mind and
everything I've seen!
It will blow you away!

I have this little smile that now
you understand.
Life is so much different living as
one of the damned.
Living every day breathing while
they can,
Truly, I say to you
God bless the damned.

*- by Katrina McCumber
REST Guest, 20 years of age*

Homers for the Hungry

REST was a thankful recipient of
\$1,600 gift from the **Homers for the
Hungry** event on Nov. 24, 2012.
Former Yuba City High School star
and current Houston Astros
prospect Max Stassi hit 100 home
runs and raised over \$25,000 for
local food banks.
REST appreciates Max's generosity
in reaching out to the



REST
is an all volunteer
non-profit
corporation and each
donation is
tax deductible.

Donations can be sent to
**REST at P.O. Box 688,
Yuba City CA 95992
THANK YOU!**



FROM OUR VOLUNTEERS:



"How can we turn
our backs on any of God's
created children? Just
volunteer once and put your
fear or hesitation aside. The
homeless are just people like
us. Lifting them up will lift up
our entire community. The
need is so great and there is
so much to be done."

*Jacquie Bockius
REST Volunteer*

needy in our local community through this fund raising event.



Way to go Max!



River Valley Community Foundation Gift to REST

The River Valley Community Foundation (RVCF) has generously provided REST with a gift for \$1,000. RVCF is a California Nonprofit Public Benefit Corporation. Incorporated in May 2007, RVCF was organized exclusively for charitable and educational purposes and strives to serve Yuba and Sutter Counties and surrounding

"I was trained to clean teeth but now my role is to help by doing what is needed which includes cleaning toilets. Each of us has gifts. Just come to volunteer and use what you have been blessed with."



Lynn Jepson

*REST
Volunteer*

"Everyone deserves a warm bed and meal. We all need to get over the stereotypes that are often played out in our culture. These are just people who need someone to talk to and offer a caring attitude."



*Deanna & Lester Jennings
REST Volunteers*

Media Techies Needed!

REST needs volunteers who are skilled in web site design and maintenance, as well as any creative video gurus. If you have these skills and wish to REALLY help the REST mission, contact Dennis Green at 701-1585. Thanks!!

communities. Please join REST and the Hands of Hope in supporting RVCF at every opportunity.



Left to right: Valerie Loewen (REST), Dave Loewen (REST), Max Stassi, John Jelavich, Sr. (RVCF), Dennis Green (REST)

WARMTH

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NOURISHMENT

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COMPASSION

[Forward email](#)