

# I was broken...I didn't know anything about the Lord

To look at Sue you'd never know she was anything but bubbly and full of hope. There's a light in her eyes that can't be mistaken. Sue attributes her newfound joy to her relationship with Christ. "I have a necklace that is the shape of a circle that reminds me that God's love cannot be broken," she says.

But it wasn't always this way.

Sue started abusing drugs and alcohol at 14 to numb the pain caused by an assault. A few years later, she was charged with felony possession of heroin.

## But this was just the beginning

Sue's judge was a Christian who told her God wanted him to send Sue to the Having the Courage to Change program at City Gospel Mission. "I was broken when I came here; I wasn't a Christian and I didn't know anything about the Lord," Sue says. "On April 9, 2010, I was saved."

But growth has been a process for Sue. She had to learn about humility. "Even after coming to the ministry, I've been broken further," she says. "The first year was about healing and the second year has been about change."

**"The Flying Pig Marathon was the first thing I completed in my life. I believe it started me on the path to success."**

## Humility—a hard-won virtue

One day in February, her case manager prayed for Sue to find humility. An hour later, she slipped and broke her arm. "I hate to ask for help. I learned to humble myself and embrace the scripture, 'When I am weak, then I am strong.' That became a message of growth for me," Sue says.

Indeed, change has taken hold of Sue and now her confidence soars. As a member of Step Forward, City Gospel Mission's team of runners and walkers last year, she walked the Flying Pig Marathon.

This year she will run on a four-person relay team.

The camaraderie she experienced has been a critical part of her healing. "The Flying Pig Marathon was the first thing I completed in my life. I believe it started me on the path to success."

This fall, Sue plans to enroll in college. "Through God, all things are possible!" she exclaims.

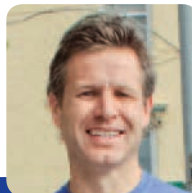


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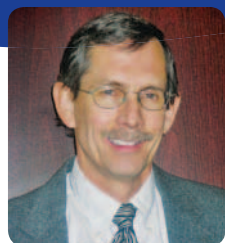
Unsung Hero  
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Step forward,  
finish strong!  
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## A personal word from the President



**“...with God all things are possible.”**

—MATTHEW 19:26, NIV

This verse from Matthew has carried me through some difficult times in the past. I wanted to share it with you this month because it has a timely application for many of us here at the Mission.

You may already be aware of Cincinnati’s annual Flying Pig Marathon. What you may not know is that a large group of residents, volunteers and staff members from CGM participate in the 5K run every year. This has become an important activity, not only because it helps raise funds to support the Mission, but because residents learn patience and discipline during training. Their self-confidence soars as they learn what it’s like to be part of a team.

I hope you enjoy this special issue of *Transformations*. In it you’ll meet Sue, a courageous woman who has overcome trauma and addiction and found God here at the Mission with your support.

You’ll also read about Chris, our featured Unsung Hero. As our volunteer trainer, Chris gets our residents, volunteers and staff ready for the Flying Pig Marathon every year. It’s because of his encouragement and support that every person who participates finishes the race.

Thank you for making transformation possible. Together, we are restoring dignity and offering second chances to people who were once hopelessly lost.

Roger Howell  
President

## Thank you 2011 Golf Sponsors!



Photo by Earl Silvia of Langdon Art

Thanks to the generosity of corporate sponsors like Cincinnati Equitable and Mechanical Finishing, Inc. players and volunteers, our 20th Annual City Gospel Mission Golf Outing was a huge success. On September 17, 2011, we gathered at the Bel-Wood Golf Course to raise money to help give needy men, women and at-risk youth a chance at life-change.

### Golf Outing 2011

- Cincinnati Equitable Life Insurance Company
- Johnson Investment
- Rainbow Car Wash
- Barbara Seibel
- Messer Construction
- Hi5 Church Group
- Santos Auto Service
- RLT Design
- Saxon Financial
- Christian Blue Pages
- Foster and Associates
- Powernet Global
- Jostin Construction

## HOLIDAY UPDATES

### Thanksgiving Day—Fall Feast

City Gospel Mission partnered with Give Back Cincinnati to serve over 5,000 meals on Thanksgiving day at our annual Fall Feast. This community-wide celebration at Duke Energy Center helped educate citizens on issues of poverty and homelessness in the Greater Cincinnati area.



Everyone who attended had the opportunity to receive free coats, hats, gloves, haircuts and eye screenings. Entertainment included live music, a performance by City Gospel Mission’s Princesses, a petting zoo and children’s

games and activities. We invited the needy, the wealthy, the old and the young—uniting the Cincinnati community in fellowship and celebration.

### Christmas Store

CGM wants to thank all of the churches, volunteers and donors who made our Christmas Store possible this year. Because of your generosity, over 1,700 children from over 700 area families received gifts at Christmas.

### Radio-thon

CGM wants to thank STAR 93.3 for hosting our Feed the Hungry radio-thon on November 17. Because of them, we were able to provide over 14,000 meals.

### Thanksgiving Baskets

Over 2,400 families were blessed with Thanksgiving Baskets filled with warm and hearty meals this Thanksgiving season.

## This Unsung Hero transforms lives by sharing his passion

Chris, leader of CGM’s volunteer running group, was not always the healthy, fit guy you see here. He once worked long days stuck in a cubicle, stuffing himself with office junk food.

“I was sitting in the cubicle, eating all the cakes and donuts that people were bringing in every day and putting on the pounds,” says Chris. “It was pathetic.”

Finally he was so sick of how that made him feel he started running—a lot. Now, over 11 years later, he has run almost a dozen marathons, including the 2011 Boston Marathon.

### Chris’ passion helped transform lives

But that wasn’t enough for Chris. He wanted to share his passion, but didn’t



know where. In May of 2008 he read an article in *The Cincinnati Enquirer* about the Flying Pig Marathon. Then he called the Mission and had more in mind than just running with the men and women

**“I know if he wasn’t there pushing us, I couldn’t have finished the race.”**

—Ashley, women’s recovery program participant, on Chris

from CGM’s recovery programs. He also wanted to raise awareness and funds. “Get me the men and women, and I’ll take care of the rest,” he told them.

And Chris delivered. He helped secure major grants, several sponsorships, donations and volunteers for the Mission. Chris says, “I want to help teach the men and women that with hard work they can accomplish something. Last year, they were amazed that little-by-little they made progress, and everyone finished. It’s been a huge blessing for me.”



## Step Forward—Finish Strong!

Thanks to Chris Heiert, faithful volunteers, and help from friends like you, we are continuing to make a difference in the lives of those we serve through our participation in the Flying Pig Marathon. On May 5 and 6, the Step Forward Team, composed of recovery program participants, volunteers and staff, will once again be running and walking to make a difference in our community—for the fifth straight year.

Last year, a record number of program participants, volunteers, donors, and staff wore the Step Forward jersey. Together, we raised over \$79,000 to help those in need!

You can help make a difference in the lives of hundreds of homeless men, women, and children in the Greater Cincinnati

area by running with us, sponsoring a runner or volunteering. For more information, please contact Jeannette Robinson at [jrobinson@citygospelmission.org](mailto:jrobinson@citygospelmission.org) or visit [www.CityGospelMission.org/stepforward.html](http://www.CityGospelMission.org/stepforward.html)

*Step Forward changes lives and unites our community!*



**RECYCLING WORKS!**

# CGM goes beyond drug and alcohol rehabilitation

In the fall, City Gospel Mission launched Green Recycling Works, a recycling effort designed to help graduates of the Exodus men's addiction recovery program transition back into the workforce.

"The goal is to make my guys role models," says Matthew Long, Executive Director of Green Recycling Works. "If I can have someone calling me and saying, 'Do you have anybody ready?' That's going to put a big smile on my face."

After graduating from the Exodus Program, the men work at Green Recycling Works for 12 months. During that time, they earn wages and are assisted in opening checking accounts.

"Our goal is to reclaim lives as we reclaim materials and reduce the amount of waste going into Cincinnati landfills," Long says.



## Your will ensures your way

It's not always easy to talk about, but the truth is that writing your will is one of the most important things you can do to protect your family—and your memory. Beyond the important benefit of planning for your loved ones, your will is an opportunity to help organizations you have prayed for and supported.

Requests to City Gospel Mission are crucial to sustaining and expanding our life-changing ministries. Please consider making a final gift of love, a lasting gift of hope, part of your legacy.

To learn more about how your will can protect your loved ones and support those in need, please call Paul Spence, City Gospel Mission's Vice President of Development, at (513) 345-1048.



## Grocery shop to change lives

You can help Cincinnati's hungry and homeless men, women and children when you do your regular grocery shopping each week! **Four percent** of the money you spend at Kroger and Remke/Biggs will go to City Gospel Mission. You can request up to \$250 be added to your card to be used again and again. To participate, simply request a reloadable gift card from City Gospel Mission by contacting Melissa Triantafillou at [melissat@citygospelmission.org](mailto:melissat@citygospelmission.org).

Please indicate whether you are interested in a Kroger card, Remke/Biggs card, or both.



*Kroger and Remke/Biggs partner with City Gospel Mission to make giving easy.*

## JUST A CLICK AWAY

It's a great feeling to help change a life. And it's really easy! Any time...day or night...type in [www.citygospelmission.org](http://www.citygospelmission.org) and visit us online. You can read all about your support in action, check out what's new in our ministries, learn about upcoming events, and even help change lives today through your secure online gift.

Your comments and suggestions are welcome! E-mail us at [contact@citygospelmission.org](mailto:contact@citygospelmission.org)

## COMPLETE MEALS, JUST \$1.79!

**Yes! I'll help provide hot meals and give hope to Cincinnati's most needy this winter!**

- Here's my gift of \$\_\_\_\_\_.
- Bill my credit card:  VISA  MC  AMEX  DISC

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To give a gift by credit card, visit us online at [www.CityGospelMission.org](http://www.CityGospelMission.org) or call (513) 345-1027.

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