

Leave a life-changing LEGACY

As a friend of the Mission, you have made it a priority to provide for your family as well as caring about the hungry and homeless. As the Mission prepares for our busiest season of service, it is a great time to remind you that financial decisions you make today can also have a profound influence on those who come after you.

By leaving specific instructions for the disbursement of your estate to those you love, including your favorite charitable cause (like Union Gospel Mission), you can leave a legacy of changed lives that will impact your community for years to come.

This way, your assets and invested savings keep working for causes that mean the most to you.

There are many planned giving options available. For more information on how you can leave a legacy of hope, call Peggy Fink at 651-228-1800, ext. 318, or simply return this form in the envelope provided, along with your next gift.

**(Individuals 70-1/2 or older who are interested in the most tax-effective gift can call us at 651-228-1800 for information on the latest IRA charitable rollover.)*

This Thanksgiving, we need your help to fill the Mission pantry

After a slow summer of giving, our food pantry is running low on almost every item: meat, milk, fresh vegetables, canned goods.

We must be ready for the Thanksgiving crowds that will soon be pouring into the Mission. But we can't do it alone.

Won't you help restock our food pantry this fall?

If you do, we'll be able to provide meals and food baskets for thousands of homeless and hungry men, women, and children this holiday season.

There are so many ways your gift can help ...



\$20 will supply fresh baked bread and rolls.



\$35 will buy fresh fruits and vegetables.



\$50 will provide milk, coffee, and fruit juice.



\$75 will deliver pumpkin pies and other desserts.



\$100 will make certain we have enough turkeys.

The recession is really putting the squeeze on so many hurting people in the Twin Cities. Please send a generous gift to Union Gospel Mission today — so nobody misses out on the joy that comes with Thanksgiving.

Thank you for giving this Thanksgiving, and offering the homeless hope—wrapped in a hot meal!

Giving is as easy as 1 ... 2 ... 3

Feeding hungry people this Thanksgiving is easier than ever. Just follow these three simple steps:

- 1) Decide how much you'd like to give. (Every \$1.92 provides another hot meal!)
- 2) Write out your check and put it in the enclosed envelope with the meal ticket on page 4, or the separate response meal ticket enclosed with this newsletter.
- 3) Mail both your check and meal ticket back to Union Gospel Mission, P.O. Box 64389, St. Paul, MN 55164-0389.

That's all there is to it! Please send your gift today. Thank you, and God bless you!

Complete Thanksgiving Meal - \$1.92

Please help us refill our food pantry

KEN, don't let any helpless, homeless people go hungry this Thanksgiving. Here is my gift to help stock Union Gospel Mission's food pantry with good, nutritious food and provide other vital care:

- \$25 to provide meals and care.
- \$50 to provide meals and care.
- \$100 to provide meals and care.
- \$_____ to provide meals and care for as many poor people as possible.

NAME _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____



THANK YOU! Please make your tax-deductible check payable to Union Gospel Mission. Mail it with this meal ticket in the enclosed envelope to P.O. Box 64389, St. Paul, MN 55164-0389. Questions? Call us at 651-228-1800. www.ugmtc.org

MY E-MAIL ADDRESS: _____

Home Office



Twin Cities MESSENGER

OUR MISSION IS CHANGING LIVES!

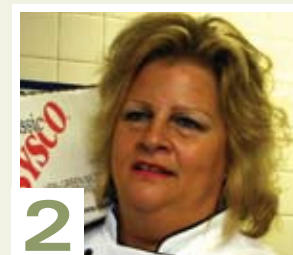
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When you just can't say 'no'

This Thanksgiving, give 'em more than a meal ...

For \$1.92, you can offer them life change

Shaun can tell you ... When you've been living on the streets as long as he has, you'll do anything to eat when hunger strikes.

Beg for food. If that's not working, steal snack food from the neighborhood convenience store. And when all else fails? Go without — if necessary, for several days at a time.

"It stinks," Shaun says. "But I've lived in garages filled with garbage and mice. After a while, you get to the point where you just don't care anymore."

Shaun says he came to the Mission because "I never want to go back to where I was." This Thanksgiving, hundreds of other homeless men and women like Shaun — both young and old — will come here because

"I never want to go back to where I was."



Many of the hungry men and women who come to the Mission are looking for more than just a meal — they're looking to make a fresh start.

they're looking for their own chance to make a fresh start. And you can give them that chance by supporting Union Gospel Mission this Thanksgiving.

It's amazing what a hot holiday meal — provided by caring friends like you! — can do for someone who feels like nobody loves them anymore.

It reminds them that they haven't been forgotten. Somebody cares. There's

hope. And hope opens the doors to other kinds of help: counseling, addiction recovery, continued education, career development, and more.

It's not just hunger relief: It's life change. And to think, it all begins with a meal that we can provide for just \$1.92.

Thank you for doing more than feeding the hungry this Thanksgiving. Thank you for helping transform lives!

One in 10 Minnesotans report they or someone in their family went to bed hungry in the past month because of a lack of money for food.

THE *Heart* OF THE MATTER

A MESSAGE FROM KEN PETERSON, EXECUTIVE DIRECTOR



Why our holiday meals are so important

Some people say nothing good ever comes out of Ramsey County Jail across the street from the Mission.

But I know differently. I know Bill. When Bill was released from prison, all he had was the clothes on his back. No family nearby. No friends. Not even a couple of dollars in his pocket to buy something to eat. That's when he spotted the sign across the street that said Union Gospel Mission.

"I'm hungry," Bill said to himself. "They've got food over there. I'm going [to the Mission] to get myself something to eat."

That night, Bill enjoyed a meal at the Mission. He went to chapel, then got a bed for the night. Bill ended up staying here, enrolled in our Discipleship Program and, one day, gave his heart to God.

This happens more often than you think, especially around Thanksgiving — when all hearts are turned toward home in hopes of finding lasting joy.

Bill thought he was just coming for a meal. Instead, it turned out to be his passport to a new life.

That's why Thanksgiving dinner is so important at the Mission. It's also why

I hope you'll help us restock our food pantry this holiday season — so there will be enough for everyone who comes to us hungry, and hurting.

What you do really does make a difference. On behalf of Bill, and hundreds like him who will rediscover hope at the Mission this holiday season, thank you!

Ken Peterson

It's only September ... but we're already thinking 'Thanksgiving'

Early planning's a must when you're feeding almost 40,000

When nearly 40,000 people are depending on you for their Thanksgiving meal, it's never too early to begin preparations.

That's why Liz Charbonneau began planning for the big holiday feast — in August.

"In this economy, you've got to start early to get the best deals," says Liz Charbonneau, General Manager of Food Operations for Union Gospel Mission.

Last year, the Mission was able to purchase turkeys

and other holiday food items at discounted prices — and still spent more than \$70,000 for our meal and food basket programs.

This year — with the recession dragging on and

"It's heartwrenching when you see the need in this community."

unemployment in Minnesota in double digits — we're expecting even more families will be coming for help.

For Charbonneau and her kitchen crew, the challenge will be how

to make up for the slowdown in food donations at a time when food prices remain unusually high (see other related stories on this page.)

"It's heartwrenching when you see the need in this community," Charbonneau notes. "We want to help everyone, but we can't do it alone."

If you've been waiting for just the right time to help feed homeless and hungry families this Thanksgiving, this is it! Please rush your gift to Union Gospel Mission today — and see how good it feels to help people right in your own community.



As the holidays approach, Liz Charbonneau is feeling the strain of a near empty food pantry and higher costs for groceries.

When you just can't say 'no'



So many families need help during the holidays — how can you turn anyone away?

It was the day before Thanksgiving and Liz was busy preparing for the big meal when the phone rang.

On the line was a woman crying hysterically. As Liz recalls, the woman's mother had just had a heart attack and been

rushed to the hospital. Meanwhile, her husband, a delivery driver, had been laid off, so the family —

including their two children — had absolutely no money for food.

"Normally we can't fill last-minute requests like

"The husband wouldn't come in; he just stood at the back door, crying."

this," Liz explained, "but how could I say 'no' to someone going through such a difficult time?" When the family showed up at the Mission later that afternoon, Liz had already put aside a frozen turkey, stuffing, canned fruits and vegetables

— enough for a bountiful holiday meal.

"The husband wouldn't come in; he just stood at the back door, crying," Liz remembers. "The kids came up and hugged me."

"It's heartwrenching," Liz says. "When we get calls like this, I can't always come up with something."

But sometimes, she can — thanks to generous friends like you.

Thank you for providing holiday meals for so many hurting families during this difficult economic time.

Shortages caused by breakdown in food chain

Union Gospel Mission gets donated food from a variety of sources: primarily grocery stores, but also businesses, and even individuals.

That's one reason why we can prepare a traditional holiday meal for just \$1.92.

But those food donations have dropped significantly this year. Here's how the recession has led to a breakdown in the food chain, and why your unwavering support it is so critical.

- 1) The economic slowdown is pinching family budgets to the point where many people have cut their food budgets.
- 2) With labor and transportation costs holding steady, supermarkets are reducing their inventory to keep profit margins up.
- 3) That means there's less surplus food to give away to feeding programs like the Mission's.
- 4) Less donated food means we have to purchase more food. But giving slowed down markedly in the summertime, even though the need did not.
- 5) That has left bare shelves in our food pantry.

The need is critical right now. When you send a gift to Union Gospel Mission, you offer meals — and hope — to your hurting neighbors. Please give again today!



Thanksgiving is no time to come up short on turkey!

EXTRA EXTRA

Curious minds want to know ...



• Peter could have followed in his parents' footsteps and spent his whole life harvesting sugar beets. But God had a greater plan for him in mind ...



• Twelve years ago, Tom's whole life was consumed by drugs and alcohol. Then he had a close encounter ... with God!







• When you're a single mom, and an ex-felon like Jackie, there aren't a lot of places willing to give you a second chance. Then she found someone willing to take that risk ...

To find out how Peter, Tom, and Jackie's stories turned out, visit us on the Web at www.ugmtc.org, and click on the "Newsletter" link at the top of the page.

HOLIDAY budget-busters

Here's why the Mission's food costs are going up this fall ...

	2007	2009
 Ground meat (1 lb.)	\$1.05	\$2.15
 Milk (5 gal.)	\$11.14	\$15.25
 Lettuce (1 head)	\$.89	\$1.49
 Bananas (1 case)	\$14.60	\$22.30