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Dear friend of families in need,

How many of us know what it's REALLY like to be continually hungry?

The people I want to introduce to you certainly do.

But because of you, they are hungry no more!

☀ Marvin was living on sugar packets. He would walk into a local coffeehouse, without funds to purchase food, and grab a few sugar packets.

When he came to FAM for help, this man was skin and bones. He was literally starving. We gave him fresh clothes, but they looked like they were falling off, hanging on this thin body.

It's hard to imagine how someone can become so desperate, so hungry. But you see, Marvin was a victim of PTSD (he had been in the military). God bless him for serving.

Between the PTSD and stress of living with difficult relatives, Marvin escaped the stress of his living situation without a plan or a job. It's difficult for most of us to understand how PTSD can muddle our thinking, even paralyze us from making wise decisions. But it's all very real.

When Marvin came to FAM, he had been living in his car, living on just those sugar packets. Marvin asked about housing and food. As with all new clients, he met with a case manager for an assessment, to point him to services to help him cope with his PTSD, to get him immediate food, and to develop a strategy so Marvin might get back on his own two feet and start eating right.

His case manager spent time with Marvin, getting him to focus on eating nutritious food. He was drawn to FAM because he heard about the food. This led to case management, where he was coached and then made the decision to move to a less expensive location where he could be more successful, and he began to look for a job.

If he hadn't come to FAM. met with the case manager. if he hadn't found the



As we prepare for FAM's **Annual Hunger Walk**, as we commemorate National Hunger Month (both in September), may I focus your heart on this precious girl. Because of your generous heart that gives, because of thousands of hours of selfless work by FAM volunteers, and abundant food donations from our partners, people have relief from hunger, and have hope. Thank you!

Food Pantry you make possible, I honestly don't know what would have happened to him. Without intervention Marvin's health would have continued to decline. So for your care, for your giving, and to all those grocery stores and other businesses that keep the **Food Pantry** stocked, a big thank you!

☀ Maggie is another precious person who has been given hope through you. She had escaped domestic violence and was weary from driving from place-to-place trying to get her life back together. When she came to FAM, Maggie was living in her car. FAM assigned case manager Colleen, to supervise Maggie's action plan. **(I'm so proud of FAM's case managers. They are skilled, very compassionate, and true professionals!)**

Colleen: *"Maggie was so tired when I saw her, just from sleeping in her car and not having adequate nutrition. I still remember how scared she was, emotionally beat up, sitting there eating a sandwich, an apple, and drinking water.*



Families receive food every month at FAM's Second Saturday Event.

*"As part of our evaluation I had her fill out some paperwork. When I met with Maggie to go over her story and needs, she was hungry again. So we gave her a second sandwich and bottle of water! While Maggie was still eating, we arranged to get her into **Gilchrist House**, FAM's shelter for homeless women and mothers with children. She was so grateful to sleep in a warm bed that very night and have regular meals. **Hunger, coupled with homelessness is a terrible thing. It's such a relief for people to finally find food, safety and hope! You can't imagine how much FAM means to those we serve.***

*"As I got to know her, I learned that Maggie held a college degree and had worked in finance. But she had experienced much devastation in her life that brought her to this point. Over and over she kept saying, **'I never would have seen myself in this position.'** This woman was lost, hungry and just needed a place of stability to regain her bearings, to get her life back together. Thankfully, she's getting the resources she needs at the **Gilchrist House** to help her get her life back. To all the donors of FAM, thank you!"*

☀ Hunger happens to families too. Steve and Lily have three children, ages 12, 6 and 1. Their journey began when Steve needed surgery on both of his hands. Recovery was rough, and he couldn't hold his job as an engineer for a major hotel chain. He found work at some car companies but the compensation was not enough. To make matters even worse, Steve was eventually laid off. He found work as a shoe salesman. Then his wife, Lily, needed a complete hip replacement. Steve took off work for several weeks to care for her and their children. As if things couldn't get worse, Steve returned to work for just one week and ended up breaking his foot! This time he was out of work for six weeks!

While this family was able to sustain through the first leave of absence, the second put them over the financial edge. **When they arrived at FAM, Steve, Lily and their three children were all living in their car.** Again, your partnership made the difference! We were able to get this young family immediate food, and more importantly, they were able to enter FAMily House, **FAM's** emergency homeless shelter for homeless families.

While at FAMily house, they were able to safely stabilize with our support, food, and case management. They recently graduated from **FAMily House** and are now stable, in their own place, doing well and are very, very grateful to FAM and you! **Oh yes, Steve's foot is healed, and he has been promoted to manager at his place of work!**

So for all you do, for your hours of volunteering, for your giving, your notes and calls of encouragement, I can't say it enough... "Thank you!" I wish you could meet some of these folks who have been helped during their time of extreme fear and hopelessness. Their expressions of thanks are so deep and heartfelt. You truly are making a difference.

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Would you make a difference again through a generous gift, and even by joining FAM's 32nd **Annual Hunger Walk**? It's usually in October, but to coincide with National Hunger Month, we will be walking on **Sunday, September 29, 2019**. Registration and fun starts at 12:30. We walk at 2:00.

FAM's Hunger Walk has been a 32-year tradition and is always such a great time. We have individuals walking, teams from businesses, and neighborhood groups – everybody wearing their colorful FAM T-shirts. There are always those teams formed from businesses, associations, houses of worship, and local clubs. Four-legged friends are always welcome. **Getting people to sponsor you is easy, and the cause is important!** The 2.5-mile course is gentle and achievable for most everyone. We are still starting at the Community Center but this year the route will end at the pier with a **Finish Line Party!**

You can learn more about the **Annual Hunger Walk** and register individually, as a family, or as a team when you visit www.family-assistance.org. Click on "Events" and then choose **Annual Hunger Walk**. Last year the event set a fundraising record. We're praying and hoping you'll help set a new record this year. Let's all join in!

Of course, I know that not everyone can be there to walk. Either way, may I invite your gracious gift this month to support FAM? An estimated one of every six children in Orange County experiences hunger. For their sake, and others, can you consider a generous gift of \$50, \$100 or \$250? And remember, because most of the food is donated and managed by volunteers, your gift will go a very long way, paying for storage space, refrigeration, and gas for food pickups. This is a ministry of great leverage, maximizing your every gift.

Lastly, should you own a local business or have good financial resources, may I boldly challenge you? Would you consider a larger gift of \$500, \$1,000 or as much as \$5,000? A gift of that size will help hundreds in need and will mean so very much, demonstrating to our community that people like you care. If you can help in this way, thank you!

So whether you can give a small gift or large, whether you volunteer or plan to walk, please accept our gratitude. I appreciate you and every partner of this wonderful ministry. Let's band together so that hundreds, even thousands will regain self-sufficiency and find hope! Let me hear from you soon.



Pictured here are some of the participants from FAM's 31st Annual Hunger Walk. Don't miss the fun. And walk for a great cause.

Serving the needy among us *together*,

Mary Gray Perdue

Mary Gray Perdue
Family Assistance Ministries

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P.S.: The FAM *Annual Hunger Walk* is such a fun and meaningful time. We have folks who walk with us every year. **I started walking with my children in 1996!** You'll see it's easy to find sponsors. Helping to feed the hungry and stabilize the poor is something that we can all understand. So, your generous gift will be a great help—and so will your legs and feet if you can walk with us!

At the *Annual Hunger Walk*, be sure to introduce yourself. The FAM staff and I will be there, along with our tremendous Board of Directors who support and guide this strategic, growing ministry of hope and help. If you can, please send your gift before August 31st. You can give through credit card, or you can set up monthly giving by automatic deduction from your checking account or credit card. You can change the amount you give or stop at any time...always being in control. To set up, please give us a call at (949) 492-8477, extension 118. Please send, call, or post your gift online at family-assistance.org. Just click on "Give Now." All your gifts are tax-deductible. Thank you so much.