

A NEWSLETTER OF BREAD OF LIFE MISSION • FALL 2026

The SOUND *of* HOPE



BREAD of LIFE
MISSION

GIVING THANKS FOR YOU!



INSIDE: Dustyn
is counting his
blessings this fall.



DON'T MISS...

2 No one should face
hunger alone.

2 Shop Bread of Life
Thrift

3 "Life is so much
better!"

For more information: (206) 682-3579 BreadofLifeMission.org

Overflowing with thankfulness... **for you!**



A Message from KIM COOK

I can't help but feel grateful this time of year. Yes, it's a busy season – but there's so much to look forward to: Thanksgiving, Christmas and the outpouring of generosity we see at year end. I imagine you're equally excited about enjoying these holidays with loved ones.

But it's important to pause and give this month the attention it deserves. September is Hunger Action Month – it's our invitation to consider how hunger impacts hurting neighbors... and our community as a whole.

When someone is hungry, they can't think of anything else. Shelter, hygiene, health care and employment can be addressed only after hunger is solved. Your gift of just \$3.96 can provide that solution with a meal for individuals in Seattle.

It's about more than providing nourishment. For a neighbor experiencing homelessness, **a meal is relief, dignity and the first step toward stability** – as it was for **Dustyn, whose story you'll read on page 3.**

Thank you for your heart for our hurting and hungry neighbors. Your care and compassion are a powerful response to being rooted in Christ, as we read in Colossians 2:6–7...

“Continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.”

Kim Cook, President & CEO

DISCOVER BREAD OF LIFE THRIFT!

Find a bargain... bless a life!

Bread of Life Thrift is a favorite spot for one-of-a-kind finds and unbeatable deals. Come check out our gently used clothing, furniture, tools, toys, books, electronics and so much more.

Every purchase and donation directly supports Bread of Life Mission's Christ-centered recovery program, which helps men rebuild their lives through job training and a path toward independence.

The store also offers families in our community quality essentials at affordable prices.



For the latest hours, location and updates, follow Bread of Life on social media or call **(206) 682-3579**.

Instagram: **@seattlebolm**
Facebook: **facebook.com/SeattleBOLM**

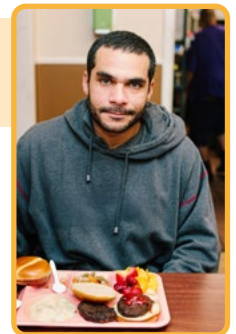
NO ONE SHOULD FACE HUNGER ALONE.

MEALS NEEDED BY SEPT. 30!

When someone is hungry, nothing else matters. Once that need is met, they can begin to rebuild their life – to find shelter, seek recovery and take steps toward lasting change.

September is Hunger Action Month... and your chance to make sure no one has to face hunger alone.

Just \$3.96 provides a nourishing meal that offers relief and hope when it's needed most.



Send your gift to help hungry neighbors today
OR give online at
BreadofLifeMission.org.

Scan to take action now!





“Life is
so much
better.”



Dustyn grew up on a spacious farm with dogs, 60 horses and wide-open skies. “It was an awesome place to be a kid,” he recalls. His parents’ multiple divorces and marriages, however, deeply impacted him. “I remember promising myself I’d never put my own children through that. It was rough.”

A standout student and athlete, on the outside, Dustyn seemed destined for success. Sadly, no one knew he was suffering from depression and anxiety... made worse by the dysfunction at home.

He struggled to cope for years and eventually turned to substances to self-medicate. What followed were failed relationships, multiple overdoses and nearly a decade of relapse cycles – each one taking more of a toll than the last.

At his lowest point, Dustyn fell out of recovery while suffering a severe mental health crisis that landed him in the hospital. He even considered ending his own life. “I’d lost my marriage, lost jobs, lost my children... lost everything. I knew something had to change.”

Thankfully, a family member who worked as a social worker helped connect him with Bread of Life Mission. He arrived scared, humbled and desperate – but ready.

Dustyn joined the Mission’s Life Path program, where

a full daily schedule of Christ-centered classes, 12-step meetings and fitness gave him the structure he had always lacked.

“The staff here saw something in me that I couldn’t see in myself.”

Bible study became his favorite activity. He filled a notebook with scripture that continues to anchor him to this day. While in the program, he enjoyed giving back by serving as support for new guests and sharing his skills and talents in many ways.

These days, Dustyn is working as a full-time employee at Bread of Life Mission as he continues to rebuild his life and grow spiritually. “From now on, I want to be the best person I can be... for myself and for my children.”

Because of you, Dustyn is experiencing Thanksgiving in a whole new way this year... with a fresh perspective on life and heart of gratitude. “Bread of Life Mission invested in me, and now I’m hopeful about the future.”

SOME GIFTS ARE MEANT TO BE SHARED

Allen Levi challenged himself to write a full-length novel. After accomplishing his goal, he put the manuscript in a drawer and moved on to the next thing.

At the suggestion of friends, Allen self-published the book, titled *Theo of Golden*, in 2023. Word spread about this story of generosity, faith and connection. By early 2026, it reached #1 on the *New York Times* bestseller list. The pet project Allen once put aside has resonated with countless people.

If you've been saving money in a donor advised fund (DAF), consider this your invitation to pull it out of the metaphorical drawer and make a difference today. Here's how:

1. **Remember your "why."** You had a vision when you started your DAF. Refocus on those plans and priorities.
2. **Give today.** Discover what your favorite ministries are doing that align with your vision, then make a DAF gift to transform lives right now.
3. **Create a plan.** Your DAF giving can continue after your lifetime. List Bread of Life Mission as a beneficiary of your DAF account and provide ongoing support for our work.



Join us for Conversations on a Bench!

October 8, 2026 to October 9, 2026 • 97 S. Main Street, Seattle, WA



This 24-hour event is your unique opportunity to speak with our President & CEO, Kim Cook, face to face. In this casual, relaxed setting across from the Mission on the Main Street sidewalk, we'll be hosting honest conversations about homelessness, addiction, mental health and more.

Get ready to ask questions, share perspectives and learn how we can work together toward lasting solutions. So save the date and plan to come out, take a seat and be part of the conversation.

If you can't make it, tune in to our live stream of the event.

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