

A NEWSLETTER OF BREAD OF LIFE MISSION • FALL 2025

The SOUND of HOPE



BREAD of LIFE
MISSION

YOU are 
a blessing!

INSIDE: Tory shares
how your support gives
him hope.



DON'T MISS...

2 Take action against
hunger!

3 "I am stronger in
the Holy Spirit."

4 Tune In: Conversations
on a Bench

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

“I AM STRONGER IN THE HOLY SPIRIT.”

For his whole life, Tory was haunted by the scourge of addiction. “I knew my parents were using drugs,” he remembers. “They would go out and party every weekend, even when I was very young.”

Alcohol and drugs wreaked havoc on his life in increasingly painful ways. “It was challenging; I saw my mom get beat up multiple times, and **I started drinking at just 9 years old.**”

This trauma left deep emotional wounds that affected how he approached relationships in his adult life. “I’m too good at covering up my feelings, and it takes me a while to really be able to love someone or express myself.”

When the pandemic forced everyone into lockdown, Tory’s mental health suffered a great deal. He turned to substances, desperate to fend off the pain and isolation that he’d wrestled with since childhood. “I have an addictive mentality, and it cost me everything. It eventually left me homeless.”

Tory was at war within himself, needing help but too scared to open up about how lost he was. “I needed to get a foundation under me, to clear my head.” At rock

bottom, he found the courage to take the step through the Mission doors. “I was finally ready for a change.”

In our Life Path Program, Tory began to experience the healing love of God. “I know that if it wasn’t for Him, I wouldn’t be here.” The community work and fellowship at the Mission let Tory give back while he built a new life foundation. “I’ve made so many meaningful relationships... more than I can count.”

Looking to his future, Tory knows that he is on a healthier path, and healing from his old wounds. “I wasn’t firm in my faith and in myself when I came here, but now I am more stable. I’m stronger in the Holy Spirit. I’m planning to get a job and start putting away money in savings.”

Your gifts are bearing fruit in the lives of people like Tory. Now, his heart is full of hope this fall... thanks to your kindness! “I’m thankful for the Mission being faith-focused and helping me build that strong foundation I had hoped and prayed for. I’ve been given a second chance and the opportunity to have a better life.”

“The biggest challenge I faced in coming to the Mission was myself.”



Hearts and lives are full... thanks to YOU!



A Message from KIM COOK

As the seasons change, I'm reminded of Jesus' words to His disciples: **"The harvest is plentiful but the workers are few."** As one of our most devoted "workers," your support and care for our homeless, hungry neighbors is a powerful source of hope. For the people who come to us for help. For our staff... and for me personally!

This month, you have a special opportunity to make a difference for our struggling neighbors. September is Hunger Action Month – and we're inviting you to provide 30 meals over 30 days for our hungry guests. It's a meaningful way you can be a force for change here in Seattle.

In September alone, we're preparing to serve 6,263

meals – and more in the weeks leading up to Thanksgiving. Your support will help provide these life-changing meals that fill bellies with nourishment... and fill lives with hope.

Just read how your generous gifts are bearing fruit in Tory's life, whose story is on Page 3. He is looking forward to a more hope-filled future – because of the dedication of "workers" like you!

Thank you for investing in the lives of more people like Tory during Hunger Action Month and throughout the fall season!

Kim Cook
President & CEO



Leave a Legacy of Hope and Healing

Thank you for sharing your blessings with our neighbors in need. You can continue to bring healing and hope to people who are broken and hurting... beyond your lifetime.

When you remember Bread of Life Mission in your will or estate plan, you ensure that your spirit of compassion continues blessing others tomorrow and beyond.

How you wish to give is up to you: cash, real estate, property or stocks. And it's easy to update at any time.

Ready to talk about leaving your legacy?

Visit BreadofLifeMission.mygiftlegacy.org or contact Amber Vaughan, Major Gifts Officer.

📞 (206) 682-3579



SEPTEMBER SPOTLIGHT:
HUNGER ACTION MONTH

6,263
Meals Needed by Sept. 30!

September is Hunger Action Month! Join our community in this month-long movement to fight hunger... and TAKE ACTION to help even more hungry neighbors we'll welcome this fall.

**Sign up to serve a meal**

**Donate canned goods**

**Provide groceries**

**Invite others to join you**

For just \$2.76, YOU can provide a nourishing meal to end someone's hunger. Send your gift today OR online at **BreadofLifeMission.org.**

 Scan to take action now!



OUR CURRENT NEEDS

Donate essential items this fall!

Throughout the busy fall season, we'll welcome even more guests than usual here at Bread of Life Mission! And with more people to care for, our needs also increase.

Our 3 most needed items:

- ☐ Razors & shaving cream
- ☐ New, warm socks
- ☐ Body wash, shampoo & conditioner

This fall season, you can give hope and healing by providing for these and other immediate needs of our neighbors.



Visit
BreadofLifeMission.org/NeedsList
to see our current needs list.



conversations on a
BENCH



TUNE IN TO THIS 24-HOUR LIVESTREAM EVENT, STARTING OCTOBER 9 AT 12PM PST

Bread of Life Mission will facilitate a 24-hour conversation between CEO Kim Cook and city officials, Mission guests, as well as the community at large. "Conversations on a Bench," a national event sponsored by Citygate Network, will take place in upwards of 100 cities across the US and Canada at the same time. Kim will be livestreaming from a bench in front of the Mission, at the corner of South Main and 1st Ave., rain, sleet, or snow.

Cook invites anyone who has questions or wants to talk to her about the critical issues of homelessness, addiction and mental health to stop by the bench anytime during the 24-hour livestream, which starts at 12 p.m. PST. Participants can also submit questions through an online forum, allowing the community to engage at their convenience, day or night.

"Here in Seattle, it's time we really talk about issues of homelessness, addiction and mental health. This is an opportunity to put these issues front and center." – Kim Cook, Bread of Life CEO

JOIN US IN CELEBRATING HEALING & HOPE!

The road to recovery is a long and difficult one, filled with obstacles. But millions of Americans have successfully made the journey from dependence and despair to freedom and hope.

This month we join thousands of other recovery programs around the country to celebrate National Recovery Month! We applaud the hard work and dedication of the courageous men and women who have transformed their lives in our Life Path Program.

As we recognize their incredible progress and the gift of God's healing in their lives, we are more committed than ever

to help reach those still trapped in the cycle of addiction.

Thank you for coming alongside these neighbors and for your continued support of the men and women who will come to our doors in search of recovery!

To see the faces and read the stories of individuals who've found healing and hope at Bread of Life Mission, visit BreadofLifeMission.org/Recovery.

