

Run Your Own Race

Greetings and Blessings to Everyone!



I want to first start off by saying Happy New Year to everyone.

We are off to a great beginning with new opportunities, and we don't want to let any of those pass us by. We must remain awake, as well as alert and prepared for anything that comes our way. We

know that there are people in life that do not want to see us succeed. We know that there are people that want to cause us to stumble. And that takes my mind back to one of my favorite scriptures of the Bible, 1 Peter 5 and 8.

“To be sober to be vigilant for the adversary walks around like a roaring lion seeking who he may devour.”

The enemy is always going to try and make us trip and stumble, but we have to be alert, and we have to be ready and prepared for whatever comes to us every single day. There will be times when we will be tired. There will be times

when we feel like we can't move forward, but we have to. And we have to wake up with a mindset saying that we don't have a choice but to move forward. Every day we want to wake up and claim victory.

We want to run victory laps around our enemy. And even though we are knocked down, we want to stand right back up and get back to the focus, get back to the quest at hand.

I want to leave you with an African proverb, and it's the story of the lion and the gazelle: Every morning in Africa, a gazelle awakens. He has only one thought on his mind, and that's to be able to run faster than the lion. If he cannot, then, he will be eaten. Every morning in Africa, a lion awakens. He only has one thought on his mind—to run faster than the slowest gazelle. If he cannot, then, he will die of hunger. Whether you choose to be a gazelle or a lion is of no consequence. This is called the race of life. Be encouraged to keep running and not look back on yesterday but be encouraged that tomorrow will be a better day.

Rev. Yulon Jones
Chief Spiritual Life Officer





Prior to the Thanksgiving Day meal service, volunteers bow their heads in prayer led by Chief Spiritual Life Officer, Rev. Yulon Jones

Blessed Are The Volunteers

Amid a bustling holiday season, dozens upon dozens of volunteers convened at the Syracuse Rescue Mission campus to give their time, and in doing so, allowed the true spirit of the holidays to shine.

On both Thanksgiving and Christmas Day, volunteers arrived to the Syracuse Rescue Mission campus early in the AM to begin packing meals that would then be delivered by a fleet of (volunteer!) drivers. Once all meals were out for delivery, volunteers gathered at the Food Service Center.

Outfitted in aprons, hair nets, and ball caps, volunteers bowed their heads in prayer with Rev. Yulon Jones. And with that— hearts and doors were opened, clients were seated, and the meal service could officially begin.

Prayer Partner SUBMISSIONS

Please inspire our volunteers to spread the word of their service with friends and family.

— Rescue Mission Volunteer Services Staff

"Still struggling to pay off debts, but I have finally started going to this non-profit organization to help me find employment, learn life skills, and possibly form relationships after a long year of waiting and red tape. Prayer more will come from this in the new year."

— Prayer Partner

Please equip our Programs team with the energy and resources to serve our clients throughout these especially challenging winter months.

— Rescue Mission Leadership Team



Rev. Yulon Jones (center top row) poses alongside clients during Thanksgiving Day meal service

TUNE IN: *A Seat at the Curb*



"A Seat at the Curb" is a weekly two-minute devotional feature hosted by one of our chaplains and heard on the Mars Hill Radio Network Saturdays at 1:30pm and 11:30pm. Go to **MarsHillNetwork.org** to find your local station or listen online.

Would you like a Rescue Mission Chaplain to visit your church or group?
Contact Chaplain Yulon Jones: **315-701-3835 / Yulon.Jones@rmsyr.org**

