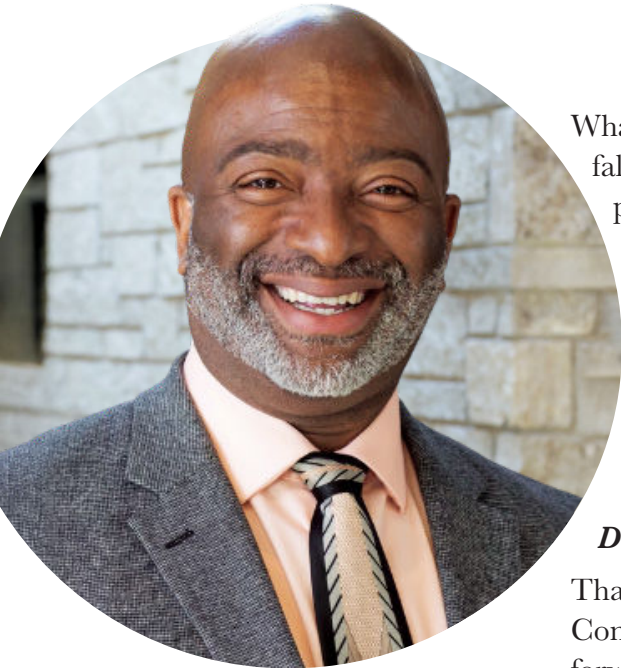


Don't Stay Down



Greetings Everyone,

My name is Yulon Jones, and I am the Chief Spiritual Life Officer of the Rescue Mission.

Today, I want to share some encouraging thoughts with you from the Bible. I'm going to start off with Proverbs 24:16; it says,

For though the righteous fall seven times, they rise again, but the wicked stumble when calamity strikes.

What that means is, we're all going to fall. God did not intend for us to be perfect, but when we fall, he wants us to get right back up. When we make a mistake, let's correct the mistake and move forward. If we've done something that is not right, let's not stay there; let's make it right and continue moving forward.

Don't stay down.

That will keep you from moving. Continue to be strong and move forward to get all the great things that you can in life, and learn from the mistakes that you've already made.

When we make mistakes, it teaches us not to make the mistake again. That makes us better people — when we're able to learn. If we've hurt someone, we go back and apologize, and we make it right. Don't become the very people who hurt people and never learn from it.

Take a moment to think about what is right and stop doing what is wrong, and if we're doing something that is wrong, we simply stop and learn from it. We keep moving forward to do the right things. Period.

It's not always easy when we stumble to get back up again, but we'll be grateful when it does happen. We'll be happy when we have learned to rise, when we have learned to walk forward and not look back to the things of old. Let's not focus on the mistakes, but let's focus on succeeding. God bless you, have a wonderful day, and continue to think positive.

Chaplain Yulon Jones
Chief Spiritual Life Officer

MEET ANGELA: *Embracing Her Own Fragility*

Angela, originally from Colorado, has decided to share her inspiring journey of resilience and self-discovery while living at the Rescue Mission.

Having arrived in January, she reflects on the challenges of adapting to a new environment and the strength it takes to start over.

In the face of adversity, Angela found comfort and healing through writing poetry.

Writing became a therapeutic outlet to process her experiences and emotions. Her first poem was inspired by a moment of vulnerability, being referred

as to “**weak**” while crying. In that moment, she looked out the window and noticed a tree. It struck her that, like people, nature too can appear delicate, yet remain profoundly resilient.

Angela’s poetry explores a range of powerful themes including nature, which she refers to as her “higher power,” as well as domestic violence and personal hardships.

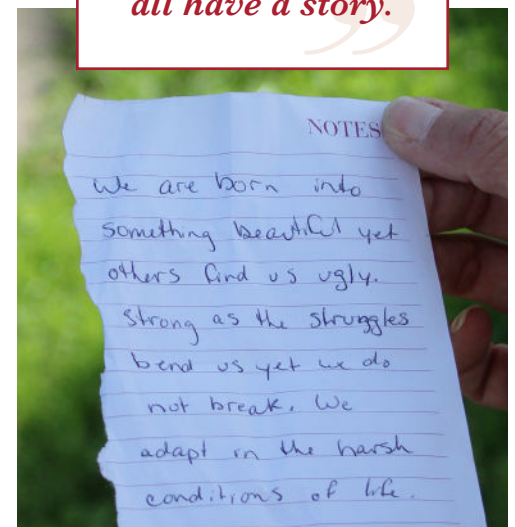
For her, poetry is not just a form of self-expression, but a means to help others, particularly women, reflect and make sense of their stories.

At the core of her message is resilience: holding on to personal values, learning from the past, and believing in the ability to **rise again**. One of Angela’s guiding principles is placing an emphasis on empathy and compassion,

especially for individuals experiencing homelessness.

She believes every person carries a unique story, along with untapped talents, and the potential for growth.

My poetry is about life lessons I have been through. We all have a story.



SUBMISSIONS: *Prayer Partners*

"Please, pray for my sinus to get better."

— Prayer Partner

"I now have my mentor, so I hope we will do many great things together. The bills remain, but I trust the Lord to clear all the debt. Waiting for new opportunities to open as spring slowly starts, as it does in CNY."

— Prayer Partner

"Please, keep all who are homeless in our prayers."

— Prayer Partner

"Please, pray for the Menta Family and the loss of their 22-year-old son, Sethe."

— Prayer Partner

WE REMEMBER: *Don Zemenz*

Don was a 15-year resident of the Rescue Mission, spending his final years living at the Crossroads Adult Care Facility on the Syracuse campus. He is remembered by Yulon as his “Head Chaplain.” When asked about Don, Yulon recalls, ***“It was an honor to serve him, and it was a great honor to be close to him.”***



Yulon at Don's bedside during his final days

We've shared our lives these many years. You've held my hand; you've held my heart.

So many blessings, so few tears, yet for a moment, we must part.

RIP “Chap”



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