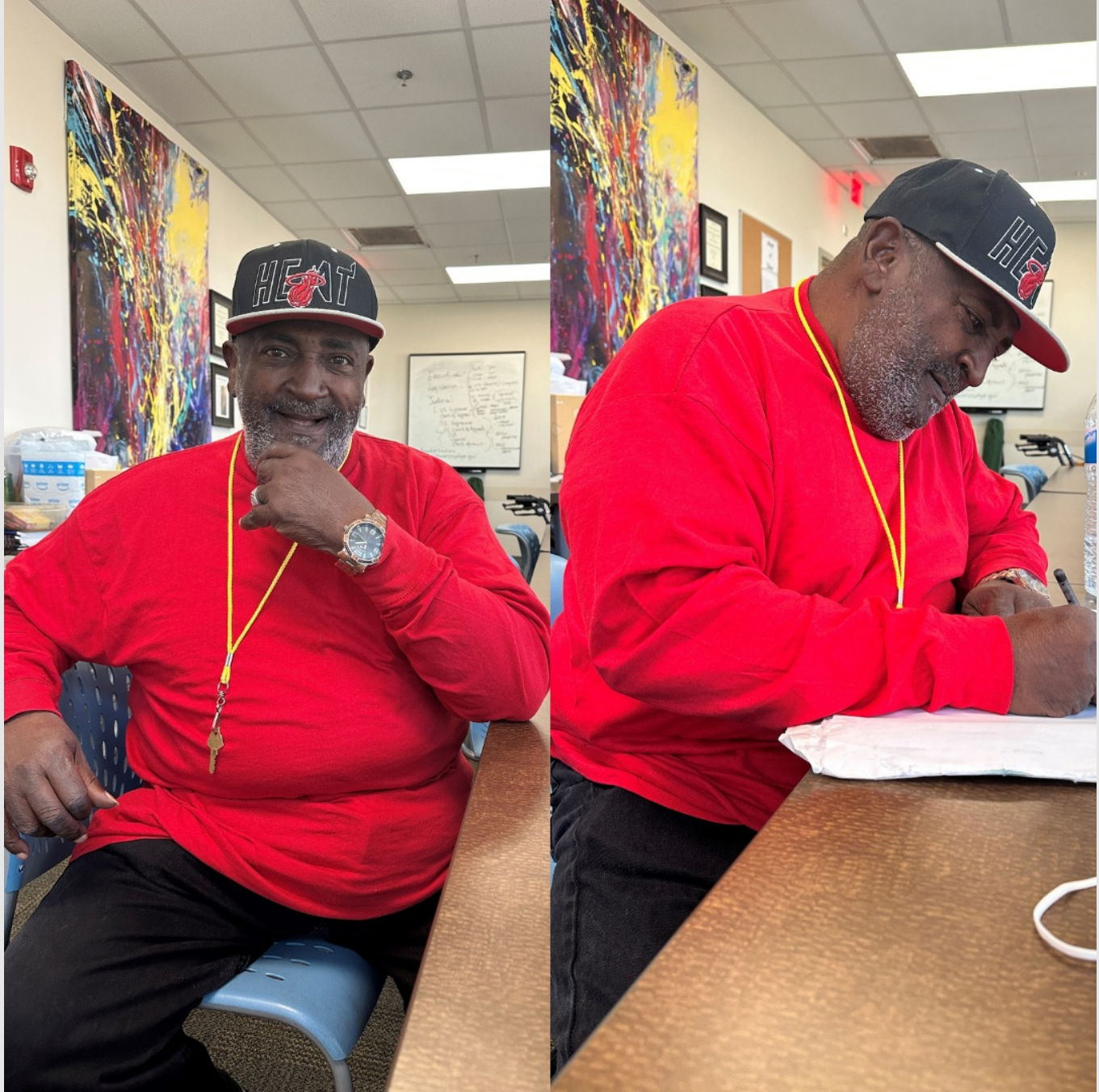




Happy November! We are transitioning to the season of giving, celebrating, and spending time with those we love. As we think about the close of the year, we give thanks to God for connecting us with supporters like you. May God continue to bless you this month.

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## *Celebrating Success*



**Sylvester Jackson , Shelter Guest**

## **Looking Out Upon The Rear Window**

by Sylvester Jackson

*Looking out from the rear window, I can see someone looking in,  
Somewhere in the dark and shadowy corners of my mind,  
I am hoping to find some peace, solace, and some sanity.*

*What is beyond the rear window? There's someone hiding,  
His name is Sylvester or Sly as he is affectionately known to some people.  
He's afraid that if he looks out the rear window,  
That he just might see the true nature of his illness.*

*He's afraid, that in the dark corners of his mind beyond the rear window,  
He'll see the impossibility of ever having any emotional stability that he longs for.  
The plight of his helplessness is real.  
The rear window is shut.*

*He will not open it and look out beyond it.*

*He just wants to be sane in an insane world.*

*He wants to be normal.*

*The severe mood swings make him appear as though he has multiple personalities with the suffering, the anger, and the mental anguish.*

*He thinks and feels beyond the rear window is a road that leads to darkness and despair, depression and never-ending sadness.*

*He just wants to be set free.*

*If he would just open the rear window, step out: place his feet on the pathway to hope.*

*Transcending beyond the rear window for him can truly be a means to recovery.*

---

Sylvester Jackson, originally from Philadelphia, moved to Salisbury looking for a fresh start. After losing his sister, he felt alone and was suffering from major depression, bipolar disorder, and schizoaffective disorder. After living in Salisbury for a few months, he was on his journey to finding peace again when his landlord raised his rent, and he could no longer afford his apartment. With nowhere to go, Sylvester turned to Rowan Helping Ministries and is so happy he did.

Since living in the shelter, he tapped back into his love for writing and decided to recite his poem at a Talent Show held in Jeannie's Kitchen. He was so happy to share his gift with his peers, hoping his words can help someone dealing with similar issues. Sylvester has been writing poetry since the age of 12, using it as an escape from all the adversity he experienced. "Writing is my peace, I would love to write and publish a book someday." Sylvester is working diligently on his case plan and looking to move into an assisted living apartment. While on his journey to find his pathway home, he is doing so with his pen and notebook in his back pocket, always ready to write when he feels inspired.

## *Volunteer Highlights*



### **Rowan- Cabarrus Community College Student Nurses Association**

The Student Nurses Association at Rowan-Cabarrus Community College completed their Student Life and Leadership Project serving at Rowan Helping Ministries. The nursing students spent their day packing food for the Food For Thought program. They packed enough bags to feed 300 students. Thank you all for choosing us for your project.



## Retail Business Services Cares Day of Service

Retail Business Services celebrated its Cares Day of Service by volunteering on our campus. Staff members spent the day sorting clothes in the Clothing Center, packing and distributing groceries in the Food Pantry, and pulling weeds from our grounds. Thank you for helping us to serve those in need.



## Next Generation Defenders

The Next Generation Defenders youth football team spent their evening with us



packing groceries to be distributed through our Food Pantry. The young athletes worked together to pack enough bags to feed 120 families. Thank you to the coaches for organizing such a great team-building activity for the youth.



## DO YOU LIKE TO PAINT?



## VOLUNTEERS NEEDED TO ASSIST WITH A PAINT PROJECT!

**Call Monica Seamon at 704-637-6838 ext. 112**

Are you interested in volunteering? Visit our website for a list of our volunteer opportunities, and to sign up and serve. For questions, contact Volunteer Manager

Sign up to Volunteer

## Donation Highlights



### East Rowan HS Volleyball Team

The East Rowan High School Volleyball Team played a game for a good cause. The students hosted a blanket and pillow drive for our guests at the shelter, and collected 24 blankets and 12 pillows! Thank you for thinking of us!



### St. Matthews Lutheran Church

The members of St. Matthews Lutheran Church hosted a food drive at the NC VDC church retreat. Church members came together to donate 225 pounds of food to our Food Pantry. Thank you St. Matthews Lutheran Church for your continuous support throughout the years.

### Nazareth Community Church

Our largest Food Drive of the year, Trick or Treat So Others May Eat, is this Sunday, November 7th. Dalton Looney, a member of Nazareth Community Church, delivered 932 pounds of food for the Trick or Treat Food Drive. Thank you to all of the members of

Nazareth Community Church for participating in this year's food drive.



## *Community Partners*

**Vaya Health Host Department Meeting and Volunteer Day at Rowan Helping Ministries.**



# Vaya Health

The Learning & Development team for Vaya Health met in person at Rowan Helping Ministries for the first time since the pandemic. The staff got together for a team-building activity of packing bags for the Food For Thought program and Food Pantry. Thank you Vaya Health for spending the day with us. We are looking forward to having you all back soon.

## *Event Recap*

### **Faith Relations Committee "Ambassador" Meeting**





The Faith Relations Committee held its first Ambassador meeting on October 6, 2022. The meeting was attended by 16 church ambassadors that already volunteer at Rowan Helping Ministries. The committee is currently looking to network with Rowan County churches that are not already connected to Rowan Helping Ministries. Would you like to add your church to the list? Contact Director of Community Relations, Raeshawn Palmer, at 704-637-6838 ext. 123 or email [rpalmer@rowanhelpingministries.org](mailto:rpalmer@rowanhelpingministries.org).

*Mark Your Calendars !*



It's sign-up time again for this year's *Trick or Treat So Others May Eat*- our biggest food drive of the year. This is a fun-filled event where volunteers fan out across Rowan County neighborhoods the weeks of October 24<sup>th</sup> – November 6<sup>th</sup> to leave a brown paper bag on home doorsteps. An attached flyer asks participants to fill the bags with non-perishable foods. Volunteers then return to pick up the filled bags and deliver them to Rowan Helping Ministries for the event weigh-in from 3 to 5 p.m. on November 6<sup>th</sup>.

We provide the brown paper bags, the event flyer, and weigh-in festivities. We are looking for at least 50 churches, civic groups, families, or individuals who would like to help collect the non-perishable food items throughout assigned neighborhoods in Rowan County for this event and then report to the weigh-in event. If collecting from neighborhoods isn't possible, private food drives at church, work, home, or schools are fine too. Individuals or groups collecting the most food by weight receive special recognition, while everyone gets the joy of giving back to our neighbors in crisis.

We are also in need 25-30 volunteers to help unload, sort, and stock the pantry with donations that are received the day of the event. This will include setting up tables and shopping carts prior to the event.

[To volunteer at this event please click here](#)

YOU'RE INVITED TO

*Feed the Need:*

*Shine  
the Light on  
Hunger*

*Thursday, November 17  
F&M Trolley Barn  
125 E. Liberty St.  
Salisbury NC  
6-9pm*

\$55 PER PERSON

RSVP 704-637-6838 EXT. 100 OR  
KTAYLOR@ROWANHELPINGMINISTRIES.ORG

R.S.V.P. BY 11/11/22



*Dinner  
Drinks  
Music  
Silent auction*

## Feed the Need is Back!

Our annual Feed The Need fundraising event is back! We are excited to Shine the Light on Hunger and host an in-person event on **November 17, 2022, from 6 p.m. - 9 p.m. at the F&M Trolley Barn, 165 E Liberty St, Salisbury, NC 28144.** This annual fundraiser will raise funds to support our Food Programs.

[Click here for sponsorship opportunities](#)

[Click here to purchase tickets](#)



### **Save the date for Giving Tuesday**

GivingTuesday is a global day of generosity that will take place on November 29, 2022.

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## **Upcoming Run**

# Santa's 5K Run/Walk - Official NC Bigfoot Christmas Reunion

Sat December 10, 2022

Mt. Ulla, NC 28125 US  Directions



Run/Walk to benefit Rowan Helping Ministries

Calling all runners! The annual Santa's 5K Run/Walk hosted by the Salisbury Rowan Runners will take place Saturday, December 10, 2022, at the Millbridge Ruritan Building, 490 Sloan Road. The run/walk is a 3.1-mile course that loops through and around the West Rowan area. If you are interested in participating in the run or volunteering at the event, please contact David Freeze at 704-310-6741 or email [david.freeze@ctc.net](mailto:david.freeze@ctc.net).

[Click here for event details](#)

[Click here for sponsorship opportunities](#)

*October Needs List*



# NOVEMBER WISH LIST

## JEANNIE'S KITCHEN

2% Milk  
Butter  
Orange Juice  
Fresh Onions  
Fresh Lettuce  
Fresh Fruit

## CRISIS ASSISTANCE FOOD PANTRY

Low Sodium Options of Canned Goods  
Pasta /Tomato Sauce • Peanut Butter  
Canned Vegetables • Jelly • Grits  
Cereal • Granola Bars • Soups  
**Thanksgiving Items:**  
Stuffing • Potatoes • Yams • Cranberry Sauce

## SHELTER SERVICES

Bath Towels  
Pillows • Blankets  
Travel Size Shampoo  
Travel Size Conditioner  
Travel Size Lotion

## HOUSING SERVICES

All-Purpose Cleaner/Wipes  
Hand Warmers  
Bath Towels  
Dish Towels/Dish Rags • Sponges

### Equipment & Specialty Items

Small equipment for Jeannie's Kitchen and other specialty items are found on our [Amazon Wish List](#)

Donations can be dropped off Monday-Friday from 9:00 a.m. to 3:30 p.m. at our receiving dock facing Liberty Street at 226 N. Long Street in Salisbury. Clothing donations are accepted on Wednesdays only. If you want to order from our Amazon Wish list, [click here](#).

### ROWAN HELPING MINISTRIES

Our mission is to serve, through cooperative community action, our neighbors in Rowan County who are in crisis, by providing essential life needs and educating and empowering them to break the cycle of crisis.

Donate Now





Try email marketing for free today!

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