



COMMUNITY OF HOPE

MISSION:

To demonstrate the abiding word of god through faith and good works and expressing the love of Jesus Christ by providing daily necessities as well as hope for the future to those in need.

July 2024

Happy 4th of July!



Board Members:

Shari Olson, President
Patti Svaleson, VP
Gail Francette, Treasurer/Sec.
Marcie Antell
Pastor Joy Armstrong
Tom Ochocki

Committees:

Creative Media – Kim Ochocki
Donations – Tom Ochocki
Finance – Gail Francette
Networking – Shari Olson
Outreach – Charity Okron
Prayer – Robin Brady
Research – Julie Juntti

Questions?

Call Shari Olson
218-348-2417 or Email
board@communityofhope216.org

A Note from the President:

There are many people in the community that believe we do not have homelessness in Carlton County. Some do not want us to provide services to those in need because then the homeless will come to Carlton County. However, they are already part of our community and, we, as the Community of Hope, feel it is our responsibility to help them in any way we can. We have met so many people and organizations who have a heart to help them. Many times, they are our daughters, nephews, fathers, or grandmothers. Love our neighbor. **All are our neighbors.** Let's all pull together and show our Love for the Men, Women and Children who can use our help. As Jesus said in Matthew 25:40, *"I tell you the truth when you did for the least of these my brothers and sisters, you were doing it to me."*

With exciting news, we are able to provide showers to help those who do not have showers available to them. St Paul's Lutheran Church has generously offered to host showers every Wednesday from 10am-12pm, beginning July 10th. We are also reaching out to all churches to see if we can get volunteers (one male and one female) to help run the event each week. (Check our website for more information) As a result, we are looking for donations to purchase towels and wash clothes. We currently have plenty of hygiene products that will last us for a while. Additionally, we will be looking for donations of underclothing and socks so those that just showered have clean clothing to put on.

Our Community Dinners are growing! They are hosted every Sunday at one of our local churches. Watch for the flyers or check the website. We generally have 50-60 of our community members joining us each Sunday - meeting new friends, enjoying a great meal and receiving prayer, if needed. Thank you to all who support us through this growing mission.



We are planning a Free-For-All event in August. Please consider any items around the house or clothing you would like to donate to this event. This will help those who cannot afford to go to our local stores to purchase items of need for themselves or their families. In our next newsletter we will be sending out more detailed information such as date, location and times to bring donations. Thank you for your consideration.

More good news Salvation Army has offered an office space with regular hours (9am-3pm) for us to have a home so we can meet with anyone who is looking for help and resources. We are thankful we can be able to have a place to be found.

God Bless!

Shari Olson, President

Did You Know

Health and Homelessness (excerpts from *The National Alliance to End Homelessness*)

According to the US Department of Housing and Urban Development, people living in shelters are more than twice as likely to have a disability compared to the general population. On a given night in 2023, 31% of the homeless population reported having a serious mental illness, 24% conditions related to chronic substance abuse, and nearly 11,000 people had HIV/AIDS.

Conditions such as diabetes, heart disease, and HIV/AIDS are found at high rates among the homeless population, sometimes three to six times higher than that of the general population.

People who have mental health and substance use disorders and who are homeless are more likely to have immediate, life-threatening physical illnesses and live in dangerous conditions. Also, more than 10% of people who seek substance abuse or mental health treatment in our public health system are homeless.

Health Care Access

Treatment and preventive care can be difficult to access for people who are experiencing homelessness. This is often because they lack insurance or have difficulty engaging health care providers in the community. Most communities have Federally Qualified Health Care Centers, which provide basic health services without substantial cost. The local center for Carlton County is Lake Superior Community Health Center in Carlton. In addition, the Carlton County Public Health Department @ 14 N. 11th Street, Cloquet, provides a variety of programs and services for those on a limited income or lack insurance.



Who Experiences Homelessness?

Most people that experience homelessness are single adults. Despite common stereotypes, most homeless single adults do not suffer from chronic mental illness, substance abuse, or other disabling conditions. Most are homeless for a relatively short time before reconnecting to housing. They are homeless due to the cost of housing, inadequate incomes or a temporary financial or life crisis—such as losing a job, the end of a relationship, death of a partner or health emergency.

Veterans – Between the years 2010-2022, the number of veterans experience homelessness has dropped by 55.3%. However, the number of veterans experiencing homelessness has increased by 7% between 2022 and 2023. Most veterans (98%) experience homelessness as individuals. Of those, 30% had experienced chronic patterns of homelessness. Roughly 87% were men, while 11% were women. In addition to the usual reasons, veterans have the additional hardship brought on by multiple and extended deployments. Research indicates that those who served in the late Vietnam and post-Vietnam eras are at the greatest risk of becoming homeless but veterans of more recent wars are also affected. Those returning from Afghanistan and Iraq often face invisible wounds of war, including traumatic brain injury and post-traumatic stress disorder, both of which correlate with homelessness.

DINNER SCHEDULE - JULY

- July 7 Journey Christian Church**
Pork Tacos, tomato salsa, chips, fruit, salad, dessert
- July 14 Our Savior's Church**
Corn chowder, BLT's, salad fruit, dessert
- July 21 Our Redeemer Church**
Chicken and pasta, garlic bread, salad, fruit, dessert
- July 28 Good Hope Church**
Brats/hot dogs, pasta salad, chips, fruit, dessert



Volunteers

Just a reminder: don't forget to sign the volunteer attendance sheets at each event. This documentation helps us when requesting grants or donations. And **THANKS** for all you do!

Want to volunteer at one of these events?
Contact Charity @ (218) 409-2606

Thank You, Churches!

Thank you to ALL of our church partners for providing a place for meals, donation offerings, prayers, and more!

Good Hope Church
Our Saviors Lutheran Church
Northwood United Methodist Church
St. Matthew's Church
Queen of Peace
Our Redeemer Lutheran Church
Journey Christian Church
St. Paul's Evangelical Church
Kingdom Builders



DONATIONS

Summer Greetings from the Donation Team!

We are so very blessed to have continued support from the area churches we have collections from. We are still kind of waiting to see what happens with the reduced hours at the Outreach Center but it is hoped that there will be additional services now coming from the HDC Clinic. We have a surplus of hygiene products and toiletries and with summer upon us the current needs would be.

- ✓ Insect repellent, sunscreen
- ✓ Tarps, tents, bike tire tubes (24" and 26")
- ✓ Motor oil (5-W-30), windshield washer fluid.



AREA CHURCH ACTIVITIES

Please feel free to join any of the following events! All are Welcome!

Northwood United Methodist Church 62 Cty Rd 61, Esko, GODSPEED FITNESS

. 4:00 pm on Tuesdays. Meet at the Munger Trail parking lot in Carlton. It will encompass approximately one hour of runs, hikes, walks, or biking around our beautiful area. It begins with a devotion and ends with the glow of exercise. All levels are welcome. Feel free to go at your own GODSPEED. The hope is to prepare for upcoming 5Ks and get fit in the process. Call Barb Lammi with questions. "Run with Purpose"
1 Corinthians 9:26



Good Hope Church – 55 Armory Road, Cloquet is offering several connect and growth groups: Find Your People, Fellowship (men's group), Campfire Worship, Disc Golf Group, Family Park Days, Back Porch Bible Study, just to name a few. Check out Goodhope.ag for more information.

Journey Christian Church – 1400 Washington Ave. Cloquet: Want to find others who have similar interests or are in circumstances like yours? Journey Christian offers Ladies Bible Study, Don't Give Up, marriage groups and Journey softball. Find more information on their website at:
<https://www.cloquetchurch.com/lifegroups>.

Our Redeemer Lutheran Church 515 Skyline Blvd. Cloquet (218) 879-3380. Offers a Ladies Quilting Group which meets the 2nd and 4th Thursday of the month. If you like puzzles or can tie a knot, then you would be perfect for this group!

Our Savior's Lutheran Church 615 12th Street Cloquet. Enjoy reading? Our Savior's has a Cover to Cover Book Club that meets the 3rd Thursday evening each month to discuss books of interest. Bible Study is also available every Wednesday morning from 10am-11am.



We are truly blessed to have such a great Christian community which reaches out to share all we have to offer. We look forward to visiting with and learning more about you at the events listed above.

There is nothing too great and nothing too small that cannot be given to the Lord, and there is no area in our life or the lives of others, about which we cannot come boldly to the throne of grace. There is no anxiety so disturbing that cannot be guarded by the perfect peace of God and no pain so deep that cannot be healed by His tender touch.

Philippians 4: 6-7

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."



Have You Prayed Today?

BLOCK PARTIES

Block party plans are being finalized with menus and details on setup. Mary Medich has offered to call all listed volunteers to solicit help with these events. Dates are July 17th and 31st and August 14th and 28th.

Why a “block party” you ask? It is a positive and powerful way to bring the community together. It’s a way to meet new people, make new friends and share the gospel. And is a great way to bring help and hope to those in need.



Want to be a part of this effort? Send an email to: events@communityofhop216.org.

ONLINE DONATIONS

Did you know you can now make monetary donations on the Community of Hope website? Every dollar helps us further our missions and support the goals of Community of Hope. Our work is only possible through caring people like you. Visit <https://www.communityofhope216.org/donate-now/> for more information or to make a donation. And thank you so much for your continued support!



We Have New Email Addresses!

info@communityofhope216.org – for general inquiries
board@communityofhope216.org – for items or questions for the Board of Directors
donations@communityofhope216.org – for info on types of donations or pick up
events@communityofhope216.org – for info on upcoming events or suggestions
prayer@communityofhope216.org – for prayer for yourself or someone else

Have you followed us online?



[facebook.com/communityofhope216](https://www.facebook.com/communityofhope216)

www.communityofhope216.org

Thank you, Volunteers

The Community of Hope would like to take this opportunity to thank you all for your labor of love and your willingness to use your gifts and abilities to strengthen the mission and ministry of the Community of Hope. You are a wonderful example of servant-leadership and giving.

We are so blessed!



**The Community of Hope
Needs You!**

Are you good at fundraising or have ideas for fundraising? We would love to hear from you!

Contact us at:
board@communityofhope216.org
and THANKS for your support!

COMMUNITY OF HOPE 2:16
PO BOX 192
CLOQUET MN 55720