

# **FOCUS**

News from the **LSS Network** of Hope

LSS Faith Mission

LSS Food Pantries | LSS CHOICES

Winter 2025

#### **Tashana Was Spiraling Into** a Dark Place

YOU GAVE HER A PATH BACK INTO THE LIGHT.

Growing up, Tashana dreamed of meeting someone who would love her, respect her and want to spend the rest of his life with her. But that dream turned into a nightmare when she entered an unhealthy relationship that stripped her of her confidence, her peace and ultimately, her will to live.

"I found myself spiraling into a dark place," Tashana recalls. "I was overwhelmed by thoughts I never imagined I would have." Frightened that those thoughts would lead her to suicide, Tashana sought help at a short-term residential treatment center. She was scared and unsure, but she was about to begin a new chapter in her life.

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LSS FAITH MISSION

I can't even begin to explain how much Faith Mission means to me.

Tashana LSS Faith Mission Client 2 WINTER 2025

## A MESSAGE FROM RACHEL LUSTIG, PRESIDENT AND CEO

Christmas is all about giving, and the best gifts are those you can't wrap and place under a tree. I'm talking, of course, about your gifts to Lutheran Social Services. They're gifts of shelter, food and life-changing guidance and support. Most of all, they're gifts of hope.

Ask anyone who's been assisted by LSS Faith Mission or any of our other programs, and they will probably mention hope. It comes in many packages: a friendly greeting, some reassuring words, a hot meal, a safe place to sleep. For Tashana, it was the care she found at Faith Mission and the LSS Health Center. For Selena, groceries from the LSS Food Pantries.

Your generosity will touch many lives in many ways this Christmas season. I thank you for standing by us throughout this past year and look forward to your continued partnership in 2026. Merry Christmas!





## Deck the Halls With Holiday Cheer

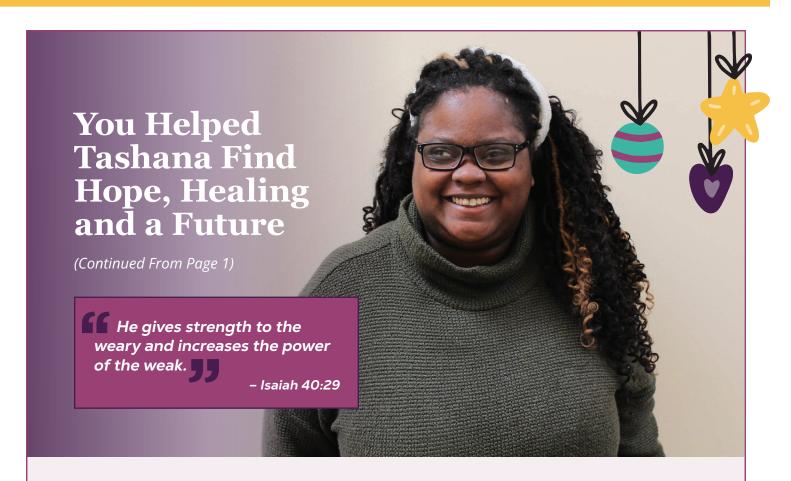
One thing many residents of LSS CHOICES miss during the holiday season is shopping for their children. You can give these parents the opportunity to select the perfect gifts as part of our annual Deck the Halls event. You'll also give children a chance to pick out something special for their parents.

It's a wonderful way to share holiday cheer with victims of abuse and their children. It will make your Christmas more joyful and meaningful, too.

#### ONE NAME, MANY LIVES RESTORED

In the near future, letters you previously received from LSS Faith Mission will now come from Lutheran Social Services (LSS). For 28 years, Faith Mission has been a vital part of Lutheran Social Services, providing shelter, meals, supportive services and hope to people experiencing homelessness. Your gifts continue to meet these basic needs, as well as food, safety and healing through our other essential programs.

By sharing all we do under one name, we can steward your gifts more efficiently and reach more people where the need is greatest. As always, you help us to restore lives and address some of our community's most serious challenges. Thank you!



Nearing the end of her treatment, Tashana knew she would need help moving forward and rebuilding her life. That's when she heard about LSS Faith Mission. Here, Tashana found connections to life-changing services that set her on the path to physical, emotional and financial renewal.

"I can't even begin to explain how much Faith Mission means to me," Tashana says. "The people there saw me – not just my situation, not just my pain, but me. Working with a resource manager, I found the strength to take steps forward."

A big part of Tashana's recovery took place through the LSS Health Center. "I got care I didn't even know I needed – new glasses, mental health support and a safe space to begin healing. The LSS Health Center gave me my life back."

Tashana found a job she loves, but

she has bigger plans for her future. She has a dream – not of a fairy-tale relationship, but of inspiring hope through a career as a motivational speaker. "I want to use my voice, my story, to reach others who feel lost, just like I did. I want them to know there is hope."

Hope came to Tashana through her faith in God. "He's walked me through everything I've gone through. He whispered to me in the silence when I felt alone. He told me, work on yourself and everything will fall into place. And it has – because He led me to the right people, to the right support, to the LSS Health Center," she tells us.

"When I say thank you to the LSS Health Center and Faith Mission, it's not just for the services," Tashana says, "but for the hope, the healing and the future they helped me believe in again." Through your support for Lutheran Social Services, you gave Tashana a path to a transformed life. **WINTER 2025** 

Selena May Not Have Much, But Thanks to You, She Has Food

"Hunger is a very big thing," Selena says, "It's heartbreaking." Selena knows just how heartbreaking it is, because she and her partner, Simone, have experienced not only hunger, but homelessness as well.

The women both lost their jobs and could no longer pay their rent. They lived out of Simone's car, not knowing where they would find their next meal. Recently, Simone found employment and they now have a roof over their heads, but little else – "just a blow-up mattress and items from the food pantry," Selena says.

Those items from the LSS Food Pantries are a lifeline for the women. "Things got difficult when we were down to our last penny," Selena tells us. "I'm thankful for the food pantries and the resources you offer here. If it weren't for the food pantries, I don't know how we would manage."

Being in a precarious financial situation, Selena says, "I would wake up every day worried about where I'm going to eat breakfast, lunch or dinner. So, knowing that there are pantries that help with that, I can go to sleep relieved."

Selena appreciates being treated well when she visits the LSS Food Pantries. "I love it when I walk in and see smiles," she savs.

Selena and Simone are both deeply grateful for people like you who support the LSS Food

money and food. "I'm thankful for what you're doing," Selena says. "It feels good to know that there are people out there who see other people struggling and they're not just walking by."



## Start Your Legacy of Compassion

Start something wonderful by making a planned gift to LSS. Your legacy of compassion will impact our community for generations to come. And whether it's through your estate plan or one of many planned giving options, you can also benefit from your gift by:

- Providing an income stream for you and your spouse
- Avoiding or deferring capital gains taxes
- Taking advantage of immediate tax deductions and other benefits.

Learn more about establishing an estate plan in support of LSS at LSSLegacy.org.

Your gift offers healing and hope to people in need across Lutheran Social Services. That includes:

Food Pantries.





Nutritious food for families struggling with hunger at the LSS



Safe refuge and healing for domestic

violence victims and their children at LSS CHOICES.

15-LSSOH-1125-N

#### **THANK YOU TO OUR FUNDERS**

















