



GRM Impact Report 2025

Ephesians 6:12

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

GRM Activity Report					
As of March 2025					
	Current Mo.	YTD Avg.	YTD Total	FYE 2024Avg.	FY# 2024 Total
MEALS					
BREAKFAST	1576	1502	4507	1275	15299
LUNCH	1336	1844	5531	1279	15349
SUPPER	1325	1410	4229	1328	15931
TOTAL	4237	4756	14267	3882	46579
OTHER ASSISTANCE					
CLOTHING	1507	1395	4185	1398	15375
TOTAL	1507	1395	4185	1281	15375
SHELTER Provided					
WOMEN (New)	24	28	83	29	324
CHILDREN (New)	6	2	6	8	93
MEN (New)	45	52	156	34	373
TOTAL(New) SHELTER Guests	75	82	245	72	790
TOAL BED NIGHTS	2089	2082	6245	2121	23329
AVG. NIGHTS/PERSON	67	25	69	29	69

GRMOK exists to help individuals and our community
to flourish with God leading the way.

Food

GRM is committed to supporting the health and well-being of all our shelter guests, recognizing that proper nutrition plays a vital role in addiction recovery. Research suggests that substance use disorders can lead to nutritional deficiencies, impacting brain function, mood stability, and overall physical health. To help address these challenges, we provide a nutritious continental breakfast every morning, accompanied by an optional multi-vitamin and vitamin C gummy to support immune health and essential nutrient replenishment. Studies have shown that adequate intake of vitamins and minerals can aid in cognitive restoration, reduce cravings, and promote long-term recovery. By prioritizing good nutrition, we aim to help individuals not only overcome addiction but also build a foundation for a healthier, more stable life.

Weekly Menu

	Breakfast	Lunch	Dinner
Saturday 26th	Continental breakfast (Pancakes, oatmeal, Cereal)	Ham	Pork Chops, corn, green beans salad
Sunday 27th	Continental breakfast (Pancakes, oatmeal, Cereal)	Brisket	Grace Bible Church C/S
Monday 28th	Continental breakfast (Pancakes, oatmeal, Cereal)	Tuna sandwiches, salad	Webbers Falls FCA S/O Chicken Stir Fry, rice, salad
Tuesday 29th	Continental breakfast (Pancakes, oatmeal, Cereal)	Amy Buckmaster C/S	Fish Tacos, Rice, salad
Wednesday 30th	Continental breakfast (Pancakes, oatmeal, Cereal)	Kim Hine S/O Chicken Wings, veggies, salad	Roast, Potatoes, <u>green beans</u> , salad
Thursday 1st	Continental breakfast (Pancakes, oatmeal, Cereal)	Alfredo Chicken, Garlic bread, Cookies	Leftover Roast, canned veggies, crackers & bread
Friday 2nd	Continental breakfast (Pancakes, oatmeal, Cereal)	Steak bites, rice, salad	Leftovers (EMPTY ALL CONTAINERS)

Shelter

Shelter is more than just four walls and a roof. It is safety, stability, and the foundation for growth. Without that stability, flourishing is impossible. It cannot happen in encampments, in abandoned houses, or on the streets. True growth requires a place where people feel secure, where they can rest without fear, and where they have the resources to heal and rebuild.

I saw the power of stability firsthand when my daughter was three years old. We taught her about seeds and planting, and she embraced it with her whole heart. She dreamed of growing things, yearning for the process of life unfolding before her. At the store, she didn't long for candy—she longed for seeds. One day, her eyes lit up at the sight of a large bag of

bird seed, and with boundless excitement, she pleaded for it. Unable to resist, I bought the bag, and together, we planted the seeds.

Truthfully, I didn't expect much to come of it. But the next day, I noticed disturbed soil around the pot. Soon, I caught her digging in the dirt, anxious to see the birds she believed would grow. I gently explained, "Sweetheart, you have to let the seeds stay in the soil. You can water them, place them in the sunlight, and they will grow in their own time." She listened, and with unwavering determination, she nurtured that pot as if it held the most precious thing in the world.

Days passed, and to our amazement, a tiny green shoot emerged from the soil. While she had envisioned the birth of a bird, what ultimately blossomed was a radiant sunflower. She loved it just as much. At the end of its life, we saved its seeds, planting them again and again until that single sunflower became a thriving field.

Growth only happens when the seed has a stable, nourishing environment. This is what happens at GRMOK. We provide more than just shelter. We provide the foundation for people to flourish, to heal, and to rebuild their lives.



WORK

Work is about more than a paycheck. It is about purpose. Research has shown that employment plays a crucial role in mental well-being, providing individuals with a sense of identity, stability, and connection to their communities. Studies suggest that policies encouraging job creation, like our WorkStart program can significantly improve employment rates and economic stability not just for the individual but also for the community. GRMOK's Workstart program is reinforcing the importance of work in sustaining families and communities.

Beyond economic benefits, work fosters dignity and respect. It gives individuals a reason to care for themselves, engage with others, and contribute meaningfully to society. The Bible affirms the value of work, stating in Colossians 3:23: "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters." Similarly, Proverbs 14:23 reminds us: "All hard work brings a profit, but mere talk leads only to poverty."

Work is not just about earning a living. It is about fulfilling a purpose, strengthening communities, and honoring the gifts we have been given.

Hope

Hope is the belief that tomorrow will be better than today. It is the light that keeps us moving forward, even when life feels like an endless storm. When circumstances spiral downward and each day seems progressively worse, hope can feel distant; but it is never truly gone. GRMOK works to restore hope, reminding individuals that they are not alone and that change is possible.

A powerful study conducted by Dr. Curt Richter in the 1950s demonstrated the incredible impact of hope on perseverance. In his experiment, he placed rats in buckets of water to observe how long they could swim before giving up. Initially, the rats swam for only a few minutes before succumbing to exhaustion. However, when Richter intervened, pulling the rats out, drying them off, and allowing them to rest, something remarkable happened. When placed back in the water, the rats swam for hours, far beyond their initial endurance. The difference? Hope. The rats had experienced rescue once, and they now believed survival was possible. This study illustrates a profound truth: when we have hope, we can endure far more than we ever imagined.

Consider the story of James, a man who had lost everything: his job, his home, and his sense of purpose. Each day felt heavier than the last, and he struggled to find a reason to keep going. Then, he found GRMOK. Through support, encouragement, and opportunities for employment, James regained his confidence. He discovered that his life had value, that he was capable, and that his future could be different. Like the rats in Richter's study, James had been given a lifeline—a reason to believe that survival was possible. With renewed hope, he rebuilt his life, proving that even in the darkest moments, transformation is within reach.

The Bible speaks to the power of hope, reminding us in Romans 15:13: "May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit." Similarly, Jeremiah 29:11 reassures us: "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."

Hope is not just a feeling—it is a force that drives us forward, strengthens our resolve, and reminds us that better days are ahead. GRMOK stands as a beacon of hope, proving that no matter how difficult life may seem, there is always a way forward.