

# CARING FOR OUR OWN

*Coming Together to Improve Neighbors' Lives*

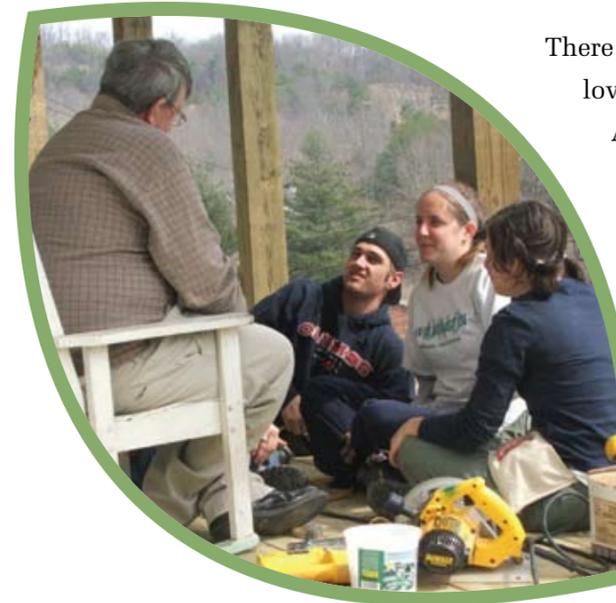


“

... FOR I WAS HUNGRY AND YOU GAVE ME FOOD, I WAS THIRSTY AND YOU GAVE ME DRINK, I WAS A STRANGER AND YOU WELCOMED ME IN.

—MATTHEW 25:35-36

## OUR CRITICAL GOAL FOR MEETING CRITICAL NEEDS



There is nothing more beautiful—or more powerful—than God’s love put into action through volunteers’ hands. At Christian Appalachian Project, volunteers allow us to reach hundreds more poor and vulnerable neighbors every year and help meet their most basic human needs.

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Seven counties in Eastern Kentucky are part of the Census Bureau’s list of the **50 poorest counties** in the country.

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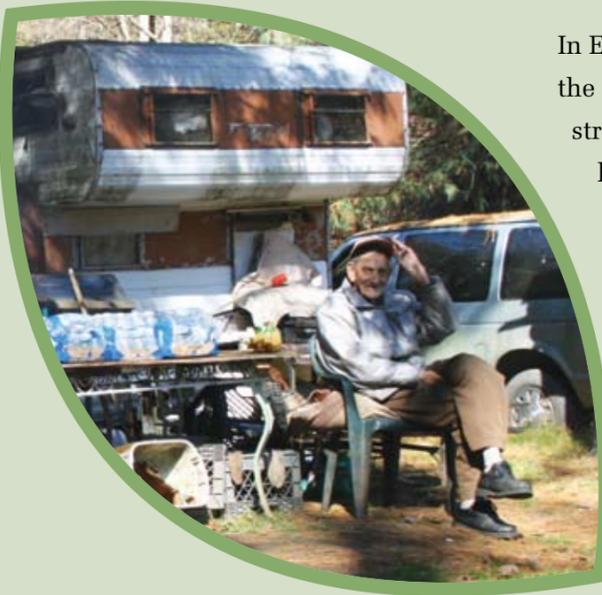


Now, as we approach our 50th anniversary, Christian Appalachian Project has an unprecedented opportunity to double the number of volunteers with whom we work. And with poverty as great as it is in Eastern Kentucky, increasing our volunteer capacity is critical.

Through the *Caring for Our Own* campaign, we will bring together compassionate people throughout Kentucky and beyond to raise the funds needed for this ambitious goal.

# COMING TOGETHER TO IMPROVE OUR

# NEIGHBORS' LIVES



In Eastern Kentucky, amid the carved valleys and hollows of the Appalachian Mountains, many of our brothers and sisters struggle every day. Poverty rates are very high and few people have had the opportunity to get a strong education. Many families live in geographically remote areas, and basics like health care are hard to come by.

At the Christian Appalachian Project, we put the Gospel into action by helping our poorest neighbors meet today's needs and find hope for a better tomorrow. CAP is a conduit through which generosity, compassion and Christian love can flow to those who need it the most.

We provide hands-on services that reach more than 1.6 million people across the 13 Appalachian states. But the core of our most direct services—care for the elderly and disabled, child development, provisions for those in need, and home repairs—remains centered on 13 counties in Eastern Kentucky.

In every one of our programs, you will find a common thread . . . the willingness to greet a stranger as a friend and to listen with an open heart and an open mind.

- We reach vulnerable children, the elderly and the disabled and help them live in comfort and with dignity.
- We respond when disaster strikes—with food, shelter and assistance in rebuilding lives.



## OUR 45-YEAR HISTORY OF MINISTRY IN THE HEART OF APPALACHIA

On a preaching trip to the mountains of Eastern Kentucky, Father Ralph W. Beiting was stunned by the soul-shattering poverty he observed. Called to help people in Appalachia help themselves out of poverty, Father Beiting founded the Christian Appalachian Project in 1964.

Today, Christian Appalachian Project is the 11th largest human services charity in the United States.

At CAP, volunteers from all faiths have the opportunity to serve others, guided by God's love. They bring their energy, love and skills from all over the country and help plant the seeds of hope that enable our region to thrive.

- We help families overcome challenges and build bridges to more hopeful futures by offering adult education, family life counseling and substance abuse treatment.
- We deliver clothing, household necessities and other donated goods to families throughout our region who need a helping hand.

Without CAP, countless neighbors would have nowhere to turn in their hour of need. Some would not have food to put on the table for their children. Some would not have heat to keep their homes warm through freezing winters. Some children would never go to summer camp, where they not only run and play, but also learn to believe in themselves.

These are the small, everyday miracles that—through the generous support of our donors—the Christian Appalachian Project makes possible day in and day out.



# WHEN YOU SUPPORT CAP, YOU HELP MAKE DREAMS COME TRUE

“Welcome, honey, to my dream home. It is a miracle and a dream come true.” —*Pearl’s greeting at the dedication of her new home*

You can see from one end to the other and walk the whole distance with only a few long strides—a front room with a kitchen and family area, a small bedroom behind that, and a bathroom off to the side.



But to Pearl and Clyde, this small house is nothing less than a dream home.

Married for more than 40 years, Pearl and Clyde have always gotten by on love, faith and a very meager income. They live on a sliver of land that has been in the family for generations in a modest hollow called Granny’s Branch. But their little house was falling down, inside and out.

The ceiling was so low that Clyde practically had to crouch to get around. The running water was unpredictable and the bathroom was an outhouse a good 20 feet away.

In just 4 months, CAP volunteers from Kentucky, Louisiana and Georgia demolished the old house and built a brand new home. Pearl and Clyde now have a full bathroom, plumbing, and heat and air conditioning to help protect them against the brutally hot summers and

bone-chilling winters.

They thanked every volunteer by name at the dedication ceremony for their new home and Pearl sang two gospel songs as we all gave thanks for being able to be part of this special moment in their lives.

It might be easy for some not to notice this modest home . . . but it is unforgettable once you’ve stepped inside Pearl and Clyde’s lives.

# VOLUNTEERS: THE HEART OF CAP’S WORK

Just as our founder, Father Beiting, was moved by the spirit of service to minister to the people of Eastern Kentucky, volunteers remain a vital part of CAP’s work to this very day.

**All together, volunteers provide more than \$2.3 million of free labor per year to our region. Because of their incredible contributions of time and talent, CAP is able to reach thousands more every year.**

Whether they give a week of their time or as much as a year, every volunteer embraces the three pillars of our volunteer program: service, spirituality and community. Volunteers work and pray together and share CAP’s commitment to seeing every family we serve as our brothers and sisters.

Volunteers help with many CAP programs, including making home repairs, serving as camp counselors, visiting and caring for elderly neighbors or assisting with childcare and CAP’s programs for children.

There are several ways that willing hands and caring hearts can volunteer with CAP throughout the year:

- Each spring, we host Workfest, a spring break for college students that is rooted in service, and Youthfest, a weeklong service experience for high school students.
- Church groups, community organizations and individuals can sign on as short-term volunteers with CAP for a week or more any time of the year.
- Volunteers who can make longer-term commitments—usually between 3 months to a year—are able to truly immerse themselves in CAP’s work and form deep bonds with those we serve.

Right now, CAP’s volunteer program is at an exciting crossroads.

**In the past 5 years, we have grown from working with 221 volunteers a year to more than 1,500 volunteers in 2009.**

Yet, far too many willing volunteers still must be turned away each year simply because CAP cannot house them.

In Eastern Kentucky, nearly  
**50%** of men  
over the age of 85 live  
in poverty, compared to just  
16% nationally.

# WHEN YOU SUPPORT CAP, YOU TOUCH HEARTS AND LIVES

During my days as a volunteer in CAP's Family Life Services, I met many wonderful people. But a little boy named Bryan made the biggest impression of all.

Families lived at the Family Life Services house—it was a place full of life and always busy. Most days I ran around driving residents to the doctor, the grocery store, their jobs or appointments. Or I helped watch the children, prepare meals or lead sessions on parenting or other life skills.

Bryan was almost 4 years old and lived in the house with his mom. They'd moved around a lot from place to place and Bryan's young life hadn't been very stable. He spent a lot of time screaming—seemingly for no reason—and running around, nearly out of control. He didn't really let anyone near him except his mother.

After a few weeks of helping to care for him during the day, Bryan really took to me. He had a clever little smile and called me "Shammom" because he had trouble pronouncing many words. We spent hours playing on the swing set outside.

Then, one day, he found me at my desk busily filling out paperwork. Bryan grabbed me by the hand and led me to the couch in the TV lounge. He said, "Shammom, sit on my lap," and tugged me onto the couch.

Of course, he really wanted to sit on my lap. Even if he got the words backwards, I couldn't help feeling that Bryan was inviting me to rest, to stop and sit with him.

I don't know where it is that you meet God. For me, one day in May, God came to me, sat on my lap and allowed me to rest in the love and power of His holy caring arms.

—Shannon Hodge

In the hardest hit areas of the  
13 Appalachian states, more than

**50%** of  
**children live in poverty.**

# HELP US EXPAND OUR REACH EVEN FURTHER

With the generous support of the James Graham Brown Foundation, we have launched the *Caring for Our Own* campaign to raise funds for renovating and building additional volunteer housing.

For every dollar you donate, the Brown Foundation will provide an additional 50 cents, up to \$500,000.

The *Caring for Our Own* Campaign will allow Christian Appalachian Project to:

- Convert an existing building to housing for 80 short-term volunteers in Floyd County.
- Build a new eight-bedroom long-term volunteer house in McCreary County.
- Build a two-story dormitory for 40 camp counselors and short-term volunteers at Camp AJ in Jackson County.

These new facilities will enable CAP to double our current capacity to 3,000 volunteers per year—and to touch the lives of countless more neighbors in need.

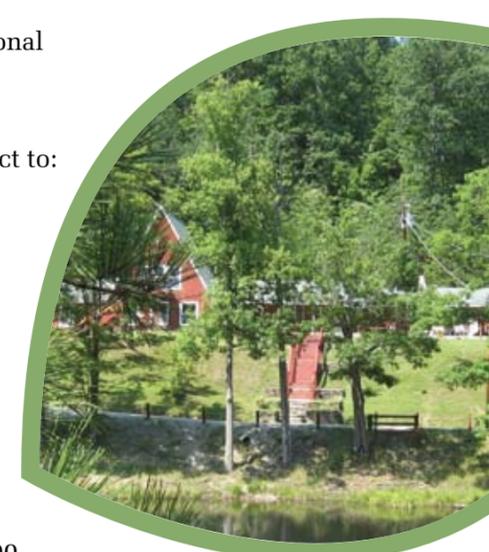
## YOUR SUPPORT IS CRUCIAL TO OUR SUCCESS

As Christian Appalachian Project nears our 50th anniversary of serving God in the Appalachian Mountains, we have a clear vision for an even stronger future. The road toward that vision has been mapped out, but we need your help to take the important next steps. We invite you to join us on this journey.

Support for the campaign here in Kentucky will be especially critical to our success. Though CAP is one of the largest charities in the United States, many people in our own home state do not know of our work. Now is the time to bring new, generous supporters together with CAP and our volunteers *to care for our own*.

Alone, each of us can only do so much.

But by working together, we can build a better future for the people of Appalachia.



# WHEN YOU SUPPORT CAP, YOU BECOME PART OF AN EXTENDED FAMILY

Even at age 84, Miss Marianne could not imagine living anywhere other than the tiny house she'd called home for her entire adult life. Her husband passed away 25 years ago, and with each passing year, the chores of daily life became harder and harder to manage on her own.

But through CAP, Miss Marianne had an extended family, and it was a joy when I became part of it.

I visited with Miss Marianne often, and helped her with small chores that seemed to make a big difference to her: I did her grocery shopping; I fetched her water from the well.

And when we discovered that her chimney flue was a fire hazard and badly needed repairs, I worked with the CAP volunteer crew to replace it. We also replaced her old, broken windows and repaired the porch that was falling apart.



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In some areas of Appalachia, up to **16.8%** of homes are classified as **substandard**—having more people than rooms and no indoor plumbing.

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Miss Marianne taught me a lot about what it means to be truly content. The best times were those we spent sitting on her porch, taking in the clouds and the sky, simply enjoying one another's company. I forgot about time and moving on to the next task. I felt God's presence in those moments.

—Casey Sterr

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A few volunteers can move mountains. We have a great community and a great staff, but bringing more volunteers in would complete the 'complete impact' philosophy that is CAP's strength.

For example, it's great to serve a family by enrolling one of their children in preschool. But we could have even more impact if we could also offer respite care to the mom during the day for her other son with cerebral palsy, or if we could also help them with an addition to their home and a ramp for that child.

This is the kind of extra impact we could have by harnessing the power of more volunteers.

”

—Mike Loiacono  
CAP <title & info about how long he has been with CAP>



Christian Appalachian Project

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