

**We Need Sponsors!**

**Queen Size - \$1000/yr**

**Each sponsor helps give 6 people beds and fresh linens.**

**Full Size - \$500/yr**

**Each sponsor helps give 3 people beds and fresh linens.**

**Twin Size - \$250/yr**

**Each sponsor helps give 1.5 people beds and linens.**

**Contact us for a Sponsor form!**



"COME TO ME, ALL YOU WHO ARE STRUGGLING HARD AND CARRYING HEAVY LOADS, AND I WILL GIVE YOU REST."

**A Ministry of  
First Christian Church**

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**Beds and Linens  
for  
God's Children**

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# Our Hope: A Bed and New Linens

Matt 11:28 Ministry hopes to Purchase and distribute 1 new bed (mattress, box springs or slats, and frame), 1 set of bedding (fitted sheet, sheet, comforter, pillow, pillow case), and 1 set of linens (washcloth, hand towel, bath towel) for every person in Massillon, Navarre, Perry, Jackson, Brewster, and Lawrence who is coming out of homelessness, leaving domestic violence, financially strained and recovering from a house disaster, or a veteran in need. Referrals are received through partnering agencies who have vetted and vouch for the need of the person and families.

We Currently partner with: Western Stark County Homeless Task Force, CommQuest, Salvation Army, Massillon Area Clergy Association, and more to come.



## Everyone requires rest

Coming out of homelessness, leaving domestic violence, recovering from a disaster, or being a veteran in need are all stressful enough on their own, but add to them the lack of a good clean bed and linens for every family member and that stress is detrimental to anyone's health and wellbeing.

“Sleep, like nutrition and physical activity, is a critical determinant of health and well-being. Sleep is a basic requirement for infant, child, and adolescent health and development. Sleep loss and untreated sleep disorders influence basic patterns of behavior that negatively affect family health and interpersonal relationships...Adequate sleep is necessary to: Fight off infection, Support the metabolism of sugar to prevent diabetes, Perform well in school, Work effectively and safely...If left untreated, sleep disorders and chronic short sleep are associated with an increased risk of: Heart disease, High blood pressure, Obesity, Diabetes, All-cause mortality,” (The Office of Disease Prevention and Health Promotion and their website, <https://www.healthypeople.gov/2020/topics-objectives/topic/sleep-health>).

By giving beds and linens to qualified applicants, Matt 11:28 Ministry will be reducing the stress and improving the health of all members of these families in need. This would improve their health, their wellbeing, and hopefully the outlook of their lives as they will know they have a place for rest in their lives.

## The Need is Great

Per the “2016 Point-in-Time” survey conducted by the Stark County Continuum of Care (<http://starkhomeless.starkmhar.org/data/>) there were 37 people on the streets, 285 in Emergency Shelters and 138 in Transitional Housing, from those three sources alone there is the potential for 460 people in need of a bed and linens. If we add in the people who are at “Imminent risk-w/ Friends/Family,” then that number climbs to 1023 potential people in need of a bed and linens. By providing beds and linens to Western Stark County we can at least alleviate some of the health burden placed on these families and their communities.

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