



MEN'S CHALLENGE CONNECTION

March 2026

Psalm 18:6

"In my distress I called upon the Lord, and cried unto my God; He heard my voice out of His temple, and my cry came before Him, even into His ears."

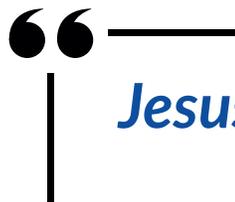


My name is Thomas Benjamin Medford and I'm from Waynesville, NC and I am 39 years old. My parents divorced when I was a small child and I spent equal time with each of them; usually a week with one then a week with the other. I attended church with my dad and grandparents when I was a small boy. There was some alcoholism in my family and my dad had been in some major car wrecks and suffered lasting head trauma from them, but they did the best they could. I graduated high school after going from regular high school to alternative high school to an adult high school.

My struggles with addiction began around age of 14 with pornography, alcohol, and marijuana. It escalated to opioids, cocaine, meth, and eventually, heroin and fentanyl; any drug I could get. I was completely lost in sexual immorality. It cost me everything; every relationship with family, friends, daughter, all material possessions, vehicles, my dad's house I inherited, everything. At my worst, I negatively impacted every person I came in contact with. I overdosed many, many times; homeless with nothing. I was broken, empty inside.

I came to Men's Challenge after applying to 3 different rehabs while I was in jail; Men's Challenge accepted me. I know the Lord ordered my steps and brought me here to get to know Him better and to make me a disciple. I felt like the Lord had his hand on my life.

I have to surrender daily to Christ and have to accept that I'm not in control.



Jesus has completely changed my life.



I'm not in charge, He is. I have grown in my relationship with Jesus Christ and am becoming a disciple of Him. Jesus has made me a new creation, gave me a new heart, and completely changed my life. He has gave me a purpose. He has gave my life a new direction.

I'm focusing on obeying the Lord and showing Christ's love because He loved me. I'm thankful for the Lord's intervention in my life getting my attention and turning my life around. I will continue to hold on to Christ and focus on His will for my life, obeying and following Him.

What's Happening

Here's a glimpse of what God has been doing at Men's Challenge of the Smokies



2026 HOPE GALA

Hope is more than just a word — it's the belief that change is possible and that freedom can become reality. For many who are battling addiction, hope is the quiet desire that one day life can be different... that healing can come and chains can be broken.

At Men's Challenge of the Smokies, we see that hope come to life through the transforming power of Jesus Christ. That's why we host the Hope Gala — to celebrate the lives being restored and the men discovering real freedom through faith.

We would love for you to join us for our 2nd Annual Hope Gala and experience firsthand the impact your support makes in the lives of these men.

DATES: March 30 & 31

Come be part of an evening that celebrates hope, transformation, and the work God is doing right here in our community.

Men's Challenge OF THE SMOKIES



JOIN US FOR OUR GRADUATION!

April 18th @ 10:00am

**336 Living Hope Way
Franklin, NC**

Light refreshments will be served



LEFT: Our men had the honor of helping set up for Macon County's "Night to Shine"
RIGHT: Sharing music and testimonies at Swannanoa Church of God

Thank you to our 2025 Hope Gala Sponsors who have helped make it possible for our men to experience freedom, restoration & hope. For more information on becoming a 2026 sponsor, please contact our office.



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www.livinghopeway.com

