



# Living to L.A.S.T.

Learn. Act. Serve. Train.

*“Building a brotherhood through training for and responding to the physical needs of the overlooked”*

**Andrew Ochsner**  
-Executive Director of  
Living To LAST

**Taylor – My Wife**  
**Madeline – My Daughter**  
**Maggie – The dog**





# What do we do

Once a month, we gather men to conduct large critical home repair needs for people overlooked in our communities.



**SAFE**



**DRY**



**WARM**



# But why should YOU care?

## Two Problems, One solution

### 1. Maine is Old!

-Ranked by State, Maine has the oldest median age in the U.S.

(U.S. Census Bureau)

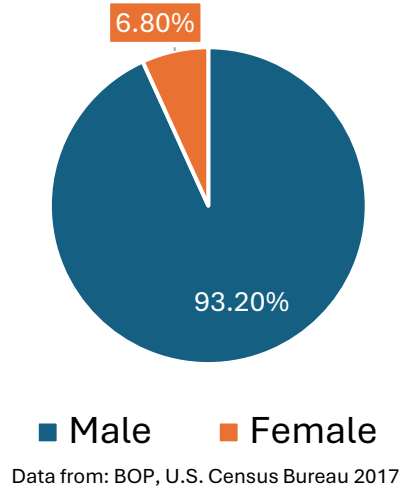
-Ranked by State, Maine has the 8<sup>th</sup> oldest housing stock

(Maine State Housing Authority)

-Means we have older folks trying to live out their day in homes that need repairs that many can't afford to fix

### 2. Men are struggling more then we think in the U.S.

## The Federal Prison Gender Gap



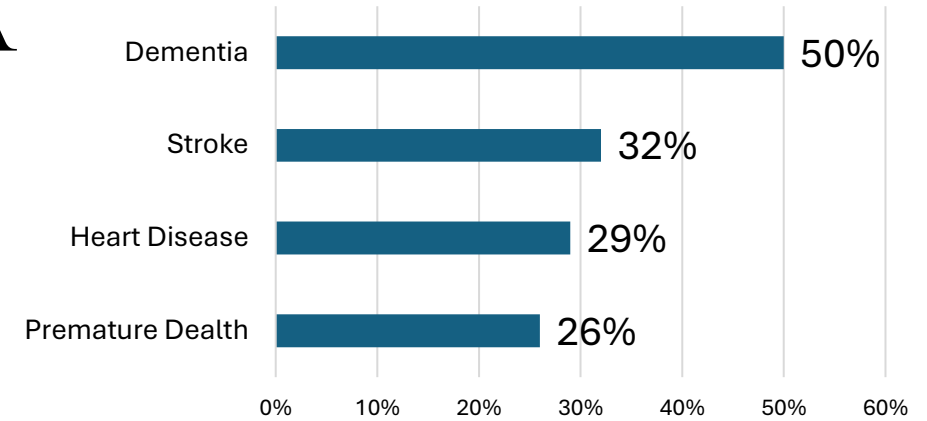
# “EPIDEMIC OF LONELINESS” IN AMERICA

-U.S. SURGEON GENERAL



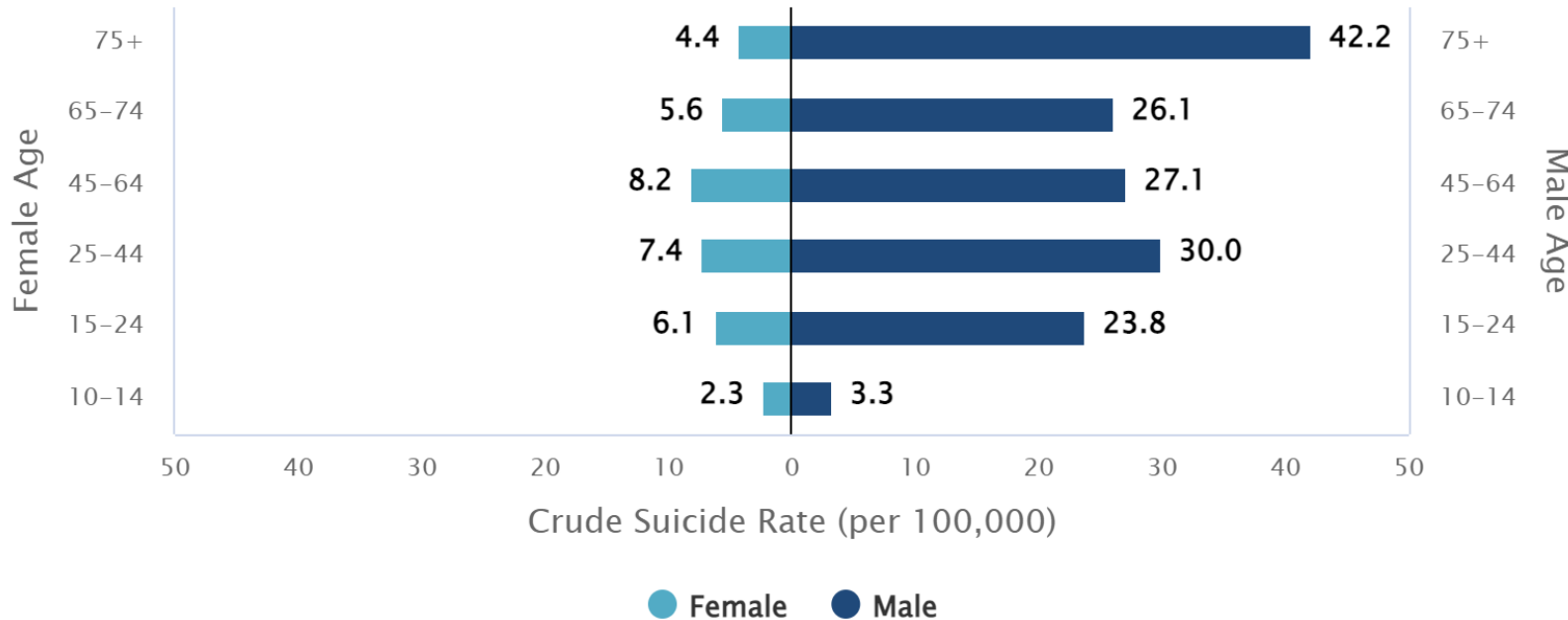
## Increased Risk Due to Loneliness and Isolation

\*Data from U.S. Surgeon General - "Our Epidemic of Loneliness and Isolation" 2023



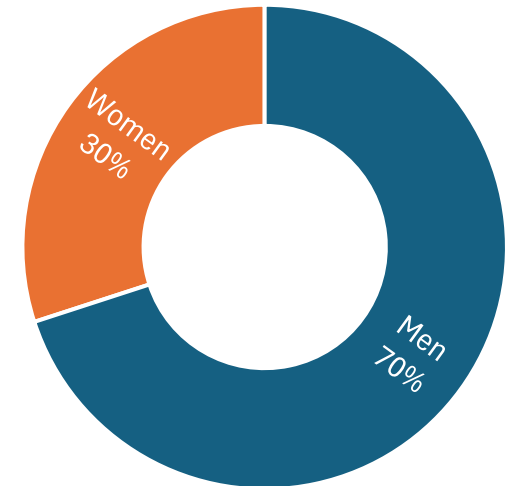
## Suicide Rates by Age Group (2021)

Data Courtesy of CDC



## Drug Overdoses by Gender

(Data: CDC 2002-2022)





Chris Williamson –

“male depressions gets treated like female depression. Men are made to feel loved and accepted when all they want to do is feel capable and powerful. Give a man a purpose and the ability to achieve it and he will crawl over broken glass with a smile.



# ANXIOUS AND ALONE

M A R Y ' S S T O R Y







Styrofoam  
R4 TONGUE & GROOVE

Styrofoam  
R4 TONGUE & GROOVE

Styrofoam  
R4 TONGUE & GROOVE

PLANK

Styrofoam  
R4 TONGUE & GROOVE



WATCH  
FULL  
VIDEO



[Livingtolast.org](http://Livingtolast.org)



# 81 Year Old Widow- no heat, no hot water, leaking roof





Minuteman

ROXTER



...To this!



# What do we also do?

## Minutemen

- Core Volunteers
- Culture builders
- Bought into Vision, Possess skills or aptitude
- Where the “brotherhood” overflows from
- Meet additional two times per month to:
  - eat dinner together
  - game plan next project
  - dig into each others lives to challenge and encourage from a Christian perspective





# 2026 Goals?

## Second Full Time Hire!!

- Hiring a “Regional Team Leader” position currently
- Will oversee their own monthly projects
- Will care for his own team of Minutemen

**=**

## **DOUBLE EVERYTHING!**

- Service projects
- Volunteer reach
- Number of Minutemen
- Community Impact



# Want to join the Living to L.A.S.T. brotherhood?

## DONATE

- Monthly contribution
- One Time Gift
- Business Sponsorships



## VOLUNTEER

One Saturday a month  
to learn a new skill or  
participate in being a  
tangible extension of  
God's grace.

## PRAY

Follow by  
Subscribing to our  
email list at  
[livingtolast.org](http://livingtolast.org) or by  
social media

GO TO [LIVINGTOLAST.ORG](http://LIVINGTOLAST.ORG)



# THE MINISTRY OF RECONCILIATION

- Isaiah 61:1-4

# ISAIAH 61

1. The Spirit of the Lord GOD is upon me, because the LORD has anointed me to bring good news to the poor; he has sent me to bind up the brokenhearted,
2. to proclaim liberty to the captives, and the opening of the prison to those who are bound to proclaim the year of the LORD's favor, and the day of vengeance of our God; to comfort all who mourn:
- 3a. to grant to those who mourn in Zion—to give them a beautiful headdress instead of ashes, the oil of gladness instead of mourning, the garment of praise instead of a faint spirit;

# ISAIAH 61

3b. that **they** may be called oaks of righteousness,  
the planting of the LORD, **that he may be glorified\*.**

- The “they” are all those we circled in red! The poor, the brokenhearted, the captive, the bound, etc.

-also “that he may display his beauty.”

*-what does that mean? What does that look like?*

# ISAIAH 61

4. They shall **build up** the ancient ruins;  
they shall **raise up** the former devastations;  
they shall **repair** the ruined cities,  
the devastations of many generations.

-These are ways in which we can  
display his beauty and glory

-This should also remind us of something  
similar written just before Isaiah 61

## ISAIAH 58: 6-7, 12

12 And your ancient ruins shall **be rebuilt**; you shall **raise up** the foundations of many generations; you shall be called the **repairer of the breach**, the **restorer of streets** to dwell in.

6 Is not this the fast that I choose: to **loose the bonds** of wickedness, to **undo the straps** of the yoke, to let the **oppressed go free** and to **break every yoke**? 7 Is it not to **share** your bread with the hungry and bring the homeless poor into your house; when you see the naked, **to cover** him, and not to hide yourself from your own flesh?

# ISAIAH 61

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- 3a. **to grant** to those who mourn in Zion—**to give** them a **beautiful headdress** instead of ashes, the oil of **gladness** instead of mourning, the **garment of praise** instead of a faint spirit;

# ISAIAH 61

To “display his beauty” is to reflect His character.

Its to be the extension of the hands of Christ in the areas He is already at work.

It also should blow our mind that He wants to use us to display His beauty, He is more than capable of doing it himself without us!

## 2 CORINTHIANS 5:18-6:1

18 All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation; 19 that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting to us the message of reconciliation. 20 Therefore, we are ambassadors for Christ, God making his appeal through us. We implore you on behalf of Christ, be reconciled to God. 21 For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God. 6:1 Working together with him, then, we appeal to you not to receive the grace of God in vain.

God  
to give  
you and  
others

mm mm  
mm mm

heat  
1/18/26

repairs  
fuel  
power  
water  
takes  
conns.

the sun endures,  
And as long as the moon, from  
generation to all generations.  
6 May he come down like rain upon  
the mown grass,  
Like showers that water the earth.  
May the righteous flourish  
in his days,  
And abundance of peace until  
the moon is no more.  
8 May he also have dominion  
from sea to sea  
And from the River  
to the ends of the earth.  
9 Let the desert creatures kneel  
before him,  
And his enemies lick the dust.  
10 Let the kings of Tarshish and of  
the coastlands bring a present;  
The kings of Sheba and Seba  
offer tribute.  
11 And let all kings bow down to him,  
All nations serve him.  
12 For he will deliver the needy when  
he cries for help,  
The afflicted also, and him  
who has no helper.  
13 He will have compassion on  
the poor and needy,  
And the lives of the needy  
he will save.  
14 He will redeem their life from  
oppression and violence,  
And their blood will be precious  
in his sight;

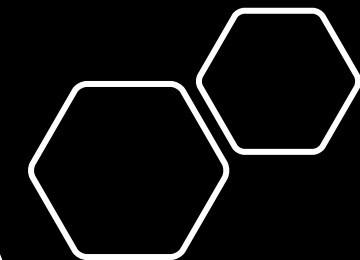
the city blossom like vegetation  
of the earth.  
17 May his name endure forever,  
May his name increase as long as  
the sun shines;  
Let all nations be blessed in him  
Let all nations call him blessed  
18 Blessed be Yahweh God,  
the God of Israel,  
Who alone works wondrous d  
19 And blessed be  
His glorious name forever  
And may the whole earth be fi  
with His glory.  
Amen, and Amen.  
20 The prayers of David, the son  
of Jesse, are completed.

BOOK 3  
Psalm 73  
The Nearness of God Is My Good  
A Psalm of Asaph.

1 Surely God is good to Israel,  
To those who are pure in heart!  
2 But as for me, my feet had  
almost stumbled,  
My steps had almost slipped.  
3 For I was envious of the boastful,  
I saw the peace of the wicked.  
4 For there are no pains in their death,  
And their body is fat.  
5 They are not in trouble as other men,  
And they are not stricken along  
with the rest of mankind.

And their tongue go  
the earth.  
Therefore his people  
to his place,  
And waters of fullnes  
by them.  
They say, "How does  
And is there knowled  
the Most High?"  
Behold, these are the  
And always at ease, t  
increased in wea  
Surely in vain I have  
my heart pure  
And washed my har  
in innocence;  
4 For I have been stric  
And reproved every  
5 If I had said, "I will  
Behold, I would hav  
generation of Y  
When I gave thoug  
It was trouble in m  
Until I came into th  
of God;  
Then I understood  
Surely You set the  
in slippery pla  
You cause them to  
to destruction  
How they become  
in a moment!  
They are complet  
by terrors!

# STORY



GODS  
TRUTH IN  
REAL LIFE