

THE IMPORTANCE OF VOLUNTEERING: TRUDY PARKS



Editor's Note: This month we are featuring one of our regular volunteers, Trudy Parks, who has been volunteering at the Rescue Mission for nearly a decade. She comes to the Rescue Mission weekly to pray for the Mission and do whatever else needs to be done. We hope her story will inspire you and give glory to God. We do praise God for all our volunteers, we could not do it without you.

To me, the Rescue Mission is the lighthouse in Salt Lake City. It does everything God says we should do. It helps the poor, shares the Gospel, makes disciples and helps people follow Jesus.

I enjoy coming to the Rescue Mission each week and praying for the Mission and the people it serves. When the washer and dryer breaks, we pray for new ones (or that someone would show up who could fix the broken ones). We pray for the men and women on the New Life Program, who need so much support to break the bondage of addiction. We pray for the cooks, that God would bless them as they prepare the 600 meals a day served at the Rescue Mission. We pray for the homeless men and women, that God would show them a way off the streets.

God was the one who lead me to the Rescue Mission. When I started attending Calvary Chapel Salt Lake, Chris Croswhite, the Mission's executive director, asked me to be a part of the Mission's prayer ministry. Even though I barely knew Chris at the time, I told him I would love to.

Later, after I had been volunteering for a while, I asked Chris who told him that he should ask me about volunteering. He said, "It just seemed like God was telling me I should ask you, so I did."

I love volunteering at the Mission. I enjoy being part of a ministry that teaches people the bible and gives them away to people who do not have one. I truly feel like I don't do much, but then I realize that prayer is much. Prayer is the most important thing we can do. The Mission needs God's help, so why not ask Him for what the Mission needs? He is more than gracious to give good things to His people.

I encourage readers to pray for the Mission and come down to volunteer. It truly is a blessing to help, pray and to see God change people's lives.

APRIL 2018 - CHAPEL AND KITCHEN SERVING SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Gospel Grace - Chapel and Kitchen	2 First Baptist of West Valley - Chapel and Kitchen	3 Calvary Chapel of Salt Lake Kitchen: Intermt. Baptist Youth	4 South Mountain Community Church - Chapel and Kitchen	5 Salt Lake Christian Center	6 Mt Olympus Presbyterian	7 Bible Baptist Kitchen: South Valley Community
8 RMSL	9 Intermountain Baptist	10 Unity Baptist Kitchen: Alpha Tau Omega - U of U	11 Northern Utah Mennonite Kitchen: Southeast Youth Group	12 Millcreek Baptist	13 Hilltop United Methodist Church	14 Berean Bible
15 RMSL	16 Bennion Christian Center	17 K2 - The Church	18 RMSL	19 Capital Church - Chapel and Kitchen	20 RMSL	21 Southside Church of Christ - Chapel and Kitchen
22 Grace Community Bible	23 Living Waters Christian Fellowship	24 Canyons Church Kitchen: First Baptist Tooele	25 First Methodist	26 Tooele Christian Fellowship	27 Midvalley Bible	28 Evangelical Free Church of Salt Lake
29 Lifestyle Church - Chapel and Kitchen	30 RMSL	<i>Thank you for making a difference in the lives of the hungry, hurting, and homeless in Utah!</i>				

RESCUER

APRIL 2018

The Monthly Newsletter of the Rescue Mission of Salt Lake



RescueSaltLake.org

CODI SIZEMORE: Finding Friends, Finding Hope

Before I came to the Rescue Mission, I was a recluse. I wouldn't drink water, wouldn't eat, I would only consume alcohol and sit at home alone. I was in a deep, dark hole.

Today, I live in a nice townhouse with another graduate of the New Life Program, Victoria Moore, and her two children. It's a blessing to realize how much God has changed me. It's great to be called aunt Codi and have kids around to make sugar cookies with.

And my new life could not have been possible without God's help and the Rescue Mission.

At the Mission I learned how to talk and live with other people. Escaping my tendency for isolation and learning to actually have relationships was a big step for me. Before, I could be in a room of 14 people and feel all alone. But I learned that God loved me and His love helped me to care about other people.

I came to realize that, despite what I might have felt, God never left me and loves me no matter what. He is always going to be there for me and I can go to Him with my problems and my issues and He will help me.

I realize now that God put people in my life for my benefit. I have learned I can depend on other people, such as the counselors at the Rescue Mission, my roommate Victoria, her kids, and all the friends I made at the Mission. To let people in a little bit into my life and be able to talk about my past



Codi Sizemore (second from the left) used to be a recluse. Now, she has great relationships and a new life, thanks to how God changed her at the Rescue Mission of Salt Lake.

life and some of the things I struggle with has been a great accomplishment.

I know for some people relationships with other people are easy, but for me I needed the Rescue Mission's help to create strong bonds. Those bonds are what helped me quit drinking. I learned that I could be happier having friends then sitting alone and being drunk. While that might seem obvious, it was something I hadn't believed before coming to the Rescue Mission.

While I was in the New Life Program I was able to get a job and save money to move into our townhouse. The counselors

Please see "Codi" on page 3.

Connect with us

Web: RescueSaltLake.org
 Social: facebook.com/rescuemissionofsaltlake - [Twitter/@rescuesaltlake](https://twitter.com/rescuesaltlake)
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 Phone: Main - 801.355.1302/Finance Office - 801.746.1006
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GOD USES YOU TO RESTORE BROKEN LIVES

We had a great Easter celebration for our homeless and hurting friends at Pioneer Park this year.



Over 700 of our homeless friends and low-income families were blessed by the food, message of hope in Jesus, fun and Easter egg hunt.

One of my most favorite five minutes of the year is watching hundreds of children, filled with excitement, run around to collect candy-filled eggs. The seek-and-find reminded me of how God looks for us when we are hiding from him.

The event was such a success because God used you, our faithful supporters, to make it all happen. We had over a hundred volunteers start helping a week before Easter. People filled plastic eggs with candy, peeled potatoes, bake chicken, sliced ham and more. It could not have happened without so many people volunteering from churches, families and workplaces. One group, PRMI, helped with face painting. Even Stevens restaurant kept our costs low by blessing us with food donations and Calvary Chapel allowed us to borrow their kids' carnival games. It truly was an awesome day, made possible by you.

The great day reminded me of how much of the work we do at the Rescue Mission is empowered by God through volunteers. Most nights of the year a different volunteer church group comes down to the Mission to lead a church service for our homeless friends and we see many people come to Christ because of these efforts.

Many other nights a local group will come and help serve food in the Mission's kitchen. Other days, a group will come and do a repair or painting project. Other volunteers help mentor and counsel the men and women on the New Life Program.

And there are special, consistent volunteers, like Trudy Parks, who shares her story of volunteering at the Rescue Mission in this month's newsletter.

And no matter where a volunteer fits into the Mission's collaborative effort to reach the homeless, the point is, we could not reach as many people as we do without you! It truly is a blessing to sit in my seat and see how many people care about the homeless and hungry, and want to make a difference.

Thanks you so much for all you do. If you have not volunteered, please consider how you might fit in. We need people to donate, people to pray and people to volunteer to make a difference in the lives of hungry and hurting people here in Utah. I hope you are inspired by the great work of the many volunteers and donors who help, and that God puts it on your heart to get involved. If you read Trudy's story, you will understand that when you partner with the Rescue Mission, you are rewarded, even as you are helping others.

God bless you,

Chris D. Croswhite

Executive Director

CODI: CONTINUED FROM PAGE 1

encouraged me to go to church, which I enjoyed, but there are a lot of people there, and I might consider a smaller church in the future.

One thing I know for sure, I would be dead without the Rescue Mission's help. It was January 31, 2017 when I received the wonderful news that I could enter the Mission's New Life Program.

For most of the past several years I had been drinking on a daily basis. I had been living at my ex-husband's house with our daughter but he was coming back to Utah

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and wanted me gone. I had no job, was deeply addicted to alcohol and had nowhere to go. I called 211, which is a helpline that tries to connect people in need with services. I told them I needed help.

The people at 211 gave me a lot of contacts, but everyone I called wanted me to either have money or health insurance if they were going to help me. Unfortunately, I had neither. The last number on my list was the Rescue Mission. For some reason I was reluctant to call the number, but, at the same time, there was a voice telling me I needed to call. There was this strange tension inside me about whether I should call or not. I think my reluctance was that if I called and the Rescue Mission couldn't help me, I would've been completely out of options. I didn't call just to keep the idea that I had at least one option alive in my mind.

When there was just a couple days left before I would have to leave my ex-husband's house, I called the Mission and was shocked to find out I didn't need money or health insurance. I was told they would take me in. That

phone call changed my life. I owe everything to God, the Rescue Mission, and the great staff team who helped me.

Not that my life is perfect. When I came to the Rescue Mission I left my daughter behind to live with her father. He drinks a lot still, but my daughter does love him. Still, she feels like I abandoned her and does not want anything to do with me.

This breaks my heart and I ask for your prayers that God could heal our relationship. I have tried to tell her that I needed help. I have tried to tell her that getting help was the best thing for both of us. But as a 15-year-old she does not see it that way.

I am doing things for her that I hope to show her one day. For instance, this Christmas I wrapped up her presents and put them in my closet. They are still with me and I want to give them to her when she will let me. I also wrote her a birthday card recently and mailed it to myself. I want to show her the postage date, so she knows I didn't forget her birthday. I hope the presents and the card will show her that, even though she didn't

"I never stopped loving or thinking about her."

want contact with me, I never stopped loving or thinking about her. She means so much to me.

I still have my struggles, but life is so much better than when I came to the Rescue Mission. God picked me up out of a deep, deep hole and saved me. He used the Rescue Mission and your support to do it. I can attest that there is no other place that 211 could refer me to that would take someone like me. Someone with no money and no health insurance. There needs to be a place for people like me and I am so thankful your support makes it possible. I thank God and I thank you.

Our Stats

how your gift helps

These are not just numbers, they are lives impacted!

	February 2018	YTD 2018
Professions of Faith	23	55
Meals	9,777	19,797
Family Food Boxes	108*	248**
Nights of Shelter	4,557	9,586
Clothing	4,373	8,711
Day Service/Hygiene	1,556	3,272
Jobs Obtained	4	9
Housing Obtained	4	8

*5,580 meals

**11,560 meals

April means tax season and many will be blessed with a refund from Uncle Sam. If you are being blessed by Uncle Sam or blessed in other ways, please consider giving back this year to those who have nothing. We are always in need of April donations to help us get through our difficult summer months, when donations slow down, but the need for food, shelter, clothing and our New Life Program continues. There are many ways to give. You can send a check in the enclosed envelope, click on one of the donation buttons at rescuesaltlake.org or call our finance office at 801.746.1006 to make a donation by credit card over the phone. God bless you and thanks for helping the homeless in Utah leave their life on the streets behind them forever!

