

REAL RELIEF FROM THE SWELTERING SUMMER HEAT



Lowering body temperature and rehydrating are the best ways to fight heat stroke and heat exhaustion. That's why we are praising God for the new industrial swamp cooler that is chilling our chapel on these blistering summer days.



A generous donor gifted the massive cooler, and we recently installed it. Believe it or not, this swamp cooler is improving and possibly even saving the lives of Salt Lake's homeless. Those who live on the streets are especially prone to heat stroke and exhaustion, which kill an estimated 660 Americans each year.

According to the National Health Care for the Homeless Council, people like the homeless, who have poorly controlled diabetes or alcoholism, are more likely to become dehydrated. Additionally, the homeless are less likely to hydrate because they don't have access to restrooms and want to limit urination. To top it off, they regularly lack sunscreen, head protection and are more likely to be exposed to the sun. And the working homeless are more likely to find temporary jobs through labor pools, which often require strenuous work for many hours in the hot sun with limited resources and only short breaks for hydration.

With this serious problem in mind, we feel blessed to give our homeless friends access to our chilly chapel during this summer. The coolness reduces body temperature and, once inside, the homeless will have enough water to ensure they don't become dehydrated. We also supply convenient and safe restrooms. Of course, we are not just helping with physical needs. We hope that our homeless friends will experience love and respect inside the Rescue Mission, and that this will influence them to consider our New Life Program, which helps people come to faith in Christ, get off the streets, have victory over addiction and obtain employment and housing.

Also, remember our "summer slump" is the time from June to August when gifts to the Mission slow down, but the number of people needing help stays the same or even increases. Please visit RescueSaltLake.org or use the enclosed envelope to make a donation today. Your gift will help us ensure that we don't have to turn anyone away this summer!

JULY 2014 - CHAPEL AND KITCHEN SERVING SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Calvary Chapel of Salt Lake Kitchen: Intermountain Baptist Youth	2 South Mountain Community Church - Chapel and Kitchen	3 Salt Lake Christian Center Kitchen: Korean Presbyterian Church of Utah	4 Mt Olympus Presbyterian	5 Bible Baptist Kitchen: South Valley Community Church
6 Grace City Church	7 Road to Freedom Biker Mission	8 Unity Baptist	9 Northern Utah Mennonite Kitchen: Southeast Youth Group	10 Millcreek Baptist	11 Hilltop United Methodist Church	12 Berean Bible
13 Calvary Chapel Salt Lake - Chapel and Kitchen	14 Intermountain Baptist	15 K2 - The Church	16 Capital Church Kitchen: Capital Church	17 Wasatch Christian	18 Discovery Christian	19 Southside Church of Christ - Chapel and Kitchen
20 Alpine Church	21 Sandy Ridge Community Church	22 Canyons Church Kitchen: First Baptist Tooele	23 First Methodist	24 Tooele Christian Fellowship	25 Midvalley Bible	26 Evangelical Free Church of Salt Lake
27 Grace Community Bible	28 Living Waters Christian Fellowship	29 Potter's House Christian Fellowship	30 First Presbyterian of Salt Lake	31 Calvary Mountain View		

RESCUER

JULY 2014

The Monthly Newsletter of the Rescue Mission of Salt Lake



RescueSaltLake.org

SUZIE GREGORY: A Year of Sobriety and a Fresh Hope

My name is Suzie Gregory, and last July I was out of money, had burnt all my bridges and faced a tough choice: spend the night at Pioneer Park in downtown Salt Lake City or go live at the Rescue Mission's women's facility. One choice meant safety, food and support. The other was scary and unpredictable. Still, the one thing Pioneer Park had going for it was that I could continue my seemingly uncontrollable drinking habit, which had come to dominate my life.

Safety won out, and on July 17, 2013, I spent my first night at the Rescue Mission. For the next two weeks, I called everyone I could think of. I begged my ex-husband, my family, the father of my daughter, ex-boyfriends and friends to come get me.

Nobody came. I had always been able to find someone who would take me in, but this time it was different. I was annoyed. I didn't want to stay at the Rescue Mission one minute longer than I had to. The only thing that kept me there was the fear of having nowhere else to go but the streets.

Looking back, I truly believe it was God who closed all those doors, ensuring I stayed at the Rescue Mission. It wasn't until I had been there for several months that I finally yielded to God and decided to finish the Mission's New Life Program.

Realizing I was Broken

When I first arrived at the Rescue Mission's women's facility, I felt out of place. Speaking to the women there, I learned that most of them had experienced traumas in their lives. While my parents divorced when I was three years old, I felt like their split didn't impact me. Growing up in central California, I enjoyed having a "mommy home" and a "daddy home."



Although her alcohol addiction had left her nearly dead, today Suzie Gregory has a great job, her own apartment, renewed relationships with her kids and a real relationship with God.

But when I started to dig deeper, probing my motivation for using alcohol and drugs, I kept going back to the divorce. As a true "daddy's girl," I was crushed when my father remarried. It happened when I was in seventh grade and had been living with him in Utah. I went from being the apple of my father's eye to sharing him with a wife and two new stepdaughters, who happened to be close to my age.

While it might sound silly, my father's remarriage really crushed me. I wondered why I wasn't enough for him. Why did he need a wife and other daughters when he had me?! I started acting out with drugs, alcohol and sexual relationships in order to get my father's attention. When I was a

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Connect with us

Web: RescueSaltLake.org
 Social: facebook.com/RescueMissionofSaltLake
 Email: info@rescuesaltlake.org
 Phone: Main - 801.355.1302 Finance Office - 801.746.1006
 Mail: PO Box 1431, Salt Lake City, UT 84110
 Physical Address: 463 S. 400 West, Salt Lake City, UT 84101

BEATING THE HEAT FOR ETERNITY

A friend of mine who regularly takes tour groups to Israel recently invited me to see the Holy Land with him. It was awesome, and if you ever have a chance to go, I highly recommend it. One highlight was visiting Jacob's Well, a deep well that, in Jesus' day, was almost a mile from the small Samaritan town of Sychar. The women of Sychar walked every day to draw fresh, clean water from the deep, cold well. It was at this well where Jesus met a woman whom He simply asked, "Will you give me a drink?"



Jesus probably felt a lot like our homeless friends that day. He was tired, probably hot from walking in the sun, and wanted to sit and have a drink of water (John 4:6).

In the mist of their conversation, the Samaritan woman realized that Jesus was a prophet. But Jesus wanted her to see Him as He truly was, the Son of God. He said something she didn't understand at first: "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life." (John 4:13)

The woman came to realize that this spiritual water was Jesus himself. Believing in Him for forgiveness and following Him with the help of the Holy Spirit is what brings eternal life - quenching the spiritual thirst that strives inside every human being.

Jesus often works like He did with this woman. He would regularly focus on a physical need - in this case, thirst - to lead people to a deeper spiritual truth. He did this with the five loaves and two fishes, as well as the many people whom He healed physically. The immediate need was always a conduit to teaching about

the spiritual reality of who Jesus is and what a person's real needs are.

At the Rescue Mission, we try to follow this model of ministry whenever possible, like in the case of this sweltering summer heat. In this edition of the Rescuer, you can read about the new industrial swamp cooler in our chapel. This gracious gift from a donor allows us to provide a "chill zone" (in addition to refreshing water) for the hot, tired, homeless individuals in our community.

By solving the immediate needs for water, shade and cool temperature, we attract people. Then we take the opportunity to show that physical needs are not most important. From the simple sharing of the Gospel to our comprehensive New Life Program, we make sure our hot and tired homeless friends consider their spiritual thirst and know how it can be quenched.

It was an incredible experience to visit Jacob's Well in Israel, to sit where Jesus sat and think about the conversation he had with the Samaritan woman. I was fortunate to drink from the well's water, which comes up in a tin bucket after a 120-foot drop (check out the picture of me at the well, which now has a church built around it, on the left). While the water was cold and refreshing, I eventually grew thirsty again, as all who drink water will. Praise God for Jesus who quenches our spiritual thirst forever. Join me in praying that many of our homeless friends would know the quenching joy of faith in Jesus.

God bless you,

Chris D. Croswhite
Executive Director

P.S. Remember about our Help Card, which you can give to panhandlers who ask for money. Pick up a stack at the Rescue Mission or print them yourself at RescueSaltLake.org.



These are not just numbers, they are lives impacted!

	May 2014	YTD 2014
Professions of Faith	66	153
Meals	15,824	64,701
Family Food Boxes	231*	1,211**
Nights of Shelter	4,267	20,755
Clothing	5,684	35,521
Day Service/Hygiene	282	1,704
	*4,620 meals	**24,220 meals

Our Stats

how your gift helps

SUZIE: Continued from Page 1

young teenager, I lied about my age so my older boyfriends would think I was over 18. By the time I really was 18, I was struggling to find purpose in life and other people's approval. I even had an affair with the married manager of the movie theater where I worked, just to fill the void.

Finally, in 1998, I decided to settle down and get married. My husband and I had a son and were trying to make a family together. But instead of being happy, I became more and more miserable. Even as we raised our son, my husband and I grew apart. We worked different shifts and rarely saw each other. Even when we were both at home, my husband spent his life on the computer.

Depression, Divorce and DUIs

I was so depressed: growing up, I had envisioned my life completely different. I started drinking alcohol almost every weekend and I was overeating daily. During the first five years of my marriage, I gained 150 pounds and eventually weighed 340. I made the decision to get gastric bypass surgery, and in nine months I shrunk to 165 pounds. With new confidence in my appearance, I had an affair with a married man I met at work. After learning I was pregnant with this man's child, my husband and I divorced, and I moved in with my new boyfriend.

Unfortunately, this guy happened to be a recovering meth addict, and a few months into our relationship, he relapsed and starting using again. When I found out, I decided I would try meth, too, and for the next several years, we were in and out of rehab, struggling to hold down jobs while taking care of my two kids and the three kids he had from a previous marriage.

Then, in 2008, our lives improved. We both attended a recovery program and started going to church. We were able to stay sober and did well. My boyfriend started playing on the worship team at church, and I started teaching Sunday school. We were held up as an example in our church: a model of people who had overcome life's problems with God's help. But soon we started drinking again. I taught Sunday school hung over, and we attended our premarital counseling classes drunk.

In 2009, I got my first DUI. My son, who was 10 at the time, was in the truck with me when I went off the road and crashed. I thank God that neither he nor I were hurt. Eight months later, I got another DUI and was sentenced to a year in jail. I was released after four months, but never could seem to get my life together after that. I went to the hospital three times for alcohol poisoning. Once my blood alcohol content was over .4 and twice it was over .5. The doctors said I should have died.

I kept bouncing from place to place and got into a couple of relationships that turned abusive. I gave in to sexual assault just so I could have a place to stay. My life had become a total wreck. Eventually, in July of last year, I was in the detox center at LDS Hospital and had literally nowhere to go when I was released. My family and friends couldn't take me in anymore. They had all given me too many chances and been burned. They had trusted me, only to see their trust misplaced.

And so, with nowhere else to go, my grandmother suggested I try the Rescue Mission's Women's Facility. While I hated it at first, I came to realize that the Rescue Mission saved my life. I believe it was God who forced me to come to the Rescue Mission. He closed down every other option I had available until there was nowhere else for me to go.

It wasn't until I was about halfway through my counseling in the New Life Program that I truly gave my life to Jesus. I attended an event with other program women at a local church. It was a special evangelical event, and by the end of the presentation, I was on my knees with my face down, touching the floor. I was crying and told God that He could have my whole life, my addiction, my hopes, my dreams, everything.

Finally - A Changed Life

While I had always considered myself to be a believer in God, it was in that moment that I truly became a follower of Jesus Christ instead of just a "Sunday Christian." Since that day, God has changed my life in amazing ways.

On July 12, I will have been sober for one year. I haven't been sober for one full year since 1998. God has also worked to develop and restore my relationships with my kids. My daughter, who is now 8, comes and visits me almost every weekend at the Rescue Mission. For her, having an addict for a mother is normal. She hasn't ever known anything else.

Repairing my relationship with my son, who is almost 16, will be a longer process. During my early days in the New Life Program, I called him. He told me to stop calling him and that he would call me when he was ready to talk to me again. I have hurt him deeply many times, and he was especially scarred after my drunk-driving accident. One time, he had to call 911 when I was in an alcohol coma, unable to be revived. After those instances, my son couldn't believe that I continued to drink. He couldn't wrap his mind around why someone would continue doing something so destructive to themselves and their family. It hurt him immensely to see me destroy myself, and it undercut my relationship with him.

Today, things are different. I am so thankful that my son talks to me. When I graduate from the New Life Program and move into my own apartment, my son is considering moving in with me. While I know that our relationship still has lots of mending left, I praise God that I still have a relationship with him and hope to continue to earn his trust.

I have a great job at a local staffing company, where I work to help people find jobs. It is so rewarding when I can give someone a job lead that turns into a permanent position. I have been blessed to have a great community mentor, Christina Wanner, whose friendship, compassion and love have been critical to my success. She is someone who hasn't had any real experience with addiction, but still relates to me and encourages me to follow God and trust Him.

As I graduate from the Rescue Mission's New Life Program, I do so with a radically changed life and a God-given desire to stay sober. I have my driver's license back and recently purchased a used car. I have also been able to put money down for my own apartment. I really can't believe what God has done. Still, I know that as I leave the friendly confines of the Mission and begin living in the "real world," it will take everything I've learned about depending on God to keep me sober and close to Him. So please pray for me. Pray that I would stay connected with my church, Calvary Baptist, and pray that God would help me to stay sober and live for Him.