

OPERATION HYDRATION

It's so hot, it's dangerous. That's why we're launching Operation Hydration to make sure our homeless friends survive the summer.

Many homeless people do not have access to the appropriate amount of drinkable water, if any at all. Without fluids, a person becomes dehydrated and their body suffers from thirst pains, fatigue, irritability, poor immunity, dry mouth and more. Without relief from the heat, many members of the homeless community may suffer from sun burns, heat cramps, heat exhaustion and heat stroke.

Operation Hydration is our mission to supply love, along with cool, clean water to the homeless. We are purchasing water bottles and have water coolers in our kitchen. Additionally, we're opening our chapel (chilled by our swamp coolers) as a respite. We give out hats, sunscreen and other necessities that provide sun safety. Most importantly, we provide kind words and the Gospel.

You can help the homeless in Salt Lake survive the



heat and stay hydrated this summer by donating to the Rescue Mission today. Support Operation Hydration by using the enclosed envelope, give online at RescueSaltLake.org or call 801-746-1006 to make a secure credit card donation over the phone. Besides your financial support, we are also in need of water bottles, brimmed hats, SPF lip balm and sunscreen so we can help our homeless friends beat the heat.

Help make Operation Hydration a success and save a life from being lost to extreme conditions.

JULY 2018 - CHAPEL AND KITCHEN SERVING SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Chapel: Gospel Grace Kitchen: Gospel Grace	2 Chapel: First Baptist West Valley Kitchen: First Baptist West Valley	3 Chapel: Calvary Chapel of Salt Lake Kitchen: Intermt. Baptist Youth	4 Chapel: SMCC Kitchen: SMCC	5 Chapel: Salt Lake Christian Center Kitchen: Volunteers Welcome!	6 Chapel: Mt Oly Presbyterian Kitchen: Volunteers Welcome!	7 Chapel: Bible Baptist Kitchen: So. Valley Comm. Church
8 Chapel: Abundant Life Kitchen: Volunteers Welcome!	9 Chapel: Intermt. Baptist Kitchen: Volunteers Welcome!	10 Chapel: Unity Baptist Kitchen: Alpha Tau Omega - U of U	11 Chapel: Northern Utah Mennonite Kitchen: Southeast Youth Group	12 Chapel: Millcreek Baptist Kitchen: Volunteers Welcome!	13 Chapel: Hilltop United Methodist Kitchen: Volunteers Welcome!	14 Chapel: Berean Bible Kitchen: Volunteers Welcome!
15 Chapel: Abundant Life Kitchen: Volunteers Welcome!	16 Chapel: Bennion Christian Center Kitchen: Volunteers Welcome!	17 Chapel: K2 - The Church Kitchen: Volunteers Welcome!	18 Chapel: RMSL Kitchen: Volunteers Welcome!	19 Chapel: New Begins. Christian Fellowship Kitchen: Capital Church	20 Chapel: RMSL Kitchen: Volunteers Welcome!	21 Chapel: Southside Church of Christ Kitchen: Southside Church of Christ
22 Chapel: Grace Community Bible Kitchen: Volunteers Welcome!	23 Chapel: Living Waters Kitchen: Volunteers Welcome!	24 Chapel: Canyons Church Kitchen: First Baptist Tooele	25 Chapel: First Methodist Kitchen: Volunteers Welcome!	26 Chapel: Tooele Christ. Fellowship Kitchen: Volunteers Welcome!	27 Chapel: Midvalley Bible Kitchen: Volunteers Welcome!	28 Chapel: EV Free Church of Salt Lake Kitchen: Volunteers Welcome!
29 Chapel: Lifeline Church Kitchen: Lifeline Church	30 Chapel: RMSL Kitchen: Volunteers Welcome!	31 Chapel: Bennion Christian Center Kitchen: Volunteers Welcome!	Happy Independence Day!			

RESCUER

JULY 2018

The Monthly Newsletter of the Rescue Mission of Salt Lake



RescueSaltLake.org

ROSS COVINGTON: After 30 years, a father gets clean

When I come home to the Rescue Mission each night I am tired, nearly exhausted. But it's a good tired. I am working 50 to 60 hours a week, earning a good income with overtime pay, and saving up for when I graduate the New Life Program next month. It's the kind of tired that comes from a good, hard, sober day's work. It's not like the kind of tired I have been used to for most of my life. The kind of tired that comes from using heroin. The kind of tired that comes from staying up for three straight days on meth.

My chance to live this new life is thanks to the Rescue Mission, where God saved me. For the past 30 years (I am 47 now) I have been addicted, using one drug or another. During the last 20 years it has been mostly meth and heroin. The life of drugs has let me to divorces, numerous jail and prison stints and has caused my two boys to cut off ties with me at times.

But that life ended last April when a judge gave me a choice. After another drug arrest, the judge told me I could go back to prison, or enroll in the Rescue Mission's New Life Program. While I had never lived in a homeless shelter before, I didn't want to go back to prison. The worst part about prison is being permanently separated from your family. You get sober on the inside and then you realize what you have done. You understand that your actions hurt your kids and family so much that they don't want to talk to you. You're stuck in a prison cell with your head in your hand thinking, what have I done?

At the Rescue Mission, I would have a chance to get better and make amends with my two sons and their families. I truly believe that Cassie, my Rescue Mission counselor, saved my life. She made a difference in my



Ross Covington has a great job, is sober, and has renewed his relationships with his two sons.

Please see "Ross" on page 3.

Connect
with us

Web: RescueSaltLake.org
 Social: facebook.com/rescuemissionofsaltlake - [Twitter/@rescuesaltlake](https://twitter.com/rescuesaltlake)
 Email: info@rescuesaltlake.org
 Phone: Main - 801.355.1302/Donor Relations - 801.746.1006
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COLD WATER & LIVING WATER: WE NEED THEM BOTH

At the Rescue Mission, we hear many stories about brokenness, pain, suffering and what addiction does to someone and their family. In seeing aspects of myself and others I know within these stories, I have come to realize that we are all profoundly broken in some way. We all have experienced pain and suffering. It is not just the homeless or addicted who have pain. It is all of us. Some of our suffering comes through no fault of our own, and some is the result of poor decisions. But the bottom line is we all have struggles, and we all are broken.



That's one of the things Ross Covington, who shares his story in this month's Rescuer, learned. He came to understand that everyone stumbles, and an addiction struggle doesn't make a person worse in God's eyes when compared to someone struggling with another issue. Ross is right, struggles are struggles, and we all need God's help.

Ross' story reminds me that we at the Rescue Mission have the wonderful opportunity to see God restore lives and watch people overcome their addictions and struggles.

In the summer one struggle we see is dehydration and severe sunburn. If our homeless friends don't seek refuge in our day room they may be outside all day. Many of them walk to appointments they need to keep in order to work their way out of homelessness. Others simply remain outside because they have no other place to go. Because of these struggles we've launched Operation Hydration to ensure the homeless have access to cool water in this summer heat, especially in July

which is our hottest month of the year

Water is something you don't really miss until you don't have it. When you're parched, you're desperate. Jesus said giving "even a cup of cold water" to one of his followers is a deed that would be rewarded. In today's culture the homeless are often ostracized and denied use of restrooms and drinking fountains. A couple of months ago I was in a downtown restaurant. I was amazed as I watched a homeless person, who was a paying customer, be denied use of the restroom simply because they looked like they were homeless.

Thank you for continued partnership to give a cup of cold water to a thirsty and parched person. A cup of water that may prevent heatstroke or dehydration that treats a person with the dignity they need to take the next step to change their life. As you know our goal may start with a cup of cold water yet the desire is a restored life. When a person, as Jesus told the Samaritan woman at the well, partakes of God's Living Water physical, emotional and spiritual healing, like Ross', happens.

So this parched July and August, remember that giving a cup of cold water to a brother or sister is something significant in God's eyes. And also remember that all people who drink cold water will be physically parched on the next 100-degree day. But faith in Jesus quenches the spiritual thirst inside every man, woman and child, heals our sufferings and restores broken lives.

We are blessed by your prayers and support as we generously supply both kind of water this summer.

God bless you,

Chris D. Croswhite
Executive Director

These are not just numbers, they are lives impacted!

Our Stats

how your gift helps

	May 2018	YTD 2018
Professions of Faith	30	55
Meals	14,522	66,613
Family Food Boxes	112	612
Nights of Shelter	4,330	23,383
Clothing	2,403	20,853
Day Service/Hygiene	1,082	6,844
Jobs Obtained	4	17
Housing Obtained	1	22

ROSS: CONTINUED FROM PAGE 1

thinking and helped me to know about God. There is a drug that can help addicts stay off of heroin and she recommended that I start using it. That drug really helped me stay clean and sober, as I learned more about God.

Once I knew more about God and had a real relationship with Him, He helped me to stay sober by focusing on His truth rather than the world's lies. I was able to connect with a good church, Gospel Grace near Liberty Park, where they made me feel welcome and part of the church family. Also, my community discipler, Scott Price, was great in listening to me and

"It's OK to stumble and fall because He will pick us up when we do."

talking with me. When I started working again, he bought me thermals so I wouldn't be cold in the early spring mornings.

I have learned that God loves us and He forgives us. It's OK to stumble and fall because He will pick us up when we do. Just because one person struggles with addiction it doesn't make him any worse than the next man who doesn't. I was happy to learn that lesson because it freed me from a lot of guilt.

I gained a new compassion for others as I worked with the homeless men and women who come through the Rescue Mission's door each day. One night, a man had a seizure and I was able to call 911, turn him over on his side, and hold him until the paramedics arrived. It felt good to be there for that man, who, without the Rescue Mission, might have had that seizure out on the streets all alone. It's been encouraging to see all the good that the Mission does, not just in my life, but in the lives of so many.

When I moved to the job phase of the New Life Program, God helped me get the great job I have now. Another member of the New Life Program

recommended me for the job, which is for a construction company that supplies barrels for road construction projects along the Wasatch Front. It's a good job and I love doing good hard work while sober.

I couldn't imagine being more blessed than I am right now. Since I have become sober my two sons have welcomed me back in their lives. My oldest is 29 and married and my youngest is 22 and lives with his mom. We like to go fishing for cutthroat trout at Strawberry Reservoir and have backyard barbecues.

I expect that any week now I will be released from probation. Getting off probation has been so hard for me in the past. It always seemed like an unconquerable mountain, since I could never stay sober. This time it's been a breeze. It's really easy, just show up talk to your probation officer, take a drug test every so often and go about your businesses. It's amazing how easy things are when you are sober, and how hard life is when you're stuck in addiction.

"If the Mission hadn't been here I would be in the Utah State Prison."

If you remember, please pray for me. I have some decisions coming up. I want God's guidance about whether I should move into the Freedom House, the Rescue Mission's transitional housing unit, or get my own place right away. I want to move down into north Utah County where my son's live, but don't want to rush into anything. I want to do everything in God's timing and follow His plan. To everyone reading my story - thank you for supporting the Rescue Mission. If the Mission hadn't been here I would be in the Utah State Prison right now. Instead, I am a sober, productive member of society. It feels great to be where I am at, and it wouldn't be possible without God and your support.

Do you buy groceries at Smith's Food and Drug?

If so, please take a minute to link your Rewards Card to the Rescue Mission, so that every time you shop, Smith's will donate to the Mission.

It's easy. Just visit smithsfoodanddrug.com/inspire. From there, create a simple account using an email, your Rewards Card number, and the Rescue Mission's NPO (Non-Profit Organization) number, which is **DR760**. Once you have created your account, making sure to use the Mission's NPO **DR760**, then Smith's will donate .5% of your total spending to the Rescue Mission. So take a few minutes and make a difference in the lives of homeless men and women in Utah by linking your Rewards Card today!