

JOIN US FOR A SUMMER OF HOPE

As the summer season approaches, many of us are thinking of vacations. Whether it's a vacation from work or from school, we are simply looking forward to a well-deserved break! But our homeless and hungry neighbors continue to need help all summer long. Their needs are many. Food, cold water, shelter, shade and clothing are basic necessities.

But other needs, like a compassionate heart and godly advice, are just as important. And while the needs of the homeless are many, contributions to the Rescue Mission significantly decrease during June, July and August. We often refer to this as our "summer slump," when our financial ability to serve homeless men, women and children is challenged. With our summer slump in mind, please consider making a special "Summer of Hope" donation today and let the healing last all summer long.

You can use the enclosed envelope to send a check, make an online donation at RescueSaltLake.org or call our finance office (801-746-1006) to make a

secure gift by credit card over the phone. Please help us provide nourishing meals, shelter, clothing and care to men, women and children who have no place to call home this summer. Your support can truly make this a Summer of Hope!

Thanks to Subway Restaurants of Utah for partnering with us for our eighth annual Subway Day of Giving on May 19. We served over 1,200 meals to our homeless friends. Sports Clips of Draper provided haircuts, The U of U provided legal referrals, Fourth Street Clinic accepted medical referrals and the Rescue Mission's job placement coordinator provided job referrals. We all worked together to end homelessness.



JUNE 2016 - CHAPEL AND KITCHEN SERVING SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Make this a Summer of Hope!			1 South Mountain Community Church - Chapel and Kitchen	2 Salt Lake Christian Center	3 Mt Olympus Presbyterian	4 Bible Baptist
				Kitchen: Korean Presbyterian Church		Kitchen: South Valley Community
5 Grace City Church - Chapel and Kitchen	6 First Baptist of West Valley - Chapel and Kitchen	7 Calvary Chapel of Salt Lake	8 Northern Utah Mennonite	9 Millcreek Baptist	10 Hilltop United Methodist Church	11 Berean Bible
		Kitchen: Intermountain Baptist Youth	Kitchen: Southeast Youth Group			
12 Calvary Chapel Salt Lake - Chapel and Kitchen	13 Intermountain Baptist	14 Unity Baptist	15 Capital Church	16 Wasatch Christian	17 Discovery Christian	18 Southside Church of Christ
				Kitchen: Capital Church		
19 Alpine Church	20 Bennion Christian Center	21 K2 - The Church	22 First Methodist	23 Tooele Christian Fellowship	24 Midvalley Bible	25 Evangelical Free Church of Salt Lake
26 Grace Community Bible	27 Living Waters Christian Fellowship	28 Canyons Church	29 First Presbyterian Church of Salt Lake	30 Calvary Mountainview - American Fork		
		Kitchen: First Baptist Tooele				



RESCUER

JUNE 2016

The Monthly Newsletter of the Rescue Mission of Salt Lake



RescueSaltLake.org

DOUG MACMILLAN: Eighteen months later, staying strong

Editor's Note:

We are often asked about people who have shared their testimony in the Rescue Mission's newsletter, "How are they doing now?" So every so often, we bring you follow-up stories of New Life Program graduates whom we have featured in *The Rescuer*. These "where are they now?" editions help paint a picture of the successes and struggles that the formerly homeless face as they transition away from the Rescue Mission and into everyday life, all while trying to maintain sobriety and a close walk with God.

This month we bring you an update from Doug MacMillan, whose testimony was first featured in the Rescuer's October 2014 edition. You can find Doug's original testimony in the newsletter archives section of RescueSaltLake.org.

Two weeks ago, I was baptized for the second time. Yes, I realize God only calls people to be baptized once, but after growing in my relationship with God during the last 18 months, I realized that my first baptism was a sham.

The first time, I was baptized for the show of it. I did it so people would take notice and think I was a spiritual person. But after developing a real relationship with God, learning to depend on Him and trusting His people, I was baptized for the right reasons. I wanted to obey God and show others that He made me into a new person.

These past 18 months have been a great time of growing in sobriety, employment and trust in God. When I last shared my story in the Rescuer, I was preparing to move into



Doug MacMillan can smile now. He's got a new car with "God is Good" across the back and the logo of his favorite football team in the center.

the Terri Timmerman Freedom House. Now, having lived at Freedom House for a year and a half, I feel like a real person again, not the homeless drug addict I once was. My worst day sober is 20 times better than my best day getting high.

Living here at Freedom House, the Rescue Mission's transitional home for men, I have learned to get along with roommates. We work out our differences, deal with each other's idiosyncrasies and still show love. It's not always

Please see "Doug" on page 3.

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HOPE CREATES CHANGE BY DRIVING OUT FEAR

Fear is a powerful thing. Time and time again I talk with men and women in the New Life Program and on the streets about how fear has dominated and crippled their life.



Several men have sat in my office this past week sharing fears of growing old and returning to the working world. They fear not being able to perform the trade jobs they once did, or age discrimination, or computer illiteracy in a technological society. Other times they fear not being able to make true friends outside of the homeless community.

Fears, if they go unabated, can trigger relapses. They can cause people to give up and impale themselves on their addictions and destructive lifestyles. At other times, fear prevents people from even trying to change their life.

Hope, in my mind, is the opposite of fear.

We often say that “hope begins with a meal,” and it does! For a person worrying about where he will eat, sleep or even go to the bathroom, hope begins by having basic life necessities met. Once the basics are met, a person can work on the emotional and spiritual areas of his life, the areas that are causing his homelessness.

The Rescue Mission helps people address their fears and brings them hope. The Genesis Relapse Prevention curriculum we use addresses the cycle of fear by bringing God’s truth to a person’s heart and mind. God teaches us that “we can do all things [that God is asking us to do] through Christ Jesus

who strengthens us” (Philippians 4:13). He asks us to “cast our anxiety upon Him, for He cares for us” (1 Peter 5:7).

Hope can be an even more powerful motivator than fear. Hope gives courage to face a daunting decision and succeed. Success then leads to increased faith and the boldness to risk again and succeed more. So hope breeds more hope, and we strive to be a hope breeding-ground! We cultivate the hope of being loved, the hope to achieve goals and the hope that one’s life will no longer be dominated by addiction.

Today’s hope leads to even greater hope tomorrow. This is what our Genesis curriculum outlines as the process of change. It sounds simple, but it can be very difficult because fear always lingers.

Join me in praying that hope would overcome fear at the Rescue Mission. Hope is the motivation that pulls people away from destructive behaviors and pulls them toward God and positive behaviors. Hope gives people the ability to risk change. Thank you for giving people that hope at the Rescue Mission of Salt Lake. Please pray that our men and women in the New Life Program would be strengthened by God’s truth. Pray also that our friends who are still experiencing homelessness would have the courage they need to risk change. Pray that they join the New Life Program and experience a life free from fear.

God bless you,

Chris D. Croswhite
Executive Director

DOUG: CONTINUED FROM PAGE 1

easy, but learning to live with other people, all while staying sober, is one of the most important things God has taught me.

And as He has also been teaching me, He has been blessing me. I have steady work, mostly on road construction projects. And after 20 years of not holding a driver’s license, I am driving again. The process of getting my license really tested me. While I had a license in the past, it was so long ago that I wasn’t in the DLD’s computer system. The Driver’s License Division could find no record that I had ever passed driver’s education or been licensed to drive. So after a written test, a driving test and 90-days on a learner’s permit, I finally got my license.

While that might not seem like a big deal, the headache and hassle of trying to get my license is something that would have driven me to substance abuse in the past. I thank God that I can now deal with these semi-frustrating life issues without turning to drugs or alcohol.

Owning a license and a car, which I saved up for and purchased, has made a big difference in my ability to work. I have been employed on road construction projects and have worked as far away as Blanding, Utah. Without my car, I wouldn’t be as employable as I am. I feel like a real adult now. I even pay my car insurance in six-month increments, which probably seems routine for most people, but for me—someone who has been habitually in debt and addicted—it makes me feel empowered. I feel like I am a responsible person who is taking care of himself, even as I realize it is God who is really providing for me.

But it wasn’t always like this.

I spent 17 years of my life in prison or jail and many more on the streets. I started using drugs when I was 10 years old (after my brothers taught me how to shoot heroin) and suffered abuse at the hands of my parents, who both died before I was 20 years old. My life was a complete mess of crime, drugs and homelessness before I came to the Rescue Mission in February of 2013. When I walked in, tattoos from head to toe and only a few teeth left in my mouth from years of street life, I am sure most people thought I would never make it. But the Rescue Mission staff and counselors loved me, believed in me and, most of all, taught me about God and His forgiveness. Receiving God’s forgiveness through His Son, Jesus, allowed me to forgive all the people who had ever wronged me, including my parents. Receiving forgiveness and being able to

forgive others changed me as a human being.

Today, I have a great church family at Midvalley Bible Church. They don’t treat me like a formerly homeless person, but like a friend. When my car broke down and I couldn’t afford to fix it, they pitched in and helped me out. When I don’t show up for church on Sunday, people come up to me the following week and ask me where I was. I need that kind of love and accountability. Of course, the biggest blessing in my life continues to be Rescue Mission volunteers Jim and Claire Devore, who have basically adopted me like a son. They regularly have me over for dinner and treat me like family. I know that if I ever need anything, they will be there for me.

I still need prayer for my own biological family. I haven’t been able to connect with my daughter, who is now 13. As an addict and homeless person, I wasn’t there for her. Now that I have been sober for three years, have steady work and am a healthy person again, I would love to have a relationship with her. Still, I realize why she and her mom may be reluctant.

I left my phone number and address with my cousins, who often see my daughter, and asked them to tell her that I would love to get in touch. But as of yet, she has not reached out to me. I believe my best course is to trust in the Lord and not be overly persistent in trying to contact her. I know that God’s timing is perfect and when, or if, she is ever ready to contact me, she will. It’s difficult for me not to have a relationship with her, but I understand it was difficult for her not to have contact with me growing up. I have to trust that God will work it out somehow, someday.

I continue to seek God’s will about when I should move out of Freedom House. I know it is not common for someone to spend 18 months in transitional housing, but my life is so good right now, that it’s hard for me to seek change unless I see God clearly opening up a new door. Right now I have everything I need. It’s not everything I want, but it is everything I need. I pay all my bills, maintain a clean house and get along with my roommates. I am truly blessed.

Please continue to pray for me. I don’t think I will ever use drugs again, but please ask God to help me continue resisting. Ask God to restart my relationship with my daughter, if that is His will. And pray for His wisdom about when I should move out of Freedom House into a place of my own. I have come so far, it’s almost unbelievable, and I pray that it would be God who continues to lead my steps moving forward.

These are not just numbers, they are lives impacted!

Our Stats

how your gift helps

	April 2016	YTD 2016
Professions of Faith	50	190
Meals	10,120	55,645
Family Food Boxes	243*	1,101**
Nights of Shelter	3,963	17,928
Clothing	5,270	32,966
Day Service/Hygiene	122	1,215
Jobs Obtained	4	14
Housing Obtained	2	5

*4,860 meals

**22,020 meals