

GIVE THANKS TO THE LORD!

“Give thanks to the Lord for He is good; His love endures forever.”

With such an enduring love, our thankfulness should endure from year to year and from Thanksgiving to Thanksgiving. We thank God that each year the Rescue Mission has been open (since 1972!) we have helped the countless people who walk through our door needing food, shelter, clothing, warmth and love.

And those people, in turn, are so thankful to God and to you, for supporting the Mission and providing a place where they can get the help they need.

Just like Treavor (New Life Program member Thanksgiving 2014) who said, “When I entered the program, I was incredibly lonely and I did not believe in God. Since I have been at the Mission, God has proven to me that He is, in fact, very real and He gives me strength I never knew I had.”

Or Jim (New Life Program member Thanksgiving 2015) who said, “In just over two years I lost my wife and best friend and both my parents. I felt like God had left me. I am thankful for the Rescue Mission, where I found out that

God loves me and never left me.”



Or Lloyd who this year noted, “I’m thankful for my family’s unconditional love, and God’s grace.”

We at the Rescue Mission also thank God and thank you for the ministry you enable. In this season of Thanksgiving and hope, we reflect on all of the men, women and children who have come through our doors and received help. Thank you for investing in people’s lives and helping to make it all possible.

And remember, it’s not too late to give toward our Thanksgiving Banquet for our homeless friends and give them a path off the streets. Please donate today if you are able. We are still trying to gather the food and supplies we need, not only for our great Thanksgiving feast, but also for our Christmas Banquet for the homeless, which is just around the corner.



NOVEMBER 2016 - 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 Gospel Grace - Chapel and Kitchen	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 Baptist
13 Calvary Chapel Salt Lake - Chapel and Kitchen	14 Intermountain Baptist	15 K2 - The Church	16 Capital Church	17 Wasatch Christian  Kitchen: Capital Church	18 Discovery Christian	19 Southside Church of Christ - Chapel and Kitchen
20 Alpine Church	21 Bennion Christian Center	22 Canyons Church  Kitchen: First Baptist Tooele	23 First Methodist	25 Tooele Christian Fellowship	26 Midvalley Bible	26 Evangelical Free Church of Salt Lake
27 Grace Community Bible	28 Living Waters Christian Fellowship	29 Bennion Christian Center	30 First Presbyterian of Salt Lake			

RESCUER

NOVEMBER 2016

The Monthly Newsletter of the Rescue Mission of Salt Lake



DAVID BIDDINGER:  
An addict since 13, this father finds new life

*My name is David Biddinger and before I came to the Rescue Mission last November I was arrested. As a longtime meth and heroin addict, I faced spending my life in prison.*

In jail, as I considered a lifetime of incarceration, I fell to my knees and prayed. I asked God to get me out of this mess. I promised God that I would be a better person if he would just save me this one time.

The next day my lawyer visited me in jail and told me that 18 of my felonies were being dropped and that only 10 of my drug-related charges remained. With only drug charges left, my lawyer thought she could get me into Drug Court, which meant I could stay out of prison if I completed my Drug Court requirements.

Prayer Answered

I took her visit as an answer to my prayer and it was at that moment I believe I became a born again Christian. That clear answer to prayer convinced me God was real. Still, I had nothing except the pair of sweats and hoodie that I came to jail with, and had nowhere to go. Also, I had no idea how to live without doing drugs and stealing, since that’s what I had been doing since I was 13 years old.

I once again prayed. I asked God to lead me to a place where I would be safe, could learn more about Him and stay sober. That’s when I happened to meet a guy named Curtis in jail. When I told Him that I was about to be released and what



David Biddinger has a good job and is paying off his debts. His life has changed for the better since coming to the Rescue Mission a year ago.

my fears where, he told me about the Rescue Mission. He said I could find shelter there and they would help me.

Today, I have been sober for over a year, am close to clearing up my legal problems and have a good relationship with my two sons, who are just out of basic training. I have a good job working at a nice restaurant downtown and am working to pay off my debts. I have set up a payment plan to pay the back child support I owe and am working on paying back other debts.

please see “Lloyd” on page 3

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# Starting early leads to addiction

A recent Columbia University study found that 90 percent of addictions start in the teen years.

Basically, if people wait until they are 21 or even older to start drinking, or try an addictive drug, if ever at all, they are much less likely to become addicted, when compared to a person who started using when they were a teenager or younger.



Lloyd Biddinger (who shares his testimony in this month’s Rescuer) is a good example. He began using hard drugs like meth and heroin when he was just 13. That seems hard to believe, but it is a story I have heard many times over again at the Rescue Mission. And keep in mind that Lloyd’s parents were caring and loving and even gave Lloyd appropriate consequences for his drug use. None of it worked.

So what can work?

One study said that boredom is a major reason why teens start using drugs or alcohol. Video games, Instagram posts and surfing the internet (while fun for a time) can’t satisfy the soul. When the novelty wears off a person looks around and wonders, “Is this it? I’m bored. What else can I do?” Many of the students on the recovery program have shared how absent parents and peer pressure played a major role in experimenting with drugs and alcohol as well. Others say the pressure to succeed drove them to drug use.

For parents, grandparents, aunts, uncles, brothers and sisters out there, ask yourself, is the young person in my life bored, overly stressed and do they have healthy relationships?

Michael Dye, the author of the Genesis Process, which is the primary relapse prevention curriculum the Rescue Mission uses, believes that having healthy relationships is the primary avenue to prevent addiction. This makes sense, because God has created us as relational people. The Rescue Mission focuses on three important relationships. The relationship a person has with 1) their own self, 2) with God and His Son Jesus, and 3) with others.

One good way to strengthen these three relationships is by believing in God and then experiencing Him work in your life by helping others.

So if you have a teen who you are worried about, consider coming down to the Rescue Mission as volunteers. Or help to organize a clothing or food drive to help our homeless neighbors. I can guarantee that you will not find the experience boring, and who knows, it might be an effective way to keep drug abuse away.

Yes, volunteering at the Rescue Mission is challenging, but it is never meaningless and it will strengthen a person’s core relationships with their selves, God, and others.

As we approach the Thanksgiving and Christmas seasons there are ample opportunities to give, support, pray and volunteer. Give us a call today and schedule a time to come down. Shake the boredom off this Thanksgiving season and help us show that living for Jesus can be an effective way to have healthy relationships and keep drugs away. You, your teenager, and your family will be the ones who truly benefit.

God bless you,

Chris D. Croswhite  
Executive Director

## Our Stats

how your gift

These are not just numbers, they are lives impacted!

	Sept 2016	YTD 2016
Professions of Faith	51	479
Meals	10,423	112,316
Family Food Boxes	346*	2,718**
Nights of Shelter	4,474	37,984
Clothing	6,100	62,549
Day Service/Hygiene	288	2,272
Jobs Obtained	4	31
Housing Obtained	1	12

\*6,920 meals

\*\*54,360 meals

## DAVID: Continued from Page 1

While I always believed in God, I never really knew much about Him until coming to the Rescue Mission. My knowledge of who God is came from the Bible studies and counselling sessions I joined at the Rescue Mission. I learned about God’s grace and how He forgives, even as He loves us through our struggles and mistakes. My family has never gone to church, but we have always believed in God. I currently go to two good Christian churches, K2 and Missio Dei, where I have good friendship with healthy people.

### Using Drugs Early

I started using heroin and meth when I was just 13. While I grew up in peaceful American Fork, even in our nice little town there was a big drug problem. I had good parents who loved me, but I got mixed up with the wrong friends. I ran away from home because my parents wouldn’t let me smoke and use drugs in our home. I started living with other people who did drugs and dropped out of school in the ninth grade.

While I was a smart person, it was hard to get a job without a high school education. I did whatever I could to make money. Sometimes I would sell drugs or work at restaurants. I was desperate, so I did whatever I had to in order to stay alive and feed my drug habit.

I thought I had become a first-class, non-violent criminal.

My life went on like this for 25 years, even as I learned to be a somewhat functional drug addict. Along the way I managed to get married and have two sons. Yet I was never really there for my family. I was a terrible husband and was unfaithful. My wife eventually divorced me after nine years of marriage.

Through the years I got my GED and even went to community college at Utah Valley University and Salt Lake Community College. Still, I grew into a complete, indigent mess until that day I was charged with 28 felonies and faced spending the rest of my life in prison. The consequences of my life and drug abuse hit me like a ton of bricks.

That’s why I am so thankful for the Rescue Mission. Here, I learned that there can be life after being a drug addict. When you’re a drug addict, you can never really see yourself being

sober. You don’t feel like it’s possible.

### My New Life

The Mission taught me that is it possible to live life without drugs. I realized it is also possible to be forgiven by God and by other people. I read and learned about many people in the Bible who did very terrible things, yet, were forgiven. Those stories meant much to me and gave me a real appreciation for God’s grace and patience. As a new Christian I realize I am still rusty . . . I don’t know every doctrine or bit of theology, but I do have a real relationship with God and know that He helps me, even to just get through the day.

Since starting the employment phase of the New Life Program I have been working and saving money. When I started the program I had so many bills: back child support, court fines, unpaid medical bills, civil penalties, student loans and more. But slowly, as I have set up payment plans and been paying them off, my debts don’t seem so overwhelming anymore and I have hope that I will be debt free.

Please pray for me as I grow and stay sober. I plan to graduate from both the New Life Program and Drug Court in January. When I graduate I need to decide where I will live. Part of me thinks I should move back down to Utah County to be closer to my two sons, who both live in Nephi. I praise God that they still care about me and want to have a relationship with me. But another part of me thinks I should move to the Rescue Mission’s transitional housing unit, the Terri Timmerman Freedom House. There I would have structure, a guaranteed sober environment and inexpensive rent that would allow me to continue to save money to pay off my debts.

Pray that God would guide my decisions and help me to learn more about Him. And thank you for supporting the Rescue Mission. It is such a blessing to people like me—a guy who came here with only a hoodie, a pair of sweats and absolutely no knowledge of how to live sober. Without the Mission, I am sure I would be dead or back in jail instead of living free and forgiven. Thank you so much for your support and prayers!

Now, you can help the homeless when you make purchases through the world’s largest online retailer this holiday season. When you are ready to shop, go to smile.amazon.com and log in to your amazon account. Once logged in, you can use the search bar at the lower right to find a charity. Type “Rescue Mission of Salt Lake” into the search window and choose “Rescue Mission of Salt Lake

Inc.” Amazon will donate half of a percent of your total purchases to the Rescue Mission. And if you forgot to start at smile.amazon.com and there are things already in your cart, just leave them there, log out, then log back in using the smile.amazon.com portal, choose the Rescue Mission and you will be set. It’s a great way to help our homeless while Christmas shopping.

