

UNDERSTANDING THE PROBLEM

To address a problem, you need to understand it. While everyone agrees that homelessness is a problem, we often find that people don't know what causes homelessness or how they can help.

This month, we're explaining some of the most common misconceptions people have about homelessness. Our goal is to help people understand and think about how they can help their vulnerable neighbors.

First, many people think homelessness is always related to mental illness and substance abuse. While these two factors are definitely huge contributors to homelessness, especially chronic homelessness, there are many others: job loss, a medical condition that leads to overwhelming bills or disability, limited education, poverty, under-employment, divorce, post-traumatic stress and spousal abuse can all cause homelessness.



Second, people should know that most of their homeless neighbors aren't OK with being homeless. They don't want to be on the streets, but they can't find a way out. Maybe they can't get a job, stop using drugs or get help for their disability. Often, our homeless friends don't face just one challenge, but several at a time. Their situation seems overwhelming and they don't know what to do. They need someone to come alongside them and offer a hand.

Third, people often assume that their homeless neighbors only want money, food and shelter so they can be lazy. In reality, the homeless often need friendship, dignity and respect, in addition to finding a place to stay and help finding other information, like where good, low-income apartments are located or which places are hiring.

Lastly, people assume the homeless are "off the grid." But many homeless people get low-cost smart phones through government programs or by working day labor jobs. They have Facebook accounts and can use email from their phones. Oftentimes, it can be easier to connect with or help a homeless person through an email, text or Facebook message than by walking around and looking for them on the streets.

Knowing more about homelessness is a good start towards helping people. Remember, not all homeless people are alike. They have unique issues. It's important to discuss the problems each person has before trying to help. And remember, you can always refer people to the Rescue Mission. We have over 40 years of expertise and are open 24/7/365.

SEPTEMBER 2015 - 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 Kitchen: Capital Church	17 Wasatch Christian	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

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The Monthly Newsletter of the Rescue Mission of Salt Lake



HAYLEY MARTINDALE: A Young Mother Has a Brand-New Life

My life has changed a lot since I walked into the Rescue Mission's Women's Facility last year with an ankle monitor around my leg.

For starters, I no longer have that ankle monitor. Instead, I have a great job working for Salt Lake City's Streets and Signs Department. I graduated from Drug Court last year and have been sober for one of the longest periods of my adult life. Most importantly, I know who God is and have a relationship with Him.

A year ago, after being at the Rescue Mission for just five days, I packed my bags to leave. It was a stupid thought. I was 22 years old and had been in and out of jail and rehab for the past five years. My drug addiction had grown so bad that my Drug Court judge had ordered me to spend a year at the Rescue Mission. My probation officer made sure I had an ankle monitor to give me extra motivation to stay.

Still, I was ready to bail. I didn't realize that the Rescue Mission had what I needed to change. While I had always believed there probably was a God, I never really made any effort to know Him or find out how I could live for Him. Turns out, a relationship with God was the very thing that was missing in my life and the very thing the Mission wanted to share with me.

With God still on the backburner, I packed my stuff. My plan was to grab my bags, cut off my ankle monitor and make a break. I figured I would live as long as I could on the run until I was caught. Hey, maybe I could avoid capture forever.

Still, there was one little piece of me that wanted to give



At only 23, Hayley Martindale has a new life. She has a good job, a great church family and is rebuilding her relationship with her son.

sobriety and God a chance. After I packed my stuff, I said a quick prayer. I told God I needed a sign. If He wanted me to stay at the Rescue Mission, He needed to prove to me that He was real and wanted me to stay.

With that prayer said, it was quite the coincidence when I walked upstairs and saw my best friend Vanessa walk through the door. She also had a drug problem and, completely unknown to me, had also decided to come to the Rescue Mission for help.

I took this as God's answer to my prayer and decided to stay.

please see "Hayley" on page 3

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with us

No Silver Bullet

As I talk with people in the community about homelessness, there is often a desire to find the "silver bullet."



"What's the one thing we can do to solve homelessness?" people ask.

But the more people talk about a silver bullet, the more I come to realize they do not understand the complexities of human beings and homelessness. People often think the silver bullet is monthly Social Security Disability payments, free housing, free cell phones, inpatient recovery programs, medical treatment or any number of other things.

I wish there was a silver bullet. We could take aim and end

homelessness once and for all. But the truth is that there is no single method that will work for all people in all situations. We need a wide variety of resources to help hurting people. After all, these are complex human beings that deserve compassion. A homeless person is someone's daughter or son, father, mother, brother, sister or grandchild. A homeless person is someone's friend, possibly yours.

Even a relationship with Jesus isn't the silver bullet. While faith in God is the silver bullet for forgiveness and eternal life, I have known many people who I truly believe had a relationship with Jesus, but still struggled with

homelessness and extreme poverty. They had faith, but continued to need help in realizing God's plan for them to lead a joyful, productive life while here on earth.

So while it is impossible to overstate the significance of a person's relationship with Jesus (just read Hayley's story in this month's *Rescuer*), Christians still struggle with the root causes of homelessness such as unemployment, mental illness, lack of education and addiction.

When a homeless person is standing in front of you, they are someone with a multiplicity of unique needs. Any given person may need housing, inpatient recovery, clothes, food, employment, disability payments, a free cell phone, a friend, two friends, forgiveness or all of the above and more. There is no one silver bullet that will meet every need in each person's life. Oh, how I wish there was.

We must possess every tool we can obtain to help hurting people. While we focus on spiritual needs in our holistic approach to helping people, we also need to be resourceful and innovative in adopting new approaches and solutions that will help. Please keep us in your prayers as we strive to do all that we can and continue to learn and do more to end homelessness.

God bless you,

Chris D. Croswhite
Executive Director

Who thinks of Thanksgiving in September? We do. We've already got an eye on Thanksgiving and the winter needs that will follow: hot food, warm clothes and safe beds. We know that in order to be ready for our Thanksgiving Banquet, which will feed over 1,000 people in one day, we need to start preparing now. So please support our Early Bird Thanksgiving Campaign and help us prepare for this busy upcoming season. You can send a check using the enclosed envelope, make an online donation or call our finance office (801.746.1006) to make a gift by credit card over the phone.



Our Stats

how your gift helps

These are not just numbers, they are lives impacted!

	July 2015	Total 2015
Professions of Faith	22	10
Meals	11,577	87,427
Family Food Boxes	343*	1,950**
Nights of Shelter	4,319	32,560
Clothing	5,192	73,880
Day Service/Hygiene	541	3,401
	*6,860 meals	**39,000 meals

HAYLEY: Continued from Page 1

Looking back, I realize how foolish I was to make demands of God. Still, I appreciated His compassion and grace towards me. Despite my silly effort to boss God around, He loved me enough to answer my prayer and show me the sign that convinced me to stay.

Getting to Know God

With this new God-given resolve, I started engaging in the New Life Program. I read the Bible and actually listening during Bible studies and recovery classes. I felt like I was going through a mini-Bible college. I absorbed everything.

The biggest thing for me was realizing that God was like a father who would never leave. He would always be there for me and even made a way for me to be with Him in Heaven when I die. It was important for me to see God as a loving father, since my dad hadn't been in my life since I was nine. That's when my parents divorced and my dad left. I haven't talked to him in 14 years.

So I felt like I always had a dad-shaped void in my heart. But by learning what God is like, I found that I really had a God-shaped void in my life. God was my true father and He was who I needed for happiness and strength.

Once I began a relationship with God, the relationships I had with other people started changing too. I made friends with the other women who lived at Rescue Mission and even connected with a community mentor whom the Mission assigned to me. Kathy Craig has been meeting with me once a week and has become a great confidant. She has taught me a lot about God and has been willing to listen to all my problems.

After spending months in one-on-one counseling, Bible study and group recovery classes, my counselor and I felt I was ready to get a job. At first it was tough. I have several drug-related convictions on my record and, at the time, was still in Drug Court. But God provided. I applied to the City of Salt Lake with the Streets and Signs Department. During my interview, I told the manager all about my past troubles and how I was working towards a changed life.

They hired me and I have been enjoying the job, even though it's more labor-intensive than I am used to. We spend our days in the hot sun replacing signs, repainting crosswalks or street markers and making other repairs. But the hard work is good for me and I have found myself enjoying it more and more. I've been able to learn how to use a forklift and I'm even thinking about trying to get a commercial driver's license so I can use heavier equipment.

I thank God for giving me this job and providing for me. Working and taking care of myself is a far cry from the life I lived in the five years leading up to my time at the Rescue Mission.

Where My Problems Started

I started using drugs and drinking in my early teens and became pregnant when I was 17. It was a shame because throughout high school I was a great student with a 3.8 GPA. I dreamed of going to college. My boyfriend and I used drugs like meth, prescription pain killers and heroin. We couldn't

manage our own lives, let alone the life of our new baby. Thankfully, my boyfriend's parents were able to take care of our baby while we were wasting our lives away.

A lot of guilt grew inside of me. For most of my life, I had resented my father for not being there for me. But because of my addiction, I had become the same kind of parent my father was. I left my son with his grandparents and didn't take care of him. I abandoned him, just like my father abandoned me.

Still, I couldn't quit using drugs and the guilt only seemed to fuel my desire to numb the pain of life and feel better. I was so ashamed of ruining my life. I had been a good student. I had dreams of having a good job, a good life and a strong family. But now, I was just a loser who couldn't see a way out.

My boyfriend and I kept getting arrested and we fought often. When I would get out of jail, I would skip out on meeting with my probation officer and then get sent back to jail after a while. Many people probably thought I was a lost cause. Even the Drug Court system was at the end of its rope with me. They sent me to live at the Rescue Mission after I failed yet another drug test. The judge said I had one more chance - an inpatient recovery program.

God Saves Me

I know it was God who brought me to the Rescue Mission. He knew what I needed to change. I thank Him that I was recently able to graduate from both Drug Court and the Mission's New Life Program. I have moved into a duplex with another woman in Midvale. It's a nice place and I am enjoying living on my own again, even though I miss living with all my friends at the Mission.

I am slowly working my way back into my son's life. His grandparents have been so good to his father and I. He is now five years old and they have been gracious in taking care of my son, while allowing me all the contact I want. Right now I am seeing him on a regular basis and hope to work up to the point where he can live with me. His father is out of prison and working now too, so we are hoping he will have two sober parents who can share his life, even though we won't be together as a traditional family. I am proud of my son. He is starting kindergarten this year and is so smart. He does know that both of his parents have been to jail and prison, so I pray that I can be there for him moving forward.

I am planning to go back to school, most likely to Salt Lake Community College, and want to continue growing in my relationship with God. I have a great church family at Capitol Church, which I love. It's weird because I actually enjoy going to church, learning about God and making friends. I never thought I would enjoy church! But that's how much God has changed me. Please pray for me. Pray that God would continue to keep me sober, help me to be a good mom and help me build good relationships. Thank you so much for supporting the Rescue Mission. There are many people out there like me, who can't see a way out. We need someone to believe in us and help us. We need a place that will teach us the truth about God. Without your support, there wouldn't be a place like this in Salt Lake.