

Get a \$300 (\$600 if married) tax deduction for donating to the Rescue Mission in 2020!

We realize most of our donors now take the “standard deduction” instead of itemizing their deductions on their tax form. The removal of the “itemized donation deduction” may make a few donors give second thought to supporting our efforts. However, we want you to know that—even for those taxpayers who take the standard deduction—the CARES ACT allows for up to a \$300 above-the-line deduction for charitable giving in 2020. The deduction expands to \$600 for married couples.*

So, if you want to take \$300 off your tax bill in 2020, give us a try. We will put your donation to good use, helping our homeless friends get access to food, shelter, and clothing, all while providing a pathway off the streets and into employment, housing, and sobriety.

Give by using the enclosed envelope, donating online at RescueSaltLake.org, or by calling our finance office at 801-746-1006.

We can really use your help to end homelessness and restore broken lives.

*Consult your tax advisor for specific guidance.

Thank you for praying for us during the COVID-19 pandemic. We have rigorous screening and cleaning processes in place to protect our guests, program members, and volunteers. We are thankful to report that we have not had one person test positive for COVID at any of our facilities as of late July.

We fully realize that one asymptomatic person could walk through our doors at any time and carry COVID into the Rescue Mission. Yet, we feel like we have been covered by your prayers and protected by God. So please keep praying that God would watch over our homeless friends and our faithful volunteers and staff.

We are thankful that our protocols have allowed volunteers and chapel providers to come back to the Mission in a safe environment. We are serving three daily meals, hosting evening chapel services, and providing safe shelter and clothing for hundreds of our homeless friends. We also praise God that our addiction recovery program is up and running and helping people obtain sobriety and a new life.

So, keep praying, keep supporting, and keep joining us in this ministry. God is transforming lives and watching over us all during these difficult times.

AUGUST 2020 - CHAPEL AND KITCHEN SERVING SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Remember, it's still HOT out here! Please continue to support Operation Hydration! Give at RescueSaltLake.org, use the enclosed envelope, or use a credit card to give over the phone @ 801-746-1006.</i></p>						<p>1 Chapel: Bible Baptist Kitchen: So. Valley Comm. Church</p>
<p>2 Chapel: Gospel Grace Kitchen: Gospel Grace</p>	<p>3 Chapel: First Baptist West Valley Kitchen: First Baptist West Valley</p>	<p>4 Chapel: Calvary Chapel of Salt Lake Kitchen: Intermt. Baptist Youth</p>	<p>5 Chapel: SMCC Kitchen: SMCC</p>	<p>6 Chapel: RMSL Kitchen: Email to Schedule*</p>	<p>7 Chapel: Mt Oly Presbyterian Kitchen: Email to Schedule*</p>	<p>8 Chapel: Berean Bible Kitchen: Calvary Chapel</p>
<p>9 Chapel: Abundant Life Kitchen: Email to Schedule*</p>	<p>10 Chapel: Discovery Christian Church Kitchen: Discovery Christian Church</p>	<p>11 Chapel: Unity Baptist Kitchen: Lifeline Community Church</p>	<p>12 Chapel: Northern Utah Mennonite Kitchen: Email to Schedule*</p>	<p>13 Chapel: Millcreek Baptist Kitchen: Email to Schedule*</p>	<p>14 Chapel: Hilltop United Methodist Kitchen: Hilltop United Methodist</p>	<p>15 Chapel: Southside Church of Christ Kitchen: Southside Church of Christ</p>
<p>16 Chapel: Abundant Life Kitchen: Email to Schedule*</p>	<p>17 Chapel: Bennion Christian Center Kitchen: Email to Schedule*</p>	<p>18 Chapel: K2 - The Church Kitchen: Email to Schedule*</p>	<p>19 Chapel: Missions Door Kitchen: Email to Schedule*</p>	<p>20 Chapel: New Begins. Christian Fellowship Kitchen: Lifeline Community Church</p>	<p>21 Chapel: RMSL Kitchen: Email to Schedule*</p>	<p>22 Chapel: EV Free Church of Salt Lake Kitchen: Email to Schedule*</p>
<p>23 Chapel & Kitchen: Grace Community 30 Chapel: Lifeline Community Church Kitchen: Email*</p>	<p>24 Chapel & Kitchen: Grace Community 31 Chapel: RMSL Kitchen: Email*</p>	<p>25 Chapel: Canyons Church Kitchen: Email to Schedule*</p>	<p>26 Chapel: First Methodist Kitchen: Email to Schedule*</p>	<p>27 Chapel: Missions Door Kitchen: Fresh Life Church</p>	<p>28 Chapel: Utah Partners. for Christ Kitchen: Mudita Yoga</p>	<p>29 Chapel: RMSL Kitchen: Email to Schedule*</p>

*Email DVaugns@RescueSaltLake.org to schedule your volunteer request.



**SARAH ZEPEDA:
A wife and mother is transformed**

The same day I was planning to take my own life, my phone rang. On the other end was a woman from the Rescue Mission of Salt Lake. She said they had an opening for me, if I wanted help with my addiction.

Astounded, since I had never heard of the Rescue Mission before or even knew where it was, I told the lady that I would come down and talk to her. Since that time, God has completely changed my life.

It was a month or two after that call that I found myself sitting in a counselor’s office at the Rescue Mission Women Center. As always, I was rocking back and forth in my chair, filled with worry and anxiety. The counselor asked me if I had ever put my faith and trust in Jesus and I said I hadn’t, but I knew that I needed God’s help. That day, I told God that I believed in Jesus and wanted His help to live sober.

God began to change me that day. Now, I no longer rock back and forth when I am talking to other people but instead feel calm and relaxed. I no longer use drugs to avoid negative memories or feelings. Instead, I feel forgiven and know that God helps me to deal with my traumatic past.

If you see me now, it would be hard to imagine me as a homeless person. But for an entire year before I came to the Rescue Mission I was living on the streets. I lost my job due to drug abuse and moved from Idaho to Utah after my relationship with my husband grew so toxic that we needed to separate.

My seven-year-old daughter from another relationship was with me while I was homeless on Salt Lake City’s streets. We bounced from shelter to shelter even as I was using meth or heroin each day. Eventually, my life grew so bad, I knew I had to protect my daughter, so I took her to live with her father. I was so addicted I could no longer take care of her.



Sarah Zepeda is free from her addictions. She is hoping to give back and be reunited with her daughter and husband.

I would stay awake for 10-days in a row using meth. I walked around the streets of Salt Lake in a sleep-deprived and

Please see “Sarah” 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
 Mail: PO Box 1227 Salt Lake City Utah 84110-1227
 Physical Address: 463 S. 400 West, Salt Lake City, UT 84101

GOD WILL USE LAMENTABLE TIMES

2020 has been a year to remember and lament. The continued coronavirus cloud that hangs over all of us might be the greatest cause of 2020 grief, but it is really just one part of a lamentable year.

Many of us had big plans. There was that: big graduation celebration, perfect wedding, anniversary trip, long-planned family vacation to Disneyland, promotion that turned into a layoff, last year of high school baseball that would've turned into a college scholarship, or myriad other plans and dreams. All these dreams seem stalled

or robbed by coronavirus, not to mention all the lives lost.

With best-laid human plans dashed, I wanted to encourage the readers of the Rescuer to grieve and lament these losses. It's okay to grieve losses and missed memories. It's okay to be sad, and it's okay to share these feelings with God and others.

Whatever we are lamenting, let's not hold it in. Let's lament together and involve God as well. Let's share our struggles. One thing I have found in this job is that the adage "time heals all wounds" is fake news. At the Mission, we use a different adage: "Nothing goes away until it is resolved." Resolving pain often involves grieving and lamenting the thing that caused the pain.

One of the main reasons people become addicted and fall into homelessness is because they can't lament and bring God's truth into the situations of their life. Instead of lamenting, they choose to bury things and when

pain arises in their hearts and minds. They use drugs or alcohol to numb the pain and lose control of their lives, often spiraling into homelessness.

As King David often does in the Psalms, a key of lamenting is to bring your raw, heart-felt complaint or fear to God. David does so himself in Psalm 13:2 when he wrote, "How long must I take counsel in my soul and have sorrow in my heart all the day? How long shall my enemy be exalted over me?"

We can ask God: Why did my child, after putting in hard work, miss out on their graduation? Why did we have to cancel the big trip to Europe that we saved up for? Why did my friend or family member die of COVID? How long can I survive without normal social interactions?

We should share these feelings, fears, and laments with God and His people and then ask God for help to get through them. God will then help us to trust that He loves us and is out to do us good. He will remind us that while situations can be bad, He works in mysterious ways and can use that which is not good, for good. He transforms bad to good. Even as this world fails, those who put their faith and trust in God know that He will one day bring us to our Heavenly home.

We are all hurting: the homeless, the middle class, and the privileged, so please lament this awful season with me. It is awful and we shouldn't feel bad about saying so. Join me in lamenting to God about how bad it has been and wait expectantly for Him to heal our hearts, remind us of His goodness, and allow us to move forward in His grace and mercy, and perhaps experience His peace.

God bless you,

Chris D. Croswhite
Executive Director



OUR STATS

how your gift helps

These are not just numbers, they are lives impacted!

	June 2020	2020 Total
Faith:	4	284
Meals:	9,234	90,584
Family Food Box:	125	723
Shelter:	3,261	28,682
Clothing:	2,468	15,247
Hygiene Items:	2,702	33,122
Day Service:	1,064	8,531
Jobs:	9	26
Housing:	2	12

SARAH: CONTINUED FROM PAGE 1

drug-induced psychosis, talking to myself or talking to things that weren't there. I hallucinated and was the stereotypical, delusional street walker that people just want to avoid.

As I devolved, I decided I would take my own life. What did I have to live for, I asked myself? My mother had taken her life in 2016 and I was the one who first found her body. That experience, along with a lot of childhood trauma and abuse, seemed overwhelming. I really didn't believe I could endure all the pain I had experienced without using drugs. It was a hopeless situation. But the night before I was going to kill myself, I cried out to God, wondering if there was any way He could save me.

The call I received the next morning from Teresa at the Rescue Mission seemed like an answer to my cry for help. The staff at the Rescue Mission told me I had called the Mission the day before asking for help. But I do not recall making that call and really had not even heard of the Rescue Mission before that day. I truly believe either someone else made that call on my behalf or somehow God did a miracle.

When I first joined the New Life Program, I felt brain dead from all the meth and heroin I had done. I had to get help just to write things down on paper. Like I said, I would rock back and forth in my chair, barely being able to communicate.

Now, after nine months on the New Life Program, I have completed the counseling and educational portions and have a good job with a property management company. I help people apply to live at our properties and show open apartments and homes to would-be renters. It's a great company and I feel fulfilled in helping people get into housing. Sometimes I feel it's kind of funny, a formerly homeless person is helping people obtain their own homes!

A couple of things that have really helped me are: a great church family at Capital Church and my community mentor who the Rescue Mission assigned to me. There is also a group of women from K2 The Church who help disciple and mentor me. This community of sisters is a huge part of my sobriety. Having them to rely on for spiritual guidance has been incredible.

The best part is that I believe I have a real relationship with God now through Jesus, who helps me to stay sober and on track. With my new job, I am saving up money so I can get an apartment for my daughter and me. My daughter was no longer able to stay with her dad so she is currently living with her uncle until I complete the New Life Program and can have her move in with me again. Please pray that I will be able to provide some stability for her life.

I know I have a long way to go, but I still have dreams and goals I am working towards. One goal is that I want to try to use my story to help point people to faith in Jesus. Another goal is to be reunited with my daughter and husband so we can work on building a family life together. My husband and I have made a lot of progress towards solving the

issues that were sabotaging our marriage. I look forward to a lot of healing taking place between my daughter, my husband, and me in the future.

Please pray for me as you remember. I feel so blessed that I received that call and came to the Rescue Mission. I am grateful to God and to all the supporters of the Rescue Mission. This was the one place I needed and the one place where God saved my life. Thank you for being a part of my life change!

"I TRULY BELIEVE EITHER SOMEONE ELSE MADE THAT CALL ON MY BEHALF OR SOMEHOW GOD DID A MIRACLE."

OUR LOCATIONS

Rescue Mission Homeless Service Center (Downtown Salt Lake)
Men's shelter, men's recovery program, and corporate office

Rescue Mission Women's Center
Women's recovery program and shelter (domestic & homeless)

Hope House
Transitional home for women graduating the New Life Program

Ogden Rescue Mission
Recovery Program and shelter for men and women

Freedom House
Transitional home for men graduating the New Life Program