

TWO WAYS YOU CAN HELP TODAY!



RECIPES TO THE RESCUE

Are you a foodie with a heart for the homeless? If so, we need your help on a new project.

Many graduates from the New Life Program struggle with maintaining healthy eating habits after they leave the Mission. In many cases, our graduates have not cooked for themselves in years (or never at all) and don't know how to make healthy, inexpensive meals at home.

So that's where you and **Recipes to the Rescue** come in. We are putting together a recipe book for our graduates and other homeless friends who are moving off the streets. Our goal is to create simple, healthy, and economical meals that can feed one or two people. It would be great if there were not too many ingredients and the meals were easy to make, yet nutritious and delicious.

If you have an idea or two, please email them to info@rescuesaltlake.org. We will take your recipes and put them into a nice book that we will present to our New Life Program members upon their graduation. This book will help our graduates eat

healthier and more economically, setting them up better for lasting success.

WE STILL NEED MIRACLE MAKERS

Please remember we are still looking for supporters who can become part of our Monthly Miracle Makers team. These monthly givers are supporters who donate regularly each month. Consistent, monthly donations help us work more cost-effectively to provide the foundation for men, women, and children to leave the streets and experience new lives of faith, sobriety, employment, and housing.

It's easy to start. You can visit RescueSaltLake.org/ways-to-donate and scroll down to the "Donate Monthly" section. You can call our finance office at 801-706-1006 and they can help you set up recurring donations through credit card or account transfer. You can also set up recurring monthly donations through your bank. If you mail in donations by check, you can note in the memo line that you will be a Monthly Miracle Maker moving forward!

RESCUER

SEPTEMBER
2021

The Monthly Newsletter of the Rescue Mission of Salt Lake



RescueSaltLake.org

RANDAL BILLINGS: A former plumber gets a second chance

As a longtime drinker who ended up destitute, I can't believe how much God has changed my life since I sought help at the Rescue Mission.

I am far from the person I was when alcohol addiction left me homeless. I have a well-paying job at Standard Plumbing, helping professionals and do-it-yourselfers find the parts they need for plumbing projects.

Since I am an experienced plumber who has worked here in Salt Lake, a lot of the plumbers say hi to me when they come into our store, but it is the do-it-yourselfers who I love to help most.

They come in and explain a project they are working on. I often tell them that they really "MacGyvered It," a reference to the TV show MacGyver, whose title character seems able to get out of any rough situation with duct tape and spare parts. It's rewarding to help the do-it-yourselfers figure out how to get out of the plumbing jams they created. I explain what went wrong with their approach and find them the right parts they need to fix the problem themselves. That's satisfying.

It's great to feel needed again, and make a good living doing it. It was just three years ago, that I hit bottom for the first time and started living on the streets. I had made a good living for most of my life as a plumber. But I drank way too much. My consistent drinking led to my divorce in 2001. To this day, my wife has not remarried and I still feel like we love each other, but she doesn't trust me to stay sober, based on our history.

We have three children together (all adults now with lives of their own) and I know they were hurt by my alcoholism as well. But throughout it all, they still cared for me. In 2018 my drinking grew so bad that I lost my



God helped Randal Billings overcome his alcohol addiction. Now he is sober, has a great job, and is looking forward to moving into Freedom House.

job and my apartment. I put all my things in storage and one day faced the decision of spending my last bit of money on the monthly fee on my storage unit, or buying some whiskey. I chose the latter.

I lost a lot that day, including letters, photos and other personal items I wish I could get back. I started living on

Please see "Randal" on page 3.

SEPTEMBER 2021 CHAPEL AND KITCHEN SERVING SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Chapel: SMCC Kitchen: SMCC	2 Chapel: RMSL Kitchen: Email to Schedule*	3 Chapel: Mt Oly Presbyterian Kitchen: Email to Schedule*	4 Chapel: Bible Baptist Kitchen: So. Valley Comm. Church
5 Chapel: Gospel Grace Kitchen: Gospel Grace	6 Chapel: First Baptist West Valley Kitchen: First Baptist West Valley	7 Chapel: Calvary Chapel of Salt Lake Kitchen: Intermt. Baptist Youth	8 Chapel: Northern Utah Mennonite Kitchen: Email to Schedule*	9 Chapel: Millcreek Baptist Kitchen: Email to Schedule*	10 Chapel: Hilltop United Methodist Kitchen: Hilltop United Methodist	11 Chapel: Berean Bible Kitchen: Calvary Chapel
12 Chapel: Abundant Life Kitchen: Email to Schedule*	13 Chapel: Discovery Christian Church Kitchen: Discovery Christian Church	14 Chapel: Unity Baptist Kitchen: Lifeline Community Church	15 Chapel: Missions Door Kitchen: Email to Schedule*	16 Chapel: New Begins. Christian Fellowship Kitchen: Lifeline	17 Chapel: RMSL Kitchen: Email to Schedule*	18 Chapel: Southside Church of Christ Kitchen: Southside Church of Christ
19 Chapel: Abundant Life Kitchen: Email to Schedule*	20 Chapel: Bennion Christian Center Kitchen: Email to Schedule*	21 Chapel: K2 - The Church Kitchen: Compassion Call	22 Chapel: First Methodist Kitchen: Fresh Life Church	23 Chapel: Missions Door Kitchen: Fresh Life Church	24 Chapel: Midvalley Bible Kitchen: Mudita Yoga	25 Chapel: EV Free Church of Salt Lake Kitchen: Email to Schedule*
26 Chapel: Grace Community Bible Kitchen: Grace Community Bible	27 Chapel: Living Waters Kitchen: Email to Schedule*	28 Chapel: Canyons Church Kitchen: Email to Schedule*	29 Chapel: RMSL Kitchen: Fresh Life Church	30 Chapel: RMSL Kitchen: Email to Schedule*	<i>Thank you for your support!</i>	

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

Connect
with us

Web: RescueSaltLake.org
 Social: [facebook.com/rescuemissionofsaltlake](https://www.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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 Physical Address: 463 S. 400 West, Salt Lake City, UT 84101

DON'T GET OVERWHELMED! SMALL CHANGES BRING HOPE

I was recently talking with a friend of mine who has been trying to control her diabetes. Her doctors wanted her to take her insulin regularly and lose a little weight, both of which would help control her out-of-control blood sugar. But those two things seemed overwhelming to her.



She didn't believe that diabetes was her main health concern. Instead, she wanted help with severe anxiety. Instead of tossing her aside as an uncooperative patient, her doctors never gave up, nor did her friends. They told the woman that if she would get out and walk for 15 minutes a day, that exercise and time spent outside could help mitigate the symptoms of her anxiety.

My friend accepted the advice started walking 15 minutes a day. The exercise eased her anxiety and helped her control her diabetes as she shed pounds and began walking further. Her doctors were wise, knowing that one small change, like walking, would have a cumulative affect and lead to greater changes in the future.

At the Rescue Mission, we often take a similar approach with our clients who are new believers or are freshly expressing an interest in getting off the streets. Demanding huge changes right off the bat can seem overwhelming and unattainable. Facing a requirement for huge change can lead to discouragement and relapse.

So, we don't demand perfect change right away, but seek small, manageable changes that create successes and develop hope for larger changes in the future which will keep them off the streets.

For new members on the New Life Program we ask if they can attend a Bible study and stay sober for one day. Next, we might ask if they can help clean up around the Mission. It's neat to see our New Life Program men and woman accomplish these small initial changes. When they achieve success in manageable change, we know they are ready for the next step, the next manageable change. We build trust and hope and that leads to continuous growth, until one day we stop and say, "wow, that person has really changed."

This is the model God utilizes with all of us. When we put our faith and trust in Jesus and follow Him, God changes us. We are never perfect, but slowly, over time, God makes us more like Jesus. Those of us who believe in God should be able to look back at our lives and say, "wow, I have really changed since I began following Jesus."

In all the times we struggle with self-doubt and don't feel like we are moving forward, we should be encouraged that change is a slow process. We can take on small, manageable changes and accomplish them. We don't need huge changes immediately (although that can happen). In many cases, we might take a step back. But ultimately on our journey, whether we are a homeless or a "normal" person (as some refer to non-addicts), that one-step back is eventually countered with two-steps forward. And even when those forward steps are small, they are encouraging and lead to greater change and hope.

If you are feeling discouraged, as we all do at times, I encourage you to seek out small change (something that doesn't seem overwhelming) and ask God for help to accomplish it. As you succeed, you (like our homeless friends here at the Mission) will experience change and hope.

Thank you so much for your support. We would not be here without you!

God bless,

Chris D. Croswhite
Executive Director

SUPPORT OUR THANKSGIVING OUTREACHES EARLY!

Yes, it's true! We are already preparing for our Thanksgiving Banquet and the busy holiday season when we will serve thousands of delicious meals: piled high with turkey, ham, mashed potatoes and all the trimmings. Please help us by becoming an "Early Bird" and donate now! Your support today will make sure we don't have to turn anyone away this holiday season. Use the enclosed envelope, give online at RescueSaltLake.org, or call our Finance Office at 801.746.1006 to give via credit card over the phone.

RANDAL: CONTINUED FROM PAGE 1

the streets. I lived on the streets for several months until one day my daughter drove down to where I was living. She picked me up and drove me a few blocks to the Rescue Mission. She said, "C'mon dad, we're going in."

I joined the New Life Program that day and found that the program helped me to stay sober. I felt so good about my success I decided to leave the program early. I got a job as a plumber and stayed sober for several months. But, as an almost 60-year-old man, I became more and more aware that plumbing was a younger man's game. There were 125-degree attics to re-pipe. There were 16-inch vents to squeeze through. I couldn't do the job like I could in my youth and my employer let me go.

I started drinking again and felt hopeless. I couldn't take care of myself. Eventually I was so behind on my rent I walked away from my apartment leaving all my couches, TV, furnishings, etc. behind for the second time.

After hitting rock bottom again, I felt a strong desire to call Don Nicholson, the house manager at the Rescue Mission and plead with him to take me back. I called Don and, after discussing it with the rest of the Rescue Mission staff, he agreed to bring me back to the New Life Program.

I believe my second time on the program has made all the difference. I tell people that the first time I came to the Rescue Mission, my daughter brought me. The second time I came to the Rescue Mission, Jesus brought me.

I think the first time I was here I wasn't ready to let God change me. But now, I have put my trust in Jesus. I have great fellowship at my home church, Calvary Chapel of Salt Lake. I love the teaching of the Bible that happens there and enjoy friendship with the people who attend church and the addiction recovery program there.

*"I owe it all to God,
who reached down and
saved me."*

Through my church and the counseling I received at the Rescue Mission, I understand that God can forgive everybody, including me. It was hard to accept God's forgiveness and it was hard to forgive myself, but my counselor, George Sproul, helped me to see that by receiving God's forgiveness I could forgive myself. It was like a weight was lifted off my shoulders.

I was nervous when it was time to start the employment phase on the New Life Program but God led me to this great job at Standard Plumbing. This job is something I can do until I want to retire.

I look forward to the future. At the end of this year when I graduate from the New Life Program I will move to the Freedom House, which is the Mission's home for those of us transitioning out of homelessness. I have saved up enough money so I can purchase a car and am working to pay off some of the debts I accumulated over the last few years.

I owe it all to God, who reached down and saved me when I was at my lowest point. Please pray that I would stay connected to my church and recovery meetings. The last time I relapsed it was because I quit going to church and recovery meetings. Please also pray for my middle son. My oldest son and my daughter have families and are doing well, but my middle son is an alcoholic like me. We have tried to get him help, but he is not committed to change yet.

Thank you for supporting the Rescue Mission. Without your support I do not know what my life would be like today. Your support gave me a place that God could lead me to. A place where He knew I could find His people who would love me and help me change.

Our Stats

how your gift helps

These are not just numbers, they are lives impacted!

	July 2021	YTD 2021
Professions of Faith	4	43
Meals	17,238	103,793
Family Food Boxes	268	1,749
Nights of Shelter	4,383	28,685
Clothing	2,575	38,877
Hygiene Items	4,861	35,860
Day Service	2,066	12,878
Jobs Obtained	3	25
Housing Obtained	4	27