

## WE NEED YOUR OLD WINTER CLOTHES!

As you prepare to purchase new winter clothing (and subsequently purge your old winter gear), please remember the homeless. Each year when temperatures plummet, we run very low, if not completely out, of things like coats, hats, gloves, scarves, socks and boots. It's heartbreaking to tell a cold homeless person that we don't have warm clothes for them or see a person wearing sandals on our snowy streets. So put your old warm clothing in the trunk of your car and next time you are downtown, drop them off at the Rescue Mission. You'll benefit by decluttering the stuff you aren't going to wear anymore and you'll help make sure the homeless have warm winter clothes.

If you need more motivation, here's three tips to get you started.

- 1) To begin cleaning out a messy closet take every single thing out of it, then you can work backwards by putting the things you want to keep back in.
- 2) Ask yourself a few questions:
  - a. Does it still fit?
  - b. Have I worn it in the last 12 months?
  - c. Would I wear it again?
  - d. If I saw it in a store now, would I buy it?
- 3) If there isn't anything wrong with the items that you do not want to keep, consider donating them to the Rescue Mission.

We will find a good home for all types of clothes—men's, women's, and kids. Winter is coming and we need your help to make sure everyone stays warm and safe this winter.



# RESCUER

OCTOBER  
2021

The Monthly Newsletter of the Rescue Mission of Salt Lake



RescueSaltLake.org

## NICHOLE REIGARD: Off the streets and into faith and employment

*About a year ago, I had a mental breakdown that landed me in the hospital.*

It was the culmination of three years of living on the streets, using drugs, and being abused. As the hospital staff treated my psychosis, I was as low as a person could be. Many of my teeth had fallen out from years of drug addiction and street life and I looked as bad on the outside as I felt on the inside.

After three days, the hospital released me with a taxi voucher. I don't recall much, just getting into the cab, which eventually dropped me off at the Rescue Mission's Women's Center. I had never been there before, but I knocked on the front door.

They took me in and admitted me to the New Life Recovery Program. I truly believe it was God's hand that caused that taxi driver to drop me off at the Rescue Mission. It couldn't have been a random coincidence.

At the Rescue Mission I was welcomed into a loving home. Everything was provided for me and the people there related to me and seemed to genuinely care. At the time, I knew nothing about God. I had never been to church before. This was the first place I had ever heard about a loving, caring God.

Finding a place that teaches the truth about God in a loving way, especially when you are super broken, is an experience that is almost impossible for me to explain. I now know that Jesus graciously died for all my sins and that by believing in Him, I can be forgiven and have new life on this Earth and be welcomed into Heaven one day.

God has healed me in so many ways as I have gained a relationship with him and worked through recovery meetings and counseling. When I was 14, I was




Nichole Reigard was homeless for three years before a taxi ride brought her to the door of the Rescue Mission.

diagnosed with a significant mental illness that was treated by medication. Throughout my life I have struggled with the illness, even being institutionalized on a couple of occasions.

Please see "Nichole" on page 3.

## OCTOBER 2021 CHAPEL AND KITCHEN SERVING SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Chapel: Mt Oly Presbyterian  Kitchen: Email to Schedule*	2 Chapel: Bible Baptist  Kitchen: So. Valley Comm. Church
3 Chapel: Gospel Grace  Kitchen: Gospel Grace	4 Chapel: First Baptist West Valley  Kitchen: First Baptist West Valley	5 Chapel: Calvary Chapel of Salt Lake  Kitchen: Intermt. Baptist Youth	6 Chapel: SMCC  Kitchen: SMCC	7 Chapel: RMSL  Kitchen: Email to Schedule*	8 Chapel: Hilltop United Methodist  Kitchen: Hilltop United Methodist	9 Chapel: Berean Bible  Kitchen: Calvary Chapel
10 Chapel: Abundant Life  Kitchen: Email to Schedule*	11 Chapel: Discovery Christian Church  Kitchen: Discovery Christian Church	12 Chapel: Unity Baptist  Kitchen: Lifeline Community Church	13 Chapel: Northern Utah Mennonite  Kitchen: Email to Schedule*	14 Chapel: Millcreek Baptist  Kitchen: Email to Schedule*	15 Chapel: RMSL  Kitchen: Email to Schedule*	16 Chapel: Southside Church of Christ  Kitchen: Southside Church of Christ
17 Chapel: Abundant Life  Kitchen: Email to Schedule*	18 Chapel: Bennion Christian Center  Kitchen: Email to Schedule*	19 Chapel: K2 - The Church  Kitchen: Compassion Call	20 Chapel: Missions Door  Kitchen: Email to Schedule*	21 Chapel: New Begins. Christian Fellowship  Kitchen: Lifeline	22 Chapel: Midvalley Bible  Kitchen: Mudita Yoga	23 Chapel: EV Free Church of Salt Lake  Kitchen: Email to Schedule*
24 Chapel: Grace Community Bible Kitchen: Grace Community Bible 31 Chapel: RMSL Kitchen: Email to Schedule*	25 Chapel: Living Waters  Kitchen: Email to Schedule*	26 Chapel: Canyons Church  Kitchen: Email to Schedule*	27 Chapel: First Methodist  Kitchen: Fresh Life Church	28 Chapel: Missions Door  Kitchen: Fresh Life Church	29 Chapel: RMSL  Kitchen: Email to Schedule*	30 Chapel: RMSL  Kitchen: Email to Schedule*

\*Email [Dennis@RescueSaltLake.org](mailto:Dennis@RescueSaltLake.org) to schedule your volunteer request.

Connect  
with us

Web: [RescueSaltLake.org](https://RescueSaltLake.org)  
 Social: [facebook.com/rescuemissionofsaltlake](https://facebook.com/rescuemissionofsaltlake) - Twitter: [@rescuesaltlake](https://twitter.com/rescuesaltlake)  
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TURNING FEAR INTO PRAYER,  
HOPE, AND ENCOURAGEMENT

*You, like me, have probably noticed that there is a lot of business that goes on around the concept of fear.* Not real fear, but the kind of spook alley, haunted house fear that provides some fright, but ultimately leaves people (at least physically) unscathed.



I have had conversations with people about why our society enjoys this fake fear so much. As someone who doesn't enjoy it, it's hard for me to say. But for sure, fear is something we can't avoid while driving down the street or looking at billboards this time of year.

So, this month, when fear is in all our faces, I have a challenge for you. Anytime you see a store display, mural, or advertisement that is capitalizing on ghoulish fear, say a short prayer for our homeless friends. Many of them experience crippling fear, which is real and makes them turn to drugs and alcohol and ultimately away from people. Our homeless friends fear change because the homeless lifestyle is the only one they know. They fear the unknown of living a "normal" life. They fear forgiving people because if they forgave people they would have to deal emotionally with the pain the other person caused as well as lose an excuse to self-medicate with drugs and alcohol.

They fear failure because they have experienced the shame of failure before and don't want to feel it again. This fear causes them to not even want to try. The fear of failure can even lead to the fear of success, because if they do succeed, it may be a higher point from which to fall. Thus, many self-sabotage themselves at the very point they are beginning to succeed.

Our homeless friends, many of whom have spent time in jail, often fear confinement. For some, this fear causes them to not want to be indoors at all. I know a formally homeless man who was able to get off the streets, hold down a job, and get into an apartment. Even though he had an apartment, he would wake up in the middle of the night and go outside to sleep in the doorway of a business, just because he feared being confined. In his entire adult life to that point he did not know what it was like to have a place to live, and simply enjoy being inside.

When you pray for the real fears of the homeless, please pray that they would seek comfort in God's love and His word, which encourages His people with verses such as:

- > "Fear not, for I am with you." Isaiah 41:10
- > "I will fear no evil, for you are with me." Psalm 23:4
- > "Casting all your anxieties on him, because he cares for you." 1 Peter 5:7

God's power and love can help our homeless friends (and the rest of us) confront their fears because He can bring them through even the hardest, most fearful times. Ultimately, those who put their faith and trust in God and His Son Jesus, will even conquer the fear of death and have eternal life with Him.

So join me this "scary season" in praying that God will help our homeless friends (and the rest of us) overcome deep fears. By praying against fear and by being encouraged by God's word, we have two powerful weapons that can heal even the most fearful and broken hearts.

Thank you so much for supporting this ministry. We would not be here without your generosity.

God bless you,  
Chris D. Croswhite  
Executive Director

PLEASE SUPPORT OUR  
THANKSGIVING BANQUET!

Very soon our homeless friends will be pouring into the Rescue Mission for our annual "street famous" Thanksgiving Banquet. Everyone comes for our great food, music, warm clothing, winter boots, showers and hygiene items, along with haircuts and flu shots. While they are here we will share God's love and how our New Life Program provides a pathway off the streets into faith, employment, and permanent housing. We do not want to turn anyone away, so please donate today! Use the enclosed envelope, call our donor relations office at 801.746.1006 for giving over the phone, or visit [RescueSaltLake.org](http://RescueSaltLake.org) to donate online. Help ensure that, at least for this Thanksgiving, no one will go hungry!

NICHOLE: CONTINUED  
FROM PAGE 1

Today, for the first time in my life since I was 14, I do not take one drug for mental illness and have no symptoms requiring medication. I believe that God has healed me. God also generously provided me with free dentures. There are a couple of nonprofits the Rescue Mission works with that help provide dentures to formerly homeless men and women who have lost their teeth due to street living. Now, I have a great smile that almost gives me a new identity.

Having dentures gave me confidence when I entered the employment phase of the New Life Program. I had a few interviews for jobs that I didn't get, which was discouraging, but I was trusting that God would provide.

One day I was taking the TRAX train to Draper where I had an interview. I started praying that God would lead me to the job He wanted for me. When I looked out through the train window I saw a van for a local plumbing and HVAC company. I took note that it was the first thing I saw after my prayer.

When I got home, I looked the company up online and called to ask if they were hiring. They said they were and about a month ago they hired me. I do scheduling and customer service, and even though I have only worked there a month, am now training new people.

Another way God has provided for me is through my home church, Capital Church. I love the people, and the signing, and the Bible teaching. One of our pastors recently lost a family member to COVID and it was amazing to see how his family trusted and stayed close to God through that difficult experience. It gave me courage that I could go through hard things in life and still trust God.

I am currently saving up money so that when I graduate from the New Life Program I can move into the Hope House, the Rescue Mission's transitional housing unit for women. There I will pay rent and have more freedom

as I continue to take steps towards getting back to "normal" life.

One thing I would appreciate your prayers for is my son. I have a seven-year-old boy who lives with my mom back in rural Nevada, where I am from. My mom has had legal guardianship over my son ever since he was little and my son believes that my mother is his mom. My mother has told me that my son does not know that I exist. I believe that my mother wants to continue acting as his mother, perhaps for his whole life.

I would like to be part of my son's life, but it is a difficult situation and it's hard to know what to do or how I should try to have a relationship with him and my mom.

So please pray that God would open doors and bring healing and clarity to my family relationships.

I know the biggest thing for me is making sure I am on the right track to stay sober for my life.

As I anticipate moving into Hope House, my goals are to maintain good

employment and stay connected to my recovery community. Additionally, I look forward to having good, clean sober fun! I want to go to a concert. I have never taken a vacation so I would love to do that as well. I am also trying to save up money for a car, once I get my Utah's driver's license.

When I came to the Rescue Mission I had nothing. No birth certificate, no social security card, no ID, not one piece of identifying information. I couldn't even prove who I was. It was as if I was nobody. The Rescue Mission graciously worked with me to get all those documents back so I could be a functioning member of society and have an identity again, including a true identity in Christ.

Thank you so much for supporting the Rescue Mission. I needed a place where I could learn about God and experience His life-changing grace and love. Your support has helped change and save my life and I am forever grateful!

*"I have an identity again, including a true identity in Christ."*

Our Stats  
how your gift helps

These are not just numbers, they are lives impacted!

	August 2021	YTD 2021
Professions of Faith	22	65
Meals	17,359	121,151
Family Food Boxes	278	2,028
Nights of Shelter	4,231	32,916
Clothing	3,197	42,074
Hygiene Items	5,117	40,977
Day Service	1,816	14,694
Jobs Obtained	4	29
Housing Obtained	3	30