

HOMELESS & COLD: WHAT IT'S LIKE TO LIVE ON THE STREETS IN WINTER

Editor's Note: It's never a good time to be homeless, but to help our friends and supporters understand how hard it is to be homeless when it's cold outside, we asked New Life Program graduate Kurtis Ray, who shared his testimony in the March 2021 edition of the Rescuer and has previously spent cold winters outside, to share what it's like in his own words.

One of the worst things about being homeless is that you don't take regular baths. You might not think about it but being both cold AND dirty is a lot worse than just being cold. For some reason all the grime and grossness from the streets adds to the misery of being cold. It makes you feel so defeated.

When it's cold at night you end up waking up frequently and not getting much sleep. If it's extra cold you will walk around all night to try to stay warm. Then when the sun comes up you will try to find a place to sleep because it is a little warmer.

You end up growing sleep deprived and hungry, because you are so cold you don't even want to eat. Your body aches and stinks. When you go into a

store to try to get a little warmed up, they don't want you in their store because you are homeless and smell and they kick you out. You are so cold, sleep deprived, and hungry that you get angry at them.

It's one thing to be homeless, but being homeless and cold is the worst thing ever.

I know people wonder, "why don't the homeless just go to places like the Rescue Mission where they can get clean, get food, and have warm, safe shelter."

The reason is because many homeless people are afraid. I felt the same way for many years. I was afraid of inside spaces with lots of people I didn't know. I was afraid to sleep in a big room with lots of strangers. At that time, my fear was so great that I chose to be cold and alone outside, rather than inside with a bunch of people I didn't know. At other times I wanted to do whatever I wanted without following rules, so I chose to stay outside.

Please see "Homeless & Cold" on page 3.

DECEMBER 2021 CHAPEL AND KITCHEN SERVING SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Happy Birthday Jesus!</i>			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: Adventure Church 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: RMSL Kitchen: Compassion Call	22 Chapel: K2 - The Church 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*	31. Utah Partnership For Christ Kitchen: Email to Schedule*	

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

RESCUER

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The Monthly Newsletter of the Rescue Mission of Salt Lake



RescueSaltLake.org

BRYAN CUMPTON: A reluctant man joins the New Life Program

As I look back on it, without the COVID-19 pandemic, I probably would not have ended up at the Rescue Mission.

About ten months ago I was picked up on a parole violation for being intoxicated. Those overseeing my parole said the only way they would let me out of jail was if I went into a long-term residential treatment facility.

It was still the height of the pandemic and it seemed like, due to the coronavirus situation, every place that would've been an option was not taking new residents. In fact, there was just one place that said they would take me in and let me join their program, the Rescue Mission of Salt Lake. With no other options, I joined the New Life Program. While I would have never chosen a faith-based program on my own, I figured it was better than sitting in jail, so I gave the Rescue Mission a try.

I had never considered God in the way they taught about Him at the Rescue Mission. I had been through some Alcoholics Anonymous classes before and had pondered the idea of a higher power, but nothing like the personal, living God that they shared about at the Mission.

As I learned more about God and His son Jesus, I came to believe. There was a realization that I was redeemed and saved and that my sins were forgiven. Accepting that I was forgiven for the wrong things I have done was key to helping me stay sober.

A crippling sense of guilt for the many wrongs I committed always hung over me and made me feel shame. Trying to avoid those bad feelings was a major reason I would drink. Eliminating that overwhelming guilt made me feel better and curbed my need for alcohol.



In the middle of the COVID pandemic, God arranged it so that Bryan Cumpston had nowhere to go, except the Rescue Mission of Salt Lake.

As I began to feel free from my addictions, I realized it was God that brought me here. I believe He somehow arranged it so I would get arrested at just the right moment, where my only option was to come to the Rescue Mission.

Please see "Bryan" on page 3.

CONNECT WITH US

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HOPE IS WHAT WE NEED AND HOPE IS WHAT JESUS BRINGS

The birth of a healthy baby is always exciting. There seems to be unmeasurable hope in what a newborn could grow up to be. Inventor? Great missionary? A great leader? The possibilities are endless.



Hope is always present at a birth. But the birth of Jesus, obviously, generated exponentially more hope than any other birth in history. Shepherds ran to see Him in the middle of the night. Magi traveled for miles and miles to worship Him.

Why? Because we all need a Savior since we have all sinned and fall short of God's glory. Jesus was God's Son and chosen Savior who lived a perfect life and then took the just punishment of God on himself by dying at Calvary for us. With the justice each of us rightly deserves put on Jesus, those who have faith in Jesus and follow Him have everlasting life with God in Heaven. It's just like how Jesus is with God now, after God raised Him from the grave.

Now that is hope! To have everlasting life after death on this Earth! As much as anyone, our homeless friends need this hope. Many have spent a life of hopelessness. They have been abused and hurt not knowing whom they can trust. Some, in turn, have hurt others out of their own brokenness. They have sinned greatly and have been sinned against greatly. Through these pains of life, many have grown hopeless.

The problem with hopelessness is that it leads to stagnation and even decline. If there is no belief that things can get better, then why try?

We know that things will never be perfect on this Earth. But we also know that the hope of Heaven means that one day things will get better. Moreover, having a relationship with Jesus here on Earth, does make even this Earthly life better. We have the strength to be thankful for how God made us and for what we have, instead of wishing we were someone else or had more things. It's the hope of becoming the person God created each of us to be, as opposed to living in bondage to addiction and despair.

We have the power to find joy in following God's commands and get excited when we experience that His commands are not cumbersome, but instead protect us and help us. In place of striving after money, possessions, or societal status – all things that eventually leave us empty – we find hope in the lasting joy that comes from following Jesus. This is the hope we share with hurting men and women who come to us for help. We often say, "hope starts with a meal," because if you are hungry, thirsty, or need a place to lay your head at night, it is hard to think about anything beyond your immediate need. Once the basic need is met, a person can consider the hope Jesus brings.

Please join me in asking God to carry hope to the hearts of our homeless friends this season. I believe hope is the key thing that drags men and women out of homelessness. When our homeless friends have hope that the future can be better, it stirs them to try. And so often when they try, God meets them and rescues them.

It is a hopeful season. Not only is there a newborn baby, but He is the one who can deliver all of us to God's everlasting heavenly home. That is a truth that can overcome hopelessness and stagnation in all our hearts.

Merry Christmas and God bless you,

Chris D. Croswhite
Executive Director

HOW YOUR GIFT HELPS

OUR STATS	YTD through October
Professions of faith	121
Meals	155,421
Family food boxes	772
Nights of shelter	42,113
Clothing	50,226
Hygiene Items	49,938
Day service	18,637
Jobs obtained	42
Housing obtained	40

BRYAN: CONTINUED FROM PAGE 1

I am so thankful He did. Through my counseling and the Bible studies offered through the New Life Program, I feel I now have the helps – God's help, accountability, and friendships – that I need to stay sober.

I am cook and chef by profession and I found immediate value in my work therapy job in the Mission kitchen. I was put in charge of the kitchen crew and it makes me proud when our team gets compliments about the tasty eats here. I say it's restaurant quality. The thing people seem to like most are our burritos, which are one of my specialties.

It brings me joy to serve the homeless community through cooking. There have been times in my life when I sincerely needed help and somebody helped me. By being able to help the poor and the homeless here, it feels like I am paying back all those people who helped me over the years.

It's amazing to see all the donations that come into the Mission that help us supply food to the homeless. Still, I grow nervous during our busy holiday season that we will have enough to meet the needs, so please continue to give if you can.

I have done well in my work therapy job as kitchen supervisor and the Mission has created an internship for me. If I continue to do well, the internship may turn into a full-time job running the Mission's downtown Salt Lake kitchen. I would love to continue to bless the homeless and ensure this community has quality meals each day, all while supporting myself through employment.

Today I have a hope like I have never felt before. I regularly attend Calvary Chapel church, along with

going to Bible study and addiction recovery classes there. It feels like a family and people accept you as you are, no matter how you look or dress.

If I am hired after my internship, I look forward to saving some money and potentially moving out of the Mission, even as I continue to work here. I would like to start trying to reconnect with my daughter who I haven't really had a relationship with before.

Please pray for me as you are able. Pray that I would do well in my internship, continue to stay sober, and seek God's direction for my future. Thank you so much for supporting the Rescue Mission. Without your support there would have been zero places for me to find help when I needed it most. Because of your support, there was one place open and God lead me here.

"Because of your support, there was one place open and God lead me here."

SUPPORT US THROUGH CHRISTMAS AND END OF YEAR GIVING!

Please donate to support our upcoming Christmas banquet for the homeless, and give an end-of-the-year donation today! 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.

HOMELESS & COLD: CONTINUED FROM BACK PAGE

So that's why when I was in the New Life Program, my passion was running the Mission's clothing pantry. I would make sure people who I knew were sleeping outside would have the layers of warm clothing they needed to survive out there. I know here in Salt Lake we have seen people freeze to death overnight, but I have seen many more people lose fingers and toes because they weren't properly prepared and layered.

I want to thank everyone who donates to the Mission's clothing pantry. You are making a difference. I think our goal should be to keep people warm enough to survive the winter. Please also, pray that God would ease their fears and anxieties about seeking help from places like the Rescue Mission. We do see many homeless people, like me, overcome anxieties about seeking help from the Mission and then go on to experience God's healing power. The colder it gets the more people chose to come inside because it's just so hard to sleep outside.

For this winter I know the Mission needs all the warm clothes and donations you have so please consider giving today. Thank you!