

Anchor House

"The House of Hope"

New Beginnings



Inside this issue:

"From The Desk Of..."	2
"Our Families"	2
Prayer Station	3
"Industry News"	3
Words of Encouragement	4
Di-Vine Poetry	5
"Our Alumni"	6

Summer 2015



Life should be celebrated!

It is a precious gift packaged in different shapes and colors.

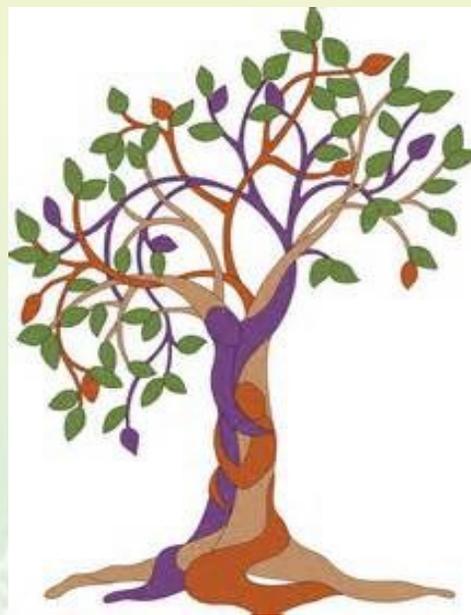


From the Desk of:

Family is what the process of restoration is all about. As one considers the detrimental effects that drugs and alcohol have on the individual, it is easy to forget that the life of the user is not the only life affected by the destructive nature of chemical abuse; the family of the abuser is also affected by the destructive power of drug addiction.

Here at Anchor House, not only are the lives of the individuals who reside here restored to a place of health and spiritual balance, but the fitness and spiritual well-being of their family members is also given the opportunity to thrive by virtue of the miracle of deliverance, now encountered by our residents; their loved ones. Here at Anchor House, not only are individual lives restored; families are restored as well.

Edgar Sanchez, Clinical Coordinator



Our Families

“Great Progress”

I feel that my daughter has made great progress. She is herself again and even better she is a Christian. She finally has structure in her life; she hears and practices what the Bible says every day. My daughter has a different expression on her face and her language is different. She has also gone back to reading books.

It's not about “Stop being an addict”. It's about redirecting your thirst. Be thirsty for God and you won't thirst for anything else.

Anchor House, after Christ, is the best thing that has happened to her. You are doing a great job! God bless you for your hard work, for patience and love!

O.M.



“My Mom”

My mother was always there for me growing up. As time went by she was still there physically but not mentally. The disease of drinking took over her life, becoming number one and nothing else mattered; not even me. By the time I was 14 years of age I was no longer living with her. A whole year went by and I didn't see her. Imagine how difficult that is for a teenager and all the different directions I could have gone in. I went to school counseling to help my situation. I completed high school, went on to my dream college, Fashion Institute of Technology, graduated from there and now have a full time job.

My mother is now on her way to recovery and no matter what has gone on between us over the years, she is still my mother and I will always be there to support her. It takes time and patience but I believe she will get better. I know I will get my mom back.

To all the families who have gone through a substance abuse situation, you need to hang in there and support the ones who have hurt you; infinite amount of times no matter how ridiculous that may sound. Now is when they need you more than ever. For those who have gone in the wrong direction, it is never too late to start—just take baby steps and put one foot in front of the other. I promise everything works out in the end. It just takes time.

M.H.

Prayer Station



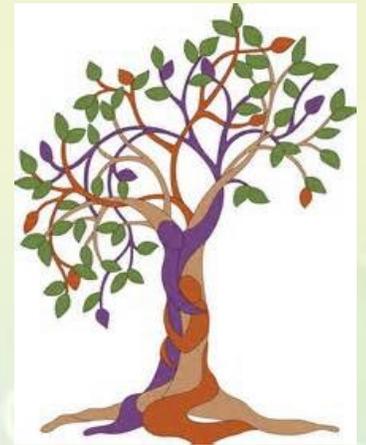
“What Are You Waiting For?”

I prayed for strength and I am being strong,
for God is in my midst and I shall not be moved.
I prayed for the willingness to learn from my
mistakes and I am learning.
I prayed for compassion, wisdom, and a stronger
relationship with my Lord Jesus,
And I love Him, I trust Him, He is ever faithful.
Perfect righteousness and glory forever and He loves
me!

I prayed for His will not mine
and it has been so.

I prayed for peace and I have found it.
I prayed for happiness and it is inside me.
I prayed for self-control and I've held my peace.
I prayed for control over my tongue
and by His spirit I have tamed it.
I prayed for obedience and I seek it.
When I pray my Father in Heaven answers me.
He is waiting for you.
So what are you waiting for?

Z.W.



“Just A Prayer”

God I don't want to go back to my old
way of living. I need you more than ever.
God I need you to fill me completely with
the Holy Spirit. I need you more than
ever.

God direct my steps and lead me to pros-
perity. I need you more than ever.
God give me a vision and show me which
way to go. I need you more than ever.
God I'm afraid at times so make me cou-
rageous and strong. I need you more
than ever.

God for all the days of my life teach me to
love you the way that you love me. I
need you more than ever.
This I pray in Jesus' Name.

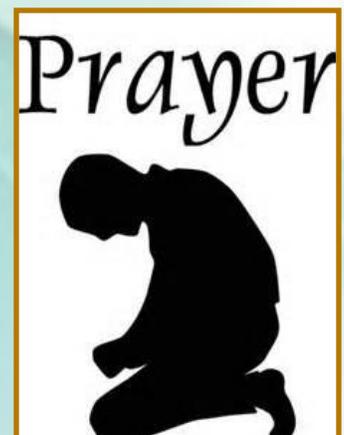
B.M.

Industry News

The Case of German Wings Flight 9525 whose co-pilot crashed the plane killing himself and 149 passengers, and the accidental death of John Nash (The Beautiful Mind), a Princeton University Mathematician and Nobel Prize winner for economics in 1994, are two stories of the death of individuals with mental illness. The co-pilot, with “some history of depression,” and the mathematician, who lived with paranoid schizophrenia; one committed a murder-suicide, and the other was a brilliant academician. Defenders of the rights of that population consider that tragedies like the case of the co-pilot must not be utilized to present stigmatizing stereotypes of individuals with mental illness with a propensity to violence. Persons in that predicament are rarely violent, assert them.

In the U.S. a high rate of individuals with serious mental illness are incarcerated each year. Recently, legislators from both parties introduced a bill to reduce criminalization of mental illness, and emphasized a comprehensive approach to services at whatever stage of the criminal justice process a person is. Also, President Obama's 2016 budget includes interesting proposals for agencies and programs that assist those individuals and their families.

Hector Moreno, Clinical/Vocational Director



Words of Encouragement

“Spiritual Awakening”

I was an addict for the past twenty four years. I came into Anchor House from Puerto Rico. After so many years of ignorance, numerous incarcerations, hurting my loved ones, self destruction, emotional breakdown, I decided to surrender my life to God.

God has been showering me with His love in a mighty and powerful way.

I started to regain my self confidence, improved health, restored hope for a better life, restoration of the relationships with my son and family since coming into Anchor House. God is slowly but surely molding and shaping me into whom He wants me to be for His glory. My prayer is for God to use me for the benefit of others and for His glory.

I am looking forward to completing what God has started in my life since coming into Anchor House and eventually moving on to independent living.

F.F.

“Letting Go and Letting God”

When I arrive at Anchor House I was full of resentment and anger, not willing to turn my will over to God nor the staff. I was struggling accepting my situation; in rehab in NY during the summer away from my family. Not where I wanted to be. Due to the fact that I don't believe in luck or coincidence I know I'm right where God wants me to be. As time went on I began to feel Jesus working on me. My attitude changed, I looked at things differently. I began to pray asking

God to show me what it is I need to do to be closer to Him; to see His face. I then began to develop a closer relationship with God just as I prayed for with the help of Anchor House staff. I know I believe again in my heart that all things are possible through Christ who strengthens me!!

God is good all the time and I'm here to say God is Love!!

“Herein is love, not that we loved God, but He loved us and sent His son to be the propitiation for our sins.” - I John 4:10

We love Him because He first loved us.

TTW

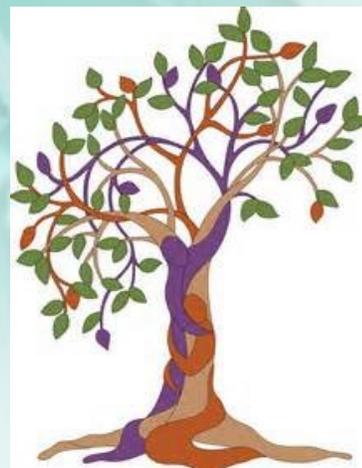
“Restoration”

Before coming to Anchor House, I was lost, without any direction. I lost all hope in the pursuit of my dreams and aspirations. They no longer existed, until I came to Anchor House. All that was left was living comfortable in being uncomfortable. Then I came to Anchor House and by the grace of God I found purpose. Through God and Anchor House my sanity was restored, they gave me new direction and allowed me to adopt a new way of life. First of all I never believed in God. I never had a spiritual life and only believed in myself. All that changed once I gave my life to Christ. Doors started to open and continue opening for me. I know that God gave me a new life and I choose not to squander it. Every day is a battle but I look forward to the challenges ahead.

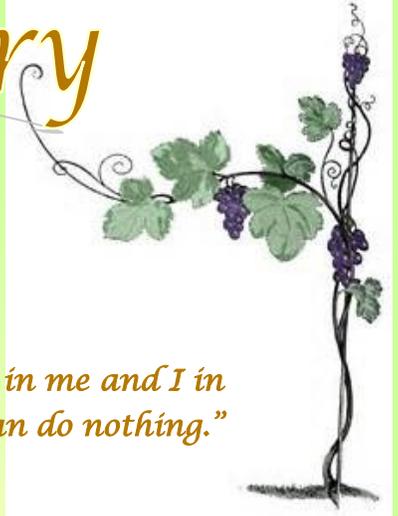
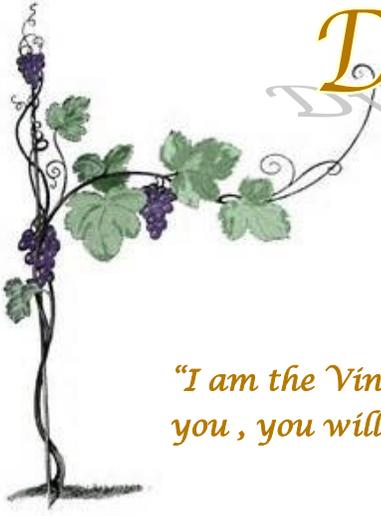
Anchor House has allowed me to pursue a trade. They have blessed me with the tools to handle life on life's terms and to flourish. I'm eager to wake up each morning to further educate myself and better myself. I look forward to the future and enjoy the field I'm in.

Finally God and Anchor House has restored my relationship with my family. I have hurt everyone that was close to me and caused them the most damage. I still have some challenges ahead but they look forward to seeing me and they enjoy my company; vice-versa. I now delight in hearing what they have to offer, what they're feeling and how they are doing. I love my family. Ultimately all the glory goes to God, everything is possible through Him. I may have never found Him without Anchor House. I'm eternally grateful. Every day is a good day; I'm blessed and couldn't ask for more. I've been restored ten-fold. God is good.

A.R.



Di-Vine Poetry



"I am the Vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

John 15:5 (NIV)

"Yesterday"

Yesterday is history. Tomorrow is a mystery and today is a gift. That's why today is called the present...

Let me begin by saying I'm just a regular guy. My story is short and probably not much different than anyone else's. No matter where our stories differ, they have the common thread of addiction and of putting our lives back in order. How I do this is...one day at a time.

I'm just a laid back brother from Jersey. I adopted the motto: "Keep it simple—stupid and flipped the words around while keeping the—principle the same. I say "Keep it simple stupid", and it's like saying, "It's dumb easy" meaning anyone can do it...if they follow one basic rule: "Don't pick up today"!

That's what one day at a time means to me.

Yesterday I can't get back or change, so putting too much focus on it is just a waste of time and energy. Tomorrow isn't promised to me, so I don't put too much focus on it either. Today, now the present..

This is what I have to work with! Living in the moment won't change my yesterday, nor is it guaranteed to effect my tomorrow. However, this I know for a fact, in this moment, today I stand as a child of the Most High God and do my best.

So no matter what endeavors I embark upon in this day I was given and no matter whether I reach my mark or fall a little short I can stand proud and rejoice knowing I made the best out of the present...

I don't know about tomorrow, but today I choose not to use....God bless you.

E.I.

"Joy"

When your joy comes from God and all the wonderful things that He does, that's when you should also realize that no one can take it from you! When God gives joy no one has a say! So don't ever let the Devil take that joy away.

The Devil doesn't want to see you smiling, all happy and feeling fine. He wants to see you crying, with a long face and troubled in your mind.

In the very mist of your joy the Devil will come and try to take it. But he can't unless you let him, because he didn't make it.

God almighty gave me the gift of joy and I don't like to let it go to waste.

So I keep joy in my heart and a smile upon my face.
Joy, Joy, glory hallelujah! True joy, God only You can make it!
My joy, my God, I will not let him take it!
My joy, my God I will not forsake it!
My joy, my God, I will not let him take it!



"Spirit"

So unlikely they say
To be out of dismay
I say hey!
Today is my day!
I promise you cheer
I promise you Spirit of joy
Beyond this world of mourning
Come out I say
Rejoice in the day
Tell me your downs
And I'll trade them for up's
Here we are
Much better now
Lead the crowd in the fun
Be a go getter
My lovely one.

T.M.

Stay connected!



Anchor House



'The House of Hope'

*This hope we have
as anchor of the
soul. A hope both
sure and stead-
fast.....*

Hebrews 6:19

Men's Facility
1041 Bergen St.
Brooklyn, New York 11216
718-771-0760 (phone)
718-771-0960 (fax)

Women's Facility
976 Park Place
Brooklyn, New York 11213
718-756-8673 (phone)
718-756-4527 (fax)

OASAS
Licensed Intensive Residential
Treatment Program

Our Alumni

"And This is Now"

Isaiah 48:10 I have refined you, but not as silver is refined. Rather, I have refined you in the furnace of suffering.

2 Corinthians 5:17: This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun.

Five years ago, I never would have imagined that the scared, broken drug addict who walked through the doors of 976 Park Place would one day be replaced by a strong and loving woman of God. The work God has done in my life is nothing short of a miracle. My journey through Anchor House was not an easy one; working on myself was a difficult process. There were many times I felt like giving up, but it was at those moments when my counselor would offer words of encouragement and I would find the strength to make it through another day. The love and dedication of staff and volunteers made my journey special and unforgettable. Now, I am five years clean, my family has been restored and God has blessed me far beyond what I deserve. I stand here today as someone believing in God with all of my heart. I once was lost, but God found me and he placed me in Anchor House. He surrounded me by angels there to help guide me towards my purpose. As I continue through life, not a day goes by that I don't reflect on how far He has brought me. Now, I wake up every day grateful to be alive and grateful for this second chance. I have come to realize that this journey God started me on has no destination. The true miracle has been the people I have been blessed to meet, the joy they bring into my life, and the opportunity I have to bring joy into theirs. The journey itself is the reward and I will continue one step at a time.

By: SZ

"And So It Is"

Around 27 months ago I entered Anchor House as a broken shell of a man. Little did I know God had a plan for me. The first few months were filled with doubt and disbelief, I knew about God but I did not know that he wanted to have a relationship with me. You see I was raised in religion not relationship. At first it was hard to believe that God wanted anything to do with a person like me or the person I had become, but I was wrong. Something amazing happened to me along the way, my entire outlook on life changed. All of a sudden the things that were important to me didn't matter so much anymore, money, career, titles. For the first time in my life I truly understood the difference between happiness and joy. Happiness comes from external things, like I mentioned before. Joy comes from the Lord. When I'm frustrated I have joy, when I'm sad I have joy. I'm sure you get the point.

I completed the program in 12 months and went back to work in sales. A year later I am an Anchor House as an employee, and I start my CASAC training in July. I never saw it coming. Mark Twain once said "The two most important days in your life are the day you are born and the day you find out why." And so it is, I have found my purpose.

By: JT

