

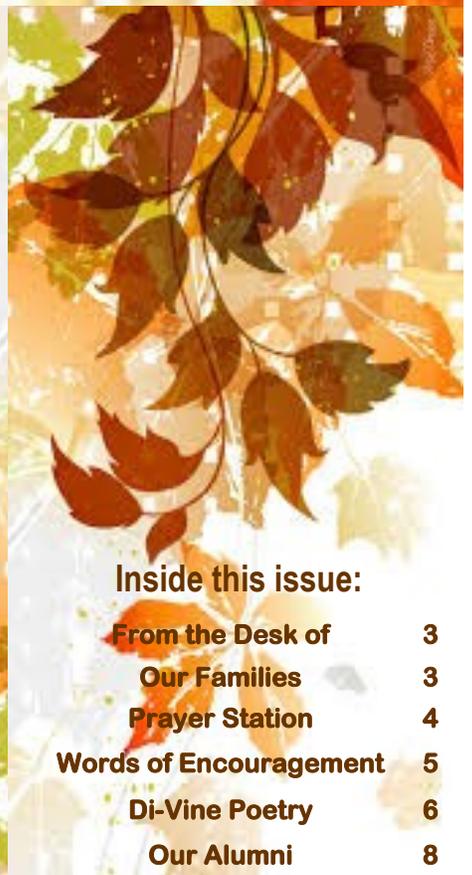


**ANCHOR HOUSE**  
**THE HOUSE OF HOPE**  
EST. 1967

# *New Beginnings*



**Fall 2015**



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*Life should be celebrated!*

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



# From the Desk of:

## Men at Work

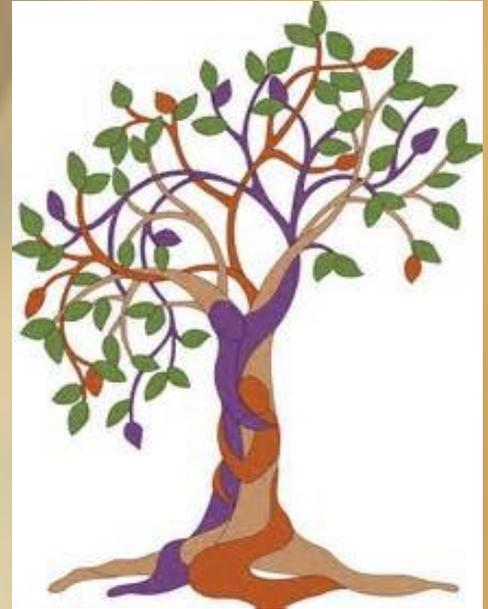
During one of the Saturday mornings, while ministering at C-76 at Riker's Island Correctional Facility and watching the two dozen men march into the Chapel, I heard God speak to me. This is what He said; "Tell them that they are all construction workers. They've been born to build their lives, their houses, their families and their society." Tell them "construction without instruction ends in destruction."

It is crucial to any building project that a clear blueprint is developed and specific instructions are implemented in order to accomplish a finished product. We the entire staff of the Men's Facility are endeavoring to provide the tools, the training, the instruction to every man so that he may not only lead a life of recovery, but a life of productivity.

This year's graduation is a culmination of a joint partnership with the graduates and the staff to provide the instruction necessary to live a productive life. To all our graduates, let me say to you that the best is yet to come. Your willingness and cooperation with the recovery process that you were given at Anchor House will cause you to succeed and prosper.

Be blessed.

From the desk of Rev. Jamison



# Our Families

Valerie is Jennifer's sister. She traveled from Queens and this is what she said, "This is my 6<sup>th</sup> visit to Anchor House". . At first the visits were hard because the relationship with her sister had been fractured. Today the difference is like night and day. Jennifer is more like herself. However Jennifer is not just fighting an addiction but she is fighting cancer also. The support she receives from Rev. Cecil Henry's church has been a tremendous blessing. Valerie is very thankful for Ms. King the Administrator of Anchor House and she feels that as an Administrator Ms. Alison is very connected. Jennifer loves the strength that she sees in the staff.

Thank you.

Jennifer's family

From Point Pleasant, NJ a one and half hour drive, Kelly's mom and family members came to visit her. Her family rejoiced as they were able to see what God is doing in Kelly's life. This was Mom's first visit and she enjoyed it. She intends to make plans to come back. Her desire is to be able to take Kelly to hear Joel Osteen on October 16, 2015 at the Barclays Center. As a family they enjoyed their time together. Anchor House has truly been a blessing.

*"The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and **recovery** of sight for the blind, to set the oppressed free. Luke 4:18*

Kelly's family

They came all the way from Boston, Massachusetts. Grace heard about Anchor House and wanted a new direction in her life. On her first family visit the family thought Anchor House was markedly superior in quality. Her son Keegan enjoyed a moment of contentment and good fellowship with his mom. The family loved that Anchor House is both strong and flexible and they are looking forward to more family visits. It was a very positive experience. In spite of the fact that it took them 4 hours to commute to Anchor House they know that they will do it again. They had a feast and passed the time in a pleasing way.

Grace's family



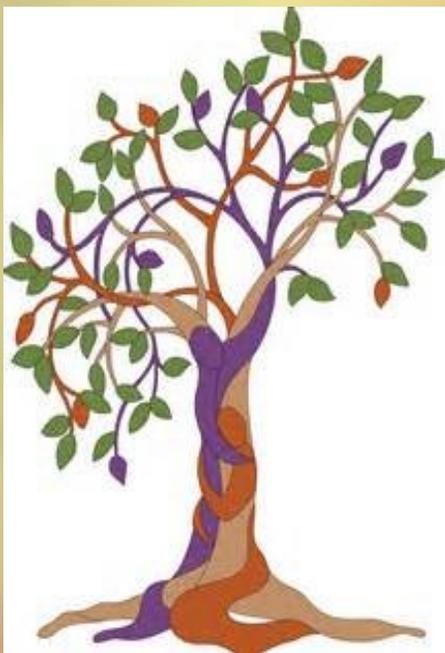
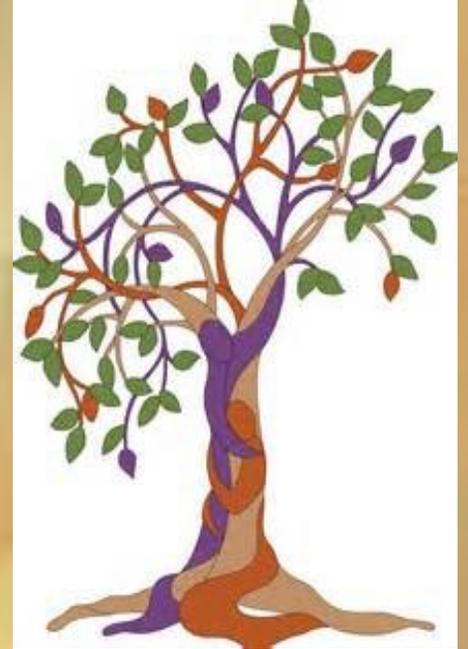
# Prayer Station



## **“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.



Dear Lord,

*Bless us and those who are misdirected  
because we know that we are not perfect.  
Oh Jesus give us the power and wisdom to  
walk righteously in your holy name. Oh Father  
we love you, we cherish you. Oh God, make  
us stronger Lord Jesus, and help us forgive our  
enemies for they do not know right from  
wrong. Oh Father bless them because they  
don't know the word of the Lord and help us  
share your word with them!*

*Amen!*

Isaiah



# Words of Encouragement

## **“Hope”**

I came to Anchor House straight from Puerto Rico. I was very apprehensive since I didn't know much about the program. In 30 years of addiction I never believed that a rehab or drug addiction program could do anything for me; due to the fact that at the end of the day it is a very personal decision to use drugs or abstain from it. I thought I had all the answers and never made it to a month in a place like this. It's been four months in Anchor House and I'm not planning to go anywhere anytime soon.

It's a big achievement that got my family and myself very surprised! This place is BLESSED!! I've learned to tame my tongue and to have patience and tolerance for others. The classes are AWESOME and very interesting. I'm learning a lot about addiction and myself. GOD is still working with me and I feel that in such a short time I am a completely different person. There is hope! I also learned to stand still and seek His will and be the person I am supposed to be by His grace. Thank God for Anchor House and I keep praying for the staff to keep up the good work!

Daniel

## **“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”**

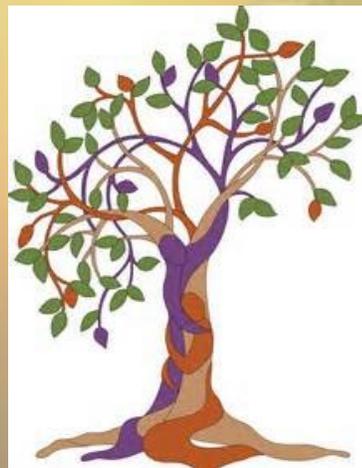
Before coming to Anchor House, I was lost, without any direction. I lost all hope in the pursuit of my dreams and aspirations. They no longer existed, until I came to Anchor House. All that was left was living comfortable in being uncomfortable. Then I came to Anchor House and by the grace of God I found 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.

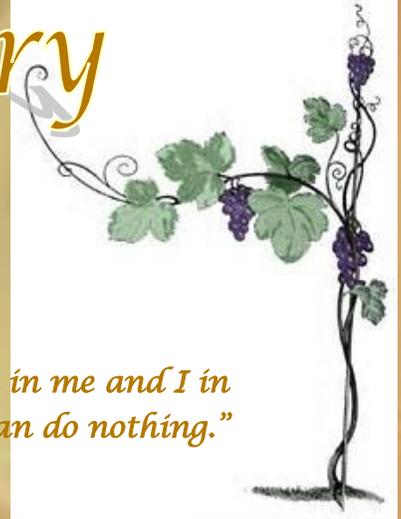
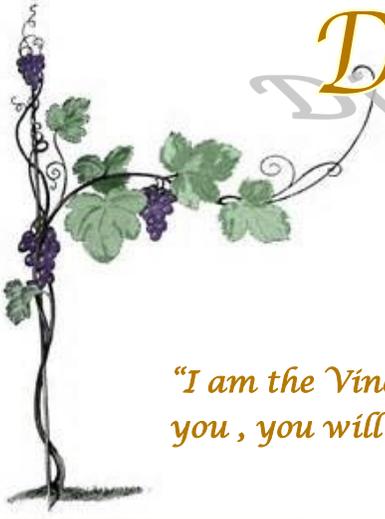
Anchor House has allowed me to pursue a trade. They have blessed me with the tools to handle life on life's terms and to flourish. I'm eager to wake up each morning to further educate myself and better myself. I look forward to the future and enjoy the field I'm in.

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



# 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)*

## **"Where Are You?"**

Young man, young man where are you?  
Why is it that you're lost?  
Why is it that you're blue?  
Young man, young man where are you?  
Can you see that the drug was the cost  
Or is that an excuse for it all?

E.B.

## **"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.



## **"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.



*Stay connected!*





*This hope we have as anchor of the soul. A hope both sure and steadfast.....*

*Hebrews 6:19*

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To learn more about Anchor House please visit our website at:  
[Anchorhouseinc.com](http://Anchorhouseinc.com)

Be on the outlook for our Christmas edition

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. This second chance has allowed me the opportunity to become an employee at Anchor House. 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

