



ANCHOR HOUSE
THE HOUSE OF HOPE
EST. 1967

New Beginnings

Spring Edition 2016



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ANCHOR HOUSE
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"Save the Date"

Thursday, September 22, 2016

Time: 6:00pm

Anchor House Annual Graduation Banquet

at

The Grand Prospect Hall

263 Prospect Avenue

Brooklyn, NY 11215

718-788-0777

Tickets: \$75.00 per person

**For more information and to purchase tickets please call:
Celeste Cameron, Admin. Asst. at 718-771-0760, ext. 116**

RSVP by Friday, September 2, 2016

(Limited Seating)

Class of 2016

Visit our website at: www.anchorhouseinc.com

Good News at Anchor House

The New York State Office of Alcoholism and Substance Abuse Services (OASAS) has redesigned treatment across the state. As a licensed provider of treatment services for OASAS, Anchor House is excited to announce expanded service opportunities.

We will now offer three types of services instead of one. Here is how it works:

1. **Stabilization Services** for individuals who may still be in need of medical supervision while recovering from acute withdrawal symptoms.
2. **Rehabilitation Services** to assist chemically addicted individuals with substantial deficits in functional skills and need residential treatment for up to one year or more.
3. **Reintegration Services** to help individuals with substance use disorders who are functional, in need of one to five months of short-term treatment and need help in getting back to their jobs, families, and communities.

We are anticipating the expansion of both our properties to include Outpatient Services. Lastly we have been approved to offer Home and Community Based Services to individuals who are already in recovery and are in need of assistance with family counseling, vocational training, employment readiness and more. We at Anchor House are eager to see the outcome of what God is continuing to do here in His "House of Hope."

Website:

We have updated our website with an explosion of great information about Anchor House; be sure to visit us at www.anchorhouseinc.com.

Graduation Banquet:

National Recovery Month is celebrated nationwide in September each year and we will join in the celebration with our Annual Graduation Banquet at the Grand Prospect Hall. Please see the "Save the Date" flyer on page two of this newsletter.



Our mission is to provide a true anchor, a stable and reliable foundation where the soul is refreshed, restored and hope is born again. Through our uniquely intimate approach to intensive residential treatment for substance use disorder men and women return back to their families as healthy, productive and self-sufficient members of our communities empowered to reach their destiny.

From the Desk of:

“The Day”

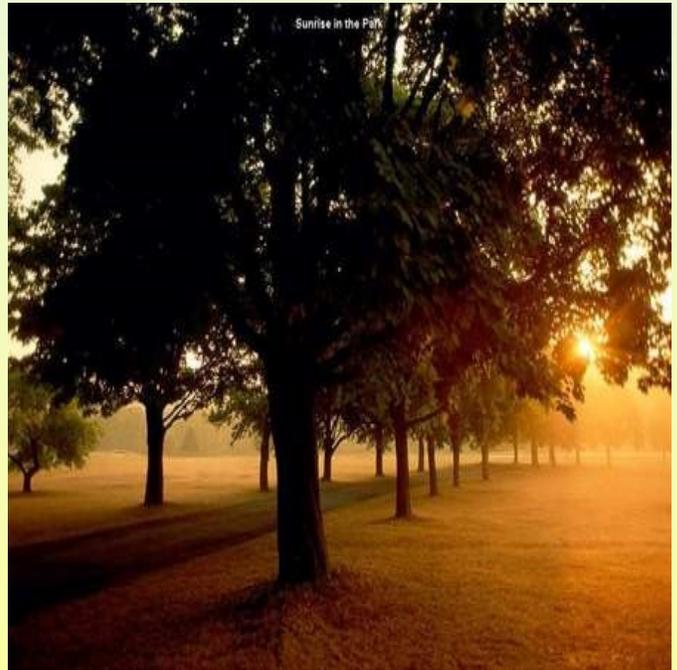
**As the day begins
Lead Me, Guide Me, Show me**

**As the day begins
Hold me, Help me, Keep me**

**As the day begins
Break me, Mold me, Shape me**

**As the day begins
Move me, Bless me, Use me,**

**Kiki Adebola
Clinical Counselor**



Our Families

“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



The Prayer

The feelings that never seem to dispense.
I'm tired of the consistency of being inconsistent
but it's my emotions that take a toll over me.
Lord, be a fortress of defense to save me.
Deliver me in your righteousness.
Be my rock of refuge and cast down all imagination.
Release me from the bonds I've created.
Save me from myself.
Show me how to walk in integrity and forgive me.
Save my soul and cleanse me.
Lead me and guide me.
Pull me out!
Give me strength!

"Lord be merciful to me; heal my soul for I have sinned against you."

EB

"Thank You"

Heavenly Father, I come into your presence with thanksgiving.
Thank you for your love and mercy that you have shown me.
Thank you for giving me a new day to live again.
Thank you for taking care of me so I no longer depend on the substance that was taking my life.
Thank you for bringing me to Anchor House, "The House of Hope", where you gave me a new family.
Thank you for healing me like no doctor could.
Thank you for the air I breathe each and every day.
Thank you for taking me a sinner and forgiving me; cleansing me from all my sin with your precious blood.
My Heavenly Father give me joy and gladness; create in me a clean heart and renew a steadfast spirit in me. Continue to guide and protect me and my family.
I pray the same for everyone at Anchor House.
Thank you God because I know you hear my prayers and everything will be done according to your will.
In the name of Jesus Christ I pray this thankful prayer.

BR



Words of Encouragement

"In My Darkest Hour"

I was told I would never amount to or become anything. I was told I would always be broken and lost without a dream. Those whom I loved most left me stranded and all alone. My strength to hope has been weakened and my joy has disappeared. It was a struggle for me each and every day because I was lost and confused; not knowing how to find my way. But out of desperation I fell to my knees to pray and out of my mouth I began to say,

"Lord I need you right now to strengthen my faith. Forgive me for the times I stayed away from your will; touch my heart and give me a joy that I can feel. Lay your hands on me so I may know that you are real. If I ever needed you Jesus, I need you now. I don't know how to live or walk in your ways; I desperately need you to show me how. I've been broken and my heart is empty. I've sinned against you and others and I ask you to forgive me. Please wash away my sin and pain; with your blood cover my shame."

At that moment I felt restored and new. God gave me a new love and a forgiveness that's pure and true. God truly healed my life; just for me. Amazing!

My friend, there's no doubt that what He has done for me He will also do for you. Give it a try.

CJB

"The Love of God"

The most loved verse in the entire Bible is, no doubt, John 3:16. It is not only the most loved verse; it is the most loving verse. Why is this? The reason is both simple and profound. Simple because it tells us plainly that love was the reason God gave his Son for us. Profound because it shows us just how far God was willing to go to prove His love for us and to save us. In this verse, John, one of Jesus' disciples, leads us backstage into the compassionate chambers of the heart of God. The scene he shows is shocking:

Jesus is stretched out wide on a cross. Tears mingle with sweat and blood as they slide down his bruised cheeks. Thorn stems twisted into the shape of a wobbly crown that mock Him as "The Christ" and "The Messiah" press deep into his skull. The iron spikes that break through the skin of His hand and feet, tearing muscle, splitting bone and marrow, nail Him between Heaven and earth.

What an amazing expression of the love of God! It is violent yet so loving; gruesome yet so sacrificial, voluntary yet so necessary. In this verse, God literally goes out on the limb for you and me. God's greatest expression of the love He has for humanity is the cross.

God loves me this I know because the blood His Son shed on the cross at Calvary tells me so.

"For God so loved the world that He gave His only Son, that whosoever believes in Him shall not perish but have eternal life." -John 3:16

MAL

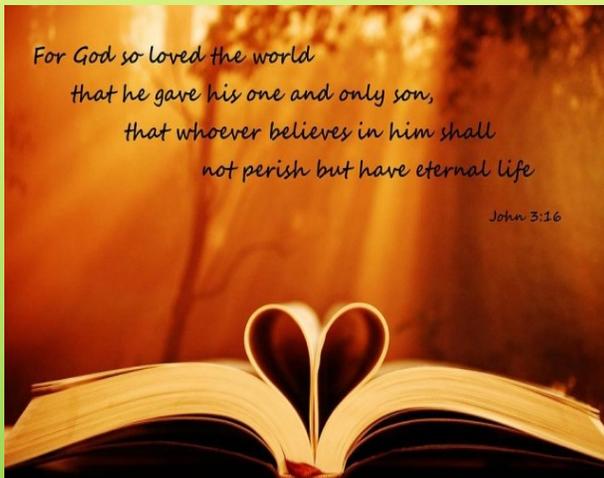
"I Can See Clearly Now"

I was homeless, confused, scared and afraid. I used drugs and alcohol for over 30 years because I didn't know anything else. I went to four programs but I never went for myself; then I came to Anchor House. When I arrived here this feeling came over me and I knew right away that this is the right program for me. I gave this my all and I decided to do what is expected of me. I learned to talk about what was going on inside of me (past pain, old habits, etc.) and I love who I have become today.

I do presentations at my school. I am no longer afraid or scared; I can see very clearly now what is happening in my life. The most important thing I learned at Anchor House is that God is always there for me no matter what. I will always trust and believe in Him.

I thank Ms. Alison, Ms. Beatriz and the rest of the staff for helping me through this journey. I will treasure my time at Anchor House and all those I have grown to love.

BP



Words of Encouragement

“New Life!”

I know some will state the fact about there being beauty in everything, but, to me a caterpillar is ugly. I used to play with them when I was young. I've seen some with different colors, in different sizes and some were fuzzy and some weren't. All the caterpillars I've ever seen had smashed in little faces with just two dots for eyes. They have all those, I guess you can call them, legs and they can't seem to move fast. They tickle your skin when you let them crawl on you; it's a creepy feeling. To top it off, when you squash them they're full of gooey, green stuff. Yeah, I squashed a few caterpillars in my day.

Even though I knew caterpillars turned into butterflies it was hard to understand how something so ugly, could turn into something so beautiful. I used to marvel at the transformation!

Looking back at this time, with my “Christian eyes”, I see the wonder of it all! God in His infinite wisdom has allowed me to see in nature a lesson of the power and glory of transformation. Just as the caterpillar, through a process, was transformed from something ugly into something beautiful, I too can be transformed! The process for me is accepting Jesus into my life and through a transforming of my mind can be made new. My old self, dirty and filthy with sin, can be transformed into someone beautiful in the eyes of God, by accepting of His Son Jesus Christ.

KB

Transformation process



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 person. 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 person from Jersey. I adopted the motto: "Keep it simple" 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 that 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 that 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.

"Everywhere"

Birds singing, bees buzzing,
Buds blossoming and blooming;
Spring is in the air.
There's a lesson in all this beauty.

Can't you see it?
God is everywhere!

KB



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

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)

Please consider investing in our mission of "Hope". Your monetary and clothing donations would be greatly appreciated. Please visit our website at:
www.anchorhouseinc.com for details.

OASAS
Licensed Intensive Residential
Treatment Program