



ANCHOR HOUSE
THE HOUSE OF HOPE
EST. 1967

Fall 2017

New Beginnings

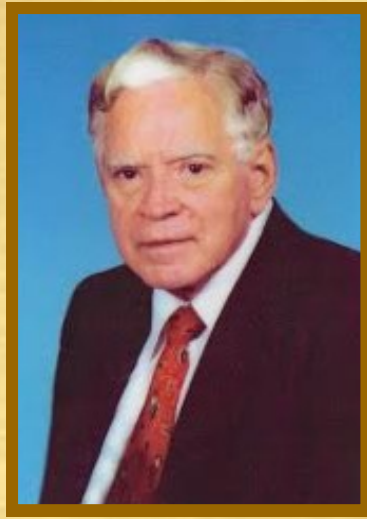


*Celebrating
50 years
of restoring lives.*

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History - Founder



Reverend Alfredo Cotto-Thorner
October 24, 1917-October 3, 2013

In 1967, Reverend Alfredo Cotto-Thorner was pastor at the South Third Street United Methodist Church. In the neighborhood surrounding the church, he saw many signs of drug addiction. He prayed for ways to help these people who were hurting. There was a notorious drug user named Sabo who lived in the neighborhood; one Sunday Sabo came to church. After the service, Sabo asked the Pastor to write a letter to his Probation Officer. Reverend Cotto-Thorner told Sabo that if he helped him work with some of the addicts, he would give him a letter. Sabo was asked to bring 10-15 addicts to the church and the churchwomen would give them food and coffee. When he brought 30-40 addicts Reverend Cotto-Thorner didn't know what to do. After the meal, they began to pray. The encounter was so well-received that the pastor decided that they would meet regularly. Reverend Cotto-Thorner thought that having their own building and a place to stay would help them battle addiction.

The Brooklyn and Long Island Church Society purchased 976 Park Place from United Methodist Church. Once the building opened, Reverend Richard Rice and wife Nancy came to work with the program. Nancy and Dorothy Cotto-Thorner asked women in Brooklyn and Long Island to provide furniture, pots and pans, dishes, utensils and anything that was needed to make the program function. At the time, there was no paid staff, only volunteers. Reverend Cotto-Thorner became friends with Sabo. Together, they went to "shooting galleries" where Reverend Cotto-Thorner had many addicts die in his arms. No one ever attempted to harm Reverend Cotto-Thorner or any of the volunteers. Dorothy Cotto-Thorner and Nancy Rice organized 'Neighbors of Anchor House (NOAH). The men's facility grew from 20 men at Park Place to a newly built facility for 50 men in 1996 at Bergen Street. It was then the women's facility was born and provided hope to 20 women and most recently expanded to 28 women in 2014.

Our Families

Family Interview

Question: How do you feel about your family member's progress since entering this program?

Answer: I feel that she has made great progress since entering this program. She's more optimistic.

Question: How do you feel this treatment facility has/is helping your family member?

Answer: I feel that she is more focused.

Question: Please name one of the biggest changes you have noticed in your family member since they've been in treatment.

Answer: She is more peaceful and calm.

Question: What would you like to share with other parents who have a family member suffering from addiction?

Answer: That this program is very family oriented and very supportive.

R.S.P.



Family Interview

Question: How do you feel about your family member's progress since entering this program?

Answer: Excellent and I'm impressed with the program.

Question: How do you feel this treatment facility has/is helping your family member?

Answer: It is a positive way of giving her a positive outlook.

Question: Please name one of the biggest changes you have noticed in your family member since they've been in treatment.

Answer: She looks fantastic; she's gained weight and she looks like she wants to live now.

Question: What would you like to share with other parents who have a family member suffering from addiction?

Answer: Don't give up. Keep trying until you get them into a facility. Continue to pray; Christ has to be in it.

Question: Do you have any suggestions on anything we can improve in the program to better assist your family member?

Answer: Continue to monitor her calls but allow siblings to speak to them and continue to keep putting God in it.

P.S.



Testimony/Words of Encouragement

Dear Sisters. I asked God to show me myself through other people and you my sisters are all different; visions of myself. I made sure I was dressed to impress and you couldn't tell me I wasn't the next top model. You couldn't tell me I didn't have it going on. Truth be told that was a mask to cover up all the turmoil on the inside.

I faked the reality that I had it all together. I felt that if they saw I was a mess inside and not as strong as I represented myself they wouldn't like me.

I know and I see you ; I am you and you are me. I see the pain and hurt from your broken place and I feel the shame of guilt of past behaviors and actions. I understand not wanting to face the trauma of yesterday and I pray for the renewing of our minds; the scales removed from our eyes so we can see things in a more spiritual and positive way; our nose to smell a new way of life; our mouths to change the way we talk and only life to roll off our tongues; our ears to hear the voice of God; our hearts to be cleansed and healed so we can know true love and to be able to give and receive it; for our hands that creativity will flow when a pen is placed in them; that we will clap to the Lord with praise; for our feet to let God lead and guide our footsteps; that we can step into our purpose and shout into our destiny. I pray for God to give us that special and loving touch while we continue on our journey of change and transformation. I pray that we will be healed from the top of our heads to the souls of our feet.

Yes I am you and you are me so together we will stand. Rise my sister, rise from cocoon to butterfly.

L.R.

He Loves Me

He said He loves me, but why does He love me? He said He knew me before I came to be. Nine months He molded and crafted me. He said He cries for me and He sent his only begotten Son to die for me.

Yeah He said that he loves me but sometimes when I call upon Him, He's not always there for me (or is He?) For me! For I'm a sinner and I'm not worthy of His love because even when I do bad things, He's never quick to judge. He has that everlasting love, that always forgiving love. Now, I'm curious to know why He loves me the way that He does. So this is why I'm on this mountain top, screaming "He loves me, He loves me not. Three times I said this. Then I heard a strong beautiful voice that said, "STOP! I love you and this is why I brought you to this mountain top."

D.W.

We Do Recover

Just for today, I found a better way to live life on life's terms.

I cheated on my fears, broke up with my doubts, got engaged with faith and now I'm marrying my DREAMS!

P.C.



Testimony/Words of Encouragement

Finding a Home

In time even the harshest skeptics heart is touched by things real or imagined going on around him. The unexplained events once defined as coincidence at Anchor House we come to see as miracles. Seemingly miraculous physical, emotional and spiritual transformation leads one to start to believe that "Through God all things are possible" and maybe, just maybe God does have a plan for me...if I just believe.

You see, a short while ago I was that skeptic who viewed Anchor House as just a rehab and the goings on as coincidences. I am now starting to believe in miracles and view Anchor House as home.

I say to each and every resident that Anchor House represents something different. To some it's a sanctuary, a respite from the streets. To others a short term pit stop, a place to rest up, re-tool, re-energize before we go off again to do what we do. It can also be an alternative to incarceration for the select few to whom the privilege is granted.

None of us come through the doors thinking of Anchor House as home, the safe haven we all knew and now seek; where love is abundant and family resides. But in time, that is what it becomes...home.

The fellowship and comradery found living amongst my fellow residents is like the bonds I've forged with my siblings. Growing up the older brother, not having a clue I find myself now with 40 others in whom I can turn to and confide in times of distress.

The guidance and encouragement we receive from management and staff is reminiscent of the parental and familiar love from the elders we all knew growing up.

T.S.



An Anchor Saved My Life

I was drowning in a sea of despair, pain and sorrow and because of it I did a lot of drugs to numb the pain. I was in denial and thought it to be normal behavior because I came from a dysfunctional lifestyle.; But God!

While in detox it was suggested that I enroll in a drug rehab program to get to the root of my addiction. It was divinely orchestrated to attend Anchor House. The instant that I walked in I saw the mural on the first floor that made an impact on my life; Jesus hugging a drug addict! At that moment I realized this was the place and I felt His embrace.

Now because of withdrawal I was going through a lot of physical pain, but little did I know, God was not only healing my body but was also dealing with my emotional and spiritual pain.

I really cannot explain it but my Savior used an Anchor to save me from drowning in my sea of despair. As Jesus said in Matthew 9:12, "Those who are well have no need of a physician, but those who are sick.

MS

Prayer Station

"The eyes of the Lord are on the righteous and His ears are attentive to their cry"

Psalms 34:15



My Prayer

Cure my soul
Lead me to the promised
land

Enter my heart
Anoint my body O Lord
Never forsake Him

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)



From the Desk of:

If I Knew Then...

If I knew then what I know now I would have realized that my youth and vitality would be short lived; time would be fleeting; it would pass in the blink of an eye. The very youth that was my prize left now and I'm alone.

If I knew then what I know now I would have feared the Lord so that fear would have matured into a deeper love.

If I knew then what I know now I would be a better me.

From the Desk of Kiki Adebola

When the sun shines
The night will fade away
When the sun shines
It will be a new day

When the sun shines
The storm will blow away
When the sun shines
The clouds will roll away

When the sun shines
The snow will melt away
When the sun shines
Flowers will bloom again

When the sun shines
Darkness will move away
When the sun shines
Brightness will come to stay.

Life should be celebrated!

I desire the life that God has promised me.

L = The Lord appeared to us in the past saying, "I have loved you with an everlasting love. I have drawn you with loving-kindness."
Jeremiah 31:3

I = Intercessor

F = Freedom—Jesus said, "If the Son set you free, you will be free indeed."
John 8:36

E = Jesus said, "Whoever believes in the Son has eternal life."

So I choose **LIFE** today.

P.C.



Wounded Man/Redeemed Man

I grew up in a middle class neighborhood; very privileged. Yet I was emotionally and spiritually broken, angry and confused. From the outside our family looked like your average middle class American family but behind the doors were constant arguing, screaming, hitting and breaking things. Frustrations were taken out on me, the hyper child, and this was the beginning of 30 years of addiction, crime, violence and loneliness. My mom left when I was 12 years old and my brothers blamed me for her leaving. I felt rejected, abandoned, unloved and unwanted so I dropped out of school by the 9th grade and ran the streets with older kids from dysfunctional families like mine. This was a recipe for disaster. By the age of 15, I was smoking crack, getting arrested and in and out of programs. I eventually ended up in prison and eventually homeless with no purpose, no passion and no hope. Many other things took place in my life but to make a long story short I ended up on life support twice. I was beaten into a coma by four guys with baseball bats. I ended up a fugitive, a hardened criminal and a part of the dark underworld of addiction. I was lying, cheating, stealing, begging and borrowing anything I could to get the next one. I was a slave and couldn't see any way out. I went to jail for the umpteenth time and the only visitor I had was my dad. I was so alone and broken. His hug was the most comforting hug I could receive like a child in a 43 year old broken man's body. My dad's only wish was to see his son get sober, be happy and be free so he helped me get into another faith based 90 day program. I prayed and begged God and He showed up. I got involved in the groups and shared honestly my testimony. My dad told me he was proud of me and couldn't wait to see me. After being there a couple of months I called home only to find my dad has passed away unexpectedly. I was in shock and denial. I went to the wake and the funeral and then back to the program. I tried to process everything but still didn't fully trust God. I ended up going back to my home to what was familiar. I lasted three weeks and down I went. A day after getting high I lay in bed depressed and I whispered, "God help me" and my prayers were answered. I was invited to a church I had been to and one of the members and the Pastor prayed over me. They gave me the phone number to Anchor House. At first the fact of the unknown almost prevented me from making the call but deep inside something said, CALL!". Within two weeks I was in the program. I know now that whisper was God's Spirit speaking to me. I've been here for 90 days and a radical change has overtaken my life; it's the love of the Father. Psalm 27:10 says, "Even if my father and mother abandon me, the LORD will take care of me." So I'm being restored, renewed and redeemed by His love one day at a time here at the House of Hope. I have forgiven others but most of all I forgave myself. I'm living proof God can take any mess and make it His message and that it is never too late with God.

M.G.



*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)

To learn more about Anchor
House please visit our web-
site at:
Anchorhouseinc.com

Be on the outlook for our
Christmas edition

OASAS
Licensed Intensive Residential
Treatment Program

Our Alumni

God Works It Out

In Deuteronomy 28:13 God's word says, "The LORD will make you the head, not the tail. If you pay attention to the commands of the LORD your God that I give you this day and carefully follow them, you will always be at the top, never at the bottom."

As I reflect on the past 13 years I see God's glory and how He took me from a life of degradation. As an Alumni of Anchor House God has redefined and developed me for His purpose and His plan (Jeremiah 29:11). I completed college, earning a Bachelor's Degree and a Master's Degree in social work as well as credentialing in the very sin that had me bound and confined; substance abuse. God again took what Satan meant for harm and turned it into good.

There was a time I did not believe there was a purpose for my life and believed my purpose was to be abused by others and to abuse myself with alcohol and drugs. Today I encourage the abused and counsel the ones who abuse themselves with the same substance.

Again, God has proven that He is not a man that He should lie. This promise in Romans 8:28, "and we know that in all things God works for the good of those who love him, who have been called according to his purpose. ."

R.N.W.

