The Healing House And New Beginnings, Inc.

JOURNEYS Newsletter

VOLUME 9, ISSUE 3

JULY 1, 2026

We are...

A Christian non-profit residential recovery program designed to help those who suffer from substance use disorder to:

·Recover from a hopeless state of mind and body,

·Grow in their faith in Jesus Christ and

·Grow in their responsibility to their community.

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Trophies of God's Grace



On Saturday, May 2nd, 2026, friends and family gathered at House of Prayer Family Church to celebrate the commencement of Heather Jackson from The Healing House and New Beginnings (THHNB) one-year recovery program. Heather chose to postpone her celebration until her two year mark, making this a two year commencement! The ceremony opened with prayer and announcements from THHNB Founder and Executive Director Heather Gieck. She then declared the truth from Deuteronomy 15:12-15 about forgiving our debtors. She explained the importance of the covenant word "remembrance" which means always remembering where we came from and looking back and seeing where we were versus where we are now. She then declared Psalm 103 1-5 "Bless the Lord, oh my soul; And let all that is within me, bless His holy name! Bless the Lord, O my soul, And forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, Who satisfies your mouth with good things, So that your youth is renewed like the eagle's." Heather Jackon was then given the opportunity to share her heart with all who attended. "Whenever I first came here, I came from a very dark place. I was broken, I was in pain, but I had hope. I had hope when I was in prison that God would bring me to a place where I could change. And He did. He sent me here!" She gave her deepest thanks to everyone who has walked this journey with her. Heather J. not only made the decision to wait until two years to have her commencement celebration, but has chosen to stay even longer with the Lord's leading as she serves in the Healing House as a House Leader Helper and Chore Coordinator. Heather has grown tremendously in the time she has been with us and we are so excited to see what God has in store for her next!

CONGRATULATIONS!





Ministry in Review!

Head to our website www.thehealinghouseandnewbeginnings.org to check out our Annual Ministry in Review where we show you the details on expenses, revenue, program participation and growth! Thank you to all who have prayed and contributed to give The Healing House and New Beginnings another successful year!



"Developing the ability to follow God and shape our decisions and actions according to His will for His use."
The Healing House and New Beginnings

"Now may He who supplies seed to the sower, and bread for food, supply and multiple the seed you have sown and increase the fruits of your righteousness, while you are enriched in everything for all liberality, which causes thanksgiving through us to God"
2 Cor. 9:10-11 NKJV

Mark Your Calendars!

AUGUST - 1

Commencement Ceremony
1:00 PM
House of Prayer Family Church
2707 W. Main St.
Jefferson City, MO

Please join the celebration as we recognize **Crystal Bracken, and Heather Fredrickson** for completing The Healing House and New Beginnings program.

2026 Annual Picnic in the Park & Recovery Awareness Event

The Healing House and New Beginnings successfully hosted this year's Annual Picnic in the Park & Recovery Awareness Event, welcoming more than 185 attendees for an afternoon of food, fellowship, and community support. The BBQ-style event featured resource tables from community partners including Transformational Housing, Compass Health, Good Dads, Landmark Recovery, and Hollon Chiropractic. Attendees were inspired by powerful recovery testimonies from residents Ciara and Crystal T., who shared their journeys from substance use to sustained recovery. Despite an uncertain weather forecast, the rain held off, allowing participants to enjoy music, prize giveaways, and meaningful connections while celebrating the message that recovery is possible through hope, support, and strong community partnerships. Results indicate the event raised approximately $12,300 for the ministry! THANK YOU to all who came out, donated, and participated in any way!

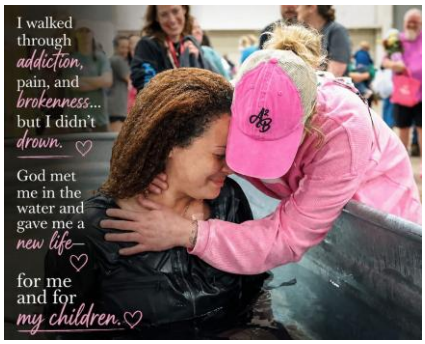





ASHES TO BEAUTY

On April 10–12, we were richly blessed as Kenneth and Abigail Miller generously sponsored many of our residents to attend *Ashes to Beauty*, a powerful weekend dedicated to encountering the love and transforming presence of Jesus Christ. For many women, the experience was deeply impactful and life-changing. The weekend concluded with a beautiful celebration of faith as several residents chose to be baptized, publicly declaring their commitment or renewed dedication to Christ. We rejoice in the continued work God is doing in the hearts and lives of the women we serve and are grateful for His faithfulness and grace.



Celebrating a Faithful Volunteer: Laurie Mills

Laurie has been a dedicated supporter of THHNB since its inception, helping establish the ministry by serving on the Administrative Committee that developed its foundational policies and procedures. Throughout the years, she has served as bookkeeper, newsletter writer, class facilitator, and even opened her home as a THHNB residence before relocating to Kentucky in 2021, where she continues to proofread the ministry's newsletter. Beyond THHNB, since 2016 Laurie has been active in Full of Faith, an online Christian 12-Step recovery ministry for individuals with food addiction (www.fulloffaith.com). She recently earned certification through the INFACT International Food Addiction Counseling and Treatment School and is beginning to present food addiction education to support others in their recovery journeys. Laurie says about her connection with THHNB, "I'm thankful God blessed me greatly to be a part of the work He does through you." We are deeply grateful for Laurie's dedication, servant's heart, and lasting impact on THHNB, and we thank her for the ways she continues to bless this ministry and those it serves.





Carry the Cross

On Good Friday, April 3, several of our residents joined members of House of Prayer Family Church in a meaningful public expression of faith. Standing along Highway 50 with crosses held high, they shared a visible reminder of Christ's sacrifice and the hope found through His resurrection. This powerful demonstration of unity and worship served as an encouragement to our community, pointing hearts toward the true meaning of Easter and the life-changing message of the Gospel.





Serve JC

As part of the annual Serve JC community outreach event, residents and staff of The Healing House and New Beginnings were honored to give back through hands-on service projects across our community. The women divided into two teams for the day: one group worked at one of our properties, spreading mulch generously donated by Hentges Tree Service, while the other group volunteered at Common Ground, one of our valued community partners. We are incredibly proud of our residents for demonstrating servant-hearted leadership and a willingness to invest in the well-being of our community. Their dedication reflects the positive impact of recovery in action.



Congratulations Carissa & Robert!

On June 7, we celebrated a very special milestone as Senior Leader Carissa Davis was united in holy matrimony with Robert Melton. Carissa entered the program in January 2023, and following her commencement, faithfully chose to continue serving in leadership. She first served as House Leader at Bethel House and later concluded her leadership journey with excellence at Jochebed House. We were honored to have Heather Gieck officiate the ceremony as family, friends, and residents gathered to share in a joyful celebration of God's faithfulness and this beautiful new beginning.





Please pray for our residents and House Leaders

Healing House
*Kayla
Tara, Heather J., Rochelle, Heather F., Kristi, Shannon, Kadi, Megan

Jochebed House
*Ciara
Amanda, Melinda, Alta, Tiffany Elizabeth

Bethel House
*Leah
Jessica, Rhonda, Ashley

Karen's House
*Crystal T.
Katelan, Crystal B.

*=House Leader

The Healing House
And New Beginnings, Inc.

P.O. Box 1682
Jefferson City, MO 65102-1682

**"Changed hearts lead to changed lives.
Changed lives lead to changed communities."**

This institution is an equal opportunity provider.

About The Healing House and New Beginnings, Inc.

Our program offers:

Recovery –
- A 12 Step Program of Action
- Codependency
- Seeking Safety (Trauma/Substance Use)
- Mentoring

Spiritual Growth
- Bible-based classes
- Local Church involvement

Housing and Life Skills
- Safe, affordable housing
- Help with securing employment
- Life skills classes

Physical Growth
- Importance of healthy diet and exercise

Contact Info:
Housing Inquiries: 573-645-2501
www.thehealinghouseandnewbeginnings.org
housing@thehealinghouseandnewbeginnings.org
Other: 417-559-7068
hgieck@thehealinghouseandnewbeginnings.org

Executive Director:
Heather Gieck

Board of Directors:
Mark Saucier, President
Don Smith, Treasurer
Shannon Kimsey, Secretary
Brenda Schell
Lisa Lopez

Classes are held Monday – Wednesday 6:00 – 8:00 p.m.

For comments or to receive JOURNEYS electronically, please email:
bschuessler@thehealinghouseandnewbeginnings.org

THE FOOD BANK FOR CENTRAL & NORTHEAST MISSOURI