

**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, November 4th, friends and family joined together at House of Prayer Family Church for the Commencement of Crystal Taylor and Rachel Bowen from the Healing House and New Beginnings (THHNB) one-year recovery program. Following prayer and opening announcements, Founder and Executive Director Heather Geick imparted

the truths in 2 Peter 1:1-4 and the promises in Galatians 3:26-29. Rachel then spoke with emotion and gratitude, giving thanks to her mom and dad in Heaven for planting the seed of the love of God in her as a child. She said "This last time in prison, I just had and I was done with that life. I wanted only what He wanted for me." Rachel has chosen to stay a little longer while she prepares for her children.

Crystal then opened with Philippians 4:12-13 from the Passion Translation "I know what it means to lack, and I know what it means to experience overwhelming abundance. For I am trained in the secret of overcoming all things, whether in fullness or in hunger. And I find that the strength of Christ's explosive

power infuses me to conquer every difficulty." She went on to explain her struggle through 25 years of addiction, going in and out of jails, and institutions. "When I prayed and asked God to turn it around, that's exactly what He did." She said. "I am loving the person I am becoming but this is only the beginning!" Crystal is continuing as a second year resident at the Bethel House in a leadership role, alongside the Senior Resident. She is almost finished with her GED classes, working two jobs, and has plans to obtain a Peer Specialist Certification so that she can one day prayerfully give back professionally what she has learned through her own personal experience. We love you both so very much and can't wait to see the doors God has planned to open for you both! Congratulations!

## INTRODUCING: Karen's House— Next Step Program



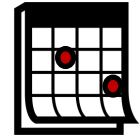
The Healing House and New Beginnings is pleased to announce the purchase of "Karen's House", a second year incentive house. Beginning in January, we will be housing five residents who have a desire to give back in facilitating classes and outreaches, while learning important life skills and responsibilities in an Oxford House-like setting. Upon leaving after completing their second year, they will receive back their last month's program fees, plus the initial sobriety deposit, along with a 2 year history for making payments for housing! But most important will be the skills and responsibilities learned in managing their lives and finances along with crucial leadership traits and independence. Please keep our 'Next Step' residents in your prayers as they set out on this beautiful journey!



*“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*

*“The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’”  
Matthew 25:40 NIV*

# Mark Your Calendars!



## FEBRUARY - 3

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

Please join the celebration as we recognize **Barbara Baur, Kayla Pipes, & Jessica Earnshaw** for completing The Healing House and New Beginnings program.

## Kingdom Harvest Fall Festival



One of our favorite festivities of the year would have to be our Kingdom Harvest Fall Festival which takes place during the Biblical festival of Tabernacles! On Saturday, October 7th, we gathered family, mentors, alumni, board members, and friends to participate with residents in games and activities such as pumpkin painting, gunny sack races, pin the tail on the donkey, and much more! What a fun way to bring in the fall season while remembering the spiritual significance of God’s people in their wandering before entering the Promised Land!

## Light A Candle Ministries ~ LOVETOTES

We would like to thank and feature Light a Candle Ministries for graciously donating LOVETOTES to our residents. Light a Candle Ministries is a ministry birthed through one of our mentors, Michelle Fay. Michelle, along with about 10 other women who regularly attend “Pack-N-Pray Parties”, put together totes filled with donated items that are useful, meaningful, and inspiring, with the purpose of spreading the love of God. They call these “LOVETOTES”. When the idea of LOVETOTES was formulated, Michelle brought the idea to Nannette Ward, Co-Chair of the Human Trafficking Coalition, with the intention of sharing the totes with survivors of sex-trafficking. This idea has since expanded to survivors of basically any trauma at all including homelessness, substance abuse, domestic violence survivors and more. “It’s God’s entrepreneurship-I’m just on board with it.” Michelle said. She is extremely thankful for the support from her church congregation at Christian Fellowship of Jefferson City. The volunteers focus on targeted prayer over each LOVETOTE, community awareness, and volunteer education. We are so grateful to be able to pass these blessings on to our residents, and they truly do fill the recipients with joy! If you are interested in learning more or seeing how you or your church can help, you can contact Michelle at [lightacandleministries@gmail.com](mailto:lightacandleministries@gmail.com) or by phone at 573-230-8205.





# THHNB Thanksgiving Feast!

We had approximately 75 guests gather on Saturday, November 18th for Thanksgiving 2023! Cargill Inc. graciously donated 7 turkeys, while Colton's Steakhouse and Grill agreed to smoke them all! Our plates and hearts were full as families united, some of which hadn't been able to spend a Thanksgiving together for many, many years! It's always a good time to remember the Biblical principles upon which our country was founded, share a great meal and lots of smiles!



## WinterFest

On December 12, we celebrated with residents, mentors, board members, and staff to recognize one another's efforts and achievements, exchange gifts, and enjoy fellowship and food. We played a fun Seran Wrap game where the residents won over \$300 worth of prizes! What a way to close out our year!



*Please pray for our residents and House Managers*

Healing House

\*Brenda and her daughter Sarah  
\*Crystal D. Barbara, Rachel Cheyanne, Ti-Ara Kristen, Tara

Jochebed House

\*Rebecca and her children Natalie & Raynon Amanda, Lindsey Leslie

Karen's House

Kayla, Chris, Leah Carissa, Melanie

Bethel House

\*Lisa Crystal T., Tristian Jessica, Cammellia

Single Mother's

Sarah & her children Preston & Lexi

\* = Sr. Resident

## Congratulations!

Help us congratulate these brave and bold women for successfully completing "Set Yourself Free" (top left) facilitated by THHNB Assistant Program Coordinator Crystal Duwe, and "Making Peace with your Past" (bottom left) facilitated by Women 2 Women Center for Women's Ministries. We are so very well pleased with the willingness demonstrated by these women to heal from their past!





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

Classes are held Monday – Wednesday 6:00 – 8:00

Contact Info:

Housing Inquiries: 573-645-2501

[www.thehealinghouseandnewbeginnings.org](http://www.thehealinghouseandnewbeginnings.org)

[housing@thehealinghouseandnewbeginnings.org](mailto:housing@thehealinghouseandnewbeginnings.org)

Other: 417-559-7068

[hgieck@thehealinghouseandnewbeginnings.org](mailto:hgieck@thehealinghouseandnewbeginnings.org)

Executive Director:

Heather Gieck

Board of Directors:

Mark Saucier, President

Don Smith, Treasurer

Shannon Kimsey, Secretary

Brenda Schell

Lisa Mendes

Jo Lynn Dubea

*For comments or to receive JOURNEYS electronically, please email:*  
[bschuessler@thehealinghouseandnewbeginnings.org](mailto:bschuessler@thehealinghouseandnewbeginnings.org)

