

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



Congratulations, Wendie Messer, on commencing The Healing House and New Beginnings recovery program! Family and friends gathered December 1st to celebrate with a ceremony held at House of Prayer Family Church. As Executive Director Heather Gieck explained in her opening remarks, "We use the term commencement instead of graduation because it's not a completion but a humble, yet beautiful, beginning. A time of going forth and stepping into the beautiful life that God has purposed for Wendie."

After several in attendance shared their memories and heartfelt wishes for Wendie, she

addressed the group. "I want to start off with saying 'I am a child of God and today I know that.'" Wendie explained that her father had died when she was an infant and her mother left shortly afterwards. She had family who supported and loved her, but Wendie always felt a missing area inside that she looked to satisfy in a lot of different ways but never could. She expressed her deep gratitude to her adoptive mother and family members who never gave up on her and to those who have provided safety, love and care for her children.

Like others who have come to The Healing House, Wendie's transformation has been dramatic - so much so that even her choice of colors to decorate the reception were black and white to signify the difference in her when she arrived and as she started "walking out a life of obedience."

Wendie came to the ministry when she was 7 months pregnant and in a dangerous health situation for her and her baby. Heather and Wendie shared how God's grace was present for

them both as the ministry previously had not accepted women into the program who were expecting babies. Wendie had no visitation privileges with her other children when she arrived and could have possibly lost parental rights to at least one of them. In contrast, today Wendie is healthy and has been developing relationships with all five of her children who all but one were able to be there to share in the celebration along with the families who have been caring for them.

Wendie shared Ephesians 5:8: "For once you were darkness, but now you are light in the Lord; so walk as children of Light (live as those who are native-born to the Light.)" saying, "This speaks volumes to me. I have a Father that I've never had. I am so thankful, so thankful to my Papa today for His love and everything He continues to do for me and my children." Wendie ended with a special photo slide show and song prepared for and dedicated to her children.

God bless you and your family, Wendie!



To Give Back What We've Received

Kimberly Finton and Tricia Roberts completed a week-long Peer Support Specialist class in November and passed the certification exam. This gives Kimberly and Tricia specific training to assist others in their recovery from substance use disorders and/or mental illness. The certification may also help qualify them for future employment in the mental health field modeling recovery and providing support and encouragement to others. Congratulations, Kimberly and Tricia!



“Developing the ability to follow God and shape our decisions and actions according to His will for His use.”

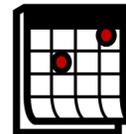
The Healing House and New Beginnings



“For God so loved the world that he gave His only Son...”

John 3:16 ESV

Mark Your Calendars!



FEBRUARY 2 - Commencement Ceremony

Please join the celebration as we recognize **Ashley Chop and Jacob Forbis** for completing The Healing House and New Beginnings program at a commencement ceremony planned for 1:00 p.m. at House of Prayer Family Church, 2707 W. Main St. in Jefferson City.

~~ IN THE WORKS ~~

Watch for a new ‘CELEBRATE RECOVERY’ meeting coming this spring!

Season of THANKS and GIVING

November and December brought many opportunities for Healing House residents to focus on gratitude and the season of giving. The ministry held its first Thanksgiving Open House where residents, family and friends were welcome to share food and fellowship throughout the afternoon. Having a loving place to belong is especially meaningful this time of year. Residents volunteered for The Food Bank of Central and Northeast MO Food Drive and packaged food for the Feed My Starving Children international feeding program. They enjoyed outings to local Christmas events including Downtown Living Windows, Christmas Parade, Capital Christian Church Journey to Bethlehem to



Volunteering and sharing...

Community Thanksgiving Service

Feed My Starving Children

Food Bank of Central & NE MO



Thanksgiving Prayer

Getting creative making Christmas ornament gifts for The Healing House and New Beginnings Board Members

name a few.

Greg Lee, of the Koinonia House, gave his testimony at this year’s Community Thanksgiving Service. Greg along with Tricia Roberts and Mike Morgan shared their stories at Immanuel Baptist Church where The Healing House was invited to enjoy



their Christmas program, meal and fellowship.

Residents crafted Christmas ornaments that feature a Healing House group picture to give to members of the Board of Directors at the annual Christmas party with the Board. There, Healing House residents were also blessed to receive presents from Board members. The group shared in the fun of watching as one by one, each person opened their gifts. There were lots of laughs while enjoying an evening of visiting and refreshments.

As these pictures portray, The Healing House family finds the proverb true: “Your own soul is nourished when you are kind;” Prov 23:7a TLB

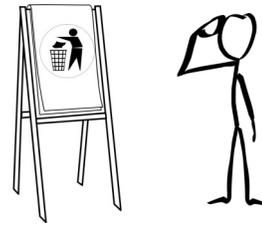
We are truly blessed!



Sharing Christmas Joy with Healing House Board Members & Friends

What we're learning...

*"What Are You Thinking?" Workshop by Lisa Mankin
~ Recognize and Remedy Limiting Thought Habits ~*



Habits, we all have them. You may be surprised to realize that we can have thinking habits that just aren't very helpful to us. Can we replace troublesome ways of thinking that can potentially derail our recovery with ones that help us live more peacefully? This was the topic of Lisa Mankin's two-evening workshop held in early November where she told of her personal experience of healing through the power of God's love and by learning to identify and combat some of these ways of thinking.

Using relatable illustrations, Mrs. Mankin taught on several common thinking distortions offering practical steps to turn them to more accurate and helpful beliefs. She shared scriptures she relied on to bring these thoughts to the obedience of Christ. A few examples of the types of thinking discussed include: Jumping to conclusions (or mind-reading), comparing, labeling and over generalizing. Participants were given tools and assignments to practice what was presented. With awareness, practice and following the Lord, our thoughts can be renewed! (Rom 12:2) *"For as he thinks in his heart, so is he."* Prov 23:7a NKJV

FROM THE EXECUTIVE DIRECTOR



AS I REFLECT ON THE PAST SEVERAL YEARS, I am in awe of the beautiful work that GOD has accomplished through His people: people who have hearts for helping people, people who didn't even realize that they were being used by GOD as instruments of righteousness to fulfill HIS purpose and plan, and then people who purposely and intentionally knew the heart of GOD and set their hands to the plow to get done what GOD purposed to be done. I am eternally grateful to all of you.

January 2012...GOD placed "HIS vision", The Healing house and New Beginnings, in my heart after delivering me from a life of chaos and destruction. He took out my heart of stone and gave me a heart of flesh, placed His Spirit within me and through AGAPE love, he healed me from the inside out. It is with and through this love, that I serve HIM by serving the lost, hurting, and broken of our community.

Everyone who has helped, served, and sowed into this ministry is an integral part of its growth and success for and in the kingdom of GOD. Words do not adequately express the eternal gratitude of my heart for the love (gifts), acceptance, prayers, and financial support that have been bestowed upon us by our community. One of the most beautiful gifts given to me is the ability to see firsthand hearts being changed, lives being restored, reconciliation between mothers and fathers with their children, and leaders being developed. I am ever reminded that...

**"CHANGED HEARTS LEAD TO CHANGED LIVES AND
CHANGED LIVES LEAD TO CHANGED COMMUNITIES..."**

To GOD BE ALL THE GLORY!

Thank you to my family for their love and support of the work that GOD has called me to do, that allows me to put HIS things first. Thank you to all the board members for their love and dedication to this ministry, sowing seeds of their time, skill, and finances. Thank you to my beautiful sister in CHRIST who is my right hand in this ministry, helping behind the scenes in countless ways that cause us to be successful and maintain integrity. Thank you to the men and women who are rising up from within and have made a commitment to stay and help us grow...

Thank ALL OF YOU for being fellow laborers in this labor of AGAPE LOVE..

Peace in Christ,

Founder and Executive Director
The Healing House and New Beginnings, Inc.

Please pray for our residents:

<u>Healing House</u>	<u>Koinonia House</u>
Andrea, Wendie	Jacob, Mike
Ashley, Christy	Matt B., Matt H.
Tricia, Paige	
Jessica	
House Managers: Kimberly, Chris,	
Dave	

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.”**

About The Healing House and New Beginnings, Inc.

Our program offers:

Recovery –

A 12 Step program of Action
ACOA (Adult Children of Alcoholics)

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 – Friday 6:00 – 8:00 p.m.

*For comments or to receive JOURNEYS electronically,
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Executive Director:

Heather Gieck

Board of Directors:

Scott Johnston, President

Karen Leydens, Vice President

Don Smith, Treasurer

Mark Saucier, Secretary

Richard Finton

James Jackson

Shannon Kimsey

Brenda Schell

