The Healing House And New Beginnings, Inc.

JOURNEYS Newsletter

VOLUME 9, ISSUE 4 OCTOBER 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, August 1st, 2026, friends and family gathered at House of Prayer Family Church to celebrate a powerful milestone: the commencement of Heather Fredrickson and Crystal Bracken from The Healing House and New Beginnings (THHNB) one-year recovery program. The ceremony opened with prayer and announcements from THHNB Founder and Executive Director Heather Gieck. She shared Hebrews 3:7-15 which encourages believers to search their hearts every day and offers the assurance of oneness with God. The passage reminds believers that hearing and obeying His voice leads them toward the inheritance and divine destiny He has prepared for them. "It's a slow and steady progression." Heather stated. "Each and every day we're shedding off the old, putting on the new, and making conscious decisions. Every morning when I bring my feet off the side of my bed I present myself as a living sacrifice to God...and that's the way of victory!"

Heather Fredrickson was first to share a few words. "Yesterday I stood in court looking at 4 years in prison, but because of my prayers and everyone else's prayers, I got probation!" She went on to encourage everyone that their success would be louder than their pain, doubts, and struggles, and that the lives they are building would be everything that they once prayed for! Since completion of THHNB, Heather F. has moved into her own place closer to her family and is now a beloved Alumni!

Crystal Bracken was next up to speak. She explained how she came to THHNB after spending 17 years in prison. She described that re-entering into the community proved to be a difficult transition. She went on to thank multiple peers and staff for standing by her side, helping her through emotional and mental health struggles, and for showing her that she has family here at THHNB! Crystal B. has chosen to continue her journey at THHNB as a second-year resident, committing to continued growth, healing, and recovery within the new family and community where God has brought her!

CONGRATULATIONS LADIES!



Ministry Meeting & Birthday Night



On August 31st, the THHNB community came together for the quarterly ministry meeting to discuss upcoming events, volunteer opportunities, class updates, and more! These meetings also provide an opportunity for ministry-wide Narcan training and a time to celebrate birthdays with cake and gifts. Most importantly, they create an open space for residents and staff to ask questions, share ideas, and discuss important matters as the ministry continues to grow.



"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

Mark Your Calendars!

NOVEMBER - 7

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

Please join the celebration as we recognize **Kristi Wiser** for completing The Healing House and New Beginnings program.

4th of July Celebration



On Saturday, June 27th, THHNB was blessed to be invited by our dear friend Paula Benne for an evening of food, fun, and fellowship! Residents enjoyed a delicious potluck picnic by the water, followed by a beautiful fireworks display. The night became even more meaningful as four residents made the powerful decision to be baptized! THHNB is so thankful for the opportunity to celebrate these new steps of faith and all that God is doing in the lives of the residents!

Kids Encounter

From July 8th–11th, Kenneth and Abigail Miller of Classic Buildings LLC generously sponsored 14 children of current residents, alumni, and friends of THHNB to attend Encounter Kids Camp, a faith-based summer camp combining outdoor fun with spiritual growth. Three children were also baptized during the camp! THHNB is incredibly thankful to Kenneth and Abigail for making this meaningful experience possible and investing in the lives of these children.



"See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."
Isaiah 43:19 NIV

Welcome Nayvee Killion

On August 7, 2026, at 9:40 PM, Program Coordinator Rebecca Killion and her husband, Christopher, welcomed their beautiful baby girl into the world—a precious 7 lb. 4 oz. blessing from God! Rebecca and Christopher were married in June 2025 and have since built a beautiful life together, purchasing their first home and faithfully serving the Lord Jesus Christ. We invite our THHNB family to join us in praying over this precious new addition, asking God to guide, protect, and bless her throughout her life.



Christian Beliefs Conference

On August 21st–22nd, THHNB staff and leaders attended Scott Breedlove's Annual Intersection of Christian Beliefs and Recovery Seminar. The event brought together professionals and guest speakers to share valuable insights, discuss important recovery topics, and explore the connection between Christian faith and recovery.



Thank You Mid America Bank!

Through a partnership with Mid America Bank and the Federal Home Loan Bank of Des Moines (FHLB Des Moines), THHNB received a $50,000 donation to help expand our reach and further our mission in the community! Through the FHLB Des Moines Member Impact Fund, local financial institutions can receive matching grants to support community development and affordable housing initiatives. In addition, we want to thank Mid America Bank for blessing THHNB through Life Skills classes for our residents and a previous one-time generous donation that has continued to support for the needs of new residents. We are incredibly grateful for this partnership and the many ways our community continues to invest in the lives of women and families in recovery!

Life Skills

This year, THHNB has been blessed with several dedicated volunteers who have generously shared their time and expertise through our monthly Life Skills classes. Our faithful Board Member, Don Smith, led classes on *Problem Solving, Communication Skills,* and *Critical Thinking*. Kathy Holiday presented *Nutrition in Recovery*, focusing on health and wellness through nutrition, movement, and spending time outdoors. Kaneshya Lucas facilitated a *Career Development* class titled "Progress Over Perfection," providing encouragement and practical tools for personal and professional growth. THHNB is also grateful to Compass Health for providing education on the 988 Crisis Line and teaching our residents how to recognize and support individuals experiencing a behavioral health crisis. THHNB is incredibly thankful for each volunteer who continues to pour into the residents and help equip them with practical skills for life in recovery!

JC AIR SHOW



On September 12th and 13th, many of THHNB residents volunteered at the Annual Jefferson City Air Show at the Jefferson City Memorial Airport. This family-friendly event featured aerial shows, static aircraft displays, food vendors and activities for children. Our residents volunteered at the Kids Zone and helped supervise bounce houses and other activities.

Class Participation

Pictured are our residents receiving their completion certificates for the *Big Book Study* and *Abundant Life Recovery* classes! These women have demonstrated tremendous dedication and commitment to their continued growth. THHNB also extends it's thanks to the senior leaders who faithfully give back and facilitate these valuable classes. We are excited to announce our upcoming class, *Reboot Trauma*! This course combines clinical insight with Christian, faith-based support while addressing soul wounds such as grief, distrust, unforgiveness, bitterness, and loss of identity.



Missouri Coalition of Recovery Support Providers Annual Conference



On September 2nd and 3rd THHNB staff and Leaders attended the annual Missouri Coalition of Recovery Support Providers (MCRSP) Conference, volunteering their time at the raffle table as well as gaining valuable knowledge and resources to strengthen our recovery housing ministry. Continued education helps us grow, think outside the box, and better prepare for the future. THHNB was also honored to receive recognition for 10 years of MCRSP-NARR accreditation! This milestone reflects THHNB's ongoing commitment to providing quality recovery housing and serving women and families with excellence. Thank you MCRSP! We are honored to be a part of this recovery community!

Please pray for our residents and House Leaders

Healing House
*Kayla
Heather J, Rochelle
Kristi, Shannon
Kadi, Megan
Christina, Aireka
Taylor, Megan A.

Bethel House
*Tara
Jessica P, Ashley

Jochebed House
*Ciara
Amanda, Melinda
Alta, Tiffany
Elizabeth

Karen's House
*Crystal T.
Crystal B, Katelan
Jessica K, Katie

* = 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

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

Contact Info:
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Heather Gieck

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

For comments or to receive JOURNEYS electronically, please email:
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THE FOOD BANK FOR CENTRAL & NORTHEAST MISSOURI