

Destiny

The New Destiny Treatment Center newsletter
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New Destiny
Treatment Center

Alcohol and drugs: part 3

Dr. R.W. Bolois, executive director



Dr. Bolois

I want to spotlight some of the excuses people use to continue drinking. When people recognize their drinking is a

problem, they often put themselves down, feel worthless and ashamed and believe that their feelings are too much to bear; yet they continue to drink. They feel miserable, but make up excuses and keep drinking.

People become creative in making excuses. Some feel they are thinking clearly and admit, "I am messing up my life and I need to do something about it." However, at

the same time they tell themselves they are worthless, that they have to drink to get rid of these feelings or that their friends do it so it's no big deal.

Many convince themselves that it's too hard to change so there is no use trying. Others may be drinking themselves to death but telling themselves that drinking is helpful. The excuses do not make sense and they prevent alcoholics from facing reality.

Notice the nonsense behind each excuse. Excuses help alcoholics deceive themselves. If an alcoholic deconstructs his excuses it will help him unravel their nonsense and understand he is no different than anyone else enslaved by alcohol.

Excuse #1: "I am not really addicted to alcohol." How can you help someone understand that alcohol is his (or her) problem? You should share with him what you see that strongly suggests he is addicted.

Point out that he drinks to avoid problems. He doesn't want to face the reality of life. Remind him that he has tried to control his drinking and has failed miserably. It's easy to understand why he hates himself; it's because he can't control his drinking. He uses the alcohol as his primary form of pleasure. Without alcohol he feels his life is not worth living, yet he claims he is not addicted.

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"I have a choice."

NDTC staff testimony by Jack Hysel

I am thankful today that I have in mind all the things for which I am grateful.

My past is riddled with mistakes, mishaps, and downright wrongdoings that accompany the life of addiction. I had much to regret and painfully recall. "What if?" was one of my most frequent thoughts. "What would my life be like today if I had just done this or that differently?"

I would go on and on that way and there were many instances in which I could have easily changed my circumstances.

I ask myself, "What is making a difference today?" First I have to give full credit to Jesus Christ, whom I began to seek when in 2001 I entered the program at New Destiny Treatment Center. I had to put time in daily to read the Bible and pray.

I had tried everything else, and God was there at virtually every turn to pick me up and help me brush myself off. Even so, it wasn't easy because I had a difficult time forgiving myself of all I had done to hurt God, myself, family, and friends. I lamented because I had wasted most of my youth.

It wasn't easy to get rid of my addiction.

See "Choice," page 2

“I need help, too!”

Rev. Lester Rowan, assistant director



Rev. Lester Rowan

A factor we encounter while treating men in addiction is hurting family members or friends. We have spoken many times of the problems that exist between alcohol and drug users and their families. We have described the hurt, broken relationships and “burned bridges” that often develop.

However, many people close to an alcoholic or drug addict experience symptoms that they may not recognize as a result of their relationship with the drinker or drug user.

There is a term we use called codependency, a disorder exhibited by many different symptoms. Codependency is defined by one Internet website as “a dysfunctional relationship with the self characterized by living through or for another, attempts to control others, blaming others, a sense of victimization,

attempts to ‘fix’ others, and intense anxiety around intimacy.” Another source says codependency “includes responses and behaviors that people develop from living with an alcoholic or substance abuser.”

A number of emotional and physical problems experienced by people in relationships with addicts are attributable to this disorder.

Thankfully, help and hope are available for

See “I need help, too!” page 3

Choice (continued from page 1)



Jack Hysel, NDTC volunteer staff member

It took the Lord helping me through the staff at New Destiny Treatment Center and clients who listened to my story and concerns about getting clean and staying that way. I didn’t accept of myself because I couldn’t find much to like about myself. I was my own worst enemy.

I was nearing the end of my treatment program when Dr. Bolois asked me to help other clients learn computer literacy. I was ecstatic because I knew I could help make a difference in the lives of men seeking help. I held that position for four and a half years while dozens of men graduated from the program.

When it was time to move on, for approximately nine months I volunteered time each week at the New Destinations Thrift Store in Barberton, Ohio. I was told that an employee was needed to answer phones each afternoon in the

administration office. I hesitated at first because I had no experience. But I quickly learned how to answer the phone, hand out mail to clients, and do other jobs. I have worked there for a year now.

What excites me is that although I have wasted some of the talents I had, I can now do something to help and perhaps give back what I’ve been given – recovery and a new life.

Since arriving at New Destiny, my relationships with my family have been completely restored and I am in touch with them regularly. I have a few friends who are very important to me, and I will do whatever I can to keep from straining those relationships. My son has even given me a granddaughter, of whom I am very proud.

It’s true that there often are lasting effects when someone uses drugs and drinks for the length of time that I did. I encounter them every day, but with the Lord’s help I don’t have to let them dominate me. I do feel much better about myself for which I am very grateful.

I am thankful today that I have a degree of peace and security in my life rather than the drama, chaos, and negative thinking that addiction brings. I truly appreciate the opportunity to remain at New Destiny

for as long as I have been here. I have learned the importance of consistency and having structure in my day, along with being with those who build you up instead of pulling you down.

Thank the Lord that using drugs and drinking are not in the equation any more. I have heard many times that someone in the throes of addiction really cannot exercise a choice any longer, but I know that today I do have a choice. And I choose to live clean, sober and righteously as God gives me grace daily.

Save the date!

Dino, “America’s Piano Showman,” will perform a benefit concert for New Destiny Treatment Center on October 3, 2008. Mark your calendars now and plan on an evening of inspiring and uplifting music.



Alcohol and drugs (continued from page 1)

Excuse #2: “It’s my nature to be addicted—it’s in my genes.” This could be true and it is indeed easier for someone to become an alcoholic if he has predisposing genetics. However, there is no law in the universe that states he must follow these genetic tendencies. On the contrary, most recovered people with genetic predisposition toward alcoholism find sober living easier than they expected.

Have you ever heard a person who has overcome an addiction say to another alcoholic, “I like what you’re doing to yourself with drinking. The way you’re living your life looks so wonderful that I’m going back to that old lifestyle to be just like you”? I haven’t. If alcoholism is in his genes, so what? A person still lives better sober and clean. Our former director, Rev. Paul Collins, used to say that someone would never know he was genetically predisposed until he picked up his first drink. However, if he avoids drinking he has nothing to worry about.

Excuse #3: “I can quit any time I want.” Wanting does not equal the ability to do what you want. If an alcoholic can’t quit it’s because it is too difficult. If he can quit anytime he wishes, he should start immediately. I watch men who desire to quit struggle with all of their strength to stay sober. It’s not easy, and they can’t quit any time they choose. It takes work, determination, and God for complete deliverance.

New Destiny is a safe place for those who want to change their lifestyle and get their lives back in order. They must stop giving lip service and actively tackle their personal issues. No more

hiding behind excuses. The addiction either stops or continues toward its ultimate end: a life of total despair and ruination. What we hope and pray for is deliverance from alcohol through Jesus Christ, our great deliverer.



“I need help, too!” (continued from page 2)

those who are hurting. Family members who experience anxiety, guilt, depression and other symptoms related to the dysfunctional relationship with an alcoholic or substance abuser should not be afraid to admit, “I need help, too!”

Some people turn to self-help and support groups. Some of these are secular in nature, but there are many good opportunities to attend sessions connected to a Bible-believing church. Counseling is recommended if attending support groups does not bring the needed help.

New Destiny Treatment Center offers monthly sessions for family involvement in the client’s treatment. These “family night” experiences are designed primarily to assist the client’s family in recognizing ways they can help in

their loved one’s recovery and deliverance. It clarifies for them if they should seek help themselves.

Those reading this article who recognize

their own need should not delay in seeking help. God cares about your needs. Our prayer is that you will find His grace sufficient for every problem.

Yes, I want to help return husbands to their wives, fathers to their children, and sons to their parents.

I am enclosing \$ _____ as a: 900 Club Member (\$100 per month) beginning the month of _____, 200__.

(If partnering with a friend, please include full name and address of partner for tracking purposes.)

Monthly gift (other than 900 Club) Annual gift One-time gift

In memory of: _____ In honor of: _____

I prefer to donate by credit card: Visa MasterCard

Gift amount: \$ _____ Card #: _____ Exp. date: ____/____/____

Signature (required): _____

Name: _____ Address: _____

City: _____ State: _____ Zip: _____

Phone: (____) _____ E-mail: _____

I am unable to contribute at this time, but I want to be a prayer partner for the New Destiny Treatment Center. Please continue sending the *Destiny* newsletter.

Collingsworth Family to perform for New Destiny supporters

The Collingsworth Family will perform in concert benefiting the New Destiny Treatment Center.

The concert will be hosted at 7 P.M., May 9, at Grace Church, 3970 Cleveland-Massillon Road in Akron, Ohio. Dinner seating will be from 5 P.M. to 6:30 P.M. Grace Church is conveniently located off State Route 224/Interstate 76, making it easily accessible.

In 2006 the Collingsworth Family was named the Southern Gospel News Breakthrough Artist of the Year and Kim Collingsworth earned Musician of the Year honors. In 2007 the Collingsworth Family

earned the Southern Gospel Music Guild's New Artist of the Year award.

The Collingsworth Family has blessed audiences all over the United States and the world with their music. Recent concerts include travel with the Gaither Homecoming where they performed as featured guests. Phil and Kim Collingsworth's musical ministry has flourished

and expanded to include their four children in full-time musical ministry.

The benefit concert will feature selections from the Collingsworth Family's latest release, *We Still Believe*. Old favorites sure to inspire and bless audiences are included in the concert lineup.

NDTC plans an inspirational evening. The night will begin with a home-cooked meal, including homemade pies and cakes, lovingly prepared by the NDTC kitchen staff. NDTC residents will serve guests.

Tickets are \$20 for the concert and meal, \$10 for the concert only. A group discount and reserved seating are available for groups of 15 or more. For tickets, call the NDTC front desk at 330-825-5202 or e-mail Melinda Holsopple at ggholsopple@aol.com. Limited seating is available; patrons are encouraged to order tickets early.

The Collingsworth Family - Phil and Kim and their children Brooklyn, Courtney, Phillip and Olivia - is looking forward to performing for the benefit of the men served at New Destiny Treatment Center.



Mailing list changes: Requests for change of address or removal from mailing list should be sent to Melinda Holsopple at (330) 825-5202 (ext. 120) or ggholsopple@aol.com. Please remember it often takes at least one month for changes to take effect.

April 2008

CHANGE SERVICE REQUESTED

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New Destiny
Treatment Center



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