



# Destiny

The New Destiny Treatment Center newsletter  
www.newdestinytreatmentcenter.org

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## One of life's basic needs: Fun!

*Dr. R.W. Bolois, executive director*



*Dr. Bolois*

All afternoon at New Destiny Treatment Center's client family picnic I listened to children excitedly call to their fathers.

"Throw me the ball, Dad."  
"Dad, catch me if you can!"  
"Dad, watch me."  
"Guess what, Dad? I won!"

It always amazes me that adults enjoy the games and activities as much as the children.

Fun. Every person has basic needs, and having fun is one of them. There are few people who say they have no fun and don't want any.

Competing with others in games or throwing yourself into an activity that gives you a sense of joy helps you feel that life is worth living. This is part of sharing your life with others and having them share their lives with you.

At some level we all like doing things with friends that create memories and build lasting relationships. However, on the satisfaction scale I don't

believe anything brings such overwhelming joy to our lives as having fun with our spouses and children.

Such simple things as watching children's faces beam as they call out for you to watch them run or jump or them asking you to chase them around a tree are so rewarding for parents. Life is not all work, seriousness and anxiety about tomorrow. There must be down times to just kick back and "smell the roses." People who try to ignore fun as a basic need in life are off-balance and many times confused about life's true meaning.

Our client picnic is an annual event organized and structured to meet the basic need of having fun.

I watched little girls walk holding their daddy's hands. I saw little boys playing games with their fathers, each child wanting to show others that his daddy was a better player than their daddies.

Most of the men in our treatment program are trying to rebuild a life with their wives and children. We

hold our picnic, along with other special events, to help restore families and see if room remains in the lives of loved ones for a daddy and husband free of alcohol and drugs.

While these men were drinking and experimenting with drugs they didn't care about anyone but themselves. Now that they are clean and sober, they want to go back into the lives of their family members so they can feel what it is like to have fun again.



*NDTC client Natban Moore with his three-year-old son at the NDTC family picnic.*

I made my way around the tables during the picnic at lunch time to visit with families. I believe all of them mentioned the wonderful time they were having. There were sons with their parents, fathers with their children, and husbands with their wives.

They were eating their hot dogs and hamburgers, free from worry of things in the past. Through their actions the children seemed to be saying to their fathers, "Please don't leave me because I am so happy you are here with me; I am having the time of my life and never knew that life could be enjoyed like this."

# “Teach me to enjoy life!”

*Rev. Lester Rowan, assistant director*



*Rev. Lester Rowan*

During our recent client and family picnic, one of our clients told me that he was more comfortable being alone than with the crowd of people. He asked why it was necessary to remain at the event

instead of leaving early.

I told him that such feelings are common and normal for many of the other clients. I then answered his question by saying that one reason we have functions like the picnic is to help reluctant clients learn to become more socially interactive - without the use of drugs or alcohol.

I've heard many people say they began using alcohol or drugs because it "helped" them overcome fears and inhibitions about interacting with other people.

Others have expressed that they mistakenly thought substance use enabled them to enjoy life and experience instant pleasure. Life was boring, but drugs and alcohol - despite their destructive effects - provided excitement and thrills.

These examples tell us that the use of

alcohol and drugs is seen by these men as a short-cut to happiness and enjoyment. Before long they begin to realize that the drug is calling the shots as they crave more and more of the drug in order to feel normal.

In therapy we help men learn how to make choices to avoid the use of drugs and alcohol, and we also give them skills and tools for becoming socially active without using chemical substances as a crutch. They need to re-learn the fact that true happiness is rarely instantaneous. It is more often the result of a diligent pursuit of meaningful relationships and worthwhile activities, including work!

As the men experience various special activities during the year, whether it is a large picnic or a Christmas party, many times clients will talk about how they never realized they could have so much fun without drugs or alcohol.

There are parents, pastors and many others who seek to find ways to prevent drug use among our children and youth. It behooves all of us to teach the younger generation by

instruction and example that we can really enjoy life if we do it God's way. We must help them overcome inherent fears or anti-social tendencies and help them work to establish meaningful relationships that can produce an abundance of enjoyment. We must also engage them in wholesome recreational and cultural activities that will help satisfy the God-given appetite for fun and pleasure.

Our children must learn from us - again by instruction and example - that the most satisfying and enduring aspects of life are those joys that do not come instantly, but are the result of diligent effort.



The greatest joy is knowing Jesus Christ. There was a time when I believed that I must seek the pleasures of sin to really enjoy life. However, I'm thankful that God turned me around at a very young age and I avoided the troubles and heartaches that others have experienced. I hope and pray that I can help others find this same joy.

## Fun (continued from page 1)

Life is full of heartaches and disappointments. People must have an outlet for fun if they are to avoid the need for medications to feel better.

In some cases medications would not be necessary if people had adequate and wholesome fun in their lives.

It is a joy to work at New Destiny in an atmosphere where men once again

become whole. We not only preach Jesus Christ and share the plan of redemption; we also provide a means for our clients to learn to work and to have fun in life.

Many of them have to learn or re-learn how to do these things. Life was disaster for them; a

succession of cravings had cost them their lives and their families.

Becoming free of alcohol and drugs through the NDTC program and seeing men turn their lives over to Christ enables them to build relationships with their families all over again.

The results are easily seen at our family picnic and it does the heart good.



*NDTC clients and family members race their homemade horses.*

# Volunteers provide smiles and fun at annual picnic

Shining sun, terrific food and abundant smiles made for a great New Destiny family picnic on Saturday, June 30, 2007. More than 100 residents, family members and friends joined together on the NDTC grounds for games, music, food, and - most importantly - time spent together in good old fashioned fun.



NDTC head nurse, *Connie Hawthorn*, lovingly paints faces.

(Above left) Clients enjoy a friendly game of horseshoes.

The crowd clapped and sang along as Jerome James, a local Christian entertainer, provided uplifting music with a message. Everyone enjoyed interacting with God's creatures at the petting zoo graciously brought to the picnic by Life's Little Adventures Farm.

Carnival-style games, staffed by volunteers, provided fun for children, who

also won prizes at the duck pond, lollipop grab, bean bag toss and baseball pitching booth. They looked adorable with faces adorned with their favorite icons painted by volunteer and head nurse Connie

Hawthorn. The air was filled with the aroma of popcorn and snow cones served with a smile by New Destinations Thrift

Store (Wooster) volunteers.

Adults competed in a series of tournaments in tug of war, basketball and horseshoes. Everyone enjoyed making a stick horse and "racing" for prizes as well.

The clanging dinner bell topped the day as NDTC cook, Lew English, and volunteers served up a delicious meal of hamburgers, hot dogs, beans, potato and macaroni salad, watermelon, chips and a delectable assortment of homemade cookies.

The family picnic would not have been such a success without the efforts of a host of dedicated volunteers. Special thanks to Kathy Niswander of Unison Health Plan. Kathy was not only a great picnic volunteer, she also provided Unison information, T-shirts and other goodies. Unison Health Plan provided funds to offset picnic costs.

## My life under God's grace

*Client testimony by Larry Stallings*

I want to tell you what my life was once like, how things have changed, and what makes the difference in my life today.

From an early age I have been an aspiring singer and guitarist. That was my dream. I had no idea what it would cost me to learn how to play and sing to reach the point where accomplished musicians would ask me to perform. Though I never took lessons, I was blessed with a great ear to hear and distinguish, and set forth in music the beauty of what God was saying in my heart.

Little did I know that there was a "storm" brewing in my life. I had heard of this storm and was told never to get involved in it; unfortunately I had no real knowledge of what it meant to be dependent on alcohol or drugs.

After I got married in the 1980s, I became more and more curious. This curiosity led me to start out with an occasional beer. Later, I began buying a gallon of wine every payday. This went on

for a few years, but I got tired of that "buzz." I tried marijuana. I didn't like it at first, so I sometimes just used it to fit in with the crowd.

*See "Stallings," page 4*

### **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.

Stallings (continued from page 3)



NDTC client Larry Stallings

struggled with church attendance.

My use of marijuana and alcohol went on for several years whenever I was off work and had some free time. During this time I constantly

to never going home to my family. Getting high required every iota of my being. Now I had a new name: Less. Jobless, homeless, loveless, worthless, and totally helpless. I was up and down for many years, even going to jail for the first time in my life. That is where I started my recovery. The first step was to admit that I was powerless over drugs and alcohol and that I needed a different kind of power to have life again.

In 1985 I began to use cocaine. I used it on payday and liked the effects because there were no next-day hangovers. Eventually I tried smoking crack cocaine. It grabbed me immediately. I was seduced and held captive.

I realized that my waking hours would be owned by this "god" and I could do nothing but serve this new master. It told me to do everything from quitting my job


The Bible says in Proverbs 16:25, "There is a way that seemeth right unto a man: but the end thereof are the ways of death." This was a very sobering thought coming from the Lord as He began showing me His ways through the Word of God.

So, I thank the Lord Jesus for being alive in me today and giving me the strength one day at a time to fight the fight of faith. Now I understand that "I am

crucified with Christ: nevertheless I live; yet not I but Christ liveth in me and the life I now live in the flesh I live by the faith of the Son of God who loved me and gave himself for me." (Galatians 2:20)

At this beautiful place called New Destiny Treatment Center, the Lord Jesus Christ has caused the fruits of the Spirit to multiply seven-fold. Through my talents, gifts and abilities the gospel is made alive in me. I am daily overcoming the devil!

**Memorial Contribution**



*In memory of: Renee Sipes  
James and Anita Miller*

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 [gholsopple@aol.com](mailto:gholsopple@aol.com). Please remember it often takes at least one month for changes to take effect.

*August 2007*

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**New Destiny  
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