

Destiny

The New Destiny Treatment Center newsletter
www.newdestinytreatmentcenter.org

6894 Taylor Rd. • Clinton, OH 44216-9201

Ph.: (330) 825-5202 • Fax: (330) 825-5113

New Destiny
Treatment Center



Alcohol and drugs: part 6

Dr. R.W. Bolois, executive director



Dr. Bolois

Years ago I read about a road map used to help alcoholics examine their lives. The map identified three areas that help pinpoint alcoholic patterns.

The first part of the road map clearly outlines the triggers to drinking. Triggers can include events, moods, people, times, days, thoughts, places or smells. When the trigger occurs the drinker may not have yet consumed

any alcohol.

These triggers are comparable to highway signs that let us know we are approaching our exit. However, just because a highway sign signals an exit doesn't mean we have to take it. Similarly, something can be a drinking trigger even if it does not always lead to drinking.

Everyone is unique, but some triggers are fairly common: boredom, a bad day at work, nervous feelings, depression, children annoying or irritating, arguments, wanting to celebrate, overly full schedule, moping around the house and complaining about life in general.

Many New Destiny clients use these reasons to explain why they started drinking again after abstinence that may have lasted from an hour to a day.

The second part of the road map is signs of drinking. Once alcohol reaches the brain, the time for reasoning and negotiating is past. Liquor and other drugs almost immediately interfere with the ability to think clearly.

Signs someone has started drinking are: bringing alcohol home, clenching of jaw or fists, becoming glassy-eyed, speaking more loudly or softly, stating

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Free from addiction

NDTC client testimony by Damion Forrester

I want to tell my story of addiction in hopes that those who read it will gain insight from my testimony and avoid making the same mistakes.

I first began drinking at age 12 or 13. I wanted to fit in with the older crowd and breaking the rules seemed like the "cool" thing to do. By the time I reached 19 I thought I was on top of the world. I was married, had a good job and a baby on the way. The problem was that I was still drinking and using drugs every chance I got.

At 22, my life was a mess. My wife and I split up because I had advanced into harder drugs and

did not have time for her or my family. The following year I lost my job because my addiction had become more important to me than anything else. I was so blinded by sin that I thought I had everything under control.

I stole from stores and even from my own family to support my habits. Since I spent all of my money on drugs, I started living anywhere people would let me stay. After I hurt everyone in my life and ended up in jail several times, I decided to quit all the harder drugs and only drink alcohol. I still believed that I could control my life and everything would work out.



NDTC client Damion Forrester

I was very mistaken.

I went back to jail a couple of times, and also was admitted once to the psychiatric ward.

I finally decided that I had had

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Benefit concert: a success and a spiritual blessing

Rev. Lester Rowan, assistant director



Rev. Lester Rowan

The May 9 Collingsworth Family benefit concert for New Destiny Treatment Center was a feast - a spiritual feast.

Phil and Kim Collingsworth and their four children provided an evening of spiritually uplifting and inspiring music. Their lives and talents have been blessed by God and they have dedicated their abilities to His glory. Despite the Collingsworths' remarkable



NDTC graduate Michael Haynes and family

talents, the evening was marked by their humble spirits and praise of Christ.

Larry Stallings, a New Destiny Treatment Center graduate, was the Collingsworth's opening act, beginning the concert with several musical selections. Larry completed the program at New Destiny in October 2007. He is involved in a singing ministry at his church and other places. He shared brief sketches of his testimony along with songs performed by him and his wife, Debra.

A 2004 NDTC graduate, Michael Haynes, shared his testimony of God's grace. Michael, his wife, Tanisha, and their four children stood before the packed auditorium and praised the Lord for Michael's deliverance from drug addiction. It was wonderful to see a husband returned to his wife and a father returned to his children through God's wonderful grace.

Various business sponsors underwrote concert expenses so New Destiny could receive all of the proceeds from ticket sales. A love offering received during the concert also provided a much-needed financial boost for the ministry.

We are grateful for all of our supporters and friends who came to the concert. We also express sincere thanks to the staff of Grace Church in Norton, Ohio, for their generosity and hospitality in providing a facility for the event.



Above: Kim Collingsworth sharing her phenomenal gift of music on the piano.



Right: Phil Collingsworth praises the Lord through song.

900+ reasons to join the "900 Club"

Melinda Holsopple, director of development

Would you like to help support a ministry making an eternal difference in people's lives? Can you commit to sharing \$3.29 each day to restore husbands to their wives, fathers to their children and sons to their parents?

New Destiny offers an opportunity for donors to be partners in this transformational ministry. We have calculated that the annual NDTC operating budget can be completely met if 900 individuals, organizations or groups give \$100 each month. The name of this generous group of people is the "900 Club."



Medicaid funds were cut for men suffering from addictions. These cuts profoundly affected NDTC's operating budget, since state funds were no longer available to provide counseling and medical services.

There are currently 62 members of the 900 Club supporting the ministry. Some have gathered friends and family and pooled their money to meet the \$100 monthly commitment; some make an annual contribution equal to or greater than \$1,200. Others choose to send a monthly check in the pre-addressed envelopes that make gift-giving easy.

automatic transfer feature to have funds withdrawn from their checking or savings accounts on a pre-arranged withdrawal date. Members also can provide a credit or debit card number for monthly charging or withdrawal. All personal banking information is carefully protected for security purposes.

900 Club membership does not preclude giving toward other projects or needs. All gifts made to NDTC are needed, appreciated and precious to our kingdom-building work.

We always have room for more 900 Club members! There aren't any tangible membership "perks," like free toasters or fancy cards for special seating in the NDTC dining hall. The rewards, however, are eternal!

The 900 Club began in 2003 when

900 Club members can use a convenient

Christian school group ministers to New Destiny clients

The fourth and fifth-grade classes from Kingsway Christian School in Orrville, Ohio visited New Destiny Treatment Center May 22 to present a program of music and scripture recitations to treatment center clients and staff.

Music instructor Barb Gray directed the group in a number of well-performed songs. Each class sang several songs and joined together for other selections. Some of the

students sang solos and others performed piano solos.

Each class also quoted scripture from memory. It was inspiring to listen as the groups quoted verse after verse they had committed to memory during the school year.

Michael Hostetler (fifth grade teacher) and Beth Ream (fourth grade teacher) accompanied the students.

New Destiny Treatment Center clients were attentive and grateful for the inspiration provided by the energetic and enthusiastic children as they shared God's love and grace.

We express our sincere gratitude to these students and their teachers for coming to bless us with their ministry of music and God's Word.

Alcohol and drugs (continued from page 1)

that he deserves a drink due to the tough day, slurring his speech, becoming more emotional, pacing, withdrawing from family, demanding to be left alone, undergoing fierce mood swings and at times refusing to eat.

When trying to help someone showing these signs, never play down what you are witnessing because the truth is usually in front of you. The drinker always has an excuse or justifies his actions when you ask questions. Do not trust an alcoholic when he tries to explain why he is acting out of sorts.

The third part of the road map is drinking consequences. The more specifically you can identify a step-by-step sequence that ends in drinking or in drinking-related problems, the easier it will be to figure out how to help change that pattern.

Always look for the results of drinking. You can never help change an alcoholic's pattern until he understands the consequences of his drinking. It is fair to point out the immediate consequences, such as arguments and hangovers. Also discuss the long-term negative consequences such as financial debts, health problems, missed opportunities, lost friends and strained families.

Make a list of as many consequences as possible. Some examples are: feeling sick, feeling guilty or ashamed, missing work, having hangovers, being fired from work, losing pleasure in relationships, having car accidents, being arrested for drunk driving, experiencing

physical problems, an inability to relax or engaging in unsafe behavior.

Recently a man told me that he wasted 10 years of his life drinking. He wanted me to give him an answer why he did such a foolish thing. He said he wished someone had shown him the signs or patterns so he could have tried to reign himself in before he lost everything. He repeated, "When I say I lost everything, I mean *everything*."

Alcoholics are responsible for coming to terms with their lives. They cannot continually blame others for their mistakes and failures. To have a new life they must take a good look at where they are and must figure out how they got there without blaming someone else.

I thank the Lord for our treatment center where men are set free from alcoholism and addictions. Here they learn what makes them

drink and why they haven't been able to stop. They can talk about their problems and receive therapy to overcome their past.

Most importantly, they learn that God is the ultimate goal for their survival. Without the conviction of the Holy Spirit they will never see alcoholism as sin, just as a disease. When conviction comes, salvation is presented to them and a full recovery become possible, even probable. Mankind is God's creation. When we fall (in many kinds of sin), we need God in our lives to get back up and move on with confidence.

The goal of New Destiny Treatment Center is to return husbands to their wives, fathers to their children and sons to their parents. Thank you for your support and prayers.

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.

Free (continued from page 1)

enough. I understood that I was not in control of my life and that without God I would never be truly happy and content.

Fortunately, my aunt knew about a place called New Destiny Treatment Center that addresses the problem of addiction and spiritual well-being.

Since coming to New Destiny Treatment Center I have experienced many changes in my life. I get along with people much better. I no longer feel guilty about the past. I know that God has forgiven me and that I am a new creature in Christ.

I also have benefited in many other ways. Not only have I repaired much of the damage I caused while I was caught in addiction, I feel better about myself physically and emotionally. I am closer to my dad

and I know that even though my mom has passed away, she is smiling down on me from heaven.

If anyone has a problem with addiction and

truly wants help, there is a place called New Destiny that will not only help you with your addictions but also will help you get to heaven. I suggest that you give New Destiny a try. Thank you and God bless you.

Progress report



These pictures show the progress that has been made so far on the restroom expansion and remodeling project mentioned in the March 2008 newsletter.

The project will expand the shower facilities

in the building from two stalls to five stalls. Modern stainless steel sinks and counters will be installed, bringing the dormitory restroom facilities to compliance with current handicap accessibility standards.

We are very grateful for the materials and labor donated by the Apostolic Christian Church in Rittman, Ohio.

We will continue to provide periodic progress reports with pictures.

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. Please remember it often takes at least one month for changes to take effect.

July 2008

CHANGE SERVICE REQUESTED

6694 Taylor Rd.
Clinton, OH 44216-9201

New Destiny
Treatment Center



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