

WINTER 2015

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Rea of Hopeline

“Spotlight on Brittany P., Melissa K., Catina S. and Becky S.”

By Elaine Secrist

Once again we proudly announce that we have four graduates to share in the spotlight: Brittany P., Melissa K., Catina S., and Becky S. Graduation from our program is a very hard earned ‘degree’ in recovery. A few of the classes in our program are learning to live responsibly, self-sufficiently, and honestly while practicing total abstinence from drugs and/or alcohol. Abstaining from alcohol and/or drug use is only the tip of the iceberg in recovery. The 12 steps of recovery are the guidelines to a sober and rewarding life. These ladies are experiencing this new way of life because they all have followed the suggestions we made to them, worked with their sponsors on the 12 steps, attended AA/NA meetings and remained teachable.

Brittany P. came to us very broken with a desire to change. Distrust, anger and resentment ruled Brittany’s life in her first months here. As we say “old habits die hard” and this certainly rang true with Brittany. However, the 12 steps, structure and our program showed Brittany that trust, happiness and sobriety were possible in her life. Brittany began to practice these suggestions in her daily life realizing the benefit of freedom from self far outweighs the destruction addiction brings into our lives. Moving to New Life Apartments was a step for Brittany to continue on the right path.



BRITTANY

Melissa K. arrived here as a very shy young mother teetering on the edge of losing her privilege to remain in her daughter’s life. Melissa understood the serious consequences her addiction had brought; she was very determined to stop the insanity and become the mother, daughter, and friend she had once been. Today Melissa has regained her self-respect along with the respect of her family. Melissa never gave us one minute of trouble; always a smile and a willingness to change. Melissa chose to move into her own apartment and we wish her the best on her recovery path.



MELISSA



CATINA

Catina S. is a second time graduate of Rea of Hope. After Catina’s first Rea of Hope graduation her disease of addiction convinced her that she had addiction under control. Well.... Catina quickly found out that there is no easier, softer way and immediately sought help. After 30 days, Catina returned to Rea making every effort to follow all suggestions (not some); the result has been amazing. This time, Catina is sharing, opening up and being a part of instead of trying to figure out all the ways she is different! Catina is now the life of the party instead of standing in the corner. Not everyone gets a second chance at recovery; we are thrilled with Catina’s transformation!



BECKY

Becky S. came to us from a long term treatment facility. Becky knew she needed structure and a safe place to continue her recovery journey. Quickly, we realized Becky was very serious about her recovery. Her interest in people pleasing was long gone; other residents were even apprehensive about Becky because of her no-nonsense attitude. Becky made it clear she was here to save her life not make friends. Soon, Becky began to trust a few other ladies and enjoy her sobriety. Addiction had robbed Becky of so much, she did not realize that living sober brings us joy and happiness. Becky moved into her own place after graduation but plans to remain involved with Rea of Hope.

As always, God continues to work miracles and we are very proud of you all and wish you the best on your individual journeys.

Thank you ladies for letting Rea of Hope be a part of your journey in recovery.

Girls' Night Out

Elaine Secrist

Laughter is good for the soul along with great relationships. Girls Night Out gives all of us the opportunity to have a good time and help these ladies establish some great friendships with one another. Laughter and healthy relationships are not something we experience in active addiction; this night allows us to experience both of these. This is difficult for many of us as we have forgotten these basic needs in life.

Rea of Hope thanks Greg and Marie Eiler for treating the ladies to pizza and "Mary Kay" goodie bags in September.

In October, girls' night out was a haunted house and pizza. All ages enjoyed this night and again the reluctant ones even had fun! Halloween is certainly not for kids only! A shout out to Mitch Collins and Sharon Iskra for their donations to make this night possible!

In November, we were blessed with 2 nights of entertainment! First, a former graduate of Rea of Hope and New Life, Kristy K., invited all residents and staff to a "soft opening for IHOP". Kristy is now general manager; her appreciation to Rea of Hope speaks volumes by inviting us for this special night. The second night was the Annual AA Bean Dinner hosted by the Edgewood Group. Great food, friends and amazing speakers made for an excellent night!



GIRLS NIGHT OUT

Thanks to everyone that supports this night. It continues to be a success!

Special Thanks to EBC Quilting Ministry for the beautiful quilts for our

New Life ladies. Jeannie Jones and her husband dropped off these works of art that are truly made with love. We are so blessed to have such dedicated people praying for our girls showing God's love for all. No matter what our past... God will forgive us if He is sought! How powerful this message is to all of us trying to clean up the wreckage of our past.



PRAYER QUILT

Congratulations to our Rea of Hope grads and residents on their sobriety anniversaries and other accomplishments:

- Katie D. ('13) & Sarah M. ('13) are both celebrating 3 years of continuous sobriety
- Debbie R. ('09) is celebrating 7 years continuous sobriety and has plans to be married over the Thanksgiving Holiday
- New Life Residents received an all-day class in 1st Time Home Buyers Education
- Rea of Hope residents received training in the following this quarter; Domestic Violence, AA/NA Sponsorship, Spirituality of Imperfection Book Study, Nutrition for adults and toddlers, and individual counseling

WAY TO GO, WE ARE VERY PROUD OF YOU!!

Dear Rea of Hope Supporters,

Getting ready for the holidays can be a stressful time of year even under the best circumstances; add being newly clean and sober and it can become a difficult season. It can also be the most blessed holidays in a long while by giving the most precious gift of being alcohol and drug free to families. It is when most people stop and count their blessings, no matter how big or small. Gratitude and Faith are two blessings I can identify with strongly. Going into this Holiday Season we want to focus on the miracles we see daily and the lives that are forever changed. It is difficult to put into words the changes we see. When a resident "gets the spiritual aspect of the program" we often comment about being able to see a marked physical change in how they look; smiles are softer, eyes are brighter, brows unfurrow, heads are held higher and shoulders automatically straightened. It is amazing to watch the transformation of women beginning to "feel and believe" they can be the mothers, daughters, sisters, friends, employees, employers and citizens that we know they can be. Please remember Rea of Hope this Holiday Season when you are making your list and checking it twice; we have been a little naughty but a whole lot of nice. We are looking forward to a very busy year and appreciate all of your support.

Sincerely,
Marie Beaver
Executive Director

Mr. Handyman of Kanawha Valley for donating a day of labor in memory of 9-11 and constructing built in bookshelves at our 204 Beaugard location with a grant of **\$375 from Volunteer WV Day to Serve** that helped pay for materials.



Residents' Sobriety Achievements		Monthly Needs List:
Over 1 year		Dishwasher Detergent
9 months-one year	2	Bleach
6-9 months	1	Lysol Kitchen-Aide
3-6 months	2	Paper Towels
1-3 months	7	White kitchen trash bags
Other goals met:		Small umbrellas
Employment	100%	Single bed sheets (white)
AA/NA Sponsors	100%	Toilet Paper
Graduates	4	



Founding Board Member, Jim Weimer, receives the Governors Community Service Award for Volunteerism. I was honored to be invited to sit at Jim's table for the luncheon and awards ceremony in which he was recognized for his years of service to the Kanawha Valley as a volunteer. I am very familiar with Jim's commitment to serve, he has donated thousands of hours over the last 13 years to Rea of Hope and we are thrilled that he was acknowledged by the Governor for his efforts..

ATTENTION KROGER CUSTOMERS, YOU MUST SIGN UP AND SELECT REA OF HOPE IN ORDER FOR US TO RECEIVE A PERCENTAGE. PLEASE DON'T PUT IT OFF. BECAUSE OF YOUR SUPPORT, WE HAVE RECEIVED OVER \$4000 TO DATE!!!!

Keep up the good work!!!

It is never too late to sign up, please share this information with your friends.

INNOVATIVE WAY TO DONATE:

Rea of Hope, Inc. enrolled in a new program through **Kroger** called **Community Rewards**. This program gives back to the Rea of Hope based on a percentage of what you spend. All you have to do is enroll your Kroger Plus Card at the website listed below and select Rea of Hope, Inc. as your charitable organization. Then every time you go to Kroger, just slide your Kroger Plus Card at the time of your purchase and a portion of your total amount spent will be donated quarterly. **It costs you nothing extra;** just go to www.kroger.com/communityrewards to enroll. Once enrolled, **you must update every year and reselect your organization of choice!** Just another way to help us, help our residents!

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Recovery Coach, Kim Poling ('13)
Recovery Coach, Amanda Datson ('14)
Recovery Coach, Breanna Matchett('13)

Welcome to two new House Techs working part time, Stephanie S. (15) and Stephanie V. ('15)



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- The Jacobson Foundation for their continuous support and the check for \$10,000.
- The Charles and Mary Fayne Glotfelty Foundation for their grant of \$10,000.
- The H. B. Wehrle Foundation for their generous donation of \$5000.
- United Methodist Temple of Beckley for their continued support and the check for \$300.
- United Way Day of Caring project partnered Rea of Hope with Columbia Pipeline for a day of service in which they cleaned and painted both exterior emergency exits and stair wells.

If you would like to receive this newsletter electronically, please visit our website and follow the directions to subscribe.



DAY OF CARING 1



DAY OF CARING 2



DAY OF CARING 3



DAY OF CARING 4



DAY OF CARING