



HOPE Newsletter

PROMISE OF HOPE



G.A.R.R. Certified

P. O. Box 321, Dudley, Georgia 31022 ♦ (478) 676-4673
957 Lennox Road, Baxley, Georgia 31513 ♦ (912) 367-1452
September 2010 ♦ www.promiseofhopega.org

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5th Annual Run/Walk for Hope is a Success

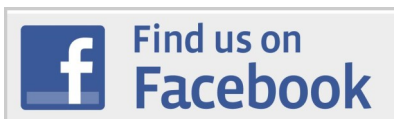


The 5th Annual Run/Walk was held Saturday, September 11, at the Southern Pines Sports Complex in Dublin. Approximately 130 runners registered for the combined 1 mile and 5K races. Over 300 people participated in the day's events and approximately 100 volunteered.

September 11 was a great day for Promise of Hope. The event began with a touching 9/11 Commemoration. Band, singers, and deejays entertainment throughout the afternoon. Kids and adults alike enjoyed the fun activities like the Splash Pad, the jumpy house, water slide, and dunking booth. Not to mention the great food!

The event raised \$18,000; all of which supports the mission of Promise of Hope.

Pictured above are a group of the winners from the two races. Pictured to the left are (L) Janet Mair, chair of the Board of Directors, and Denise Dobbins, founder and CEO, celebrating the end of a successful day.



Quarterly Report

(May 28 — September 3)

Total Women Served.....	368
Calls for Beds.....	142
Women Completed Program	3

My Hope

Since coming to POH my outlook on life has changed. Where once I thought there was no hope, now I'm willing to work on doing something different. There are all sorts of possibilities for my life. One of the biggest things I could have ever hoped to gain here, I feel is happening for me, which is my spiritual connection and for that I am truly grateful. Just being here has given me hope in itself.

—Angela

Coming into this program, I felt completely alone and hopeless. I didn't think there was any other way of life. In the past four months, I am starting to feel happy and see that I am a better person than I thought. I can make better choices today. I have hope for myself.

—Heather M.

I have learned many great tools at Promise of Hope. It gives women the ability to learn how to live a clean and sober lifestyle. Promise of Hope also teaches women how to have a closer relationship with God. God is very present at Promise of Hope, and I sense His presence everyday. I hope to gain the perseverance and attitude I will need for the rest of my life.

—Marisa

Promise of Hope is a great program that gives me hope that I can change my life and have a bright new future ahead of me. I now can see things that God is doing for me in my life that I have ignored in the past.

—Crystal

Since coming to Promise of Hope five months ago, the fog is lifting, my head is clearing, and I am realizing how badly I need to be here. Before coming here, I was not living, only existing and isolating from the world. I am learning how to live here, and my hope is that upon completing this program I will be able to live a productive, honest life, free of fear, and be a sister, friend, and most of all the mother God made me to be.

—Cindy

From the Heart . . .

The Addiction cycle without doubt brings mourning to the addict, family and society affected. And let's face it...we are all affected.

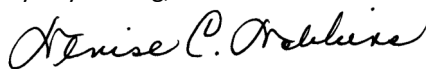
September is National Recovery Month. The theme this year is "Join the Voices of Recovery...Now More Than Ever!" Around town you are sure to see Red Ribbons tied to remind us. On September 11 we celebrated with a new concept for POH... a Candlelight Walk\Run for Hope. (Weather didn't permit the lighting ceremony we had planned!) We enjoyed a great crowd of families with children, Runners and Walkers from all over! We have been so blessed once again with special angels called volunteers helping us accomplish the event. New additions to the day helped to spin the excitement, and the music of "Chuck Hancock" was such a sweet addition, and some even rocked with "Lifeside". The Laurens County Library has allowed us to have a show window for the theme of which such a beautiful message of Hope is portrayed. Stop by and take a look!

Recovery...Promise of Hope provides an atmosphere where women can learn how to see God in daily activities. They learn that He is listening to their prayers, no matter how small and that He really does care. They gather little, but strong, tools to help them stay drug free one day at a time as they begin to watch their miracle happen. They see the restoration in their families begin. Hope. That's what it's all about....Now, more than ever. Our hope is in a personal relationship with Jesus Christ. Trusting the process He has each one of us in. What a glorious hope!!

Promise of Hope needs your prayer and support. Recovery is a painful process. I sat in a meeting the other evening with the women and watched as several reached out in love to a new resident as she was hanging on by a thread, telling her things like, "Come and get us out of the bed! We will help you!" Her comment when the craving had passed was, "It's just hard to believe ya'll would do that for me." This lifestyle takes away all belief that we are lovable. And what a special, special gift to witness as God uses each of us, you included, to accomplish His purpose on the campuses in Dudley and Baxley.

Thank you again for being a part. Call 478-676-4673 to see how you can become more involved with us as we expand and grow our service for His Kingdom.

Joyfully Serving,



Denise Crawford-Dobbins
Founder

Second Annual Promise Ride is a success

On Saturday, June 26, the Brotherhood of Jesus Christ Motorcycle Ministries Augusta, GA Chapter and the Wheels of Faith Motorcycle Ministry Baxley GA Chapter sponsored Promise Ride, a leisure ride for motorcycles, antique cars, and other unusual modes of travel. Approximately \$2,000 was raised to support the Baxley campus.

Pictured is Ronnie Rentz, pastor of the Assembly of God, giving directions to the riders for the day's event.



Rev. Ronnie Rentz



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 Bobbitt, Thomas
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 Brown, Paul
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 Bryant, Ruth Anne
 Burch, Kelly
 Bush, Cassi
 Bush, Kay
 Butler, Delano & Barbara
 Calhoun, Wanda
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 Daniel, Marcia L.
 Daniel, Stewart
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 Davis, Kim
 Davis, Pamela P
 Davis, Tammy
 Daws, Billy
 Deavers, Tracey
 Dexter Assembly of God Missions
 Dixon, Kim
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 Duke, Kelly O.
 Dupree, Jill
 Duque, Stacey
 Elder, Kathleen A.
 Elder, Renee
 Emily Kightrmers Furniture
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 Faulkner, Bobby
 Fellowship of Christian Athletes
 Ferrell, Mary E
 First Baptist Church of East Dublin
 First Laurens Bank
 Flexsteel
 Fordham, Kay H.
 Frantz, Pam & Jo Stubbs
 Freckled Frog
 Garrett, Don
 Garrett, Haley
 Gayco Healthcare Management
 Gillis, Joseph & Jennifer
 Graham, Audra
 Graham, Charles
 Graham, Jennifer Mullis
 Griffith, Alisa
 Gruber, Turner & Cameron
 Hall, Rease L. & Diane
 Hall, Sue D.
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 Harpe, Ed
 Hatcher, Carol
 Hatcher, Jill
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 Heart of Worship Church
 Hogan, Danny & Lesia
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 Howard, Richie & Amanda
 Howell, Rhonda
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 Jackson, Janace W
 Jackson, Marshall
 Jackson, Randy & Dianne
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 Joyner, Chelsea
 Kern, Julia M.
 Kight, Emily
 Kight Law Firm
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 King, Dan Jr.
 King, Hazel
 Krulish, Cheryl
 Lackey, Bonnie
 Lackey, Brunell T.
 Langner, Danielle
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 Lewis, Teresa
 Linn, Janet
 Long, Barbara J.
 Longhorn
 Lovett, Spence
 Luckie Street Bistro
 Lynne-Dalton, Kamile
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 Mair, Scott & Janet
 Mann, Beth
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 Martuscello, Janet
 Mayo, Tammy
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 McGhee, Connie S.
 McLees, Barbara
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 Midway Baptist Church
 Miller, Fay
 Miller, Wallace
 Mole, Tonya P.
 Montrose Baptist Church
 Montrose Sr. Ladies
 Montrose Women On Missions
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 Moss, Emilie
 Mullis, Faye
 Munn, Margaret M
 New Evergreen United Methodist Church
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 North Baxley Methodist Men
 Oasis Salon
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 Oxford, Misty



Friends of Hope

We gratefully acknowledge the support and dedication of the following who have supported the ministry during the past quarter.

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 Restauri, Amber
 Reynolds, Judy
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Volunteer Corner

Everyone wants to “make a difference”. There are national and worldwide organizations dedicated to making a difference. There is even “Make a Difference Day.” Making a difference is not something that always shows instant results—the fact that the “difference” may never appear (or appear as we expect) is even more reason to follow God’s lead and our own hearts. Last year we met a POH graduate and asked her what we could do to help the current POH staff and ladies. Her suggestion was that we pray about it, and we would be led to what we should do. At that time, we also discovered the ladies were low on some “food staples”, so we went grocery shopping for them. It was something we could do. That the first shopping trip has evolved to a volunteer commitment, led us to make a monthly donation, and staff has been such a blessing to us that we feel we are receiving more than we are giving. As we continue to listen to God’s guidance, we know He will show us other things we can do. We pray that others will also search their hearts and find a way to “make a difference”.

Pam and Jo
 Volunteers



Alumnae Retreat 2010

The 2nd Annual Alumnae Retreat was held September 17-19 in St. Augustine, FL.. Fourteen ladies participated in the spiritual retreat. The theme for the weekend was Sail Away. If you would like to become involved with the Promise of Hope alumnae contact Kay Tatum, 912.288.7883 or ktatum1971@live.com.

The Seven Stages of Human Development

by Bradley Quick

My first hand experience (see: <http://www.bradleyquick.com/my-life-experience>) dictates that there is generally no time schedule associated with these stages of recovery however, we all will experience them. Remember, they're all related to your current efforts perceptions and frame of mind. Let these stages, 1 through 7, act as your guide to get from where you are to where you want to be. Naturally, the more profound your experience in each stage, the more impact and long-lasting experience will be taken from, and into, the next stage of your evolution.

1. Denial (Not me) Substance Abuse and Behavioral Disorders are the only afflictions I know that will allow you to believe that you're not afflicted at all and to deny it if ever confronted, even if help is being offered to you gently with genuine kindness and concern "Don't confuse me with the facts, my mind is made up". Denial is the enemy, it prevents growth of any kind. Denying this issue in your life is the same as if you had cancer and the medical community told you that there was a cure. With that information in mind you just continued along like there was no problem. When all you had to do is to follow a simple process to the best of your ability—just for right now, in this moment—to be free from cancer. Why would you not surrender to the cure? Substance Abuse and/or Behavioral Disorders at this time is your cancer and this is your cure. If you'll do what it takes, just in this moment, with this Quick Fix process you will be free. Stay out of denial!

2. Acceptance (I'm alright) Acceptance is the key to all of our problems today. Acknowledging this is to accept ourselves, our current circumstances and conditions. In order to move on we must first acknowledge the issues, then accept what is. Total acceptance is always accompanied with a sigh of relief as the weight of the world is lifted off your shoulders and you finally realize you're free to begin again. Acceptance is the key.

3. Surrender (I give up) You have now made a decision to relinquish control. To give it back to the universe and all its inhabitants and to let what is, be what it is at any given moment. With this surrender comes a newfound freedom and as long as you continue a self discovery process daily you will remain on top of the proverbial pink cloud. Enjoy letting go!

4. Willingness (Positive action) You now have a new found willingness to do whatever it takes to enhance positive change in your life, your situation, the lives of others and in this, your new growth process. The more efforts you put forth then the more profound the growth. The more profound your growth, the more you benefit yourself and the world. Just be willing to be willing and let the universe do its' thing.

5. Depression (Complacency) After a time we once again start

to participate in life and we tend to forget from where we came. As we resume our life we find ourselves with more important things to do than what has been required thus far to get us to this point of recovery. As life gets more comfortable and we get more complacent we start to compare ourselves to those that have what we want or think we should have. Reality sets in as to who we are and who we are not, often much to our surprise. The complications of life begin to mount and again we forget what we did to get here. The shit hits the fan! Don't get discouraged. This is only part of your natural evolution and with the proper action this too will pass (P.A.C.E.). I promise. Remember, it's easier to act yourself into positive thinking, than to think yourself into positive action.

6. More Willingness (Positive action resumes) Being in so much pain at this point you'll realize you've got only two choices. The first is to go back to Substances or Behavioral Disorders hoping to relieve the pain. The second choice is to immediately resume the actions that brought you freedom and comfort when you first started working this process. One's an option and the other a death sentence. Good luck and don't forget to seek, ask for, then follow direction.

7. Maturity (Self-acceptance) It's been a long hard road up to this point. Growing up is never easy to do, but it's starting to pay off. You know more or less who you are. You pretty much know who you want to be when you grow up. You now realize you never have to do this thing called life alone and that you have an active role in the lives of many. Helen Keller once wrote, "Through my greatest handicap I have found my god, my work, and my purpose." At this point maybe you feel the same way. If not, stay focused on this process and it will come.

Congratulations and welcome aboard. Remember, the closer you stay to this process the better you will feel and the better life will be. The further you drift away the rougher the road gets and the harder the climb back.

Reprinted from Recovery Today Online, May 2010

Women's Day of Blessing



Saturday

February 5, 2011

Dublin GA

Saturday

March 5, 2011

Baxley GA

WISH LIST

The needs of the ministry vary. If you can provide an item on the Wish List or know someone who can, please pass the info along. If you need additional information, contact Promise of Hope at (478) 676-4673 or at

- | | |
|-----------------------------|-----------------------------|
| PRAYER | (3) 7-PASSENGER VANS |
| MONTHLY PLEDGES | WALKING TRACK |
| PROPERTY | RECOVERY BIBLES |
| COFFEE | DIGITAL CAMERA |
| CREAMER | FIREPROOF SAFE |
| SUGAR | STYROFOAM CUPS |
| ARTIFICIAL SWEETENER | REFRIGERATOR |
| CLEANING PRODUCTS | LAWN CHAIRS |
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| GAS GIFT CARDS | BINDERS |
| OFFICE SUPPLIES | WEED EATER |
| VOLUNTEERS | TOILETRIES |
| NA BASIC TEXT | FERTILIZER SPREADER |
| BOUNDARIES BOOKS | NOTEBOOK PAPER |
| NON-PERISHABLE FOODS | SCHOLARSHIP BEDS |
| PAPER PRODUCTS | JOURNALS |
| TELEPHONE CARDS | |

The Heart of the Board

It has truly been a privilege and blessing for me to serve on the Promise of Hope Board. When I see and hear the testimony of some of the ladies in the program I am so blessed. Tears come to my eyes when they say they had no hope until they came to Promise of Hope. To hear their stories about how they have been reunited with their families and especially their children will bless your heart. I know it is only by the grace of God that I have not been there. If we can help only one person find God and hope it is worth all our efforts. It has been a blessing to see so many volunteers in our community come together to work and give to this program. We can do all things through Christ who strengthens us so we must move forward and continue to help those who have needs and Promise of Hope is a wonderful resource to help ladies with needs.

In Christ,

Peggy Miles
Board of Directors

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