



# Christmas at *Tikvah House* 2018

“Behold! I stand at the door and knock.  
If anyone hears my voice and opens the  
door, I will come in.” (Revelation 3:20)



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*Our Mission is to provide  
Christ centered recovery homes  
offering hope, healing and  
restoration for individuals  
recovering from addictive  
substances.*



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# Views from Northeast Ohio

Dear Friends,

All of us at Friends of Recovery NEO hope this winter newsletter finds each and every one of you warm and well. I would like to start with a heartfelt thank you to everyone that blessed FORNEO in 2018. Thank you all for the meals, paper products, grocery gift cards, clothes, monetary donations and most importantly your prayers. I would like to share one quick blessing example. The JourneyMen's meal train Tuesday support group dinner. The men were blessed with a meal 48 of the 52 weeks in 2018. We believe this fabulous meal has contributed to the steady growth of this group from three to thirty men.

We are happy to report that on January 15, 2019 we launched the Women's Support Group. This group known as the "SisterHood," is meeting at the same time as the men's support group - JourneyMen. The men are meeting at Tikvah Home for Men while the ladies are meeting at Willoughby Bible Church. The ladies group will move into Arukah Home for Women once the home is up and running. We now offer free child care during these meetings for both the women as well as the men. Additional information for both groups is available within this newsletter.

I would like to close this letter with one last exciting piece of news. In early January, the FORNEO board approved our ministry strategic plan. This plan outlines the trajectory of the ministry for the next twelve years. These plans include the operation of six recovery homes for men, women and children, as well as the operation of a Social Enterprise. This enterprise will employ male and female residents as well as provide revenue back into the ministry. Please look in future newsletters as these exciting plans unfold.

We hope you enjoy this newsletter and find it informative and hope-filled. Thank you for your continued prayers and support. Your many blessings continue to help us help others.

Have Hope and Share Hope,

*Dennis Anthony*

Friends of Recovery NEO Director



## The Story Behind "Glory"

By Justin Gulley

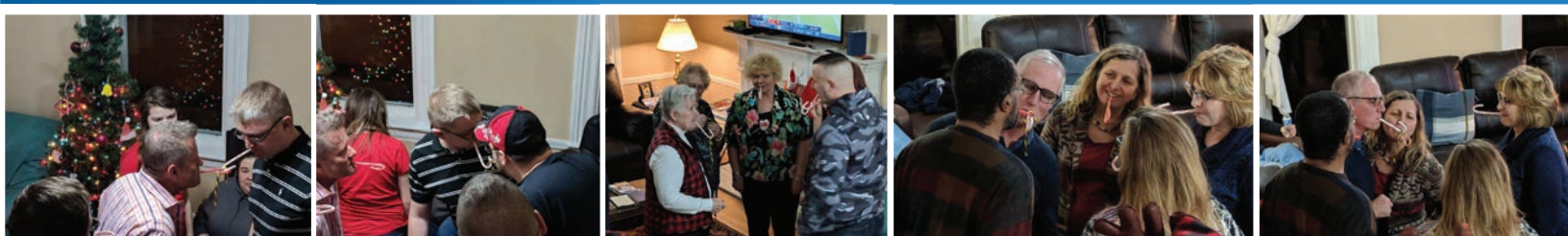
The purpose of "Glory" is to glorify God. One of the first things I learned when I gave my life to Christ last year was to glorify God in everything I do. I know without God's grace I would not be where I am today. I built the cross in my welding class at Auburn Career Center. I am so grateful to be taking this course where I will get certified this spring in welding and be able to build a career in something that I enjoy doing. The cross is also my token of gratitude for my family at Tikvah Home for Men. These men set a great example for me and have helped me grow into a better man.

# Christmas Celebration 2018

**Tikvah Home for Men**  
"Where recovery and life come together"



What a wonderful Christmas celebration it was this year as we celebrated the birth of our Lord and Savior at Tikvah Home for Men. This was our second Christmas in the home and as you can see, the size of the recovery family continues to grow. Over sixty people enjoyed a wonderful meal, Christmas carols, games and fellowship. This year the children and adults alike enjoyed the many sugary prizes and presents had by all. Unfortunately, the men of Tikvah did not prevail in the Candy Cane passing game.



# SisterHood



## Women's Support Group

On January 15, 2019, Friends of Recovery NEO launched our women's ministry. The leadership team of this beautiful ministry is comprised of ladies from Willoughby Bible Church, Willoughby Hills Friends Church, Freedom Assembly of God and Living Waters Church.



This group comes together every Tuesday for a meal & fellowship at 6:00pm and then the support meeting from 7:00 to 8:30pm. If you are a woman over 18 years of age and would like support with any of life's struggles, then this group is the place for you. All ladies will experience love, hope, forgiveness and peace. "Share each other's burdens and in this way obey the law of Christ."(Galatians 6:2)

Are you or someone you know struggling? Please invite that person and come join us. FREE childcare is provided during the group time from 7:00-8:30pm. We are currently meeting at Willoughby Bible Church, 37927 Euclid Avenue, Willoughby, Ohio 44094. Please enter at the lower level/rear portion of the building. Once Arukah Home for Women is open & operating, this group will then meet at the women's home.

The SisterHood could use your help. First, would you consider intentionally praying for this growing ministry? Next, would you prayerfully consider providing a meal for the group? Details can be found at: [www.mealtrain.com/2095ve](http://www.mealtrain.com/2095ve)

Contact Sue Anthony (440) 669-9599 with any questions.





## 2018 Ladies Christmas Tea

The Ladies Mission Fellowship of Willoughby Hills Friends Church hosts an annual event known as the "Ladies Christmas Tea." Each year the event's proceeds are donated to a charity of their choice. This year, \$7,400 was raised for Arukah Home for Women – Friends of Recovery NEO. As you can see, this event was a beautiful gathering where the ladies were served by the men. This lunch was filled with music, fellowship, food, gifts for purchase and a message geared towards missions. We are grateful for the continued partnership and support of Willoughby Hills Friends Church as well as The Ladies Mission Fellowship. *Thank you all!*



Northeast Ohio Next Step Living  
Ministries



## Then and Now

By Mark Nobles

I am currently 38 years old and had been shooting heroin on and off for 21 years. I have seven felonies, two prison numbers and now one leg. I've destroyed relationships, crashed cars, lost jobs, wasted money and pissed away a lot of opportunities. I've watched many die around me and been warned multiple times. I've lived a life of lies, theft and misery. Towards the end, I welcomed and prayed for death. I just wanted to silence the riot that raged inside my head. To say the least, I felt hopeless. I figured I'd end up in prison again or just die a dope fiend on the street.

I had just finished up six months in jail and three months of treatment. I had no money, no job, and didn't know how I was going to support myself with my untested prosthetic leg in the real world. I was basically looking for a safe place I could move into with no job, rent or security deposit up front. I did some searching and that's how I found Tikvah Home for Men.

My first interview was with Ed, the house manager and Pastor Todd from Willoughby Bible Church. It was kind of intimidating because they used a dry erase board with diagrams. This is where I found out about the three "W's" (Want, Willingness and Work). I was freaked out because Ed kept referring to Tikvah as a "home", "family" and about being "brothers." That's all new to me. I traveled all my life because my parents were military and we moved a lot. I didn't have a home. Home to me is where I lay my head at night for however long or short of time that may be. I've hurt a lot of my family over the years and even more of them want nothing to do with or keep a distance from me do to years of poor choices on my part. I could not relate when hearing all of this family talk. I'm an only child and have No idea about brothers or sisters. Towards the end of the interview, Ed asked a question. "What do you want to get from Tikvah?" I fired right back "To learn how to live life again!" After that first interview, I was at a crossroads. I didn't wanna die on the streets a dope fiend but I wasn't sure about all this family and brotherly love stuff either.

When I came back to Tikvah for my second interview, I honestly didn't think I'd get accepted. I figured the other guy they interviewed would get it but not me. But then it hit me. I had the three "W's." I had a tiny speck of hope and (W)anted to be sober and recover. I surrendered a little bit and was willing to follow instruction and be guided by someone/something other than self-will. I finally accepted after 21 years on the streets, that I didn't know how to live a sober life in peace. I've tried many times and methods but it just never stuck with me or worked out at all. I was finally (W)illing to give up some control, accept help and follow instructions. Even with the whole family, faith-based, brothers and God stuff. I had finally embraced the gift of desperation. I knew from the beginning I was gonna have to (W)ork hard for it. I had already worked long and hard destroying my life and creating this masterpiece known as "Mark Nobles."

I now realized I was gonna have to work just as hard or harder to rebuild and improve my new life.

When I was accepted and moved into Tikvah, I committed to doing everything within myself to improve, recover and change. If I was to be asked to leave Tikvah, it wasn't gonna be because of my lack of effort. I wanted and needed to change and do life differently. God graced me with the ways and means to do so. It is my responsibility to follow through. I still tell myself sometimes "Don't \*\*\*\* this up Mark!"

My journey at Tikvah was and still is just blind faith. I never thought I'd have or even feel the way I do today. I've followed suggestions, put in the work and have steadily seen positive results. I had to get a job and become a productive member of society. I didn't believe I was employable or could even find a real job. With my past felonies, prison record and one leg, I did not think any of these would be appealing qualities to potential employers. But those around me kept telling me to stay clean, keep trying, have faith and something will come through.

In this blind faith journey, I have found an employer that surprised me. During an interview, I talked to two supervisors that seemed to show an interest in me and actually cared. One of them told me "I believe in grace & forgiveness and some people need second, third and fourth chances." I was thinking that is definitely me. These people eventually decided to give me that chance. I now have a good job, am learning a trade and have a sense of self-worth. It is amazing the results I've seen so far when I speak from my heart and do the work.

Along this faith journey I've discovered a sense of inner peace and freedom I never imagined before. Others have seen the changes

**"Commit everything you do to the Lord. Trust Him and He will help you."** (Psalm 37:5)

and have reached out to me. I have gone into Lake County Jail to share my story and hope soon to do the same at Geauga Jail. I want to go back and share hope. I will also begin training to do peer support for new amputees. I can be an example to other amputees that life doesn't have to end after loss of limb. For me, life has just begun. It will be a privilege to offer support for other people.

I never thought I would be able to give back. I never had anything to give. I gave everything to my addiction and took all I could from others. It is a miracle and a privilege to be able to give back today. I believe I am living on borrowed time. Too many times I should have died on the streets. For many years I chose to dance with the Devil and one of these days I will have to pay the fiddler. When I meet my maker and they tally up my life's score card, I hope I have helped more people than I have hurt.



# Sharing With Others

By Mark Nobles

When I get the opportunity to share my story with others, it is an honor and privilege. It is sometimes scary to share my journey but the chance to share, relate, reach and possibly spread hope to others outweighs that fear.

When I was using, I was ashamed and hopeless. When I heard others share their journey, I wasn't alone in my thoughts, feelings or actions. Now that I can share, it's a privilege to be an example that there is hope. Sharing my journey portrays the path I've walked good, bad, past and present. I can stand up, be honest, not ashamed and maybe even help another person in their struggle.

Sharing allows me to get out of myself. It amazes me how comfortable I am in a room full of like-minded individuals. It allows me to relate to others, spread hope and also helps save my life in the process. Sharing also makes me available to others who may need or want someone for

communication and comfort. Sharing for me is not only talking but listening as well. Lord knows many have listened to my struggles, aches and pains. It's a privilege to be able to listen to someone else.

Recently, two of the Tikvah men shared their journey for the first time. As of this printing, both have been asked to share their stories multiple times. Thank you Mark and Ed for offering hope to others.



## What is Friends of Recovery NEO?

*Our Mission is to provide Christ centered recovery homes offering hope, healing and restoration for individuals recovering from addictive substances. These homes provide a safe, affordable, drug and alcohol-free residential environment for both women and men that have chosen recovery. As the women and men grow in their recovery, they will learn respect, accountability/responsibility and healthy relationship building. Most importantly, they will learn they have a loving Father waiting with open arms that can/will set them free.*

*While staying with us, we will teach the life skills necessary to blossom into a functioning/productive member of society. Everyone will learn such things as what addiction is and how it affects you and your family. We will also offer lifesaving tools to help throughout one's recovery journey. You will meet like-minded people and develop relationships based on love and trust.*

*We at Friends of Recovery Northeast Ohio know what it is like to lose hope and direction in life. We are a group of people who have been there. We have made the poor choices ourselves or have watched our loved ones choose the wrong road. Either way, we have all felt alone in this struggle. Does any of this sound familiar? If so, we are here to offer hope and share that YOU ARE NOT ALONE!*

*What do we expect from the residents? First and most importantly, we expect everyone to remain sober. Second, living in one of our recovery homes has no set number of days. Third, we expect everyone to help others struggling with addiction within the recovery house as well as in the community. Lastly, we expect everyone to give back to the community by living a functional and productive life. Simply put, we believe the more we help others, the more we help ourselves.*




## Ministry Needs

- **Paper Products:** toilet paper, napkins, paper towels, heavy paper plates, 8 or 12oz paper cups
  - Marc's/Aldi Grocery Gift Cards
  - Support Group Meals
- Ladies: [www.mealtrain.com/2095ve](http://www.mealtrain.com/2095ve)  
Men: [www.mealtrain.com/k9r6m0](http://www.mealtrain.com/k9r6m0)
- Monetary Donation/Support: [www.friendsofrecoverynco.com](http://www.friendsofrecoverynco.com)

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**Thank you for helping us help others!**

For more information  
and on-line giving go to:  
[www.friendsofrecoverynco.com](http://www.friendsofrecoverynco.com)

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