

GraceWay Gratitude Journal

“Acts of gratitude make one grateful because step by step they reveal that all is grace.”
 – **Henri J.M. Nouwen**

We say THANK YOU to our Faithful Friends, prayer partners and Grace in Action pledge partners -

- The Albany Area Chamber of Commerce for selecting GraceWay as the area's first Not for Profit Business of the Year. This honor and article in the November/December issue of BUSINESS provided great publicity about the hope we offer to hurting families.

Deborah and Winston Bass – Ongoing computer training and equipment for GraceWay residents
Christa Cotton – Deb class 2006-07 – service hours/errands

Cindy Pearson- Homemade apple cake
The Garden Club of Albany donated 75 daffodil bulbs and helped residents plant them

Junior League of Albany - Liz Gray and Heidi Ellion - Membership donated laundry products

St. Teresa's School children – Much needed paper goods and spiritual bouquets of prayer

October 23-31 was Red Ribbon Week for National Drug and Alcohol Awareness. To celebrate, Denise Ross's classes at the **Transitional Learning Center in Lee County** learned about GraceWay and collected canned goods as their community service project.

Pam McDonald - fax machine and printer from Security Bank

Ed Lightsey, Marilyn Nobles, David

Maschke and friends – for a delicious Thanksgiving dinner for our residents
Darin and Maria Wood - a dressed deer for our freezer

Kiwanis Club – Thanksgiving donation
Moe's Southwest Grill for a delicious burrito dinner for our residents

Albany Herald and local advertisers – 8 page insert in Dec. 3 Sunday Herald
Walden & Kirkland Realtors for refurbishing and decorating Apartment #8 at The Way – see story next newsletter

Kaye Blalock and her staff for catering
Paula Deen's Family Reunion for our sponsors and patrons

Woods Galleries – framing for Paula Deen event

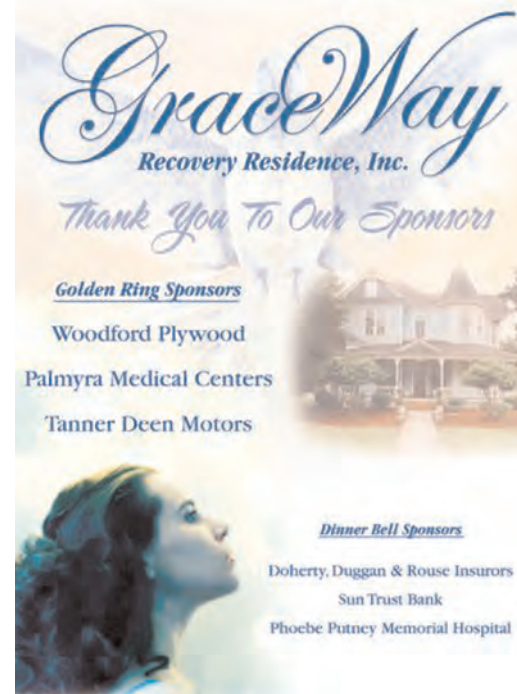
Gillespie Printers – Paula Deen invitations and printing

Langstaff Marketing – promo pieces
Libby Womack, Joan Shaddock and Rosanne Lewis and talented committee – decorations and greenery for events
WALB and Ruthie Garner for ongoing publicity and public awareness of GraceWay's mission

Anne Northrop, Elizabeth Bridges and Paula Brown - Silent Auction chairs and their wonderful go-getters
Paula Deen Silent Auction donors - The most generous businesses and families ever!

A round of applause for **Chairmen, Susan Greene and Paula Melton** and the AMAZING **“A TEAM” volunteers 2006!**

And a drum roll for all of our awesome ticket purchasers and generous sponsors and patrons that made



this year's Paula Deen event a resounding success

And last, but not least, to **Paula Deen** for donating her time and incredible energy and talent to come “Home” to lovingly host a “friend-raiser” to help women in need of recovery at GraceWay. Many heartfelt thanks to her precious husband, Michael Groover, Jelly Roll, Dora, Uncle Bubba and Brandon Branch for heaping triple portions of blessings for *A Slice of Life with Paula Deen* benefiting GraceWay 2006!!! **We love y'all.**



Pictured left to right: Phil Greene, Michael Groover, Susan Greene (GraceWay Board President), and Paula Deen at “A Slice of Life with Paula Deen benefiting GraceWay” at the Hilton Garden Inn.

GraceWay is a 501 (C) (3) non-profit, faith-based, long-term substance abuse treatment community for women. GraceWay provides a spiritual home environment that empowers residents to become productive members of their families and society through intensive application of the Twelve-Step methodology.



Hats off to our Amazing “A TEAM” volunteers extraordinaire! Fantastic job, ladies!



What those that are still “out there” are saying

“There I lay in the hospital, almost dead from an overdose. My heart felt like it was about to jump out of my chest and yet all I could think about was getting another hit.”

“I said that I was different. I had a great job and family. I just wanted to party. I'd never be one of “those coke –heads” caught peeping out windows or

crawling around on the floor. A few days later, I was creeping and peeping. I thought someone was out to get me. The paranoia almost drove me insane.”

“I knew it was killing the baby growing inside me, but I couldn't stop. I couldn't stop and then it was too late and I still couldn't stop.”

“At first it was gonna quit; then it was gotta quit, can't quit; finally, it was can't quit, gonna die.”

“I couldn't stop until my whole paycheck was gone. I promised myself that next week it would be different -- 'I'll just have a beer -- but one turned into two, two turned into three, and before I knew it, I was promising myself again: 'Next week it will be different...’”

These words are posted on the wall of the Shishu Bhavan, Mother Teresa's children's home in Calcutta:

People are unreasonable, illogical and self-centered.
LOVE THEM, ANYWAY.

If you do good, people will accuse you of selfish, ulterior motives.

DO GOOD, ANYWAY.

If you are successful, you win false friends and true enemies.

SUCCEED, ANYWAY.

The good you do will be forgotten tomorrow.

DO GOOD, ANYWAY.

Honesty and frankness make you vulnerable.

BE HONEST AND FRANK, ANYWAY.

People really need help, but may attack you if you help them.

HELP THEM, ANYWAY.

Give the world the best you have and you'll get kicked in the teeth.

GIVE THE WORLD THE BEST YOU'VE GOT, ANYWAY.

You see in the final analysis it is between you and God. It was never between you and them, anyway.

Director's Message

Here is the sobering truth of the matter. There is a problem afflicting women in SWGA. The problem is untreated alcoholism and addiction.

The initiation of the healing process often includes many difficult choices. These recovery steps are sometimes painful, but elicit acceptance, spiritual growth and change. Hope motivates healing. Progress is made one day at a time at GraceWay.

Let's not miss this very real opportunity to be part of the solution in 2007. Please join us in prayerful agreement. We believe that no matter what has happened in the past and in spite of what we have done or failed to do, that with God's grace, it is never too late to begin again. Let's put our faith in God and love our neighbors, as ourselves. We are called to help and to serve others in concrete charity. How you decide to respond or not respond to this newsletter can alter the outcome of GraceWay's mission and women's lives. Your Grace in Action pledge will truly make a difference in the lives of women. How will you respond today?

Debbie Y. Mazur, Director

What Miss Peggy, GraceWay's Program Director is Saying: "Do the next right thing."

GraceWay's staff and Twelve Step methodology teaches residents to always "Do the next right thing."

All 12-Step Programs stress the need for healing of broken relationships, reconciliation, and paying debts owed. If I owe someone money, because I stole to support a habit, then I must repay that debt once in recovery. If I have injured someone while driving under the influence of alcohol or some other drug, legal or illegal, then I must try to rectify the injury to the person I hurt, possibly spend time in jail, pay a fine, and/or lose my driver's license. In a more difficult vein, I may have neglected my children in their formative years because I was drunk. I must now in sobriety, at every opportunity, attempt to be present to them as a parent. Some consequences or debts can be simply paid by writing a check. Others may take a life-

time. Even that may be insufficient. We do our best and leave the rest to a merciful God. 12-Step, religious, and spiritual programs all require that we make amends or restitution for the wrongs we have done, being well or ill. Simply, it's about doing the right thing. Justice, I believe, is what it's called.

*Erik Vagenius, Director of Substance Abuse Ministry
The Florida Catholic SAM Scripts*

Serenity Prayer

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.



The 12 Steps and the Serenity Prayer are hand-painted on the wall of GraceWay's Group Counseling Room pictured above.

Family Workshops

"Directions for Steps Along the Way"

Open to the Community – Spring 2007

Call (229) 446-4550 for information and reservations.

Alcohol Involved in One-Third of Suicides

Research Summary, November 27, 2006

A third of suicide victims in a recent study had alcohol in their system, and about 10 percent tested positive for other drugs, such as opiates, cocaine, marijuana, or amphetamines, according to researchers at the U.S. Centers for Disease Control and Prevention (CDC).



Here's what people are saying about GraceWay ...

Dear Debbie and Staff,

Thank you FOREVER for the miracle that took place in our daughter's life (and ours) while she was there. It continues today. God used y'all in a mighty way to save her life and there are no words that could ever fully express our gratitude.

*Parents of a GraceWay resident –
Thanksgiving 2006*

GraceWay provides women in need with the environment necessary to break the cycle of addiction. It provides an opportunity for success. It makes Albany a better place.

Ken Hodges, District Attorney

GraceWay has definitely been an asset to this community. The services they provide are desperately needed and are deeply appreciated by all.

Jamil Saba, Sheriff Dougherty County

Phoebe's Community Visions program has supported GraceWay providing a grant for renovations for transitional housing. GraceWay is working everyday to help women in a secure, positive, spiritual home-like environment for long term sobriety and seeking liberation from their disease.

*Cynthia George,
Phoebe Putney Memorial Hospital*

I am a National Certified Addiction Counselor and have served on the licensing certification commission for the NAADAC. I am also a CAC Level II and a Certified Clinical Supervisor for the GA Addiction Counselors Association.

The intensely spiritual component of GraceWay's long-term program fortifies the Twelve Step method they employ so successfully. Their structured residential living environment and Half Way House at "The Way" Transitional Apartments allow residents to grow in serenity, wisdom, courage and grace. God is working in the lives of GraceWay women and their families and in this community.

Monroe E. Abram, Warner Robins, GA

Shirley Chisholm once said that "Service is the rent that we pay for the space that we occupy here on this earth." GraceWay's purpose on this earth is to help those individuals

who may have been dealt a bad break in their lives an opportunity to reach their full potential. It is an asset to this community and Southwest Georgia.

Congressman Sanford Bishop

"Women are the foundation which makes our community and families thrive and grow. When something happens that upsets that balance, we all pay a high price. The GraceWay Recovery program is essential to help those in need regain their confidence and independence, addiction free."

Eric Riggle, Palmyra Medical Centers

I work with several young women that went through the GraceWay program; the experience for them was life-saving, life changing. They are hope filled, love their new lives, and are working toward bright futures. Donate today – Save a life!

*Dana Drahush, GraceWay Volunteer,
Leesburg, GA*

GraceWay is truly a blessing for Albany, Georgia. I have been proud to be involved since its inception. I have personally witnessed lives being changed. As a Board member I know every dollar given to GraceWay goes directly into helping individuals who struggle with the disease of addiction.

*Timothy S. Trulock, M.D.,
Albany Urology Clinic*

We are very fortunate to have GraceWay in our community. GraceWay is a spiritual sanctuary for females needing support, understanding, and guidance, vital elements in their healing process. We applaud GraceWay and give thanks for having them here in our community. May God continue to bless your work.

Willie Adams, MD, Mayor of Albany



The comprehensive and loving nature of the GraceWay program makes it a unique approach to defeating addiction and hopelessness. The tireless work and steadfast faith of the founders and staff provide a stunning example of how committed individuals can truly make a difference in the lives of others.

*Judith Bartow,
Friend of GraceWay, New York City, NY*

The Albany Area Chamber of Commerce honored area small businesses at its annual "Salute to Small Business Rise N Shine Breakfast in October. I am pleased to announce that GraceWay Recovery Residence was awarded the inaugural Not for Profit Business of the Year for 2006-2007. On behalf of the Chamber's Chairman, Leland Burkart and the Board of Directors and all area businesses we salute GraceWay for championing world class recovery for women and their families. Congratulations, GraceWay!

*Tim Martin, President and CEO
Albany Area Chamber of Commerce*

