



LAZARUS HOUSE MARY & MARTHA HOUSE

WINTER 2019

"We have been called to bind up wounds, to unite what has fallen apart, and to bring home those who have lost their way."

- St. Francis.

"You were born with wings. . . why prefer to

crawl through life?" Rumi, a Persian poet, penned those words almost 800 years ago. Today, in our search for inner peace and purpose in life some of us reach a point where we have to reflect on roads not traveled, dreams not realized, and lives not shared. Some might call that a midlife crisis. Whatever you call it there's no easy way around it; the only way is through it. If we opt for an easier, softer way around it by clinging to what is familiar and predictable, we risk just "crawling" through life and simply surviving. Some may feel they don't have a choice other than simply surviving. In some places that is all they can do; they may just get by, and no one is being judged for that. However, there are others who have a passion for the possible even in the face of adversity, and gradually discover they have "wings"!

Franciscan Father Richard Rohr wisely remarks that "major change in life happens either through great suffering or great love." Actively addicted men and women face a crisis when they begin to "get sick and tired of being sick and tired"; when they realize that those who love them have been hurt or betrayed again and again; and where the past joy of life has been replaced by pain and suffering. It can happen in the middle years described above, or even earlier or later in life. Regardless, most of us addicts come to find that there is no easier, softer way around our addictive illness. The alternative is to "crawl" through life - sometimes literally - in order to get by and get the next "fix". We might "crawl" miles to get that much-needed bottle of liquor or that "rock" of crack cocaine, even on the coldest night of winter! Or, we can face life on life's terms, and make a change with some help.

Many of the men and women who come to Lazarus House/Mary & Martha House have just been through detox, the medical process of removing the drug from their bodies. That is just the beginning of recovery. One might say that the drug or chemical accounts for about 10% of an addict's life. The other 90% of the change from "crawling" to "wings" involves a change of heart and lifestyle. Through counseling/therapy, having a safe place to start over and, most of all, a community around us who love and accept us, we come to believe that we can "fly". These "angels" help us move beyond our past lives of believing we are useless, criminal, diseased failures. They help to lift us up in the esteem of self and others, and give us a flying start at a new life with family, employment, and all who love us. In many ways, addiction is a disease of loneliness, of being cut off, isolated like Lazarus in the tomb - not for 4 days, but 4 years or 40 years; where no one could get in and we couldn't get out. Recovery happens in community, that Body gently rolling away the stone and inviting us to come outside our old, dark prison of self. Then, like the friends of Lazarus, the loving community can unbind us and let us go free. To you who are "the wind beneath our wings" we give a heartfelt "thank you!"



Hi, my name is Dave J.!

Sometimes I act like I am 7, but I am 38! I was born in Wheeling. When I was 6 years old my Mom and Dad divorced, and I moved to Burgettstown, PA with Mom. Along with Mom and Stepdad childhood was positive. I was involved in sports and worked with my Stepdad in the summer. Alcohol and drugs were always around, but I didn't start to experiment with this till the age of 12 or 13. More of a weekend thing is how it began.

At age 16 I was coming to Wheeling on weekends. Drug and alcohol use gradually became an everyday thing. I decided to drop out of school and move to Wheeling. Bad choice! I always held a job, had 2 kids, but life was becoming unmanageable. Got in trouble, and ended up losing everything.

Jail time! Got out and got into a rehab in Wheeling called "Miracles Happen". I was later accepted into Lazarus House. Without Lazarus House I would have been homeless. They did not judge me for my past and gave me a chance to further better myself. Seeing others in the house helping each other shows me that it's not an "I" program but a "we" program, and we can all have a better life together. Pat has given me a structured environment, and good advice. I am grateful for this chance. He truly has the vision of hope. Millie is awesome! (Millie is the dog. She is 13, but acts like she is 38! pc)

RECOVERY QUOTES

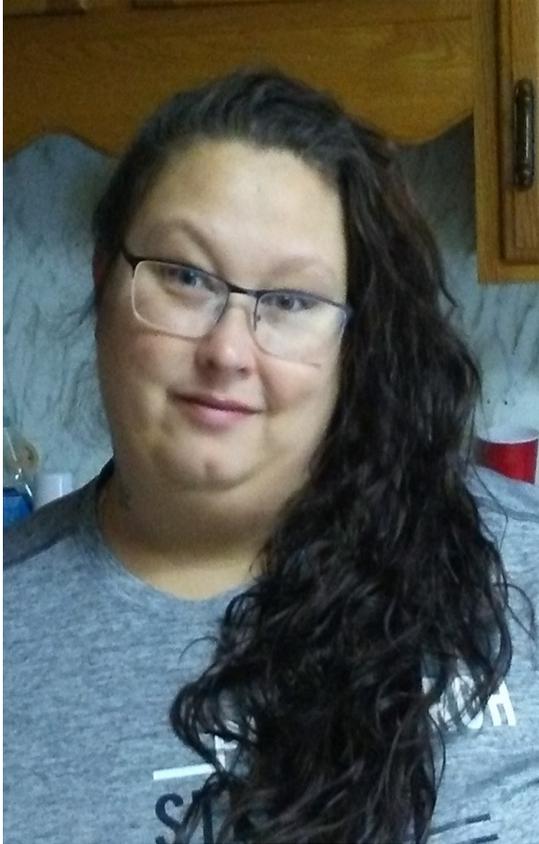
"If you always do what you always did, you will always get what you always got!"

" I started attending Alcoholics Anonymous meetings to 'save my ass', only to find that my soul was attached to it!"



Understanding words and terms....

- + The proper name for addictive illness in the diagnostic texts is now "Substance Use Disorder". Most of us, however, simply admit that we are addicts.
- + Babies born to Moms who abused during pregnancy are not "born addicted". They may be dependent on the drug, and diagnosed as having Neonatal Abstinence Syndrome (NAS). Addiction is not only a biological disease, but a psychological, social, and spiritual disease as well, as defined by the American Society of Addiction Medicine (ASAM).
- + Persons who are prescribed medications such as opioids, e.g. Oxycontin, for pain are not addicted as we understand diagnostic criteria for addiction. Of course, they may be dependent on the drug, and may need to be tapered off under medical supervision.



Hi! My name is Nicole C.....I am a 35 year-old recovering addict. I am the current house manager at the Mary & Martha House. I came here about a year ago as a resident. I was welcomed with open arms. When I got here I had nothing aside from the clothes I was wearing and the shoes on my feet. The house provided me with clothing, hygiene products, and all the material needs. But the most important thing I received was love and support.

When the house manager job was available I did not hesitate. It is a wonderful feeling to give back the help that was so freely given to me. We currently have 4 women at the house with me.

The help these women need ranges from help with mental illness to simple physicals and addiction services. We try to help the women get local doctors and therapists. A lot of women come here still holding on to childhood traumas, sexual abuse, and guilt and shame from past mistakes and lifestyles. We try to help them let go and show them they don't have to be who they were. We try to help them reconnect with their families and children. It is our goal to show them they deserve a life of love and laughter, and that a life like that is possible with time and work.

(In addition to her management of the house, Nicole is in her second year of college, and works at a local restaurant.)

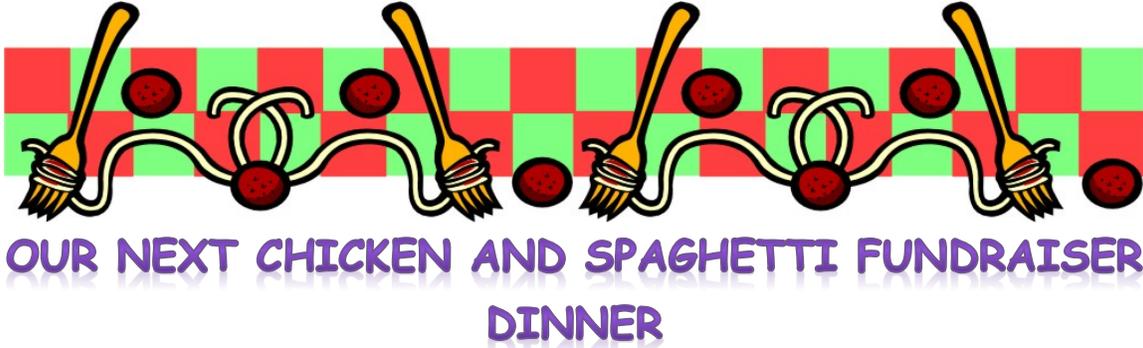
"I THINK THE HARDEST PEOPLE IN THE WORLD TO FORGIVE ARE THE PEOPLE WE ONCE WERE." - ANDREA GIBSON.

METHAMPHETAMINE ("CRYSTAL METH").

Amphetamine-type stimulants, among which methamphetamine is the most commonly used, are the second most widely-used illicit drugs after cannabis (marijuana) globally. Recent reports revealed an increase in the number of meth labs in the U.S., from 2,274 in 2010 to 11,116 labs in 2011 alone, and these labs continue to multiply. When made and sold illicitly, methamphetamine is found as a powder or crystalline, the latter commonly known as "crystal meth" or "ice". It may be smoked, injected, snorted, or taken orally. The effects can last from 8-12 hours when snorted or taken orally, with a shorter duration but more intense effect when injected or smoked.

Use of "crystal meth" results in euphoria, positive mood, reduction in fatigue, tachycardia (very fast heart rate), hypertension (high blood pressure), and anxiety. At very high doses and frequent use, "crystal meth" can result in psychotic episodes (delusions, hallucinations, paranoid feelings). Withdrawal after frequent use can result in depression, which can last up to two weeks after last use. In extreme cases of heavy and prolonged use, Parkinsonism can develop, and may not be reversible.

There are currently no FDA-approved medications available for treatment of methamphetamine addiction. A number of drugs have been tested in clinical trials, but most of the studies report little progress in long-term treatment outcomes. The depressive symptoms can be treated with anti-depressants, and with other mood-stabilizing drugs for psychotic symptoms. Certain types of psychotherapy have shown some promise, such as Cognitive Behavioral Therapy (CBT) and Contingency Management (CM). Attendance at 12-Step meetings such as Narcotics Anonymous may be most beneficial, even though its effectiveness cannot be clinically proven. A number of studies on the effectiveness of physical exercise are currently being carried out, reporting some positive outcomes in long-term recovery from this addiction.



SUNDAY, MARCH 24TH., 2019

SOUP KITCHEN

11.30 - 4.30

Price of \$8 includes Chicken

or

Spaghetti & Meatballs

**Coleslaw, breadsticks, green beans,
parsley potatoes.**

Iced Tea, coffee, water, lemonade.

Selection of desserts.

Take-outs available.

YSS and Lazarus House are very grateful for the hospitality of the Soup Kitchen in partnering with us by hosting our events. They not only give us a venue but also provide the services of their staff for cooking and setting up. Becky and her staff are truly a light in this City of Lights. We are always welcome there. Please support their work!

Donations to Lazarus House/Mary & Martha House

Enclosed is my gift for Lazarus House/Mary & Martha House:

___\$50. ___\$20. ___\$10. ___Other amount.

Name: _____

Address: _____

Please make checks payable to **YSS, P.O. Box 6041, 87-15th Street, Wheeling, WV 26003**. Thank you and God bless you!