

Against All Odds



A Collective Endeavor of Women Who Have Experienced Homelessness

Friendship House, Inc., Women's Ministry, 8th & Orange Sts., Wilmington, DE. 652-8033

I APOLOGIZE, I FORGIVE, I'M LETTING GO, I'M FREE

I apologize for beating up on myself, for not believing in myself, for allowing myself to feel unwhole and unworthy.

I apologize for sabotaging my happiness.

I apologize for making excuses that held me back.

I apologize for putting more energy into other people because I was too scared to work on myself.

I apologize for not using my gifts that God inbeded in me.

I apologize for taking my life for granted.

I forgive all this, I forgive me, and I trust in me to take care of me better.

I forgive myself for jumping through hoops to please others at the expense of just accepting myself.

I forgive myself thinking that my best wasn't good enough. For feeling and thinking my weaknesses brought me down. They only serve to remind me that I am human and striving.

I forgive myself for allowing pain to control me spiritually, mentally, and physically.

I forgive myself for ignoring God's presence and God's stamp on my life.

I forgive myself for backing away from my destiny, as I perceive it to be: giving all I have to shine for God and for myself.

I forgive my parents, for pain they have caused, knowingly or/and unknowingly.

And finally, I'm letting go of things out of my control. . . . I'm free.

LOOKING AT THE STARS

I want this time to share something for what it's worth. I started coming here in my worst points in life. I did this over and over again. I almost gave up on myself and God, but he gave me that to carry on.

He carried me through my pain, my hurts, my addiction. It was a process for me but all I know is that it was like hell in the beginning for the longest time. I had more then one addiction. I was alone with no light or electric for almost a year. It was that way through the whole winter.

I was also pregnant and through my 9 months I was in this house with no lights or electric and I had the baby by myself in that house. God was by my side. Since the last time I was here, which was Palm Sunday was the first time that I haven't had the wants to need anything, now it's been 22 days. God is by my side.

Today through all that, my baby is now 6 months. He was born October 5, 2006 and his name is Keantea.

On April 20th I became a grandmother for the third time and this time I was able to be there! What a great feeling for me. I got my first Granddaughter and her name is Camaya.

God is by my side. I finally got my state ID on April 20th. Also in which I needed to get

my drug lab work done so that I can go to work at Avon.

God is by my side and there is an angel by my side. I thanked God through it all anyway. I just can't thank him enough. I got my life back but I need a positive role model. Thank you all for being here for me. Thank you Jesus!

Merrie DeShields

MY JOURNEY TO TRANSITIONAL HOUSING

I was born in Buffalo, NY. I have two children. A boy and a girl. My oldest is 21 my youngest is 11. They both reside together in Seaford, DE. I started my journey last year on August 19th. I went to Detox at 291 Elm in Buffalo, NY. I was there for 14 days. After there I started rehab and was there for 28 days. I was then accepted at the Madonna House in Lockport, NY. My stay there was 8 months. I explained that I wanted to be closer to my children so they allowed me to continue my journey at Sojourners in Wilmington, DE. When I got there I realized my son could not visit there on weekends. So I went down to the Women's Center and I met up with one of the staff members, Ms. Pam, and asked her about the Friendship House. She sat down with me and explained to me exactly what I needed to do. So the next day I wrote to Mrs. Marcy Perkins and explained my situation and

asked if there were any openings for me so I could continue my recovery. I met her for an interview and was accepted on the spot. I moved into the Patterson House on June 18, 2007. On a daily basis I go to meetings, keep in touch with my sponsor and do step work and because of that I'm staying clean. Through the grace of God I will be celebrating 1 year on August 19, 2007.

Robin Jordan

I FOUND THE NEWARK EMPOWERMENT CENTER

I am a 32 year old single white female. I was honored when asked to write how I came into the Friendship House. Let me start by giving a bit more of my background. I was at my job for eleven years and living at my brand new townhouse when my addiction took over my life. I lost my job and was forced to sell my townhouse. I started living from one hotel to another with a full supply of drugs and alcohol, from the money I made on the sale of my house. Always saying, just one more and then when the money ran out. Me and my boyfriend moved into our car. It was during one of the coldest weeks this year. We would wake up with ice inside the car. This is when we first met Mr. Bill Perkins. He offered to help

put us in homeless shelters but at that point we were not ready so he provided us with blankets, sleeping bags and hat & gloves. So we went on like this for about a couple weeks, when we were notified by a church in Newark of a pilot program called the Empowerment program. I attended the first day it opened and continued to go there at least once a week. What a wonderful place. Just to have someone to talk to was all I needed. Unfortunately we still were not done and ultimately ended up getting arrested. My boyfriend was incarcerated and I was released. I didn't know it at the time but I came to see it as a blessing in disguise. My step father came and picked me up at the police station, dropped me off at the motel on main street in Newark, paid for my room and said he would pray for me. This was the first time I was on my own. I knew it was God working when the motel was down the street from the Empowerment program. So I got humble and walked down and asked for help, and help is what I got. They were on the phone calling places for me and set me up in a shelter. They gave me bus passes and I was on my way. They saved my life. When my stay was up I was set up for an interview at the Friendship House. To my surprise it was run by Mrs. Marcy Perkins. Now I know God is in my corner. I was invited to stay right on the spot.

I have a good job and a great program. I don't know how I can ever thank them enough. So I just stay on my path and let my actions show them.

Thank You
Karen Sullivan

A SNAPSHOT OF A MORNING AT THE WOMEN'S CENTER

July 24, 2007
7:30-11:30

3 staff, 1 volunteer
52 clients, 6 children
60 client phone calls placed
4 showers
5 copies made
4 faxes sent
2 Clothing Bank orders placed

A sample of our 1:1 conversations:
Check written to DMV \$20.00 for client to get a state ID so that she can work. 2 bus tickets to get there and back.

New client intake. Living in a 30 day shelter, problem pregnancy (6 months along) which requires bed rest, has to be out of shelter all day, Brainstormed possibilities for next three months.

Pulled aside by a client "I haven't gotten good coffee here in a week 0 someone is putting something in it."

Phone call from Women's Prison Program asking for information on Transitional Housing. Faxed info.

Letter written for 51-year-old client to another agency stating that she is a client, as they are helping her re-apply for disability (turned down twice despite HIV, stroke, back problems)

Discussion with client from another state who has been kicked out of local shelter. No family to stay with, no friends here. Suggested two agencies that offer motel vouchers.

Phone call from a woman looking for a shelter that will take her and her dog. We had to tell her no shelters take pets.

I AM

I am a strong willed black young woman I could care less about what anyone thinks of me. Because until you know than its "errors" false beliefs and yes plenty. But had it not been for higher power of my understanding, NA family, friends, family, those who care and support me. The "errors" would be continuous. Life is full of changes and that is what I'm doing, adjusting my life for the better for the first time in my life. I am who I am real, upfront, and true just because you don't like what you hear or see, how I carry myself, who the real me is. I know nothing more than to be myself, I am who I am dependable, sincere, trust worthy, smart, creative, loveable, passionate, strong, gentle and a person that people can confide in, I am the only

person I know how to be the new me.

Shanell Nicole Bailey
Need article for this column

Need An article for half page

.....



Friendship House
PO Box 1517
Wilmington, DE 19899
www.friendship-house.org

NonProfit Org.
U.S. Postage
P A I D
Wilmington, DE
Permit No. 1367