



ChristTown Ministries, Inc.
Changing Lives by Christ Centered Living

Family Participation

Congratulations! You too have taken your first step in recovery! (*What?*) Yes, I said your recovery. As your loved one seeks help you should do the same! When my husband went into a drug/alcohol rehabilitation program in June of 1996 I was devastated... asking the counselor sitting across the desk from me, "How did I get here? How did this happen to us? What do I do?" His response was simply, "educate yourself". Being a doer I set about to do just that, and found the I was in need of help myself! Here are some suggestions for you (these are the things I did!):

1. Get involved in a/your local church! Our relationship with Jesus and our Christian family are absolutely vital! If you don't have a church home please talk to me about it – I would love to direct you to one!
2. Get involved in a Bible Study. Again, if you are unsure of where to start please talk to me about it – as the Word of God is my passion I would love to direct you to a study that would be suitable for you.
3. Pray! Pray for your loved one, for our ministry, for others that need help and for yourself! Pray, pray, pray! Don't know anything about prayer? Again please ask!! I would love to talk to you about prayer, and pray with you!
4. Read the AA book! It will give you great insight! Especially chapter 8 "To Wives" - I promise it will help you.
5. Try Al-Anon. They hold meetings very similar to AA and give you support.

In addition, please support the rules of our rehabilitation program. You had no control over your loved one's substance abuse, you will have no control over their recovery. You must let go and let God have them. Please read our Program Agreement. If you are a "doer" like me and want to "do" something to help - the following is a suggested list of things that will directly aide in the recovery of your loved one:

1. They agree to a one-year commitment upon entering our program. Don't make it easy for them to leave and come back home. Saying "no" is a good thing, not a *bad* thing!
2. Do not give them any money! All of their basic needs are met while they are staying here. If you'd like them to have some extra money please send it directly to our bookkeeping department or the Pastor/Director.

3. Please honor our "no contact for 60 days" rule. You will be required to attend our "Family Meeting I" class before being approved to start attending church services with your loved one. Please do not call and ask for them! You may contact Pastor/Director or House Manager or myself to check on your loved one. If they call you...tell them you will talk to them after 90 days, hang up and call us! After 90 days please honor the "Phone Rules" listed in the Program Agreement.

Some of these things may seem harsh and even mean but I promise you the end result will be worth it! I encourage you again to start your own journey of healing... God loves you and wants you to live the abundant life He died for. (John 10:10)

I will be praying for you, the compassion I feel for you is deep. My heart aches and understands what you are going through, and believe me, there is hope! Sanity is possible!! You've taken the first step... please don't be afraid of the next.

In His Love,

Laura J. Wells

Laura J. Wells

PS The attached list should contain all the addresses/numbers/names you need. If not, please call me (850) 545-7351.

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