

Grace House for Transition & Recovery

Say Something Nice or Nothing at All

A Prayer for Grace House:

- Thank you Lord for your sufficient provisions & grace. We are so grateful for a house of men who are willing and waiting for your healing. Come Lord and dwell among the residents. Teach us about community, compassion, and change. Walk with us as we leave the past behind & learn to live differently from today onward. Be patient with us Lord as we embrace your truth and abandon our selfishness.

Take a moment and let your mind wander through your childhood memories. They are likely filled with images of friends and family, first kisses, and recesses, but there are always those growing pains. What was that name they always called you - Chubby, 4-Eyes, Loser? If you are like me, I am sure it is not difficult to recall those labels even long after you have changed, grown, or lost that baby weight. Can you still feel the sting of the nickname they gave you even 10, 20, 30 years later? Labels can bruise us in unspeakable ways. Individuals can be seemingly trapped under the weight of an oppressive label, such as obese, worthless, dumb, and even bad.

It is human nature to seek order in our lives and put people into categories in order to achieve that

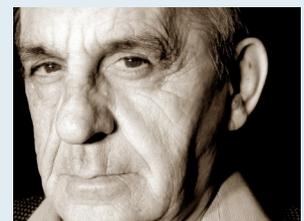
order. Grouping allows us to understand people and grasp who they are. Furthermore, labels assist in overcoming intimidation and mystery by giving us the misconception that we “get” the other person or at least understand enough



to know if we want to associate with them. This then begs the question: are we better off labeling ourselves and others, or are some things truly better off not said?

Research illustrates that some people have an addictive personality while others are less inclined to become addicted physically and psychologically. Some studies conclude that this addictive trait can be narrowed down to one gene or a series of them. But, does the ability to self-label with an ‘addictive personality’ help the recovery process or hinder it? Does the label itself reinforce behaviors

or fuel self-actualization? These are tough questions that lack a definitive yes or no answer. These labels are what residents of Grace House are facing every day from friends, family, and community members. Please join us in praying for freedom from these labels, so the residents can approach their healing with vulnerability and without shame. We are interested in your thoughts and ideas regarding labeling. Please send your responses and thoughts to: gracehousefr@sbcglobal.net. We would like to circulate a follow-up article. By replying you are giving the editor of this newsletter permission to publish and distribute your ideas. If you wish to remain anonymous please indicate that on your response.



We are happy to announce that annual **Race for Grace** is coming up!

The 5K will be held at Matter Park on April 21st. Make sure to contact Katti Sneed of IWU to sign up and get more information about running or sponsoring the event. (Katti.sneed@indwes.edu) We can't wait to see you out there!



2217 S. Washington Street
Marion, IN 46953

Grace House's mission is to serve men who are motivated toward substance abuse recovery in an encouraging environment focused on holistic healing.

We at Grace House Believe:

Individuals can recover from their addictive illnesses.

They can rebuild abstinent and productive lives.

That recovery is a process of transformation.

That our residents can attain the freedom and peace necessary for recovery.

That a community of significant, interdependent relationships can help speed recovery.

That the core of the family unit is love.

We can help residents to overcome drug addictions by providing a place where people can:

Be honest and admit their incompleteness without fear. Both practice and experience unconditional love.

"People need to change their story about who they are."

Consider helping us in this journey of recovery. Go to gracehouse-marion.org to find out how you can help.