

## Testimony by Ronda



Hi, my name is Ronda. I am 32 years old and on Sept. 20<sup>th</sup> of this year, I graduated from the six-month program at Captive Hearts. I make reference to the date because it has become symbolic to me as a way of putting on a “new self.” This will become evident further on.

I grew up with a solid foundation in my family. My sister and I have parents, still married, who provided love, stability and support. I excelled in school, attending San Diego State University right out of high school. I married young as well. I viewed my life as “being on track.”

Looking back, I was probably the last person one would expect to fall prey to an addiction. This shows that addiction does not discriminate. I would always party or drink on weekends; and if I did drink on a weeknight, I made myself go to classes the following morning. This was my justification for my behavior.

By the time I was 22, I had tried cocaine among other drugs, and I was hooked. Of course, I had a new list of justifications. My use continued for about a year until I found out I was pregnant. I was lucky that I was able to quit, but by doing so without treatment, I just placed my addiction on the back burner.

In 2001, I had a daughter, in 2002 I had a son, and by the end of 2004, I was divorced. Rather than dealing with my hurt and my loss of self-esteem the “right way”, I turned the flame under my addiction to High. I decided to add alcohol to my cocaine use to mask the signs of abuse. I was determined “not to feel” and I resented the help from my family and anyone who loved me. By 2005, I had enough of their “intervening tactics,” and I did the unthinkable. I left.

It wasn’t long after I left that I traded my addiction to cocaine for a “lesser” addiction of alcohol—another one of my “classic justifications.” My behavior and my criminal actions were the common characteristics of an addict, and I ended up where most addicts find themselves: in jail.

It was in jail where I met Chaplain Judy. Little did I know that our encounter would be pivotal in my later decision of recovery.

After jail, I continued on with my drinking. Before I knew it, I had a physical addiction to alcohol. My dependency on alcohol to numb long, unhealed pain and to just function daily got to the point of prayer. I remember praying to God to help me stop drinking and interrupting my prayer to take a drink. My addiction was that sick.

In March of this year, with my dependency to alcohol still heavily intact, I decided to take a hike in the Irish Hills in San Luis Obispo. It was there that God answered my prayer. I fell about 25 feet down resulting in a fractured clavicle, multiple brain contusions and a brain hemorrhage. I landed in the ICU for three days, suffering a seizure the first night. It was when I regained consciousness there, seeing my family for the first time in years, that I admitted I was powerless over my addiction to alcohol. I needed help. I knew I couldn’t do it alone. God answered my prayer and, because He gave me a free will, He gave me the choice of life or death. Death was, according to the doctors, a genuine threat for 72 hours.

God allowed me to see the consequences of choosing to continue drinking through the struggle of a patient next to me. He was dying of liver failure due to a lifetime of drinking. In fact, he died while I was there. I was also able to see the blessings God has promised when I opened my eyes to see my family. I CHOSE LIFE!!

I remembered meeting Chaplain Judy in jail, and I was adamant about entering her program. I moved into the house on March 20<sup>th</sup>.

*(continued on back page)*

## Our Needs

- Sponsors for two women in our recovery home: \$750 per month or whatever you can give
- Live-in Housemother for our recovery home starting in December
- Part-time receptionist to answer phones
- Grant writers to help us obtain funding
- Donors who will commit to monthly giving
- Laser network printer

## Jail Volunteer Testimony



Hi, I'm Hilda Wiebe, and I'm 85 years old. I never expected to have such an exciting life, this late in life.

I have been involved with Captive Hearts for about three years. I really enjoy working with this organization. Judy Boen has been such an inspiration to me. When she talks about the ladies who

she ministers to, her eyes just sparkle! What a love she has for jail ministry and the recovery home. That special love began to rub off on me. I started asking questions about it. Judy said they go to the San Luis Obispo County Jail every Tuesday and Thursday.

Well, I thought, I have Tuesdays free, so why not try it? I filled out the necessary papers and waited to be called. Judy said I could go with Wendy Olmeda, the director over the jail teams, on Tuesdays.

I have been doing this for about three months now. What a wonderful experience! I can hardly wait for Tuesdays to arrive! We are able to do ministry from 1:30 PM till 4:00 PM.

Wendy gives a wonderful lesson from God's Word and Bel, another volunteer, and I share. We get so excited each time one of the ladies accepts Jesus Christ as their Savior. Before we pray with them, we write down their prayer requests. They each have such hard places in their lives.

Before leaving, we stand up, hold hands, and pray together. Oh yes, we hug each one before we leave. They are so hungry for love. We try to cover all areas: the Farm, the Dorm, Max and Isolation.

## Testimony From Ronda

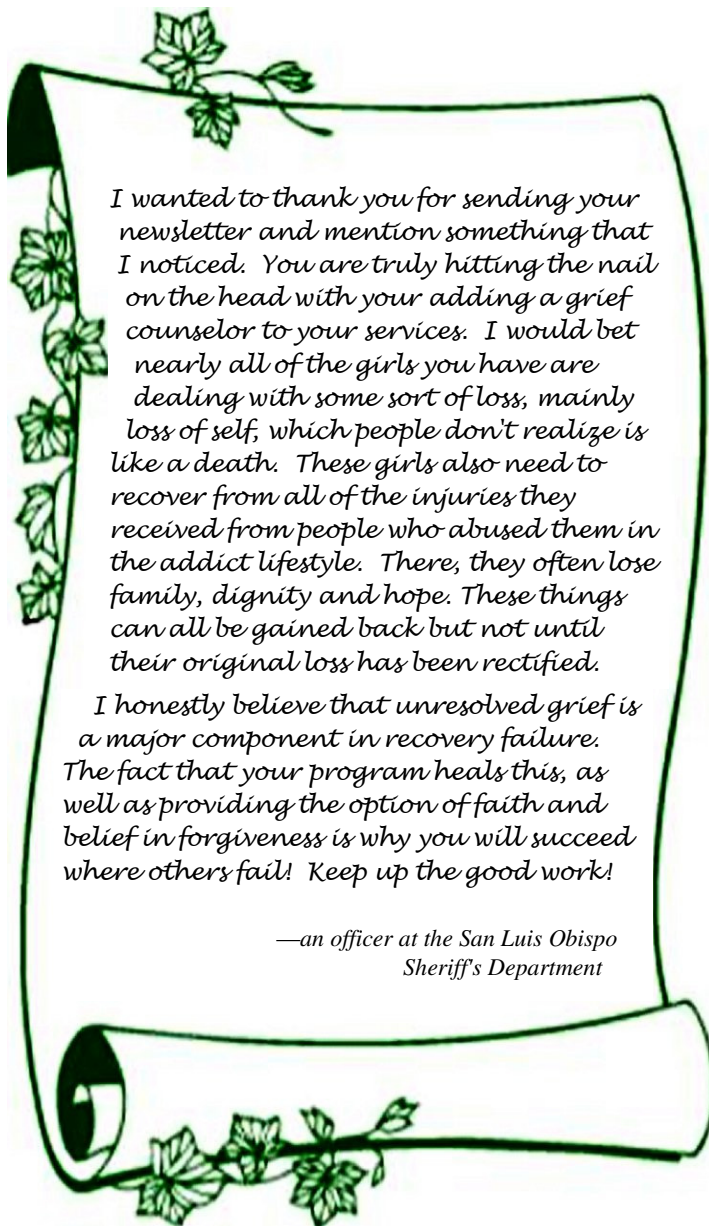
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That was my first step towards a new self. I made a commitment to my self, my family, Judy and most important, to God to complete the six-month program.

Through Captive Hearts, I have been able to heal those old wounds I was trying to escape from. I've gained so much knowledge, insight and support from their cognitive behavior therapy which has been vital to my ongoing recovery and to every aspect of my life. Most importantly, I have found my relationship with the Lord. He has filled the hole in my life and my heart with His irreplaceable Presence. I am eternally grateful to Captive Hearts for providing a safe home to heal physically, emotionally and spiritually and giving me the tools I needed to "break the chains of captivity."

—Ronda

## Letter From a Reader



*I wanted to thank you for sending your newsletter and mention something that I noticed. You are truly hitting the nail on the head with your adding a grief counselor to your services. I would bet nearly all of the girls you have are dealing with some sort of loss, mainly loss of self, which people don't realize is like a death. These girls also need to recover from all of the injuries they received from people who abused them in the addict lifestyle. There, they often lose family, dignity and hope. These things can all be gained back but not until their original loss has been rectified.*

*I honestly believe that unresolved grief is a major component in recovery failure. The fact that your program heals this, as well as providing the option of faith and belief in forgiveness is why you will succeed where others fail! Keep up the good work!*

*—an officer at the San Luis Obispo Sheriff's Department*

**October 9-10<sup>th</sup>**

Conference in Grover Beach, CA  
Solid Rock Church  
Hosted by Taft Four Square Church

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