



# *the* Harvester

2017 Newsletter Edition 3

A Newsletter for Ottawa-Carleton households, donors, sponsors, supporters, alumni and friends of Harvest House.



## ADDICTION THROUGH THE EYES OF A PARENT

In our last issue we recounted Chris Poulson's story and his journey from the depths of addiction to recovery at Harvest House and a healthy path forward. In this issue, we would like to tell you about the experiences of Chris's parents, Glen and Pamela. Often the story of addiction is told from the addict's perspective, but it is also important to think about how an individual's addiction impacts their friends, family, and community.

For Glen and Pamela, seeing Chris in the throes of addiction was heartbreaking. The son they had raised with love and care was changed by his addiction. In our interview, they stated that at that point in time they "did not recognize him anymore" and could no longer permit him to live at their home. Glen and Pamela remember how difficult it was to ask Chris to leave because they "were non-confrontational and always tried to avoid getting into fights with

him," but addiction had changed their son and they did not know what else to do. Chris's drug use had made it impossible for him to continue living at home.

Addiction does not just negatively impact the addict, but their entire family and support system as well. For Chris's parents, it was heartbreaking to see their son suffer from addiction and they were at a loss for what to do. His troubles created conflict within their entire family and a lack of access to community resources meant that Chris's parents and sister often argued about how they could help him. The anxiety of not knowing how to help and support Chris affected the entire family and negatively impacted their relationships.

When Chris first arrived at Harvest House, his parents state they were "cautiously optimistic". After his time in recovery, however, they now see that he "takes pride in himself and sees himself in an entirely different light". They no longer go to bed worried about where he is or what he may be doing, which has lifted a tremendous weight off their shoulders. Their family dynamic is now stronger than ever before and Glen and Pamela enjoy an affectionate and renewed relationship with their son. Chris's story demonstrates the impact that someone's addiction can have on their loved ones who often feel powerless to help. Harvest House's goal is not only to assist men in their recovery, but also to reunite them with their families and help them rebuild their relationships with the community.

## HARVEST HOUSE MINISTRIES OF OTTAWA-CARLETON MISSION STATEMENT

The Mission of Harvest House Ministries is to rehabilitate young men who are chemically dependent, to instill in them self-discipline, and to reintegrate them into society by an inner change brought about by faith in Jesus Christ.

## **THE HARVESTER IS PUBLISHED BY:**

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# IN THE COMMUNITY THE REALITY TOUR

In April, Harvest House participated in the Reality Tour at Pleasant Corners Public School. Harvest House had a table at the event to inform the community of our work helping men suffering from addiction. The reality tour provides both adults and students with an opportunity to witness some of consequences of addiction. Participants are shown different scenarios affiliated with drug abuse, such as the scene of an overdose and the experience of being arrested. Our table at the event was staffed by residents and graduates of the program who had great discussions with various community members about the risks associated with drugs and alcohol. Alongside Harvest House there were many other groups providing important

information about drugs and alcohol, including the Ontario Provincial Police.

Later in the day, Harvest House graduate and University of Ottawa doctoral candidate Daniel Crépault spoke to a group of students and parents about the dangers of drug and alcohol abuse and shared his own experiences as a former addict. The two directors of the tour, Cher Goulet and Matthew Spence, lauded Harvest House and reported that "the honesty and genuine nature of [the] presentation makes a significant impact". Our presenters are proud to represent Harvest House and share about the benefits of living a positive, drug-free lifestyle.

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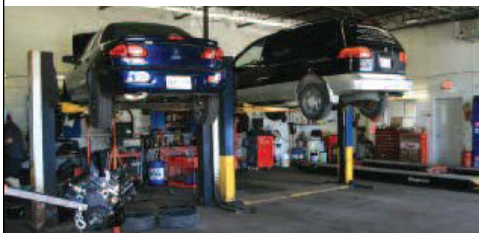


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## REMEMBERING ARCHIE MURRAY

Archie Murray, a valued member of the Harvest House community for over 30 years, passed away on May 24th. On a weekly basis, Archie led Alcoholics Anonymous meetings for residents in the program and his contributions and faithfulness helped many men achieve sobriety.

Archie was known for his willingness to provide support and advice to anyone who needed it. He would regularly stay after hours and offer his phone number to those who wanted to reach out. Archie was a consistent presence at Harvest House and a reminder to the men that they were not alone in their recovery journey.

Our entire community is grateful for our time with him. We know that he is resting safely in the arms of Jesus and we praise the Lord in that knowledge.





# OUR EVENTS

Every year we like to take a moment to reflect on our events and the people who make them such a success.

START  
FINISH Running Room

## REDEMPTION RUN

Thanks to the support of the Ottawa community, the 9th Annual Redemption Run was a rousing success! God answered our prayers and the sun was shining as over 100 runners completed our course to raise money for Harvest House. A wonderful time was had by all and we would like to thank the event volunteers who made the race possible. A special thank you goes out to our sponsors, including Milano Auto Body, Richmond Nursery, and Precision Auto. Without you we would not be able to hold this great event!

The Redemption Run is more than just a road race. Members of the Ottawa community run with residents and graduates of Harvest House to raise funds and give hope to the residents of our program as they work to overcome their addiction. Participating in the Redemption Run gives residents the opportunity to experience the rewards of setting and achieving personal running goals as they run alongside the community members who come out to support them.





# HARVEST HOUSE GOLF TOURNAMENT

The Jill Ferne Golf Tournament was also a major success, as over 100 golfers from the Ottawa business community gathered at Manderley on the Green for a great day of golf and fellowship. Despite the rain at the end of the day, the event went extremely well and the delicious dinner provided a fitting end to a great day. Harvest House would like to extend a special thank you to all our sponsors and those who donated prizes to our raffle table. We are looking forward to next year!



