



the Harvester

A Harvest House Newsletter | Fall 2023



"I knew I was finally in the right place": Karol's Story

When Karol came to Harvest House, his life was a disaster. At 21 years old, he was homeless and willing to do anything it took to get drugs. Desperation drove him through the doors at Harvest House.

"I was afraid I'd do something stupid that would get me killed or put in jail for a long time. For me, coming to Harvest House was a sigh of relief. I knew I was finally in the right place and able to start doing something with my life."

Today, Karol is two years sober and has hope for his future. He says that one of the key lessons he has learned is to look at *himself* rather than constantly pointing fingers and blaming others.

For the past six months, Karol has been working as a supervisor in the phone room at Harvest House, supporting newer residents as they speak to donors on the phone. He has shown himself to be capable and trustworthy in the new opportunities he has been given at Harvest House.

Story continued on page 10...

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.



www.harvesthouse.org



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36TH RECOVERY CUP A HOME RUN!

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Harvest House Ministries

3435 Ramsayville Road

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Tel: 613-521-9114

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The 36th Annual Recovery Cup was an enormous success! Each of the teams showed great sportsmanship and enjoyed a fun-filled day of softball! The day started out cloudy, but then the sun came out and we had a gorgeous day for this event. Great softball, delicious BBQ, activities for the kids, and community helped make this day special.

The Recovery Cup softball tournament started 36 years ago to promote goodwill between men struggling with addiction and the first responders dedicated to keeping our community safe.

This year we had teams representing St. John's Ambulance, the RCMP, Ottawa Firefighters, Ottawa police, the Canadian Coastguard, local lawyers, and Harvest House! The Recovery Cup is all about bringing the community together and helping the men at Harvest House build positive relationships.



Recovery Cup winners for the second year in a row:
The RCMP Team!







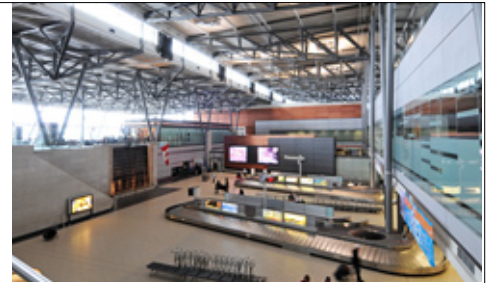
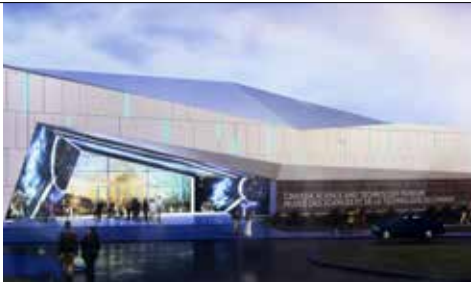
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...to everyone who played on a team, sponsored the event, volunteered, purchased tickets, or showed up to support!

YOU helped make the 36th Recovery Cup a huge success!

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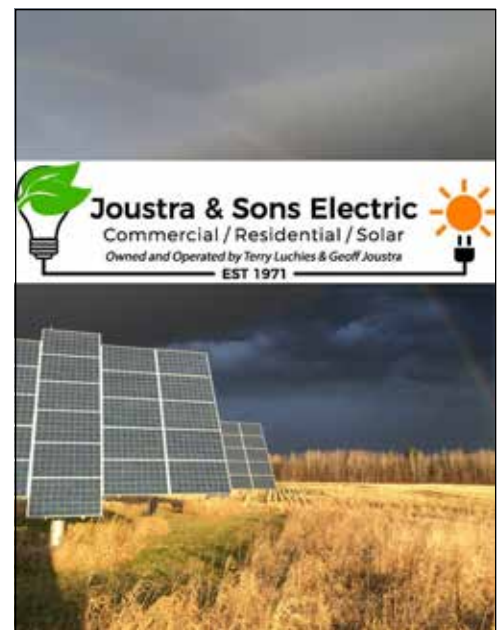


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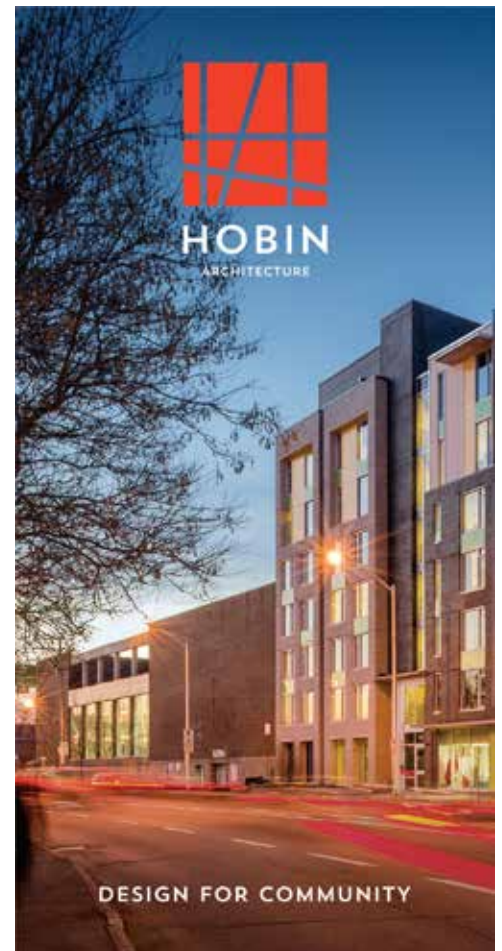


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Karol's story *(continued from page 1)*

Karol has also begun to reconnect and rebuild trust with his family. He shares that his relationship with his younger brother has been especially rewarding for him.

"I have been able to help my little brother, grow a strong relationship with him, and have some conversations with him about when I was using that have been meaningful for both of us."

Karol plans to build on the success that he has had at Harvest House by pursuing an education. He is currently taking online courses through

George Brown College that will allow him to become certified as a building code designer. He also plans to go to Algonquin College to pursue business management.

Karol's faith has played an important role in his recovery. "One of the most important things in my recovery," Karol says, "has been spending time in the Bible. I'm learning to express when I have problems and then to go and find Scripture that's going to help me deal with that problem."

At Harvest House, we teach men that recovery is a life-long journey taken one day at a time. After years of substance use, it takes time and persistence to learn a new way of living and reap the rewards of that new lifestyle.



Karol with his brother and sister.

In his two years at Harvest House, Karol has recognized that achieving his goals will take long-term commitment.

"Becoming successful in recovery and in life is a journey. It's not something that happens overnight."

Today, Karol's future is bright. At Harvest House, he is building a foundation for life-long recovery and success.

Thank YOU for helping to make stories like Karol's possible!

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