

Testimonies of Clients

Keeping Perspective...



This is the time of year when so many of us think about family, past and present. It also brings to mind friends who have touched our lives through the years. We know of those who have gone through tough times. Perhaps there has been a failure of some sort. Maybe their family is struggling. The Christmas season can be very lonely for so many. How do you balance the many expectations of church, friends, and family during the holidays? Suggestion: Keep everything in perspective!

One of my greatest joys at Naaman Center is to hear the stories of individuals who have overcome their addiction of drugs and alcohol. They are able to dream again and have hope for their futures. Transformations of this type happen over and over again in the people who walk through our doors.

Not all of our stories have a happy ending. The ongoing heroin epidemic in our local communities has claimed the lives of so many. Hearts are broken as young lives seemingly lose hope with the ongoing struggle of their addictions. For many, the pressures of this season are so intense that attitudes are anything but yuletide bright.

The work is hard and at times overwhelming. The job also requires a significant amount of resources. It becomes more and more challenging to make ends meet. Yet we serve a God who supplies our needs through people like you!

At Naaman, we have the privilege of sharing a message of hope – a message that is relevant and life-changing. You can make a difference in the lives of so many through your prayers and financial support. Sacrificial gifts have helped make Naaman Center what it is today. Thanks to you, Naaman Center has been able to touch thousands of lives. We exist to serve you and your loved ones - to provide hope, healing and recovery for those struggling with substance abuse issues.

This Christmas season is a wonderful time to partner with Naaman Center and make a most generous year-end gift. Any gift can make all the difference in someone's spouse, parent, child, or a friend's life!

Wishing you and your family the blessings of His love,
Tricia Frank, Executive Director

Mary Lou Ruegg



We Appreciate Our Volunteers

There are many who have given of themselves sacrificially over the years. Their time and skills are a blessing to Naaman Center.

Mary Lou Ruegg is a retiree from the American Bible Society. She is excellent in keeping us organized as she coordinates various aspects of fund raising banquets.

Carol Hilbert is a retired RN. She radiates God's love and brings a sweet smile, great sense of humor, and years of nursing experience. Carol has supported Dr. Martin weekly for over two years now.

Every one loves Dr. Martin. He brings a unique sense of humor, dedication, and passion to his role as Medical Director of Naaman Center. What a man of integrity, expertise, and compassion. Dr. Martin has dedicated his life to helping others and has volunteered innumerable hours over the years to this ministry. He has, and will continue to impact many individuals, and families in the years to come.



E. Daniel Martin, MD.

Naaman Center sees us for who we are -- not what we've done.

- A Client.

Naaman Center... My home away from home. My "safe place" My counselor is fantastic at what she does.

- Emily

Thank you, Naaman Center, from the bottom of my heart for helping my son before he left. You kept him alive while heroin was trying to kill him. Thank you so very much.

- A Mother.

The Naaman Center makes me feel like I belong here, which makes me feel recovery is more possible.

I feel that Naaman Center has thrown me a lifeline and I am extremely grateful.

- A Client

The Naaman Center Offers:

- One of the most successful outpatient treatment programs for chemical dependency.
- A treatment program that facilitates the healing through Christ using the 12-step program
- A professional staff and setting, licensed by the State Department of Health, and trained Addictions Counselors.
- Evaluations, Individual, Group, and Family sessions are offered at all locations.

The angel reassured them, "Don't be afraid!" "I bring you good news that will bring great joy to all people. *The Savior* - yes, *the Messiah, the Lord* - has been born today in Bethlehem, the city of David!"

(Luke 2:10-11 NLT)



Cranberry Christmas Cake

For the cake

- 1 box white cake mix
- 1 cup milk
- 3 eggs
- 1/3 cup canola oil
- 1 cup sour cream
- 1 tablespoon orange zest
- 1 cup fresh cranberries, coarsely chopped
- 1/2 cup finely chopped pecans

For the frosting

- 1 (8 oz) package cream cheese, softened.
- 1 cup butter, room temperature
- 1 teaspoon vanilla
- Pinch of salt
- 4 to 4 1/2 cups confectioner's sugar
- 1/2 teaspoon orange zest
- 1/2 cup finely chopped pecans

Preheat the oven to 350 degrees. Grease and flour 3 9-inch round cake pans. In a large bowl combine the cake mix, milk, eggs, oil, sour cream and orange zest. Beat on medium speed with an electric mixer for 2 minutes. Carefully fold in cranberries and pecans. Divide batter evenly between the prepared pans. Bake for about 20 minutes, or until a toothpick inserted in the center comes out clean. Cool in pans for 10 minutes before turning onto wire racks to cool completely.

Meanwhile, prepare the frosting. In a large bowl, beat cream cheese, butter, vanilla and salt until smooth. Stir in the orange zest. Gradually add the confectioner's sugar until frosting reaches desired consistency. Stir in the pecans. Frost between the cake layers as well as the top and sides. Garnish with fresh cranberries or additional chopped nuts, if desired.



Carol Hilbert

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Find us on Facebook!



Counting our Blessings...

A very special Thank You for your gifts of love and faithfulness this past year. Every day, your support makes stories like Brad's, and others, possible. We simply can't do it without you. Your support will make a real, lasting impact in the lives of those who are still struggling with substance abuse.

Would you be willing to make a special year end donation of \$50, \$100, or whatever you can afford to partner with Naaman Center? Please consider giving a special blessing to those who continue to walk through our doors. With grateful hearts we say thank you!

The Board and Staff at Naaman Center wish you a very Merry Christmas and a Blessed New Year!

Wise Men still seek Him...



NAAMAN CENTER NEWSLETTER

Fall / Winter 2016

Excellence in Drug and Alcohol Treatment

A TRANSFORMED LIFE

Brad Duvall had his first drink as a teenager. In college he drank more. He finished his degree, built his own business, got married, and started a family and continued to drink still more. On the outside he looked like he was living the American dream but as time passed he realized he couldn't stop drinking. Brad struggled to understand why he couldn't just stop. "I'm a smart guy. I went to college so why can't I do this," he remembers thinking. In his thirties Brad's drinking started to affect his health, he learned from the doctors that he had cirrhosis of the liver. They told him if he didn't stop drinking it would kill him. At the time Brad laughed it off. He thought to himself, "Something has to kill me."



Brad Duvall

As the years passed Brad's drinking worsened. He compares his addiction to an avalanche and by 2008 his alcoholism threatened to bury him, business, family, and all. Brad says of this time, "From every angle my life was out of control."

In 2008 Brad accepted Jesus as his savior at his local church, New Providence Church of God. He thought that becoming a follower of Jesus would enable him to stop drinking on his own but he was wrong. From that point on his drinking became much worse, to the point where he was physically sick. He couldn't function any more. Brad was desperate but he didn't know where to turn. When Brad finally reached out to his pastor for help it was the first time he admitted to someone outside of his close circle of family and friends that he had a problem. Brad's pastor suggested he see Sam Mwangi, a Kenyan counselor at the Naaman Center. Brad contacted the Naaman Center.



Brad and Sam

Sam Mwangi met with Brad and recommended that he try outpatient treatment with the Naaman Center. Brad was skeptical. In his own mind he thought the only answer was to go away from his work and family to rehab. Brad says, "I was crying out to God for help and what did God do? He sent me a Kenyan guy. I thought to myself, there's no way that this is going to work." However, despite his initial reaction Brad gave it a try. Brad was in treatment for a year, meeting with Sam for individual counseling sessions and attending group sessions. Sam talked with Brad every day during that time. Sam not only helped Brad break free from addiction but the two men have also built a lasting friendship. Brad has not touched alcohol since that day in 2008 that he began treatment at the Naaman Center.

As Brad reflects on his time at the Naaman Center he is especially grateful for the foundation of faith the Naaman Center laid in his life. That firm foundation allows him to continue to grow to this day. Brad's experience has motivated him to try to help others that are bound by addiction. Brad, with a team of two others, worked diligently alongside his pastor to begin Celebrate Recovery meetings at his church. Celebrate Recovery has been up and running at New Providence Church of God for six years now. Brad is currently the ministry leader there. He has dedicated his life to helping others who are caught in the snares of addiction. He says "I could never do enough for the Naaman Center and for Christ to repay all that they have done for me."

COMING SOON...

The Naaman Center is getting ready to open the doors to a new location within the Water Street Mission in downtown Lancaster city. The Center's new office will be within the existing medical clinic at the Mission. The Naaman Center is excited for this opportunity to further their partnership with the Mission.



Annual Report
is ready for viewing.
Contact
Tricia Frank at
717-367-9115

If you or someone you know needs help,
please call 1-888-243-4316
for more information or to set up an appointment.