



I went from a lost, damaged soul to a man who could give back to his community... largely because of Serenity Renewal for Families.

- Rick Hayes

Dear

Although I had completed my process of becoming sober through Alcoholics Anonymous, there was still a void in my inner being. I was lacking the spiritual well-being that was destroyed during my addiction. Luckily I was told about Serenity Renewal for Families (SRF) and came to see Sister Louise. After only a couple of sessions with the caring counsellors she had referred me to, I felt like I was on the road to spiritual well-being. It wasn't like the sky opened up and angels started to sing or lightning striking, just a good feeling that I was on the right path. These sessions were partly paid for by others because I couldn't afford the cost. **Donors such as YOU made access to this service possible.**

I then began volunteering at Serenity Renewal for Families. I would help in any way I could, but often it was greeting new people arriving for the first time. Volunteering at SRF helped me go from a scared struggling newly sober man with no true foothold in life, to a man who felt safe and secure in sobriety. I attended workshops; I learned about Anger management, Self Esteem, and other important aspects of growing healthier in one's life. I struggled from time to time with faith, but seeing people come in the door sometimes only metaphorically dressed in rags, and leaving feeling better and hopeful was a witness to miracles I'll never forget. That's what happened to me. But even more importantly these same down and out people would come back months later, sometimes years later, and they would be living happier, more fulfilling lives. Sometimes they were unrecognizable as the souls who first walked through the doors. They always gave the credit to Serenity Renewal for Families.

Unfortunately, often people who need the help and support can't afford the counselling. At Serenity Renewal, everyone can access the services they need. The B.A.B.E.S family workshops for 5 – 7 year olds and the Strengthening Families for 7 – 11 year olds are offered free of charge. These programs help young ones in the family understand what actions they deal with from parents or older siblings due to their family member's addictions. It is thanks to donors making generous gifts that Serenity Renewal for Families can continue to subsidize these programs. The people who show up to hopefully experience what SRF has to offer are the most vulnerable in society. Seeing the transformations these people experienced clearly showed me that miracles do happen, and that they happen right under...



Yes! I would like to support people like Rick!

Here is my gift of: \$40 \$100 \$250
 \$500 Other \$ _____

Tel: _____

Email: _____

Signature: _____

Payment Method: Check

Credit Card #: _____

Expiry: _____

ONE-TIME GIFT

OTHER WAYS TO GIVE

You can also donate online at:
serenityrenewal.ca

or by calling:
613-523-5143

Charitable Registration N°:
 11914-5787-RR0001

I would like more information about leaving a gift in my will.

our noses. There are untold numbers of people who have crossed the threshold of the place who would heartily agree. Well-adjusted people with manageable lives rarely show up looking for help. They often show up later having found such a life as a result of help from Serenity Renewal for Families. Families of addicted persons are all but destroyed or worse, but they are made whole or at least set on a strong path to becoming whole as a result of the caring intention of Serenity Renewal for Families.

I went from a lost, damaged soul to a man who could give back to his community, become a musician in his community, and become an alumnus of The University of Ottawa. My life is, and has been for many years, a good life, and it is largely because of Serenity Renewal for Families.

I have re-gained my connections with my family. They had put up with my addictions but now I have a much better relationship with my Mom and my Brother and I play with my niece and nephew – I feel like I have a family. The gifts are spiritual, there's no way around it. The word Serenity is in the name. Bringing families together, helping people maintain sobriety, and healing the social connections in their lives is spiritual business. And Spirituality is the foundation of the safe place that is Serenity Renewal. My faith in my higher power, and in humanity was renewed – is renewed – one day at a time.

There is no greater gift, for without a foundation of open support from caring counsellors who know the way, there is likely no way to renew serenity to its place in the necessary spaces in a life or lives. I am grateful for the organization and what it stands for. The name says it all - Serenity Renewal for Families. By making a gift today, **YOU WILL IMPACT THE LIVES OF THE FAMILY MEMBERS** affected by addictions.

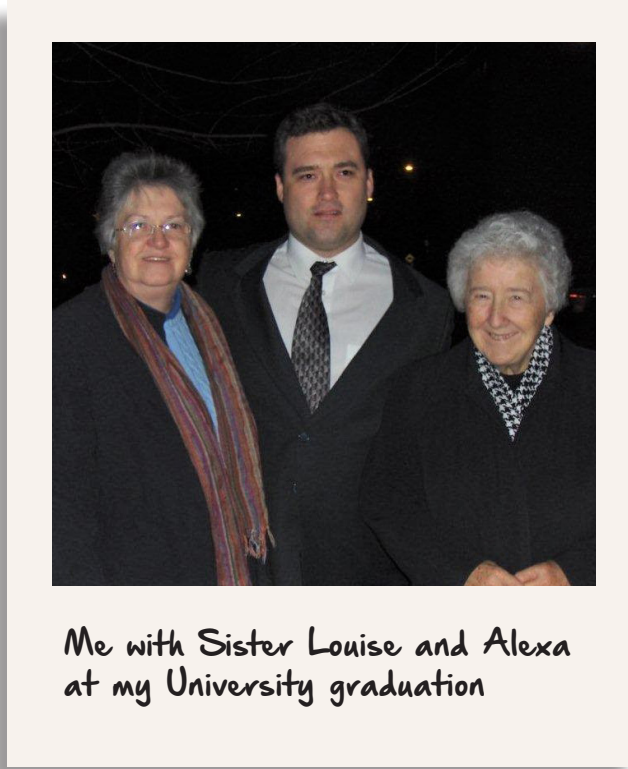
Thank you and God Bless,



Rick Hayes

P.S. Please make your tax deductible gift today to Serenity Renewal for Families.

P.P.S. Thanks to a generous individual donor, your gift will be doubled!



Me with Sister Louise and Alexa at my University graduation

MONTHLY GIFT

WHY GIVE MONTHLY?

Donating each month:

- Provides ongoing support to families impacted by addiction.
- Reduces Serenity Renewal for Families' costs on mail, paper and processing.
- Is easier for you with no cheques to write, no postage costs and is easy to cancel or temporarily suspend.

Yes! I want to give monthly to support SRF year-round.

Here is my monthly donation of \$_____ / month. I authorize Serenity Renewal for Families to charge my monthly donation to my credit card on the first of the month or the 15th of the month.

Tel: _____

Email: _____

Signature: _____

Payment Method:   

Credit Card #: _____ Expiry: _____