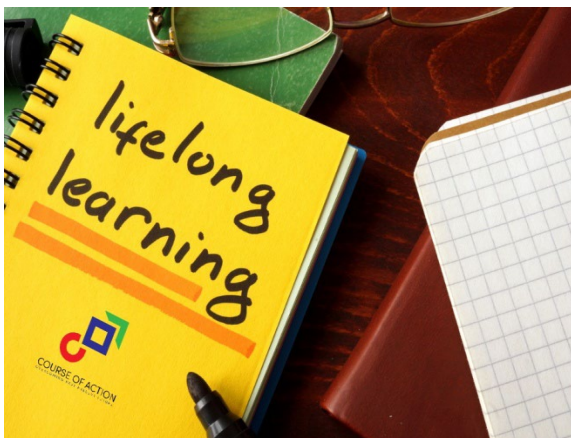




**"NO ONE CAN DO IT ALONE"**



**Where have we been?**

We have always been here; it was extremely busy during the Covid time as it seems when people have more alone time, they tend to use that time on themselves more than usual. Now that we are all able to move about the cabin more freely, let us just say when we are busy self-help takes the back burner. I have been sidelined with some medical issues in the past year or so but have really learned to work around and make things happen. Give a shout out to all your peeps about Course of Action because as we know, "No One Can Do It Alone."

**The Team**

- Kevin Hyland - President and Founder
- Catherine Hyland - COO/Treasurer
- Kevie Shay Rodriguez - Director
- This Month's Blogger - Kristie Ortiz

**Where does all the money go?**

Course of Action has a very small overhead. 100% of all donations go directly to helping our clients with basic needs such as food and shelter, transportation, childcare, small business setup, detox programs, sober living arrangements, work uniforms and supplies, in-person and online training, books and other literature, and necessities.

**Questions asked.....**

- Can Course of Action get me a copy of the Boundaries Book you are teaching from.....YES
- Can your ministry pay my electric bill.....Possibly
- Can you guys take me to a job interview.....Absolutely
- While I'm away in a detox program can you check in on my family.....Everyday
- Can COA help pay my transitional living cost.....We would love to pay your first month and help you resource and budget a plan for you to continue to pay thereafter
- Can Course of action provide a financial class to our sober living home...would love to
- Can Course of Action buy us a vehicle .....Not at this time, but we would love to work directly with you to help make this happen.

We are staffed by volunteers and people who have been in an addiction or been affected by addiction in one way or another, Course of Action has over 100 years of accumulated sober-free years and we just want to share how we got there.



## Kristie's Story

**Today I have come FULL CIRCLE! My sobriety anniversary is August 8, 2016! Eight years DRUG FREE! Jesus did it! Not me or anything or anyone else!!**

### A Hopeless Beginning

In May of 2015, I was depressed, suicidal, and addicted. With three infant babies and left all alone with zero help, I was extremely overwhelmed. I had a job that I was going to lose because I couldn't get childcare, and my home was falling apart. So right after I delivered Ezra, my youngest, I picked up the pipe and went from recreationally/moderately using (being able to stop at will for long periods of time) to a full-blown addict.

I saw no hope for my future. Then one day everything became too much for me to bear, I saw no hope for my future, and I hurt myself attempting to end it all. I was tested for drugs and since I was dirty, my children were removed. Worst day of my life. The following year was pure HELL. It is no exaggeration to say that I cried every day for hours. I purposely put myself in several dangerous situations hoping somebody would end my misery for me. I couldn't get clean, and I couldn't get myself to start my services to get my babies back. It's all I wanted. Shortly after that I had a panic attack one night in my minivan bawling my eyes out and hyperventilating, pleading with Jesus to help me. I told Him that I couldn't do this by myself. He heard the desperation of my heart and had compassion on me and my journey to sobriety began. I ended up at Haven for Hope on August 8, 2016 and the night before was the last time I got high.

### The Real "Most Valued Players"

This year, I feel the need to highlight the real MVPs behind the scenes of my success in sobriety and give the credit where it is due. My mom and my mother-in-law Diana took on the responsibility of caring for/fostering my two children in high school and my three infant babies. Their lives were turned upside down by myself and another person's choices. They selflessly took on this challenge and went thru the rigorous task of jumping thru hoops for Child Protective Services (CPS). BECAUSE of their selflessness I was able go thru exactly what I needed to get clean for good. Since they were with family, in good hands, taken great care of, and most importantly LOVED, I didn't have to make the decision to temporarily get clean for the sake of getting my kids back quickly just to repeat the same vicious cycle all over again which I sincerely did not want. Instead, since I knew they were safe, it allowed the Lord to put me through the ringer (in love).

It was HELL getting myself out of that hole I dug myself into and I NEVER want to return or even toy with the idea of it. I went crazy in my addiction and my mom and mother-in-law had to endure that as well. Even with all that I put them thru, my mother-in-law was the one to pick me up my last day of rehab and take me to dinner and my mom let me stay with her. I've been tolerated and forgiven so much. I absolutely love these women. They are the strongest women I've ever known.

### Hope for the Future

Today my children are thriving and I am beyond grateful. I am also thriving. I am heavily active in my babies' lives, a professional, pursuing a college degree, and working on my career. I've gone from completely hopeless to having hope for the future. Drugs ruined my life and many others I know. I have a disgust for drugs...ALL drugs...yes, even marijuana. The enemy uses ALL drugs to kill, steal, and destroy people and families. I continue to pray for those I love the most that are still in bondage. God is soooooo good! Jesus is the way maker and miracle worker!!

by *Kristie Ortiz, 8 August 2024*

### HELPFUL RESOURCES

**Free By the Truth Ministry**, 1119 Churing Dr., San Antonio, Texas 78210, (210)317-0297, [freebythetruthministry@gmail.com](mailto:freebythetruthministry@gmail.com). Contacts: Pastor Fernando Charles and his wife Olga. Mission: We exist specifically to provide a compassionate recovery community for returning residents (men and women coming out of prison) who are willing to take responsibility for themselves and to learn to make good choices while striving for success.

**Life Point Church**, 8098 FM 1560, San Antonio, Texas 78254, [www.lifepointsa.com](http://www.lifepointsa.com). Contact: Pastor Danny Rivers. Life Point Church is a dynamic, non-denominational church that offers relevant teaching and rocking music as part of each and every service. Services typically last 1 hour. At Life Point we believe every person can have a growing relationship with Christ. No matter your background, past, age, accomplishments or failures, our purpose is to help connect you to God's plans for your life. We want to help you know God, find freedom, discover your purpose and make a difference.