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Mending Hearts Loses an Angel

On October 8, 2009, Mending Hearts had to say goodbye to one of its angels.

In 2001, Mindy Renee Little graduated from the University of Kentucky where she pursued a degree in Dietetics. For several years, she battled drug and alcohol addiction and other life-changing disorders. She stated that her "drug of choice was Opiates and when there were no pills around, she would use alcohol." After losing her fiancé to an overdose, dealing with an abusive relationship and a quick stay in jail, Mindy was ready to start her recovery.

Mindy first came to Mending Hearts in February 2008. Since, she has been a welcome part of the MH family. With the support

of her mother, Mindy took the necessary steps to start regaining control of her life. She attended recovery-based meetings, found a stable job, and made amends



Mindy learning self defense skills in September 2009

with family. Mindy's goals were to maintain her sobriety, make life-long friendships in the AA and NA programs and in the halfway house, and to get a job as

a dental lab tech. Weeks later she achieved her goal of getting a job and she was on her way.

During her stay, Mindy was in and out of the hospital until she was released in May 2008. She returned to Mending Hearts again in July of 2009, battling some of the same addictions as before. She began her treatment program again while also remaining active in the Mending Hearts community.

On October 8, 2009, while at Mending Hearts, Mindy Little lost her battle to addiction and was called to heaven. We were devastated to see her go and our hearts go out to her family. Mindy is dearly missed and can never be replaced. We will always love our Little Angel!

REMEMBER ME

*Remember me when flowers bloom
Early in the spring.
Remember me on sunny days
In the fun that summer brings.*

*Remember me in the fall
As you walk through the leaves of gold.
And in the wintertime—remember me
In the stories that are told.*

*But most of all remember
Each day—right from the start.
I will be forever near
For I live within your heart.*

Client's Story



"Loneliness is no where to be found at Mending Hearts!"

"I'm a mother of three and grandmother of six. I have been on and off of drugs for over 20 years, in and out of jail and many treatment centers and halfway houses. I'm grateful to God that I did not die out on the streets. I'm most grateful for Him directing my path to Mending Hearts.

The name speaks for itself. It helps you to mend your broken heart back together. At least that's what it did

for me. This program helped me to stop thinking negative and start thinking positive. I have confidence in myself now and am willing to take steps that I thought I never would take.

I came here with a lot of junk in me. I was hungry, angry, lonely and tired. I'm no longer hungry because it feeds me; AA and NA five times a week. I no longer have to walk around with anger because this program

has given me a wonderful counselor who teaches me how to overcome anger.

One day, I would like to open up a halfway house to help women and children. It will be called 'Starting Over' because Mending Hearts let me come and start over again. Thank you Mending Hearts. Keep doing what God and your heart tell you and you will touch many hearts and save many lives."

"It is not possible to live a rich, full life without friends. I have to be one to have one"

You're only as old or as young as you feel!



New Smiling Faces at MH

This month, Mending Hearts got a new smiling face to add to the list of generous people willing to give a helping hand. Mending Hearts hired Ebonye Dillard as their new Communications Specialist. A graduate of Tennessee State University, Ebonye started out as one of Mending Heart's intern volunteers and turned out to be an asset to the organization.

With a joyful spirit and a helping heart, Ebonye is always available to pitch in whenever and wherever needed.

"My passion in life is to help others love and grow in God's spirit, for that is His will!"

Some of Ebonye's job duties will include managing our Mending Hearts website and email system and providing our monthly newsletter, among

other things. We can't wait to see what new and exciting ideas will be brought to the organization. God continues to bless Mending Hearts with the resources we need to be of help and service to those who truly want to change their lives. When we have people who care, it makes the greatest difference in the recovery process.

Happy Birthday Hope & Charlotte

Mending Hearts Clients and Staff would like to wish our very own a very Happy Birthday!!!

Hope Cassity, who is currently our Marketing Director, celebrated her birthday on Saturday, October 17th.

Charlotte Grant, who is a co-founder of Mending Hearts and Deputy Director, celebrated her birthday on Sunday, October 18th.

We want you ladies to know that we appreciate all that you do for Mending Hearts and we thank God for him giving us another year with you.

May this birthday be just the beginning of a year filled with happy memories, wonderful moments and shining dreams.

Here at Mending Hearts, we have the nation's best kept secret, your true age.

Construction Time



With the help of donations and many community volunteers, such as HCA, Mending Hearts is undergoing some major construction. Recently, volunteers from HCA came to Mending Hearts to help

Without the nails, the hammer would be nothing.

restore the Activity Room and a residential apartment. Volunteers worked from 9am to 3pm painting walls, restoring floors and replacing an air conditioning unit. The rooms took on a brighter smile and a whole new identity with this much needed makeover. Residents at Mending Heart, Staff and Interns also pitched in to help.

During a lunch break, everyone got

full on delicious BBQ, snacks and other refreshments provided. There was also music, fun and a lot of laughter.

When lunch was over, everyone began finishing up their projects until all was complete. Mending Hearts is truly grateful for all of the hard work that went into making this happen. Without volunteers, it could not have been possible.

Mending Hearts is expected to continue with construction until everything necessary is complete.

“Be joyful in hope, patient in affliction, and faithful in prayer.”

Romans 12:12

The Silversmith

Sometime ago, a few ladies met to study the scriptures. They came upon a remarkable expression: “And He shall sit as a refiner and purifier of silver.”

-Malachi 3:3

One lady decided to visit a silversmith and report to the others on what he said about the subject.. She went and without telling him the reason for her visit, begged the silversmith to tell her about the process of refining silver. After he had fully described it to her, she

asked, “Sir, do you sit while the work of refining is going on?” “Oh, yes ma’am”, replied the silversmith; “I must sit and watch the furnace constantly, for if the time necessary for refining is exceeded in the slightest degree, the silver will be injured.”

The lady at once saw the beauty and comfort of the expression, “He shall sit as a refiner and purifier of silver.” Sometimes God sees it necessary to put His children into the furnace; but His eye is steadily

intent on the work of purifying, and His wisdom and love are both engaged in the best manner for us. Our trials do not come at random, and He will not let us be tested beyond what we can endure.

Before she left, the lady asked one final question, “How do you know when the process is complete?” That’s quite simple, ”replied the silversmith. “When I can see my own image in the silver, the refining process is finished.”

Our Ladies went to Judgement House

On October 31st, our ladies went to Judgement House, a dramatic walk-through presentation about the truth of people’s choices and their consequences both in this life and the next. It is a great alternative to today’s more popular haunted houses. But Judgement House is much more than that. No other tool is more effective at presenting people with an opportunity

to choose a personal and saving relationship with Jesus Christ.

This year’s Judgement House took place at Tusculum Hills Baptist Church. Fifteen of our ladies experienced a life-changing dramatization of what drinking and driving can do to self, friends and family. A few of the scenes hit close to home, as our ladies are dealing with

a lot of the same issues. In the end our ladies had great Halloween fun and one even made the decision to turn her life over to Christ. This was a great way for our women to spend time with their Higher Power as they understand him. I’m confident we will go again next year.



For more information go to www.judgementhouse.org



Mending Hearts

Mending Hearts, Inc.
P.O. Box 280236
Nashville, TN 37228
Phone: 615-385-1696
Fax: 615-385-5016
www.mendingheartinc.org

Restoring **Women**. Reclaiming **Lives**.

Mending Hearts is a residential recovery-oriented therapeutic community for women who are or are at risk of becoming homeless as a result of their addiction to drugs, alcohol or both. Our facilities located in West Nashville are home to nearly 40 women who are in residence to address their addiction and the current circumstances of their life. Many of these women have spent time on the streets as prostitutes, time in our jails as prisoners and time under bridges and on park benches as homeless people. These women are ready to set their lives straight, address their addictions and become law-abiding, tax-paying productive citizens again. Mending Hearts is here to help them on their path to personal redemption and recovery.

Halloween Fun Word Search

bat	pumpkin
black	scare
broom	skeleton
cat	spider
costumes	spirits
ghosts	spooky
halloween	vampire
hoot	witch
monster	
moon	
mummy	
night	
owl	



g	h	o	s	t	s	b	a	t	n	t
b	o	l	h	s	p	o	o	k	y	p
v	o	b	a	w	i	t	c	h	o	u
a	t	l	l	b	r	o	o	m	w	m
m	q	a	l	n	i	g	h	t	l	p
p	j	c	o	s	t	u	m	e	s	k
i	n	k	w	a	s	c	a	t	p	i
r	s	k	e	l	e	t	o	n	i	n
e	j	e	e	m	u	m	m	y	d	f
i	m	o	n	s	t	e	r	q	e	v
m	o	o	n	o	e	s	c	a	r	e

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