

WHO WE ARE

The Refuge Ministries is focused on transforming the lives of men and women - and ultimately families, churches, and communities - from the stronghold of addiction by the power of Christ. Our primary focus is to offer faith-based, free residential rehabilitation ministries for men (18+) and women (18+). These ministries take men and women from homelessness and hopelessness to home ownership, empowering responsible people of God for the rest of their lives. In addition, we seek to connect those struggling with addiction to the life-changing power of Christ through both the Champions Network and the Refuge Network - empowering churches, organizations, businesses, and individuals to make a difference in addiction recovery through discipleship.

Where We Began

The Refuge began in 1999 as a radical commitment to small group discipleship in a farmhouse in Vinton County, in the middle of nowhere. As we learned from both best practices and directly from the men we came to serve over the years, our residential model has grown and changed many times, but our values have remained the same. You'll see them posted at every location, but also - and most importantly - lived out in the lives of the men, women, staff, and (hopefully!) families and volunteers as well.

Our 7 Practices define who we are, setting the culture for the residential core of our ministry - *a completely free, 13-month, faith-based rehabilitation ministry for men and women, ages 18+. We disciple them from homelessness and hopelessness to hope and home ownership.*

THE 7 PRINCIPLES OF DISCIPLESHIP TRANSFORMATION

◆ Commit to God

Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.: - *Matthew 22:37*

◆ Be Relational with Others

And the second is like it: "Love your neighbor as yourself." - *Matthew 22:39*

◆ Be Willing to be Taught

And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others.
- *2 Timothy 2:2*

◆ Choose Honesty & Authenticity

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.
- *James 5:16*

◆ Practice Gratitude & Thankfulness

Do not be anxious about anything, but in every situation, by prayer and petition with thanksgiving, present your requests to God. - *Philippians 4:6*

◆ Display Courage & Faith

And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.
- *Hebrews 11:6*

◆ Develop Work Ethic & Stewardship

And to make it your ambition to lead a quiet life; You should mind your own business and work with your hands, just as we told you, so that your daily life may win the respect of outsiders and so that you will not be dependent on anybody.

- *1 Thessalonians 4:11-12*

UPCOMING EVENTS

The Refuge Golf Classic

May 21, 2018 @ 10:00am—6:00 pm
Pinnacle Golf Club in Grove City, Ohio
\$125 per golfer— includes 18 holes with cart at one of the area's most exclusive clubs, plus lunch and dinner.
"Dinner Only" tickets available for \$50

5K Run/Walk/Hike Fundraiser

August 25, 2018
Lancaster Phase 2 House
This was an incredible day last year and is always one of our favorite annual events. Don't miss out!

Annual Fundraising Banquet

October 14, 2018
Save the date for this great chance to meet the men and women of our Ministry. You will hear their stories of success and personal growth, and share in an evening of celebration, fellowship and delicious food. Seats are limited for this event so keep watching for more information on when to register at www.therefugeohio.org/events

For more information on these events or if you would like to volunteer to help at an event, please contact Renee Sleeper at rsleeper@therefugeohio.org

THE REFUGE
P.O. Box 163173
Columbus, Ohio 43216
www.therefugeohio.org
614-991-0131



Our Mission

Changing lives affected by addiction through Christ

Our Vision

Changing lives of the addicted and those surrounding them through discipleship.

Our Purpose

"The Spirit of the LORD is upon me, for he has anointed me to bring Good News to the poor. He has sent me to proclaim that captives will be released, that the blind will see, that the oppressed will be set free."

- *Luke 4:18*

ORIENTATION

INFORMATION AND INTAKE

Orientation occurs every Monday at 9:00am at Veritas West Community Church
12 S. Terrace Avenue
Columbus, Ohio 43204
(The corner of West Broad Street & S. Terrace Ave.)



At Orientation, the women and their families, will learn about the 12-month Residential Program, hear current testimonies and then there will be a time for questions to be answered. The information session will last approximately one hour. Afterwards each of the women will fill out an information form and will have a one-on-one interview with the Director from Phase One. Interview times will depend on the number of applicants each week. Applicants must attend the information session to be considered for an interview.

Waiting List Policies

We will hold Orientation each week to promote consistency and to be available for anyone who wishes to interview for the ministry.

Once our beds are full, we anticipate the need for a waiting list. Here is how it will work.

- ◆ Each week at Orientation, those who have not interviewed and who are not already on the waiting list will be guaranteed an interview. At the close of that interview, they will be placed on the waiting list if they are a good fit for The Refuge. If they are not a good fit at this time they will be given resources to other women's ministries or shelters as deemed appropriate.
- ◆ Once placed on the waiting list, each woman will be responsible to know her status on the list and watch for how many beds are available then attend Orientation that week. (For example, if a woman is #3 on the waiting list and there are 4 beds available, she should attend Orientation, in case those in front of her do not attend.) At Orientation, those on the waiting list will be required to attend a second interview to make sure that they are still a good fit for the ministry. If so, they will be the first to receive a bed.
- ◆ Beds available each week will be posted on social media and on the Refuge website. (www.therefugeohio.org)
- ◆ Interviews do not guarantee acceptance into The Refuge.
- ◆ Those on the waiting list must attend Orientation and a second interview to be assigned a bed.

Women should come prepared to enter the same day. The following is a list of items that may be brought in. *We can supply these items if necessary.

- ◆ 1 Bible and notebook
- ◆ 8 pairs of pants/shorts, shirts, socks and underwear and bras
- ◆ 4 pairs of shoes
- ◆ 3 sweaters or sweatshirts
- ◆ Personal hygiene products (no alcohol)
 - 2 shampoo, 1 conditioner, 1 body wash/soap, 1 deodorant, 1 non-electric Toothbrush, tube of toothpaste, 1 bag of non-electric razors, 1 can shaving cream, 1 hair style product.

Anyone bringing anything beyond the items listed above will be required to donate extra items to the ministry. We do not have enough storage for everyone's personal items, so please do not plan to bring them unless specified.

Reasons women may not be accepted to enter The Refuge.

1. If a woman has an open or active warrants; all probation/parole appointments must be non-reporting or phone-reporting (not in person); no scheduled upcoming criminal court dates or future criminal indictments.
2. If a woman has been sentenced to The Refuge "in lieu of" incarceration. Often, we find that anyone forced to come because of legal issues are not here for the right reasons.
3. We will consider allowing a woman with open traffic issues or outstanding fines to enter The Refuge, provided she is not required to attend a court appearance. If any fines are a result of a warrant for arrest, we will need written agreement from a friend or family member that they will take care of the fine.
4. Women may not bring their children into the ministry with them. However, The Refuge has partnered with Safe Families (safe-families.org) to offer a Christian family hosting alternative. The goal of both Safe Families and The Refuge is to see families reunited after some time to grow in personal health.
5. Any woman currently paying (or in arrears of) child support will need either 1) a written response from the case manager stating that payments may be placed on hold or deferred until the completion of the 12 months in the ministry, OR 2) written communication from a friend or family member who will be paying the child support payment for the duration of the 12 months in the ministry.
6. We do not allow any prescription medications that are considered "mood altering." Please consult your physician prior to making any decisions concerning prescribed medication. A letter from your physician MAY be required for entry into The Refuge.
7. We are a working ministry, so any woman currently earning disability must be willing to relinquish it, because legally she cannot simultaneously work for The Refuge and stay on disability. (The maximum hours someone can work a week while on disability is 20 hrs/week, and while in the 3rd and 4th phases of our program, women are working 20-30 hours a week).
8. We cannot accept women required to register as sex offenders.

PHASE ONE

DISCOVERY 30-45 Days

In Phase One, we desire to be a safe place for every woman to discover God and to experience unconditional love and acceptance. This is where they begin to see what it looks like to be a woman in God's sight.

- ◆ Safe environment, free from drugs/alcohol and other distractions.
- ◆ Structured and secluded environment.
- ◆ Development opportunities for mind, body and spirit.
- ◆ Personal development small groups.
- ◆ One-on-one mentoring.
- ◆ Comprehensive, individual plan for personal growth based on biblical study.

No outside contact is permitted in Phase One so that the women can focus on growing personally and with Christ.

PHASE TWO

RELATIONAL 3 Months

In the "Relational Phase", women begin to develop an intimate relationship with God as well as learning to trust and rely on each other. This is where they learn the tools and skills to be able to be successful women not only in community, but in their homes and future careers.

- ◆ Focus on relationships—with God, herself, others, and God's creation.
- ◆ Regular emphasis on the study of God's Word, praise and worship, serving, giving, curriculum, and connecting to the body of Christ beyond The Refuge.
- ◆ Relational growth is focused on sacrifice, discipleship, mothering, sisterhood, conflict resolution, and submitting to authority/peer evaluation in regards to our 7 Principles.
- ◆ One-on-one counseling focused on discovering how God created her uniquely and redeeming her story to use as a vehicle to serve the Lord.
- ◆ Focused training and activities so that the women can grow spiritually, financially, emotionally, physical, relationally and practically.

The restoration process with friends and family begins slowly and gently through weekly phone calls, letter writing and a once a month in-person visit at Family Day as appropriate.

PHASE THREE

APPLICATION 4 Months

The "Application Phase" is the next four months of commitment. Here, the process more closely resembles what most would consider "regular life". Women work 30-40 hours per week and have more freedom to make choices, while still under the authority and obeying the rules of The Refuge.

- ◆ Women work 30-40 hours per week, paying for the majority of their way through the ministry and investing in the women behind them.
- ◆ Make a small monthly stipend to start saving or spending as they choose.
- ◆ Focus shifts to prayer and preparation for the future as women choose and are trained in one of "2 Pathways" - trainings to serve them in life after The Refuge.
- ◆ Volunteer coaches meet with the women weekly to walk alongside them as they begin to prepare for life after The Refuge.
- ◆ Engage in the local church and community.
- ◆ Volunteer coaches meet with the women weekly to walk alongside them as they begin to prepare for life after The Refuge.
- ◆ May begin making monthly weekend home visits.

The restoration process with friends and family continues with weekly phone calls, letter writing and a once a month in-person visit at Family Day as appropriate. Additional contact with children may be permitted at staff discretion.



PHASE FOUR

LAUNCHING 4 Months

The "Launch" rounds out the final four months of a woman's 12-month commitment. The focus is on preparing women to return to society as cherished women of God, with a developed life plan and ongoing support. Women are given more autonomy than anywhere else in the ministry, while they also have more responsibility—to serve the community and the church, to pour back into the women behind them, and to set a good example for all the women in Phases 1-3. We raise up these women as leaders in the ministry, so that they can also learn to lead in their homes, churches, and communities as the women of God that they were created to be.

- ◆ Women continue to hold a full-time job through partnering employers.
- ◆ Begin building a life plan and career portfolio that will help them find gainful employment before leaving the ministry.
- ◆ Connect with a long term mentor for personal growth and development.
- ◆ Freedom is given, but responsibility and accountability are key.
- ◆ Allowing space for mothers to learn and adapt to life with their children.

Phone calls and letters still permitted, along with weekend home visits every two weeks. Additional freedom may be given the last month of the ministry to figure out housing and transportation needs.

Ultimately, changing women's lives by breaking the bonds of addiction, trafficking, abuse and hopelessness will thereby change their families, their churches, their communities and their cities. To God be the glory!

Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight.

- 1 Peter 3:4

