

Common Sense

"The Lord gives wisdom; from His mouth comes knowledge and understanding; He stores up sound wisdom for the upright; He is a shield to those who walk in integrity." Proverbs 2: 6-7

These are the words of King Solomon, the son of King David, two wise and powerful men who lived one thousand years before the coming of Jesus Christ. Their writings and teachings are filled with common sense and are contained within the most published and read book of all centuries. Clearly wisdom, knowledge, understanding and common sense have been sought by humans for thousands of years. We seek this wisdom and these qualities today at Freedom's Door.

This is sometimes difficult, as it was for David and Solomon. In their time, wars, strife between people, ill health and poor medical service, homelessness and poverty were commonplace. All these difficulties are still encountered in our world and community today and finding solutions is not easy.

There is a quote often used during the past 100 years, which states: "The difficulty with common sense is that it is not very common."

How many times have you heard this statement and nodded your head in agreement? There is so much evidence presented in the news and the daily activities which surround us that lead us to the fact that this statement is filled with truth.

At Freedom's Door, our daily activities involve receiving people – often from a tent in our streets, or from jail, or from detox centres or emergency rooms, or from your neighbor's home. These men are seeking a solution to the chaos in their lives and asking for healing. Yes, so many hundreds/thousands of people want healing.

It seems reasonable to expect that helping men recover from mental health challenges and severe addiction would be a central focus of our government health systems. To us, common sense means prioritizing healing and long-term recovery with housing, rather than relying primarily on free housing, free drugs and publicly funded injection sites that have been emphasized over the past 25 years.

Currently, more than 70% of people in our jails are incarcerated due to addiction-related issues at an annual cost of \$115,000 per person. Even more concerning, about 75% return to prison after their release. These outcomes suggest that abstinence-based recovery programs might be underfunded, despite their potential to support lasting change.

At Freedom's Door our programs are abstinence-based. They are long term programs based upon a biological-psychological- sociological- spiritual model, using science

and evidence-based practices that have worked for the past 100 years. The success of our program speaks to its efficacy. The applause of our graduates encourages us to continue. Our ever present and lengthy waiting lists of those seeking our services speaks to the demand for our programs. Our growth, from a beginning 23 years ago with 10 residents, to now serving over 110 men per day, speaks to the need and success of our growth. Well over 2,200 men have received our help.

We are building townhomes for transition housing to meet our growing needs and to reduce our waiting lists. Our focus is to provide housing and a recovery program that brings healing, reunification with family, education and employment, and so much more for each individual.

Statistics tell us that most addictions begin at an early age and often because of trauma. Young people choose to put a balm (alcohol and drugs) on their wounds to kill the pain. Life can be better on the street than at home. And really, this can happen at any age. With this in mind, we at Freedom's Door, believe in creating an atmosphere of a strong, healthy, caring and loving family at our homes. We are a brotherhood of caring men who are there to assist one another to heal. You cannot heal alone. Each person contributes to the care of our homes and his brothers. As in any family, we respect each other and ask that each person act responsibly. Each one has daily and weekly chores to maintain their homes. Learning life skills might have been missed when young, so extensive life skills training is a part of our program. Each person has a purpose and learns responsibility. Each learns to be trustworthy, which brings back his sense of dignity. Extensive group counselling and individual counselling sessions are a large part of our offerings. Trauma therapy is one of many professional services provided.

All of this can happen because of you, our "Friend of Freedom's Door," donors to our charitable and registered society. Without you none of this good work would have happened over the past 23 years. We also acknowledge the dedicated work of our incredibly talented and giving staff. This work is not easy, but they often express what an honor it is to come to work each day and witness the miracle of healing. And our many volunteers come and bring smiles and love and offer their talents for the benefit of our men in healing.

We thank you all for the generosity which you bring to our homes and services. Because of you we are helping our community to heal. We are reducing crime and the excessive cost of running hospitals, emergency services, and prisons. With common sense we can solve so many of the difficult issues of our time.

Thank you and God bless you.



The Directors

George Arambasich • Tom Burzuk
Helmut Hubert • Chris Matte • Mel Newth
Sandy Shier • Tom Smithwick

Our Construction Project Status

We have made great strides in our Belaire Townhomes Project. After three years of planning and construction we have completed and occupied Phase 1 of the project. This building contains four townhomes each with a kitchen, living room, laundry, two bathrooms and four bedrooms. These are transition homes for men who have graduated and are working or going to school, until they are ready to move on.

It is exciting to witness this completion. However, we have more to do. Phase 2 is four more townhomes of comparable size and purpose. We need to demolish and remove the two old homes on the site to begin construction. We will start this work immediately. The demolition and removal of hazardous materials will cost \$100,000. Is there someone out there who might like to cover this cost for us? We also need to raise a further \$1,000,000 to finalize the construction of the four new townhomes.



If you feel inclined, we invite you to donate to this project and to assist in ending homelessness in our community. Every dollar will be used to create affordable, long term, housing and addiction recovery for decades to come.

Please speak to Tom Smithwick or Helmut Hubert to discuss your donation and receive details of construction. tom@freedomdoorkelowna.com • 250-717-0472 ext 5 helmut@freedomdoorkelowna.com • 250-878-8010

Tax deductible receipts are, of course, available. Thank you for your consideration.

A Graduate's Message

Dear Friends, I miss you all and wish to share my thoughts after graduating and moving on. Freedom's Door helped me to find my Lord and Saviour, and I will continue in his gospel and guidance to transform my life with courage and the will to control my urges and weaknesses while transforming into a better man than yesterday.

I have gone back to school and am one course away from high school graduation. I got 100% in English! I will then move on to college which is something I never thought possible for the past 20 years.

My whole prior life was an example of stumbling and falling: multiple stab wounds, over 100 fights, a car accident that nearly took my life, women, jail, homelessness, drugs and alcohol. It sounds hopeless, doesn't it? I am now many months sober and free from that demon in our ear constantly telling us things like we are worthless, no one cares, no one will save you. Now, this is far from the truth.

I can now list a whole group of people who care, even when people fall. They are always right there, with the hand of God, to pick you up. These are the people of Freedom's Door. You broke down the walls of fear and gave me freedom. You showed me, in the flesh, that it can

be done. You saw a scared boy in me and helped me change behavior I thought could not be changed. You healed a soul so broken and afraid.

I am grateful for all the staff and volunteers of Freedom's Door who help fight addiction every day.

With love and forever in your debt, a Graduate.

Our Family Group

Freedom's Door now offers a "Family Group" to support family members and loved ones of those who are currently in our homes or who have been in our program in the past. Two of our staff members run this group which meets in the evening, once per month. The first Family Group was held in June 2025. We did this due to ongoing requests from many who have loved and supported our men long before their son, brother or spouse walked through our door.

Addiction takes its toll, not only on the individual with the problem, but on their family and friends as well. We now have up to 20 people who participate regularly, in person and by Zoom.

Being with others who are walking through similar struggles offers empathy and understanding in a unique way. Those in the group can learn from the experiences of others who are facing similar problems. Research shows that when individuals enter an addiction recovery program, their chances of success are improved when they are supported by family members and friends who are also in a family recovery program.

We are grateful to now have this opportunity to offer hope, not only to our men, but to their family members and loved ones as well.

Wanda Agar and Travis Buchanan, Program Facilitators

You Can Help Make Miracles Happen

Donation: \$100 \$500 Other \$ _____
 \$ _____ per month

Giving Options:

- Cheque or Post-dated Cheques
- Cash
- Debit or Credit: Please call 250.717.0472
- Online: www.freedomdoorkelowna.com
- Estate Planning: Consider including a charitable donation to Freedom's Door in your Last Will.
- Property: A gift of appreciated property is highly valuable and generous, and includes contributions such as shares and stock, mutual funds and real estate. Special tax considerations can be available for these types of gifts. Contact us for more details.



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Donations are tax-deductible

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