

**Divine Light, Inc.
Client Newsletter
Issue 005
February 22, 2026**

We celebrate our clients...



The One Time I Was Glad I Failed

When I was a child, I would always get my way. When I grew up, I knew that was how it was going to stay. Eventually I took a drink and guess what? I started getting high. I was spoiled. I would not even let one single drink pass me by. I was going to keep drinking and getting high until I killed myself. I never even thought about how it would affect me. Not to mention anyone else. Now that I am saine, clean and sober, I can live to tell the tale. Thank you, Lord, this was the one time I was glad I failed. - **Oliver**



I have been struggling my entire life with drugs and alcohol. I come from a long line of addicts. I was never able to get help with my addiction. I started using alcohol and pills and eventually graduated to crack cocaine. I lost custody of my children due to my addiction. That was my rock bottom. I tried different rehabs to get help without success until I found Divine Light. Being here has been a life-changing experience. Living a sober life has reunited me with my kids. I have been given responsibilities such as an “advisory board” and facilitating classes. My life has forever changed thanks to Divine Light. I intend to make a career helping others battle their addiction. Thank you, Divine Light, for helping me put my pieces back together. - **Kelcie**



Something Different

This is for those people who are trying to move forward with their life. Try something different for a change. If you have never had any hobbies, find something you are good at or genuinely enjoy doing. Try things that relieve the stress of life. Please keep in mind that recovery will always come first. God saw fit to give you the breath of life today. Be thankful, grateful, and humble that you have lived to see another day and that you have everything that you need to survive in their cruel and intense world.

Stay positive, safe and motivated.

P.S. To those who are contemplating suicide, please tell on yourself. We want to see you live your life. You have value and are worthy of all the wonderful things that life has to offer.

We love you, your recovery peer, **Davon A.**

Farewell to PHP...



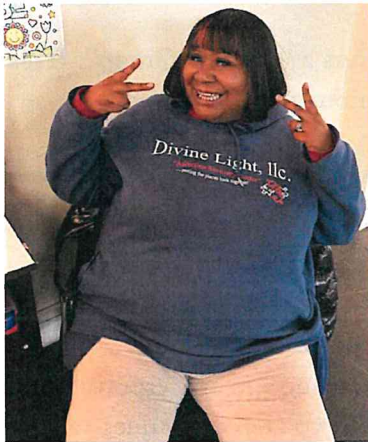
Today I have two days left and I feel amazing. I started off skinny as hell, looking like a living nightmare. Using behind my family and coworkers back. Stealing from people who trusted me almost lost my job due to always being late. I always paid my rent, but it was usually late. Nonetheless, I will miss my friends at Divine Light, but most of all my bestie. This is a hard process, but together we can all overcome this disease. I love and will see most of you on the other side in IOP. **Brittany C.**

Spotlight on...



Ms. Shelley Y.

Ms. Shelley faced rock bottom in her life. She found herself addicted to drugs and a life of struggle and pain. She attended a rehab where she found life again. A life that was worth living. Now she gives back to the world by taking great care of the clients at Divine Light. Ms. Shelley spends countless hours taking care of us. I have seen her work an entire weekend during a snowstorm just to make sure the clients had their meds on time. Ms. Shelley not only works as a Med Tech at Divine Light; but she is also a friend, confidante, and nurturer. Thank you, Ms. Shelley, for all that you do.



Ms. Erica S.

Ms. Erica struggled with her addiction to K2 for eight years. She decided to get clean when she got pregnant with her son. He was her blessing to make her clean. He is now six years old, and she has been clean for six years. Ms. Erica struggled during her addiction with sickness and the need to get more. Now Ms. Erica is a source of encouragement and light to the clients here at Divine Light. The clients look forward to seeing Ms. Erica's smile every day. She ensures the clients are well cared for. Most importantly, she treats clients with respect. Ms. Erica, you are loved and appreciated. Thank you for all that you do.

Did you know...

- Divine Light can assist you with access to Social Security Benefits, Temporary Disability Payments (TDAP), Food Stamps, Birth Certificates, Driver's License, MTA ID and State ID? Simply sign up for Case Management to get the help you need.
- If you have questions or concerns and need help, speak to one of the “Client Advisory Board” members (Mary, Tavon (IOP), Kelcie (IOP), Darius, Katrina (IOP) James and Ashley). We are here to help clients with issues such as requests for clothing, assistance with staff concerns, and other issues that may come up.
- Divine Light offers counselors, medical staff and therapists to assist you along your journey to sobriety.
- If you have experienced trauma in your life, Divine Light offers a “Trauma Group”. This group meets every Friday. Please see Ms. Gwen for more information.
- What to expect when moving from PHP to IOP. Once you get to IOP, you will be required to attend an IOP meeting from Monday thru Thursday (your counselor will provide the times), you will be responsible for your food (if needed, you can ask Maryland Ave for a “food bank” package, transportation (Divine will provide transportation for the first two weeks), medication management, you will need to sign for housing and are responsible for attending the community meeting at the end of each month. If you have any questions, please see your counselor.

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Pisces	You have been meditating on some of your goals and realizing that achieving them is easy because you have the right support to strike gold. The caveat is that a little fear is making you doubt your ability and gifts. Releasing these feelings is going to take time because you worry that you are not qualified for the position you want; however, you will come to see that you are obviously the best candidate because you are smart, intuitive, and creative. You got this, Pisces. Believe in yourself!
Aries	Gaslighting is not a tactic you use, but it is a projection of emotion that is being cast on you by a friend this week. Since you are confrontational, their unwillingness to take accountability will push you to the edge and escalate the issue. The drama will end with you asking for space, because now that you are irked, calming down and cooling off will not be easy. It is time to put them on ice for a minute to avoid another argument. The energy is too hot now.
Taurus	You cannot help but overpromise the future to get out of a sticky situation. Before you tell others what they want to hear, with your signature suave approach, put yourself in their shoes. Would you like to be told a tale to keep peace? Probably not. Therefore, you should try to be subtle in how your approach matters and know that words are meaningful, contrary to what you might think. People believe in you, so do not be a big talker to avoid disappointment.
Gemini	The kindness you have been extending to others is not about winning an award or getting a claim, but about building one-on-one connections. Avoid those who mimic your behavior to get praise and traction. You are coming from a positive, caring place, and they are acting phony. Remember, we get what we give. If they are choosing to act this way, the quality of people they are pulling in is less than stellar, so do not sweat what shenanigans and false impressions they are trying to portray.
Cancer	You feel as though you are losing control over your relationships, which is a lesson that you should loosen the reins and opt out of power dynamics. Let your friends see your fabulous self, who is loyal and tender, without the competitive and dominant vibe that you have been enforcing lately. The “real” you are yearning to come out. Do not get lost in the politics of social status and be the most authentic version of yourself. Once you do that, everything else will fall into place.
Leo	Love is in the air! Finding the connection you crave requires you to put in the work, but you'll likely meet someone special who sparks your heart with joy, which is why you should definitely come out of hibernation this week. For those lions who are already in a commitment, there may be minor annoyances that affect the dynamic, all of which you will have to get through, and you will, so do not worry. You will have more pillow talk than roaring this week.
Virgo	Simply put: You have tons going on, which is exhausting and debilitating. IKYK to make yourself a top priority and take a moment out of the scene to do you. Whether this means treating yourself to a trip to a head spa or deep massage is up to you, but it will be a great opportunity to melt away troubles and become closer to your inner self. The objective is to decompress and relax. Once you do that, you'll be able to rest without any stress.
Libra	There is a surge of creativity running through your veins this week, but being too lazy to take them on hinders you from accomplishing your visions. It's important to decide how you want to proceed with the venture, so you are ready to dive in. Be sure that you are in line with your aspirations when the timing is right, and you will be able to turn out some pretty amazing stuff that others will marvel at. The only person holding you back from success is you.
Scorpio	Your life may feel like you are in an episode of <i>Stranger Things</i> , lost in the Upside Down. This is just a temporary state of mind, since everything is in extreme flux, and you crave stability. You are stuck in a moment of confusion in which you are going to have to sort out through difficult conversations with

	people to suss out your feelings and theirs. In the end, things might still be a little topsy-turvy, but they'll be remedied soon.
Sagittarius	Being honest is vital in any relationship, especially with your close friends. When she starts telling lies or exaggerations, it's a slippery slope downhill because they will always be in a state of doubt, lingering. Although you are known to be an honest archer, you're overreaching in how you want others to perceive you, which translates to changing facts to make yourself appear better. No one is judging you, except for you. Odds are, your friends won't care if you tell them the messy tea.
Capricorn	Being there for everyone is hard, especially when they don't reciprocate. After a while of this behavior, you're at your limit with a few of your friendships; however, you don't want to confront them because you aren't in the mood to fight. Be forewarned that, in the most passive-aggressive way, they might flip the switch and complain that you're being distant, which might push you to take a stand and speak up. Once you do, there is no coming back from the words you're saying.
Aquarius	We are all responsible for the consequences of her actions, and you are no different. What sets you apart from most is that you're willing to apologize and take steps to rectify the wrongs you've caused in the past. This will alter your present situation in beneficial ways because you're willing to be the bigger person. You're aware that two wrongs never make a right. Regardless of who said or did what, you are opting to move on in an optimistic manner without the heat.

