



# The Threshold

LIMEN HOUSE – Post Office Box 1306, Wilmington, DE 19899

Men’s House - 600 W. 10th Street: 302-652-7969 / Women’s House – 1900 Baynard Boulevard: 302-571-1216

## Your Generosity Continues to Provide New Life

### Hello My Name is Alexander Ferns and I Am an Alcoholic

I am honored to be an alumni of the Limen House program as well as part of the Limen House family. Growing up I remember always feeling like I was broken, I did not know what was broken or how to go about fixing it. There was always this emptiness this void that I was consumed by and I had no idea of how to cure or alleviate this overwhelming feeling. I was very confident that my life purpose was to fill this void, this hole in my soul somehow someway by any means necessary. I remembering trying to do this when I was younger by indulging in food, video games, or sports. As time passed by the distractions, I was using to try to numb the internal pain ceased to alleviate the feelings any longer. So I was then faced with what to do next, for me that was an easy answer, which was to find something that worked better and more efficiently. This led me to trying substances at the age of 14 and at that moment I felt like I had found my purpose in life like I had finally arrived. I remember thinking that this was made for me and I was made for this.



Just like the so called remedies I used before to numb the feelings and pain these also started to render ineffective. So up the ladder in scale of seriousness I went searching for the magic cure to my life. Through this journey I don’t know who or what I became, a monster would be putting it lightly, I became a slave to my master which was drugs and alcohol. I was willing to follow my master to the ends of the earth which brought me here to Delaware from my hometown Baltimore, Maryland homeless hopeless and helpless. My master had won this war and I surrendered, this set of circumstances gave me the blessing of the gift of desperation. I found myself at Kirkwood detox then Gaudenzia after that and my next stop was the one that I believe had the most impact on my life and that was the Limen House, which is a program I believe was sent from heaven and does God’s work by helping save god’s children, the suffering alcoholics and addicts searching for a way out. I was taught how to live again in all aspects from self-care, to cooking, to structure in my day to day activities. It was like winning the recovery lottery. I have been blessed with a level of internal peace and serenity that I never thought possible. Literally beyond my wildest dreams, I am free from the internal worthlessness as well as from the bondage of self. The Limen house has given me and continues to give me the tools I need to be the best version of myself, as well as to be of utmost service to those around me. My life has been saved and has changed immensely in a positive way with the help from my higher power and the Limen House. God bless the Limen house!

## Help us stay connected!

Please complete this card, detach and send in the enclosed envelope. Or send to updates@limenhouse.org.

Name \_\_\_\_\_ Phone # \_\_\_\_\_

Street Address \_\_\_\_\_ Email \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Are you a Limen House Alumni? \_\_\_\_\_

Do you want additional info sent to you about the following Limen House events?

July 22, 2019 Golf Classic \_\_\_\_\_ September 19, 2019 Limen House Breakfast \_\_\_\_\_

November 9, 2019 Limen House 50<sup>th</sup> Anniversary Amethyst Ball \_\_\_\_\_

## From our Executive Director

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Spring is finally here and we are ready for a great summer...our 50th! We continue to celebrate our 50th year anniversary with many great events such as our Golf Tournament this July, our Annual Breakfast in September, culminating with our Amethyst Ball 50th Gala in November!

When I reflect on 50 years, one thing continues to stand out. Limen House has been providing a high level of care to those who otherwise could not afford the care since we first opened our doors.

Limen House provides our residents with time to heal and focus to begin their recovery process. We provide care, compassion and a safe supportive environment, which well positions our graduates to succeed.

It has been this philosophy of caring and success that has sustained Limen House for 50 years.

Limen House is ingrained in the community and we would not be what we are today without the continued support of the community.

That support comes in many ways, and we are extremely grateful for the 50 continuous years of support.



Michael Duffy

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## Limen Board of Directors

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*“When I am willing to do the right thing I am rewarded with an inner peace no amount of liquor could ever provide. When I am unwilling to do the right thing, I become restless, irritable, and discontent. It is always my choice.”*  
(Big Book, p.317)

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## Limen House Staff

Michael Duffy, Executive Director

Danielle Archer, Program Manager, Womens Level II

Tim Brainard, Case Manager, Men's Level III

Vinnie Garibaldi, Program Manager, Men's Level II

Sean McCauley CADC, Program Manager, Men's Level III

Amy Spangler, Program Manager, Women's Programs

Josh Stout, Data Manager

Beth Undercuffler, Office Administrator

Limen House is regularly in need of **clothing, toiletries, linens, towels, washcloths** and **especially monetary donations**.

*Please send contributions to:*

**Limen House:** 600 West 10th Street,  
Wilmington, DE 19801

**Email:** [bundercuffler@limenhouse.org](mailto:bundercuffler@limenhouse.org)



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