



MY BROTHER'S HOUSE NEWSLETTER

**JULY - SEPTEMBER 2026
EDITION 3**



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My name is Trent Polk, and I recently joined the Board of Directors for My Brother's House.

Becoming involved with this organization has been deeply personal for me because I understand firsthand how life-changing recovery, accountability, and strong support systems can be.

Nearly 21 years ago, I found freedom from drug addiction, and I know without question that I could have lost everything without the people God placed around me to encourage me, challenge me, and help me stay on the right path. Recovery is not something we are meant to walk through alone.

That is why My Brother's House means so much to me. This ministry provides men with more than just a safe place to stay. It offers structure, brotherhood, humility, accountability, and a Christ-centered foundation that helps men rebuild their lives one day at a time. The men are encouraged to fully work the AA and NA 12 Steps with sponsors, establish strong support systems, and commit to personal growth and long-term sobriety. I have personally helped place men at the House and have witnessed incredible transformation, including within my own family.

What stands out to me most is the community surrounding this ministry. The staff, board members, volunteers, donors, and residents all play a role in restoring hope and changing lives.

Families are being restored, and futures are being rewritten right here in Cooke County. If supporting ministries like this is on your heart, I encourage you to get involved. That may mean financially supporting the House, volunteering your time, attending birthday nights, praying for the men, offering encouragement, or simply helping spread awareness about the mission. Every act of support matters and reminds these men that they are not fighting this battle alone.

I am honored to serve alongside people who genuinely care about helping others find healing, purpose, and hope again.



\$1000
per room
(2 MEN)

Adopt a Room Project



**Help these Men upgrade their environment
in which they begin their
Journey in Recovery**

**New Bed Frames, Mattresses, Linens, Storage Bins,
Dressers, Night Stands, Lamps,
Room Dividers, Fresh Paint, and Flooring**

**If you would like to participate in this exciting project, please contact us at
info@mybrothershouse.online
www.mybrothershouse.online
682-412-4691**

DIRECTORS' POINT OF VIEW

Greetings, My Brother's House family,

As we enter the summer of 2026, my heart is full as I think about all that is happening at the house. Less than a year ago, we began the Adopt a Window project, and what a blessing it has been to watch this vision become a reality because of your generosity, faith, and willingness to believe in what God is doing here. All but five of the windows you helped provide have been installed, and by the time this newsletter is printed, the project should be complete. Every new window is more than just an improvement to the building. To me, it is a reminder that people still care, that restoration is possible, and that God continues to open doors and let light into places that need hope. This project has improved the look of the house and the efficiency of our heating and air system. With the help of United Way and each of you, we were also able to replace much of the old, damaged ductwork in the ceiling, which will make an even greater difference in keeping the house comfortable and efficient for the men who call this place home.

Our next phase will be the Adopt a Room project, and we are excited to see how God will continue to use this community to bring care, dignity, and hope into each room. We look forward to sharing more details with you soon.

We have many new faces at the house, and each one represents a life with a story, a struggle, and the possibility of a miracle. I find myself praying that every man who walks through our doors will come to believe that his life is not over, that he is not forgotten, and that recovery is possible one day at a time. We are deeply grateful to Pete and Terry for their vision for this house many years ago. I often walk through the halls and around the outside of the house thinking about the impact those two men have had on so many lives. Their faith planted something that is still growing today. Personally, I am so grateful for My Brother's House and for the opportunity for recovery it has provided me. This house has been more than a place to stay.

DIRECTORS' POINT OF VIEW (CONT.)

It has been a place where I have learned to hope again, to trust again, and to believe that God can rebuild a life from the inside out. Sometimes, as I look across the room during our morning meditation, I can almost envision Pete and Terry sharing their vision of recovery with all the men gathered around the tables.

The alumni of My Brother's House are pouring back into us like never before, and it is hard to put into words what that means. When men come back with light in their eyes, steadiness in their voices, and gratitude in their hearts, it reminds all of us why this work matters. Their presence gives us hope as we witness the transformation in their lives and as they return to share that same hope with the men who are just beginning their journey.

I have made many friends over my lifetime, but the friendships I have made over the last four and a half years in recovery are truly priceless. These are the kinds of friendships built through honesty, humility, shared prayers, hard conversations, laughter, tears, and the daily choice to keep going. I do not take that lightly. I look forward to the months ahead with excitement and gratitude, eager to see what God has in store for My Brother's House and for every life that will be touched here.

Once again, thank you for your support, your prayers, and the love you continue to show this house and the men who live here. You may never know the full impact of your kindness, but please know this: you are truly making a difference in our lives, and we are grateful beyond words.

Curt Stovall
House Director

MAKING A DIFFERENCE—ONE EVENT AT A TIME



Building Community, Sustaining the House



RESIDENT SPOTLIGHT

Lost in Denton

All credit, glory, and restoration in this story belong to my Higher Power, Jesus Christ. God used My Brother's House to help save my life, and I will be grateful for that forever. I was born in Denton, Texas, in 1978. My mother was fifteen, my father was twenty, and alcoholism was already casting a shadow over our family. My grandparents raised me with love, but even as a child I carried a deep ache from not knowing my mother and wondering why my life looked different from other children's. I now understand that shame and rejection were lies that fed the disease of addiction long before I ever picked up a drink or drug.

I was a gifted child. I read early, excelled in school, competed in spelling bees, math contests, and writing competitions, and even won recognition for an essay about the war on drugs. But addiction does not care how smart, talented, or determined a person is. Not long after that award, I tried LSD. Then came marijuana, alcohol, cocaine, methamphetamines, violence, crime, and prison. What began as rebellion became bondage. I chased freedom and found destruction.

By my teens and twenties, my life was controlled by drugs, rage, fear, and pride. I sold drugs, used heavily, damaged relationships, and survived things I should not have survived. I went to prison, got out, promised myself I would be a "functional addict," and kept sinking deeper. Even after giving my life to Christ in 2001, I did not understand surrender. I knew grace, but I kept living in sin and pain. I prayed often, but I did not yet want sobriety enough to give God everything.

In 2010, broken and surrounded by consequences, I finally hit my knees in a house on Sycamore Street in Denton. I prayed the most honest prayer of my life. I confessed, repented, and cried out to Jesus. When I stood up, fear was gone. I knew God loved me, that He had not abandoned me, and that no weapon formed against me would prosper. I walked across Denton that night unarmed, unafraid, and talking to God as my Friend. For the first time, I wanted to be sober—and I realized He had made me sober.



RESIDENT SPOTLIGHT

The journey was not perfect. I relapsed, went back to prison, and learned that God would do whatever it took to keep me alive and bring me back. My sobriety date is September 12, 2021. When I was released from TDCJ on September 8, 2022, God opened the door for me to go straight to My Brother's House. I got a job, found sponsorship, worked on the program, prayed daily, saved money, and began learning how to live one day at a time.

God also placed men in my life who showed me what long-term sobriety looked like. Curt Stovall helped me early on, and Bud Nelson became a sponsor whose experience, honesty, and faith helped me grow deeper. I began taking inventory, telling the truth, and allowing the Holy Spirit to correct me. Recovery taught me that we are pulled from the pit so we can go back and help pull others out.

In 2024, God led me to reach out to my mother. After years of prayer and fear, I sent her a message. She answered. My mother was alive, well, and wanted to know me. We met in Denton, and God restored what I thought was gone forever. I met my brother Brandon, my sisters Pamela and Ashley, and a whole family I had longed for without fully knowing them. Today I speak with my mother daily, love my siblings, and enjoy spending time with twelve nieces and nephews who call me "Uncle Jophus."

Looking back, I see God's timing in everything. He kept certain doors closed until I was ready to walk through them, healed rather than harmed. He restored the years the locusts had eaten. He gave me sobriety, family, purpose, and peace. I cannot take a drink or drug today because I know what it would cost, and because the life God has given me is too precious to throw away.

The enemy tried to take my life again and again, but God had other plans. I was once lost in Denton, but now I am found.





7th Annual Nocona Roundup

Saturday, October 17, 2026

Hosted by My Brother's House

Doors Open at 8:00 a.m.

Breakfast Burritos and Donuts

9:15 a.m. Speaker

Jason T. Mansfield Group, Mansfield, Tx.

10:30 a.m. Speaker

Eddy C. Open Door/Happy Hour Group, Abilene, Tx.

11:30 a.m. to 12:15 p.m.

Fajita Buffet

12:15 p.m. Recovery Q&A Panel

Curt B. Open Door, Abilene, Tx.

Todd M. Gainesville, Tx.

David B. Anchor Club, Gainesville, Tx.

Brad J. Gainesville, TX

1:30 p.m. to 2:30 p.m. Speaker

Eddie R. Simply AA Group, Irving, Tx.

2:30 p.m. Sobriety Countdown

Raffles, Silent Auction and Wrap Up

Nocona Senior Center

400 Boston Street, Nocona Texas 76255

682-412-4691

50/50 Raffles

**Silent
Auctions**