



# The High Point Pook

*HPC strives to guide, educate, encourage, and support*



APRIL 2026

Volume 45

## The Road Not Taken—Robert Frost

Two roads diverged in a yellow wood,  
And sorry I could not travel both  
And be one traveler, long I stood  
And looked down one as far as I could  
To where it bent in the undergrowth;

Then took the other, as just as fair,  
And having perhaps the better claim,  
Because it was grassy and wanted wear;  
Though as for that the passing there  
Had worn them really about the same,

And both that morning equally lay  
In leaves no step had trodden black.  
Oh, I kept the first for another day!  
Yet knowing how way leads on to way,  
I doubted if I should ever come back.

I shall be telling this with a sigh  
Somewhere ages and ages hence:  
Two roads diverged in a wood, and I—  
I took the one less traveled by,  
And that has made all the difference.

## Roads

We all have hardships, choices, unique circumstances that shape who we are and how we react to other people, other chances, other options. In essence all lives are one road after another, one choice after another that we are constantly navigating and negotiating our way through.

Sometimes we stand (like the poet in the poem to the left) and have to think and choose which road to follow. Sometimes we boldly strike out on a path that we deem right for ourselves. Sometimes we have to be pushed, pulled, and drug along a path that we aren't sure we want to walk. Sometimes we look back and regret the roads we've chosen and the paths we have walked, run, and fought our way down. Sometimes we look back and celebrate the changes we have experienced and the personal growth we have found as we have traveled the paths of our lives.

Regardless, one fact is true and constant—whether we meander, stroll, amble, limp, run, dig in our feet and get drug kicking and screaming down the roads of our lives—we all have to travel. We are not ever able to sit still, to become unmoving and fixed. So as your roads beckon, go with boldness and grace to meet the adventures ahead of you.

## The Road Less Taken by Dr. Shaw

Many, if not most of you, over the years at High Point Clinic (HPC), have either said, or at least thought to yourself, "What do I do if something happens to my doctor?" We have all heard stories (if you haven't experienced it yourself) of showing up for your doctor's appointment to find a note on the door "CLOSED FOR GOOD." Just a note with no direction given and no time to figure it out. I think that is many people's worst nightmare and mine too.

Since I started this place, one of my biggest concerns has been to provide you, our patients, with an "off ramp." With a way to make sure that no matter what may happen to me, you will be taken care of. We have had mixed success with that plan over the years, as many of you are aware.

My initial desire when this clinic opened was that we would be involved with the primary care hub and spoke model. This plan would allow us to stabilize patients coming to us to then (once they were stable) transfer them into the primary care setting. In reverse, this model would allow primary care physicians (PCPs) who recognized one or more of their private patients who were in some way exhibiting problematic signs of addiction or chronic pain issues, in turn to send those patients to us. They would then be induced, if needed, and stabilized in our Medication Assisted Treatment (MAT) program and then be sent back to their primary care for their PCP to continue prescribing their medication started by me, the addiction medicine specialist.

In over 15 years of practicing addiction medicine, I have only had one patient ever referred to me from a private practice primary care setting, and that was following an education I provided for them. So, this hub and spoke model I was hoping for never really got off the ground. Even after spending 10+ years educating medical students, some residents, and others, there has been extremely limited success in locating local providers willing to prescribe even though PCP's are not subject to the same restrictions we are.

Even following the DEAs removal of the requirement for an additional DEA number to prescribe Suboxone, most physicians that we, as a clinic, have attempted to sway, are reluctant to move in the direction which would be helpful for many of you. It has been an uphill struggle and sometimes it feels like I am the only one pushing that car, uphill, trying to persuade others to see addiction medicine and those suffering from the disease differently, accurately, and with compassion.

I had hoped that "suboxone clinics" would become unnecessary over time, with the exception of maybe a minority who would need the extra care provided within the MAT setting. I had high hopes that PCPs would willingly and possibly even enthusiastically choose to write Suboxone prescriptions for patients who have proven to be quite stable for years on the medication. Or, at least, with current patients who are already being prescribed in an MAT setting, they would take over prescribing of those medications and save their patients the dual costs of having two different clinical providers. Right? Wrong. This seldom occurs in my experience. We do have a limited resource list for primary care providers willing to take new patients who are being prescribed Suboxone. This list has grown and then dwindled in size over the years. We continue to attempt to locate those who are willing to take patients who are stable and could easily be seen in their practice setting. To date we have transferred 28 patients from HPC to primary care settings. That is good but certainly not great.

And, as we recognize several factors which have occurred over recent months, then we have been forced to accept our need to determine our own clinic's future. This is why we are coming to you now, to talk to you and update you on the determined plan. The following are several events which have occurred which have forced me to accelerate our own process.

### Continued...

The first one, that many of you already know about, is the sudden death of my friend, Dr. Tracy Goen. Some of you may remember Tracy since he used to work here at HPC. He moved his practice to North Carolina, essentially to avoid Tennessee's draconian laws, and he was also my wife, Rene's, suboxone doctor. Four days after her last appointment with him, he was found dead in his bathroom at the age of 64. Unfortunately, he didn't have any contingency plan for caring for his patients in the event of a catastrophic event like this, and our staff pulled together working for several days to help his office manager find places for his patients to transfer. Now while I am quite healthy, and don't plan on dying anytime soon, I do realize that even a perfectly healthy 20-year-old can be hit by a truck. So, Dr. Goen's sudden demise brought home the importance of considering our plans for all of you.

Second, and somewhat related, is that I will turn 70 this year. Many of you will likely outlive me. (Again, I am not planning on dying anytime soon.) Certainly, I do need to take my own physical limitations and mortality into consideration. It would be irresponsible not to. Plus, the fact that I already retired once from the ER in 2010 and would like to go on a road trip lasting more than a few days which is currently impossible for me since I am the only physician at HPC for 100 patients.

The third factor is how unfair the State of Tennessee's regulations have been on all of us but especially on Emily. The brunt of the massive amount of meaningless paperwork and bookkeeping that the State of Tennessee mandates has fallen squarely on Emily. She spends most of her time doing pointless busy work, yet not able to do what she really loves, counseling. It is not fair for her to sacrifice herself for a task that does no one any good, and in fact is counterproductive in many ways for far less money than she can make counseling. So, it is time for Emily to do what she loves and went to school to learn to do, and let someone else take on the responsibility of making the State of TN happy. Emily has graciously agreed to work with us through the end of September of this year, after which point, she will begin devoting her time solely as a licensed counselor into her private counseling practice. For these reasons, and the fact that we are no longer able to comply with the mandatory TN regulations for our OBOT license, we have no choice but to close our doors to HPC. It is with a degree of sadness that this is being announced.

Many staff have other areas of interest which they wish to pursue for future fulfillment. We are certainly proud of the work we have done here, and we will continue to explore other possibilities for this beautiful property. There are several options being examined and it will take time to determine the next bend in the path. The current plan is that we will not continue to see HPC patients here, seeing the last patients by the end of this September in coordination with Emily's last day. I can assure you that the decision was not reached without much thought, head scratching, discussion, soul searching and necessity.

As previously mentioned, we continue to identify providers who work in primary care or in other MAT clinics who are available and willing to allow us to transfer our current patients to their care. Madison has created a resource list for you to help you with your journey if you determine to visit another MAT clinic. Many clinics, in addition to primary care offices take insurances and most of you have insurance which would save you the money you have spent to come here at HPC as a patient. But also, we will need your help with this process. If we contact a practitioner about particulars, they will only give us generalities, like "we evaluate patients on a case-by-case basis." This tells us nothing.

My passion has always been teaching; helping to educate those who are interested in learning about addiction medicine. That passion continues with me almost 20 years after seeing my first patient. I give to those who desire to learn about addiction medicine, who can use that knowledge to help alleviate the hesitancy in prescribing for patients who take Suboxone, so that the future will provide more doctors who are willing to prescribe for patients such as yourselves. I do this without expectation or requirement for any financial reimbursement. In truth, I have needed to work without any pay for my services offered here for several years to keep this clinic open as long as it has. Rene' has also worked for more than 2 years without pay, to ensure that everyone else has a paycheck and that our expenses each month are available. I willingly purchased the house and the property where you check in for each visit and have, on occasion, over the years donated thousands to this clinic to make ends meet. I don't say this for kudos or appreciation, but to let you know that HPC has often made choices and business moves that most clinics never would just so you have a place to keep coming to and have been able to receive evidence-based treatment in the best ways we can for you for several years.

Following the clinic closure, I will no longer be involved in direct patient care. My plan is to be more involved in advocacy, training and education to shift the curve to a more evidence-based approach to addiction treatment both locally and in the state of Tennessee. And this needs to be YOUR mission as well! The knowledge that you have gained about your disease and treatment is far more than most practicing physicians know. You can help educate as well, and by standing up for your rights, helping to shift that culture, often in ways and environments that I cannot access. You really can be agents for change. Don't underestimate your power to positively alter people's perception of this disease and don't ever again accept being treated as a second-class citizen. Be willing to move through your own personal fears of self-disclosure about your recovery with Suboxone. If you don't share this then you are keeping this stigma against the prescription and treatment alive and well. You have the same rights and expectations of health care as anyone else with any other disorder. Never again let someone try to make you believe otherwise.

So, it is with sadness and necessity that we announce to you that it is time for High Point Clinic to close its doors. We have time to give to you; to help you to move to a new place and this is our plan, to assist you as much as possible. We hope that you will see what we have done for you, rather than looking at what you want us to continue to do forever. We have enjoyed our time given to the clinic and to each of you and wish nothing but the best for your continued success.

Sincerely and with love,  
Vance

## The Path of Courage

My husband, Vance, is an educator, a mentor, a leader. He is different from so many others I've ever known, because of his own unwavering dedication to the truth. He doesn't just believe blindly what he has heard or seen or follow the thoughts which come to his mind randomly. He doesn't believe in and have faith in the easy thing, but he works every moment of every day seeking within his own heart through his individually personal relationship with God to know the truth. This is something that I believe is important to share with you, especially now as we bring you this news of our clinic closure. This was not his idea, his plan, or even what he wanted or wants even now.

His decisions and the roads he travels are never just about what he wants. He seeks within ALWAYS. He asks for guidance ALWAYS. He never, and I do mean NEVER, veers away from his desire for the truth above everything else. That doesn't mean that he always gets it right, but he is willing to be corrected, to see differently if his belief does not line up with the truth given to him in his heart. Most people believe that the truth is subjective, based upon one thing or another but the truth is so much more.

Many of you have known Vance for ten years. Maybe you think you know him. And maybe you do, at least in part. I have been together with this man for 31 years and I can tell you that he does not let his emotions tell him what to do and then follow their lead. He does not blindly go where his own spiritual connection with God has not led him. The reason we have High Point Clinic is because he listened to God's voice, to God's plan which was for him to spend a lot of his money to buy a house on High Point Drive, later doing the same with the parking property next door. His emotions told him "NO," asked him not to do this, and his thoughts screamed out that this was a bad idea. Fortunately for every person who has walked in the doors of our clinic since 2012, Dr. Shaw did not listen to any of those thoughts given to him from a place of fear.

My husband, Vance, aka Dr. Shaw, is the bravest man I know. He steps out on the edge of the cliff even when his legs tremble. He listens past the voice which begs for him to stop and moves forward because his heart commands it. Courage is not the absence of fear but is movement into and through that fearful place regardless. You may not realize that your doctor is such a courageous man. You may have never recognized this about him. He has fought for you, cried for you, and never gives up on you.

In closing I would simply like to ask you to see the truth here, not to be held within the emotional outcries of your mind, but some place deeper. This truth is that your lives, your individual souls have never been forgotten, even now. You have had a place to depend on, to be treated with love and respect because of this one person who said 'yes' to his heart over the fears screaming loudly to gain his attention. I hope you will realize that you also have the ability to go deeper, to recognize the truth which is not found in your emotions, in your feelings, and certainly not in any automatic response. Those are things I am learning and these are not easy lessons. We have all had a good teacher, a man who has shown us the need to be brave, to stand up for ourselves, and to see ourselves as loveable, worthy souls, not as the throw aways of society.

We need only to look deeper than the random thoughts, the broken places where we have placed our faith time and time again, and realize the possibility that what we believe is wrong. It takes willingness and courage to believe differently or to change direction. The path we choose must be chosen through a thorough search for the truth first, to realize where we are and what direction that truth desires our hearts to take and then we must walk there, no matter the fear experienced. The path isn't always clear. The path is often unseen until you take that first step, recognizing that it is through a willingness to step forward that the next step is shown to you. It takes willingness and courage to believe differently or to change direction from the place where any of us have been traveling. I have heard Vance quote from another so many times, and possibly to you also, "No matter how far you have gone down the wrong path, turn around." May you allow your own thoughts to be seen, examined for the truth which are given to them, realizing that those thoughts which are fearful, which are angry and rude are simply thoughts to be discarded, in the acceptance of those thoughts which fill up your heart, which tell you that you are brave, that you are strong and that movement from the thoughts which are from your heart are the thoughts given to you from God. Follow them.

## The Path of Surrender

Faith is a road where everyone travels. What do you have faith in? Do you believe yourself to be unworthy of a good life, of having these things which give you a smile? Or do you believe you have just as much right as your neighbor for having more? Maybe you want what "they" have? Life is not a competition, taking from another what you want for yourself. It is about the realization that whatever you give to another you also get for yourself. To give more, allows you to receive more. This is a spiritual principle. We do not just live in a world where there is lack so we must steal from our neighbors. The world tells us we must fight against one another, that there are good guys, bad guys, right and wrong. It is important to see the world from a deeper place, to have faith in goodness and mercy and forgiveness, then you begin to walk that narrow path where God is, where now He leads you, instead of the world.

Our thoughts are also paths leading us in many different directions. Oftentimes they are the same or similar thoughts that we choose to believe time and time again which only leads to a familiar road of despair or other negative emotion. Wherever we place our focus, that is where we end up. If we focus on the good in our lives, ultimately we arrive at a happier self. Similarly, if we focus on the negative, constantly feeding our own interpretation of its reality in our lives, then we end up confused, scared and believing we are alone. Not every thought we think is our own. That's a difficult truth for many. Just because we believe in something, put our faith in it, doesn't mean that it is true. But if we believe it is true then we will go about our lives living out that belief, making it true, through our attention, our strict focus and our determination that it is.

We don't have to believe the way the world believes. It is through surrendering who we believe that we are, in the need to win, that we find rest and peace. We let go of the need to fight back, to defend or to run away. We simply stand still, recognizing there is another direction we may take, if we are brave enough to take it. Many believe that choosing surrender is a coward's way, but it is truly the only way to the peace, calm and happiness. Look deeper. Feel deeper. Recognize there is more than fighting and judging. We live peacefully through giving up the fight, through forgiveness of those who have hurt us. That is THE WAY.

## The Narrow Path

At various stages in our lives, things can happen that seem very undesirable but in reality turn out to be gifts. These gifts are often hiding under a wrapper we call "change." Most people are averse to the word, to the idea, to even the thought of change taking place since fear often piggybacks on the idea of change. However, without change, the world would not only stay the same, but would (because it must evolve) reverse its movement forward and begin to slide backwards. The same is true for us as individuals who live within this world, we need the opportunity for change to propel us to move forward, to evolve in our own individual lives.

Why is it that we get so determined to keep everything the same in our everyday lives? Why do we insist that keeping things the way they are, even when the way things are could be better, is the best way to live? Why is it that even when the bridge we cross over every day becomes old and worn out even to the point of putting us in danger, we cling to it and even look on the thought of a new and different bridge as something we must avoid? Why do people prefer to sit when their legs are strong and want to stand and walk and run? We become lazy and lethargic because we allow inactivity to be our leader rather than listening to our inner heart's desire to move forward, to change direction, to live a better life—our best life. If we don't seek to move to grow to change, often life will gift us the opportunity by creating circumstances that require change however much we might wish to stay where we are.

Change is inevitable. Change occurs in every aspect of our lives from change in our physical bodies as age overtakes us, to change in the knowledge base we function from as each of us adds to our mental inventories based on education and life experiences. It seems to be commonplace for us to become settled, to even become somewhat antagonistic and averse to different/change, even when it would benefit us. Many times we are presented with opportunities to move in a new direction, yet we desperately choose to hang on to where we are even when where we are is old, outdated, or worn out.

Change isn't always either good or bad but is simply a necessary and needed part of life. If a change is needed and not taken, most of the time we end up finding out that even though we decided not to accept the change, the circumstances of life force us to accept it because it is required. The universe has a way of narrowing or changing the path of life altogether to benefit the one traveling it. Even when we say 'no' to changing direction, if that new direction is best, is needed and necessary, then life circumstances will change to direct us into the new and different path which will ultimately help us get where we need to be.

As you recognize that High Point Clinic is closing, I hope that you can see the importance of your own need to choose to walk differently rather than hiding in the belief that you must stay in a place that no longer exists. Not only is it important to have change in our lives, but it is also helpful to be grateful when the opportunity for change presents itself. We are not closing the clinic without considerable thought and prayer, and we have determined the next steps required by all of us, staff and patients alike, based upon that considerable thought and prayer.

Since 2012, We have provided all our patients with our very best; now it is time for the clinic to close as we recognize that the doors which have been previously available for us to give and to provide care with excellence to our patients are no longer open. Instead of letting your mind tell you we are removing something from you, I am suggesting each of us spend time realizing all that has been provided throughout the years. Appreciation for what has been offered is much better than being frustrated, upset, or angry that the time for this change has come and the clinic is not going to be here forever.

As you read over the newsletter, you will see how everyone needs to make room for change. Each of us at the clinic (whether we have been providing the care or have been receiving the care given) are now presented with the gift of working through the changes we are facing. For some of us this process will be easier than for others, but all of us must allow our paths to take different directions as this change is required and will ultimately move each of us forward in our lives. All of us are encouraged to welcome the new growth opportunities even when our minds and emotions may not wish to. As Benjamin Franklin stated, "One's ability to adapt to change will determine success in a person's life." Nothing stays the same. That would be easy. Life requires everyone to take new and different steps and oftentimes it isn't until the new and different steps are taken and we look back and see the path we are on now that we are able to appreciate the gift which was given. -Rene'



**Understand that the right  
to choose your own path  
is a sacred privilege.**

## My Path

Since graduating from ETSU's graduate counseling program in December 2016, I have been on a journey of learning and transformation. When I saw the job post from HPC that December, I knew it was a good fit, because of my aspirations to help people heal from trauma, which as Dr. Shaw has taught us all, is the cause of problematic substance use issues over 50% of the time. When I began officially in January 2017, you welcomed me with open arms from the Pregnant and New Moms Groups to one-on-one appointments.

In April 2017, I started HPC's SMART Recovery Meeting and a Mindfulness Meditation Group. Over the next three years as I practiced my counseling skills and did counseling supervision, you taught me so much about what it's like to live in your shoes and to try and try again for change and recovery. In November 2019, I received my Licensed Professional Counselor -Mental Health Service Provider status from the state of Tennessee. Each of you were instrumental in this major accomplishment- thank you!

As I continued to learn about trauma-informed care, I read the book *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel van der Kolk, M.D, which taught me that our body holds trauma long after it occurs, which then causes symptoms of PTSD, depression, and anxiety. In the final chapters van der Kolk shares several trauma therapy modalities that are evidence-based and one of them is Eye Movement Desensitization and Reprocessing (EMDR). Shortly after sharing my take-aways of this book with Rene', she found a local EMDR training and by March 2020 I was trained in this fascinating therapy.

Then as we all know, the COVID-19 Pandemic closed HPC's in-person appointments, so I was unable for a time to really practice EMDR. Once HPC returned to in-person appointments I began teaching some of you EMDR resourcing to lower distress and increase confidence in your internal abilities. As I practiced this effective therapy of EMDR I began to see you heal from traumas long held in the body.

In March of 2022, I became an EMDRIA Certified Therapist™ and opened a small counseling practice where I provided EMDR therapy to the community. Since then, I have provided EMDR therapy to over 100 individuals and couples, begun coaching at EMDR trainings like I attended in 2020, provided consultation for new EMDR therapists, and am now an EMDRIA Approved Consultant™

Now, my plan is to build my EMDR counseling practice and continue to provide this evidence-based therapy to those seeking healing. I have the utmost gratitude for each of you who have been my teachers along my journey up to this point. I wouldn't be here without each of you. Thank you, thank you, thank you! - Emily

## The Next Steps on this Path

- Don't panic! Breathe!
- Remember we have time to help you, you don't have to find a new provider in the next twenty-four hours
- Be proactive, start now and examine the MAT resource list that has been given you
- Think about and decide on one of two things—do I want to receive care from Primary Care or do I want to go to another MAT clinic
- Make sure you have active insurance, make some calls to find the places that take your insurance because it will probably save you money every month
- Remember that every clinic/doctor is different so do not expect to receive the same you have been getting here, be willing to be flexible
- We are not casting you into the outer darkness. At your next in-person appointment, you can talk through your options and receive help making informed choices. You have more appointments here
- We are closing in phases so that all of you have plenty of time to find a new provider. At your next in-person appointment you will be given the date of your last scheduled appointment at HPC so you know the time frame for finding a new clinic/doctor
- If you have other questions that come up before an in-person appointment, you can call the clinic and schedule a time to discuss them if it would be helpful
- Call and make an appointment with another care giver
- Attend that appointment with an open mind and see what it is like
- Keep us informed about your experience, what it was like, if there were unexpected problems, issues, good experiences, etc. because we want to know so we can use that information to help all of you find new providers
- If you have an appointment with another provider and you aren't happy with the outcome, call us and see if there are other options, we will work with you to make sure you are cared for until you find the right new place or HPC closes in September
- When you have an appointment scheduled, let us know and we will fill out a referral form and send it to your new provider prior to your appointment so that they have your basic information from us
- Be sure to read the rest of this newsletter. It contains a lot of useful material and food for thought to help you with this transition process

## The Path

Nine years ago in August, I started work at the Clinic. I didn't know a thing about addiction or trauma really. My dad was a preacher, the ninth-generation preacher in his family. I was raised in a fairly stable, healthy home with busy parents who loved me and my siblings. I had so much to learn and I have learned a lot I can tell you. In spite of our differences, I have enjoyed each and everyone of you that I have been blessed to meet. You have been willing to share a little of yourselves with me and I have laughed, cried, and empathized with you. All of you are very aware that I cannot walk in your shoes, but you have allowed me to see your roads. You have earned my respect time and again with how fierce, courageous, resilient, and unrelenting you are in your pursuit of life. I watch the struggle, I see the pain, I witness the despair and agony and yet you are back week after week, month after month, and year after year. You continue to fight the fight and so many of you are so much farther along the path of sobriety and stability than you were nine years ago when I first met you.

I cannot begin to count how many times over these nine years I have pondered the idea of what can I do that would make any difference? What can I really say or be in the 30 seconds plus that I see each one of you occasionally that in any way would be meaningful or convey anything useful or in anyway help you feel encouraged, heard, cared about? I have learned your names and you are far more than just faces that come in and out of the door of the clinic to me and yet I have so often gone home at the end of the day and felt useless.

With all of that on my mind, I have struggled for weeks over what to write for my part of the newsletter. Since you all know me fairly well I can say, and you can all agree, that a loss for words is not usually something I struggle with. But I have had writer's block, brain fog, conflicted ideas, whatever you want to call it rolling around in my head for a long time now over this last chance to say something.

Then the other day as I was driving home, a song happened to come on the radio that caught my attention. I had never heard it before or heard of the artist before, Ben Fuller. As I listened to the song, I was extremely convicted by God that this is what I am supposed to say and to share with you. You know I have faith. I've mentioned before many times that faith is the plumb line of my life. God is the core and reason for my existence. I know with every fiber of my spirit that there is no successful existence or life without God's hand at work in it. Whatever you believe, wherever you are in your faith walk, no matter where on the spectrum you fall from atheist to fanatic; God has to be integral or you will not find what you need. Faith is a subject we aren't allowed to speak about often, but if I never have a chance again, I cannot say goodbye without saying that this is what's important. It is the only important thing. Search for it, fight for it, if you seek, you will find.

I know from personal experience from living life with a loved family member who has struggled with a life time of abuse, trauma and addiction that the only freedom, the only escape, the only regeneration comes with submission to God and allowing Him to create you as a new creature. I have seen first hand the change from the old man to the new (Matthew 6:5-9). I have watched the frantic run, the dying of life in denial, and the desperate attempt to find answers anywhere else except with God. I have seen that same life handed over to God in submission and unleashed to be healed, enjoyed, blessed and then that same person turn around to share the blessings. So, in parting, I leave you with the lyrics of the song I heard and the message I am compelled to share. May the new paths and roads you travel lead you to the truth and the grace that heals you and gives you life because it is so true that there is no road to hell which the hounds of heaven will not run on to save a life. Let it be yours. - Larae

### Black Sheep—Ben Fuller

You broke through a thousand fences, Been rescued from a thousand ditches, You still swear you don't fit in, So you kick and scream and you're gone again, Wandering off into the devil's wind

But how's it going out there? Acting like you ain't scared, How's that heart of stone? Ain't so hard when you're alone, Crying tears you hope nobody sees, Guess the good news is He'll never leave you be

You hate everything about you, You think we're better off without you, You wear your pain out on your sleeve, And you paint it on in rebel ink, But the alcohol and pills ain't fixed a thing

Can't tell you when, I ain't no prophet, But there'll come a point in time when you can't stop it, The Good Shepherd's love smells like smoke, There ain't no hell so low, Where He won't let the hounds of Heaven go, Seek 'em, let the hounds of Heaven go

And amazing grace is a pesky, pesky thing, But the good news is He'll never leave you be, Jesus loves you black sheep, Jesus loves you black sheep

## Fuel for the Road

A road trip is a long-distance journey taken by horse, donkey, foot, bicycle, car, or spaceship which emphasizes the experience of the journey itself more than just reaching the destination.

A road map is a strategic plan that outlines a goal or desired outcome and includes the major steps or milestones needed to achieve it. It serves as a visual representation of a long-term vision.

So as we all step out onto the new paths, trails, and roads we are choosing and destined to follow, remember that this first step taken today is part of a road map—a strategic plan. We at HPC are going to support you as you get your supplies together and choose the roads you want to travel. As you progress along your trip, be sure to absorb the experiences of your journey and use them to be a stronger, better, healthier you when you reach your destination.