

Episode 2 - FULL TEXT

Hello, and welcome to the second of our films for this year's Self-Denial Appeal.

This is the first bedroom. Living here now is one, two, three, four guys and this is the second bedroom.

Before I was in jail three times, nothing was helping me, but this house is helping.

I know what my problem, drugs and alcohol is. Everything is very interesting to me.

I'm very very happy.

Viktor is one of the 15 men on a rehabilitation programme at The Salvation Army's Hope House.

The centre is in the city of Tallinn, Estonia's capital. Each day begins with prayer followed by breakfast and a group conversation.

Janar is the assistant manager here. The work that The Salvation Army does here is very important.

I have been here for two years. I have seen the number of people in need of

help increasing over the last two years. It's grown. More and more people come here.

Janar knows firsthand what the men are going through. He had always been a heavy drinker and didn't think it was a problem. Then something changed.

But when I realised that I couldn't control it anymore, that it was controlling me my only choice was to come here and get help and try to live differently,

to go on with my life.

The rehabilitation programme lasts for a full nine months.

The men get counselling and support to help them on their journey to recovery.

But they're also expected to do daily chores and physical work.

They call it work therapy and the idea is it helps to rebuild strength and stamina

and it also serves a practical purpose. The money from the sale of firewood goes towards supporting Hope House and the prepared vegetables are used in a busy kitchen.

The programme is very successful, but Janar knows there's only so much The Salvation Army can do.

If a person is not ready to help themselves, no single method, no person, no specialist can help.

The most important thing is that a person has to get there by himself and, that he wants it.

Hope House depends on some dedicated volunteers to keep it running. People like Slava.

I'm just a volunteer, I do what's asked of me. I look after the guys, run some errands.

I offer some lessons maybe something else. Whatever they ask for.

Some of the soup they make at the centre is taken to the corps where I am an officer, in the centre of town.

On the way, Slava makes a delivery to some of the elderly members

of the community who find it hard to get out.

Have a good day, stay healthy.

Thank you very much.

Slava has been through rehabilitation at Hope House too. After he finished the programme he joined the team as a volunteer.

This is already my fourth year here and I'd say my life has changed dramatically like a full 360 degrees.

Everything I had before and everything I have now are completely different.

As a way to give back to the community the residents run a soup kitchen every weekday serving local people who are struggling. And Marat the cook makes delicious soup.

So delicious. Always always. Marat cooks so well. Even if you weren't hungry, you'd come to eat the soup, and the porridge too. Wonderful, wonderful.

At the end of the day the men gather again for prayer.

Thank you, Lord, for life, for freedom.

I thank you, Lord, for everything you do for me.

For your blessing, the blessing

of our loved ones, each of us.

Let everything be according

to your will. Amen.

For Janar it was his faith that kept him going.

Well, faith is very important. There was a time when I lost all kind of faith and hope.

I thought that nothing would help me. But...God does his work and...

God brought me together with the right people, who were able to help me find my faith.

That is a very powerful thing. Next week we are in Narva on the Russian border.

That's all for this week. See you next time.