



PILLARS OF GRACE

A Healing Home for Women in Recovery

How the Program Works When Every Woman Is on a Different Journey

Rolling admissions: her four months begin on her intake day.

Women don't arrive on the same day — and no woman should have to wait for a start date to get help. At Pillars of Grace, each woman moves through the four pillars — Physical, Mental, Emotional, Spiritual — one month at a time, starting the day she walks in. So a full house of five or six women always holds sisters at different places in the journey. Here is the simple system that makes it work:

1. One steady weekly rhythm — the container everyone shares.

Wake-up, meals, chores, workbook hour, recovery meetings, the Sunday house meeting, quiet hours — the same every week. This steady rhythm belongs to every woman no matter which pillar she's on.

2. Small pillar breakouts — personal coaching, not lectures.

Two or three times a week, the house splits by pillar for a 30–45 minute workshop with the house manager or CPRS. With five or six women, a “group” might be just one or two sisters — that's not a shortcoming, that's personal attention.

3. Almost everything else is together — healing happens in community.

Morning movement, cooking teams, service projects, outings, evening reflections — the sisterhood doesn't split by pillar. Women further along light the path for women just arriving.

4. Each one teach one — sisters raising sisters.

A woman in Month 3 or 4 buddies a newcomer in Month 1: showing her the ropes, walking with her, answering the 10 p.m. questions. Teaching cements the older sister's own growth — and the newcomer gets living proof that this journey works.

5. Personal graduations — every woman celebrated.

Each woman graduates on her own four-month anniversary: farewell circle, the four-candle ritual, and her Keep Going Guide in hand — with the whole house cheering her on.

What It Looks Like: A Tuesday with Six Women

One ordinary day. Six sisters. Five different places in the journey — one house, one rhythm.

Sister	Her pillar month	Her Tuesday
Tasha — week 2	Physical	Morning walk with the house; workbook on sleep and repair; afternoon nutrition class.
Maria — month 2	Mental	Budgeting workshop; practices a mock job interview with her buddy.
Denise — month 3	Emotional	Morning therapy appointment; afternoon healing group on boundaries.
Keisha — month 4	Spiritual	Mentors Tasha; leads service-project planning for the house.
Ruth — week 1	Orientation	House tour, buddy time with Keisha, first workbook pages.
Joy — month 2	Mental	Workbook on thought patterns; evening recovery meeting with everyone.

Starts with two.	One chart runs it.	One steady person.
You don't need six women to open the doors. This model works with two sisters — it scales up, not down.	A single chart on the office wall: each woman's name, start date, current pillar, and graduation date. That's the whole system.	A single house manager or CPRS can run this. Breakouts are short and simple by design — thirty minutes, a workbook chapter, an honest conversation.

“No one here is a case number. You are a sister, a story still being written — and from your very first day, you are home.”