



PARDNRS IN ACTION

Helping Our Community Recover From Addiction

Volume 1, Issue 4

June 2010

A Newsletter for the Recovery Community

A Newcomers Story

I am very thankful for all the help I have received in the past year. It has given me the chance to live a life that was totally lost to me. I cannot say what exactly changed inside of me or how it happened. I am thankful that it did. I wanted a better life. I wanted to be happy. I wanted to gain all of the things I lost in all my years of using, but didn't know how. I had the desire for things to get better but I was not willing to change everything. I did not have any understanding of addiction. I thought I was an awful person who was not deserving of happiness. I have learned so much about my disease and myself in the past few months. I never realized the insanity of a drug addict until I started down the path of recovery. I understand now that drugs are only a symptom of my disease. If I do not have recovery, I will still

think and act as irrationally as I did when I was using. Realizing that I am not a bad person but a sick person gave me some of the self-acceptance I have always craved. For so long I was alone and terrified locked inside a prison in my own mind. I am so thankful for the serenity and freedom that I have found.

There are a few things I have to do on a daily basis in order to maintain my recovery. I have learned the importance of having a relationship with a loving God of my understanding. It is essential for my recovery. I have learned the importance of practicing spiritual principles in all my affairs. It is imperative to be honest, open minded, willing, accountable, and

responsible to name a few. I have learned healthy coping skills, and I am learning to set healthy boundaries. Attending 12 step support groups are vital to my recovery. They help keep me focused on where I want to go in life. I have learned that I have to build my life around my recovery, without it everything else goes away. I am grateful for the network of support I have at my disposal. I have people in my life today that truly care about me and want to help me in my recovery. I had the opportunity to spend 3 months in a long term treatment facility focusing only on myself. It was the greatest life altering experience I have ever experienced. I have lost the overwhelming desire to use drugs or alcohol for which I thank God every day. I learned that I have to change everything, and once I changed inside, the outward just fell

changed inside, the outward just fell into place.

I have learned that recovery is a never ending process. I have come so far in such a short time, and now I look forward to life with hope and faith that things will get even better. Life will not always be what I want it to be, but that's okay. Acceptance is the key to a happy life. I am learning to live life on life's terms. I ask the God of my understanding everyday to guide me on the road of recovery. Today I am not so self-centered that everything has to go my way. I am ready to move forward in my life and in my recovery. I can remember when 6 months clean seemed like an impossible task, and now I have been clean for almost 7 months. I am ready to move forward!

-Erin A

"For so long I was alone and terrified . . . locked inside a prison in my own mind."

PARDNRS THIRD ANNUAL PICNIC—JUNE 12, 2010

It's time for PARDNRS Third Annual Picnic—Recovery in the Community. This year's event is scheduled on Saturday, June 12, 2010 at Community Heights Baptist Church, located next to Cumberland Mountain Community Services Board in Wardell, Virginia. The event will start at noon

and will end at 4:00 p.m. Third Chord will entertain us again this year with gospel music. There will be plenty of food, and door prizes for those who attend. Each person that attends will receive a "goody" bag that contains information on recovery and treatment services in the area.

The most inspiring part of

the day will be the "recovery stories".

We invite you and your family to join us on June 12th to Celebrate Recovery in Our Community.

This is a drug and alcohol free event.



Mother's Day - Celebrate Recovery

This time of year is especially difficult for me because I lost my mother back in 2008, and her birthday is June 8th. When she died, it was like I lost the only connection to who I truly was. It isn't that everything was so great growing up, it is just that there was a lot of "stuff" that happened that made me who I am that no one else knew about. Losing her was hard, but there's more. My natural father also died less than a year later with Hepatitis C. Although I never had my real "DAD" in my life because my parents divorced when I was four, I still loved him.

During my childhood, I had a stepfather who was an alcoholic. We moved around a lot because we had to; sometimes because the rent money was gone, or there was a fight and the neighbors complained. He mistreated all of us in some way and drank nearly every weekend. He abused my mom; and us if we got in his way. One day a woman came to our home looking for him. Somehow, my mom knew why she was there and began a fight with her because he had been unfaithful before. That was pretty horrific, but one of the worst memories is still so vivid in my mind, it was like yesterday. When I was about 12 years old, instead of a costume party on Halloween, my parents invited family and friends to bring things like alcohol, pot, or worse, but unfortunately, that was the norm at our house. I had a mixed drink myself that night. A lot of things were acceptable to my parents back then that I would never consider OK for my children today.

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The memory of this specific night rings through so clear because someone nearly died. A fight broke out, I didn't see it, but I heard it. When it started, my mom sent all the kids outside to hide in the car. It was one of the scariest times of my life. I appreciate this chance to tell you how I overcame the circumstances of my upbringing and my own tendency to do the wrong things. Here's the good news:

Occasionally during my childhood, I was "sent" to church on a bus while my parents stayed home. God granted me favor when he allowed me to be around some good people that went to church. My grandmother and extended family went to a little country church and took me with them one night. I didn't have much of a Christian foundation, but the words I heard that night convinced me that God was calling me to Him, and I went forward and got saved. The unfortunate truth is, I didn't really know what that meant, and had no one to teach me to read God's work or how to reach out to Jesus, but I have learned a lot since then.

Of course, I continued living in that environment with my family, and it had a lot of influence on my life as a teen. The worst part of it, I am standing here to tell you is that lived more for Satan after I received salvation than ever before. I became promiscuous at

age 14 and pregnant at 17. As the old song goes, I was "looking for love in all the wrong places." I tried to do what was right, but kept finding that I made the same mistakes over and over again. I lived in an abusive relationship for nearly 5 years. I could see my life turning out just like my mother. I did not want that for me, and I definitely did not want that for my child. When I finally came to my senses and got out, I began acting like I had in the past. I continued seeking approval from men, which quickly turned into a serious relationship that ended in total devastation. I had to let myself get hurt again and for what? I was hurt so deeply, so I called out to God because I had nowhere else to turn. The worst part was I dragged my daughter through it with me.

With a childhood like mine, there had to be some unresolved issues. You may have had similar experiences or worse, or maybe you just didn't know how blessed you are not to have had them. Now, I realize why God gave me the desire to get involved in Celebrate Recovery. I thought it was to help others, but it was for me to have a place I can be accepted for who I am without having to pretend to be "NORMAL." Just in case you didn't know, there's no such thing as normal! Didn't God make us all DIFFERENT for a purpose? Although we were made from the same clay,

so we could relate to one another, we should also remember each of us was given unique qualities that God designed especially for us. Celebrate Recovery is also a place I can learn to accept others just the way they are, and show them that God loves them too. In Romans 2:1, Paul wrote: "You, therefore, have no excuse, you who pass judgment on someone else, for at whatever point you judge the other, you are condemning yourself, because you who pass judgment do the same things." It is through the grace of God that I did not have an alcohol or drug problem, because they were not my vice.

Let's talk about what "substance" really means for a minute. Webster's Dictionary says a substance is: 1. "Material 2. Essential part or aspect of." In other words, those who might be addicted to a "material", such as a drug, or alcohol, might say they have a "substance abuse problem." But, on the other hand, an essential part, or aspect of us is our personality, tendencies, or habits that could also be gambling, infidelity, pornography or sex, over-eating, depression, uncontrolled anger/violence, power or control, envy, negativity, greed, insecurity, possessiveness, perfectionism or obsessions, and the list goes on.

There are hurting people right here beside you, and you may be hurting yourself, but haven't been willing to share that with anyone. God didn't intend for us to suffer in silence.

Christ gave us a way to overcome our sins. Glory to God for giving us the HOPE to overcome our hurts, habits, and hang-ups through HIS Son! I now know who I am in Christ and I am taking the Road to Recovery and helping others along the way.

FOR MEETING INFORMATION CALL:

Peggy—276-880-2139

Steve—276-873-6771

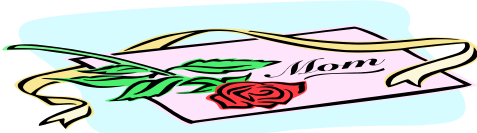
Allene—276-970-6363

*The Preamble of
Alcoholics Anonymous
From The AA Grapevine*

**OR ON THE WEB —
www.aa.org**

What is AA?

"Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism... The only requirement for membership is a desire to stop drinking... Our primary purpose is to stay sober and help other alcoholics to achieve sobriety."



Narcotics Anonymous

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We ... meet regularly to help each other stay clean. ... We are not interested in what or how much you used ... but only in what you want to do about your problem and how we can help... We have learned from our group experience that those who keep coming to our meetings regularly stay clean."

Narcotics Anonymous Page 9

Chris "Him, AA and NA are the things I need in my life."

My name is Chris; I was born in Charlottesville, Virginia, and spent my growing up years in Northern Virginia outside of Washington, D.C.

Throughout my years in school, I had to be the class clown and pretended to be bigger than I was.

I was a very good athlete who probably could have gone somewhere, but instead, I decided to chase the street, women, and drugs. I started drinking at 15 years old; stealing and womanizing at about the same age. I could do no wrong and never took responsibility for anything I did. That still haunts me today at the ripe age of 41.

Ripping and running and doing drugs all caught up to me at the age of 18 where I was a full blown crack addict and thief within six months. It got me a fifty three year prison sentence and for the next 13 1/2 years of my life I was in several different prisons. I got my freedom in 2002 and did well for myself for the first five years until an accident introduced me back into drugs. I had been clean for 16 years. Once I started the pills I was hooked within weeks and on and on it went.

To make a long story short, I got strung out for a short while, went through Rehab, programs with probation, 3 heart surgeries and lost my most recent marriage to my addiction because I simply

Couldn't get myself together 100% even after I got clean and not high for two and half years not.

To many of you that feels or thinks t his is a game, let me tell you it isn't. I t will affect you for a lot of years. My addiction started over twenty one years ago and because of it I am still on parole an under someone's watchful eyes and continue to lose the things closest to me.

I've put all my problems in my Father's Hands now and will call on him for direction in my life, because I can't do it—Him, AA and NA are the things I need in my life.



Have questions about Substance Abuse—Look for Our HELP column in the next issue.

CELEBRATE RECOVERY

The purpose of Celebrate Recovery is to...celebrate God's healing power...through the eight recovery principles found in the Beatitudes and Christ-centered 12 steps...allows us to be changed...by sharing our experiences, victories, and hope with one another...In addition, we become willing to accept God's grace in solving our life problems."

Celebrate Recovery Leader's Guide, Pg. 230

PARDNRS Professionals and Recovering Individuals Dedicated in Recovery Services

We are a group of professionals and members of the recovery community dedicated to getting information to the community about resources available for alcoholics, addicts, and their families and friends who are affected by these diseases. PARDNRS sponsors activities for the recovering community and their families including Picnics and Celebration Dinners. We meet on the first Thursday of every month at noon at Cumberland Mountain Community Services Board beside Southwest Virginia Community College in Cedar Bluff.





Cumberland Mountain Community Services Board
 P.O. Box 810
 Cedar Bluff, Virginia 24609 276-964-6702

**Helping Our Community Recover
 From Addiction**



Turning the Tide

For: Children ages 4-12

Time: Tuesdays during Summer Break 10-1

Beginning Tuesday, June 15th

*(Lunch Provided by Time-Out Tuesday and
 H.O.P.E. Freedom from Addiction)*

Where: Handfuls of Purpose

Lebanon, Virginia

This is a drug prevention camp for children. It is not only for children with addiction in their families, but for any child to learn life skills.

Call: Shanna Deskins at (276)873-7291

Please call Shanna if you can volunteer!

**HAVE You Lost your Miners
 Certification due to Substance
 Abuse and received a letter from
 the DMME?**

**Are you interested in getting your
 certification back?**

Please contact *Mary Gibson* at
 Department of Mines, Minerals, and
 Energy

276-523-8234

NAR-ANON

For Relatives and Friends

With loved ones addicted to DRUGS

We meet to:

- *Learn Drug Abuse is an Illness
- *Share our Problems
- *Encourage User to Seek HELP
- *Replace Despair with HOPE
- *Improve the Family Attitude
- *Regain our Self- Confidence

JOIN US: Third Thursday of Every Month 7:00-8:00 p.m.

Buchanan First Presbyterian Church

21223 Riverside Drive

Grundy, Virginia

(Beside Pizza Plus)

CALL: 1-276-935-2293 or 1-919-365-4676 for information

RECOVERY RESOURCES

Cumberland Mountain Community
 276-964-6702

The Laurels
 276-889-3063

Clinch Valley Treatment Center
 276-963-3554

Alcoholics Anonymous
 276-873-6671

Al-Anon/ Al-Ateen
 1-866-425-2666

Celebrate Recovery
 276-970-6363

Narcotics Anonymous
 276-880-2139

For a complete list- stopsubstanceabuse.com