

# ARC Alumni Newsletter April 2016

*"The best thing about the future is that it comes one day at a time."* – Abraham Lincoln

## Looking to help out?

If you happen to have any of the following items and are wanting to donate to a good cause, Residential is currently accepting: **gardening equipment** such as hoses, soaker hoses, compost, tomato cages, a trellis, gardening tools, twine, etc.

They are also accepting donations of appropriate magazines for client projects.



ARC Alumni speakers are wanted to come share their experience, strength, and hope with residential clients!

Have 2 years sober and a valid driver's license?

Residential is looking for volunteers to give clients rides. If you are interested in donating items or your time, please contact Rosie E. @ (541) 779-1282 ext. 117

## Upcoming Events

The alumni will sponsor a **carwash** on **Saturday April 23<sup>rd</sup> from 11:00 – 4:00 PM**. It will be held at Habitat for Humanity (2233 S. Pacific Hwy). For more information, you can contact Pat W. at (541) 415-1154



## Alumni Sobriety Birthdays

4/1/2013 – Sunshine Laczowski

4/3/2014 – Tammi Coleman

***Happy Birthday to you!***



## Come Join Us!

The Alumni meeting is held on the second Tuesday of each month at 6:00 PM. The meeting is held at the residential ARC building on 1003 W. Main Street. Hope to see you there!

# Alumni Spotlight

In this newsletter and future ones, we will dedicate space to alumni who would like to talk about their personal experiences in recovery and/or share jokes or funny moments.

If you are interested in sharing or have any ideas please email [arcalumni1003@gmail.com](mailto:arcalumni1003@gmail.com). Your input is definitely appreciated!

**Q: What has given you the motivation to continue a sober life today?**

A: The motivation to stay clean and sober is a drive that comes from deep in my soul. That drive I obtained at the ARC. I have been thrown every roadblock possible since the day I stepped out of the ARC. With the help of a sponsor and a higher power I am blessed to be clean and sober. Today I have trust, true friends, love and family in my life. I couldn't ask for better motivation! -Mishell S.

A: Looking back on the life that I had and that feeling of being worthless and not wanting to be! -Dale S.

**Q: For some, finding sober fun can be challenging at first. What types of activities do you do now days?**

A: Finding fun in sobriety was a challenge in the beginning. I kept hearing of all these people doing all these things, but I wasn't invited... I couldn't find them. So I created my own fun. I started planning events and going bowling and inviting myself places!! I reached my hand out ALOT and people started reaching back!

-Jodie K.

**Q: When did you realize your were powerless over your addiction and your life had become unmanageable? Was it a struggle to admit to one or both of these?**

A: I realized I was powerless over my addiction and my life was unmanageable when my world got so small that living it didn't seem like the better option. I was so tired... so sick and tired. – Jodie K.

*The biggest part of my recovery today is MY RECOVERY IS A PRIORITY NOT AN INCONVENIENCE! I make the time for what's important.*

*-Jodie K.*

