

ARC Alumni Newsletter June - July 2016

"What you do speaks so loudly that I cannot hear what you say." – Ralph Waldo Emerson

Wanted: Bus Drivers



Have 2 years sober and a valid driver's license? Residential is looking for **volunteers to drive clients to meetings and events on the bus**. Please contact Rosie E. @ (541) 779-1282 ext. 117 for the application.

Bobcat & Driver Wanted

If you are able to lend your time and bobcat to residential **for a project by Thursday 6/16/16**, it would be appreciated! You can also contact Rosie E. if you are willing to do this.

ARC Community Nights

Alumni are welcome to participate in **ARC community nights at the residential building (1003 W. Main St.) on the 4th Sunday of each month from 7 – 8 PM**. All alumni are welcome unless prohibited from the building. This serves as a great opportunity to let clients know more about the alumni goals and give them safe people to reach out to once they are finished with inpatient. Please join us!



Alumni Sobriety Birthdays

6/2/2011 – Jennifer Stoker

6/17/2015 – Michelle Hall

Happy Birthday to you!

Upcoming Events



Applebee's Breakfast Fundraiser June 25th 8 – 10 AM

1388 Biddle Road Medford, OR

The breakfast will include 2 pancakes, 2 pieces of bacon, eggs, and a beverage for \$8.00.

We will need people to **sell tickets** for this. We are also in need of **volunteers** to serve breakfast at 7:30 AM and clean up until about 10:30 AM. ****Please contact Dale S. if you would like to get tickets to help sell at (541) 690-5461. You can also inquire on the alumni facebook page.**

Come join us for a good meal and fun time!

Connect with us online! Please join the **ARC Alumni Group** on Facebook for more information.

Alumni Spotlight

This portion of the newsletter is reserved for Alumni to share their personal experiences in recovery. If you'd like to share or send in any jokes or funny moments, please email them to arcalumni1003@gmail.com Thank you to those who shared!

What are five things you are grateful for in your life today?

1. I am grateful for the relationship I'm developing with God.
2. I am grateful for the positive consequence that my boyfriend and I get to work on ourselves separately.
3. I am grateful for my openness in group my honesty in sharing and my willingness to show up.
4. I am grateful for situations that are difficult to overcome that I have and overcome them clean.
5. I am grateful for myself in everything I do on a daily basis that makes me present for the day and present for my daughter. – Tiffany C.

1. Waking up, instead of coming to.
2. More meaningful time with loved ones than ever before.
3. Getting to learn who I really am and appreciating that person.
4. Learning to give more, and take less.
5. Finding spirituality, and a higher power – Amber K

1. God
2. My recovery
3. My children
4. My recovery family
5. NEVERALONENEVERAGAIN – Heather D.



1. Freedom from active addiction.
2. Being loved and cared about.
3. My children all love me and vise-versa.
4. My decent health.
5. Great clients lately. – Rick H.

1. Jesus
2. Family
3. Work
4. Music
5. Paving bills – Gina K.

1. Given the blessing of sobriety
2. My family letting me back in their lives.
3. The blessing of being in love with the most amazing woman I've ever known.
4. The opportunity to share what was freely given to me.
5. Forgiveness, love, peace, second chances, life, goals, learning, and giving!!!– Craig Z.

1. My Recovery
2. My Husband (and his recovery)
3. My Higher Power
4. Family
5. Knowledge – Carrie C.

1. My expanding heart and mind.
2. The patience to hold space for others as they evolve.
3. Freedom.
4. The Great Spirit of the Universe
5. My amazing daughters! – Betsy B.

1. Waking up with a clear mind
2. Positive self-talk
3. My connection with a power greater than myself
4. Meaningful relationships
5. Never having to be alone again – Casey E.