

Recovery Connection

JULY 2020

"Peers Helping Peers Create Pathways to Recovery"



Take Time to Celebrate the Freedom of Sobriety!

It's July and what better time to talk about freedom? July 4th is celebrated as the date our forefathers signed the Declaration of Independence. Why not take find some time this month to reflect on your own personal *Declaration of Independence* and celebrate the ways you are experiencing independence from substances and newfound freedom in sobriety.

Freedom is defined in the dictionary as "the state of not being imprisoned or enslaved" or the "right to enjoy special privileges or rights." A life of freedom can mean a life of ease. The life of an active drug addict or alcoholic is completely void of freedom. Each day is about finding a way to meet the needs of a disease that controls you. There is little joy, often great harm to others, and very little ease in living. How long would your list be if you took the time to add up the many freedoms and privileges lost to your addiction?

So, what does freedom in recovery mean to you? In beginning recovery, many people believe that freedom is doing whatever they want, whenever they want. Somewhere along the way, most learn that real freedom is actually quite different. The ultimate freedom is when we can experience being able to choose what's right and what's good without drugs or alcohol directing our thinking.

Sobriety frees us from the negative things in our life, in order to free us for the good things to come. The book, *Alcoholics Anonymous*, summarizes its' hopeful message by promising, "We are going to know a new freedom and a new happiness." That hope is available to anyone who embraces the freedom to accept responsibility for their past, as well as their future. The lucky alcoholics and addicts that find sobriety find freedom. Let Freedom Ring!

Announcements

NEW! Big Book Online
Study Saturdays
at 12 pm
beginning July 11th
Contact
Peer Specialists
Monica or Sue
for details.

"WHAT'S THE MEANING OF LIFE?"
"DO I HAVE A PURPOSE?"
"IS THIS THE LIFE I WANT?"
"IS THERE MORE TO LIFE THAN THIS?"
"WHAT AM I DOING HERE?"
"IS THERE A GOD?"

Alpha FIND OUT ABOUT THE ALPHA COURSE

GOT QUESTIONS ABOUT LIFE?

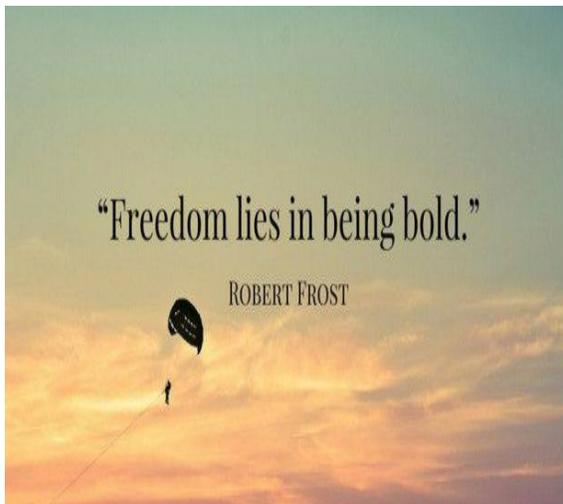
Join us for Alpha Online at CCSEM 10:00 a.m. Saturdays beginning July 25th

Alpha is a series that will explore a different question about faith each week and provides an informal and open space to discuss life's big questions together. Alpha is run all over the globe and all are welcome! For information or to register contact Sue. For more about Alpha: <https://www.alpha.org/try-alpha/>

How to Have a Fun Summer in Recovery (and during COVID 19)

There are so many great activities and opportunities to engage in during the summertime and being in recovery does not have to ruin your plans! Here is a list of a few to try out this summer while continuing to stay safe:

- **Go Camping:** Did you know Michigan is home to more than 1,000 campgrounds? Rent a cabin or get the full experience and pitch a tent! Going camping can be a really fun way to enjoy the great outdoors.
- **Go to a Drive-in Movie Theater:** Since COVID, a lot of places are doing pop up drive-in movies. Grab some snacks from home and go check one out!
- **Go Kayaking or Canoeing:** Since we are the Great Lakes State, check out some of these awesome lakes by renting a kayak or canoe. While we're on the subject of lakes, grab a fishing pole and try your hand at fishing!



Self-Care Ideas & Tips

- **Read a book:**
Need a new book? Check out a book at the library.
- **Go for a Walk:**
Time to get out of our heads and houses and go for a walk. Walking has many mental and physical benefits!
- **Meditate:**
You Tube offers a variety of meditation videos. If that is not an option, look around for meditation books at stores or garage sales.
- **Laughter:**
Watch a comedy movie or look up funny videos or pictures on the internet.
- **Listen to Music:**
Put on some headphones and enjoy your favorite band or singer. Better yet, get creative and explore a new genre or artist.

SUMMER WORD SEARCH



A R E F J E T R I S U M M E R M I S
 U S E S T O R Y W H P P O O I N O V
 P E T F U N O I W O S R K T B H S M
 S E A N I V M R U R N V I N A R E T
 R M T O L M I D O T T P A N U L D I
 C A M P I N G R O S P O S Y K R M Y
 P X O N E E U I L K T O H N U F N N
 L N G F S C R C I N P L V K D P S Z
 E J A S U D G U H B L H O T Q N K V
 I V W S E R Y M Z R K R J G S U M A
 L L X A E U O R E L K N I R P S F C
 F R U I T L G L N G T H A P O T D A
 S S M R D E X H V N O O I A P H J T
 S A D E O P R E H R B U E K S I O I
 P I T D F I O M W V T K L B I I S O
 D T K I O R T D E C L E F O C N G N
 G R A S S S O Y A L P I S S L S G N
 U V U T C N S L E M O N A D E N H I
 S F I U T P F O I L O N E O W Y A T
 R T R O A D T R I P I C N I C S R U

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|----------|---------|-----------|------------|----------|
| summer | fun | hot | shorts | fruit |
| pool | sun | sprinkler | vacation | hiking |
| swimming | grass | picnic | watermelon | popsicle |
| camping | outside | road trip | play | lemonade |

What is a Peer Recovery Specialist?

A Peer Recovery Specialist is a person who has lived experience in addiction and recovery and assists individuals who are looking to do the same thing. Peer services at CCSEM include:

- Support clients in their recovery journey
- Identifying personal recovery pathways
- Advocate
- Relapse prevention
- Connect to community resources
- Provide support and encouragement
- Help set and maintain goals
- Locate and transport to treatment facilities
- Help remove barriers to successful recovery

If you believe that you or someone you know would benefit from these services and if you receive assistance from Oakland County Health Network, contact us today!

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*Questions, suggestions, comments or concerns please contact us:
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