

PEER 2 PEER July 2017

RECOVERY NEWS

Peer to Peer Recovery Projects Monthly Newsletter

P2P Newsletter Team

We are looking for members & volunteers to help develop P2P's monthly newsletter. Some tasks include interviewing P2P members, guest facilitators, community members, etc. Writing articles, researching and gathering info on local recovery and fun events. Creating recovery based art, poetry, photography, and writing. Computer skills using Microsoft Publisher to create and print our newsletter.

Have we peaked your interest? Maybe there is something above you would like to partake in helping develop the newsletter, or any other skills or talents you would be willing to use on the newsletter team. Contact Kari for more info.

Kari: karinlephillips@gmail.com

First Step Inn Ribbon Cutting Ceremony

On Tuesday June 27th the First Step Inn had a Ribbon Cutting Ceremony for their new location at 134 Durfee St. P2P Volunteer and Member Gus Ferreira had the opportunity to share some words about his time at the First Step Inn and other Steppingstone Programs. Gus just completed Recovery Coach Academy and has a passion for helping his peers



“Life is not about waiting for the storm to pass, it’s about learning how to dance in the rain.”

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Adams Corner : comics by Adam Rancourt



It needs to be addressed....

Footprints in the Sand

One night I dreamed a dream.
As I was walking along the beach with my Lord.
Across the dark sky flashed scenes from my life.
For each scene, I noticed two sets of footprints in the sand,
One belonging to me and one to my Lord.
After the last scene of my life flashed before me,
I looked back at the footprints in the sand.
I noticed that at many times along the path of my life,
especially at the very lowest and saddest times,
there was only one set of footprints.
This really troubled me, so I asked the Lord about it.
"Lord, you said once I decided to follow you,
You'd walk with me all the way.
But I noticed that during the saddest and most troublesome
times of my life,
there was only one set of footprints.
I don't understand why, when I needed You the most,
You would leave me."
He whispered, "My precious child, I love you and will never leave you
Never, ever, during your trials and testing's.
When you saw only one set of footprints,
It was then that I carried you."

Mary Stevenson



Meet Gus

Hi...my name is Gus. I am a former consumer of services at Steppingstone Inc. Housing for Homeless Services (First Step Inn, Project FAIHR, Transition House, and Stone Residence), Residential Treatment, and Out-patient Treatment.

Steppingstone Inc. has been an amazing resource for me, from being homeless and hopeless in the streets of Fall River, to a beautiful and content lifestyle in recovery. Most of all they offered me time and a safe haven to get my mind right, to find and work my program of recovery which is the 12 step program of Alcoholics Anonymous.

I am currently a volunteer for the Peer 2 Peer Recovery Project and in the process of becoming a Recovery Coach. I have been a volunteer for P2P since the start and have seen the great potential of this new and beautiful recovery development here in Fall River. I am excited about being a part of this new epoch in the evolution of peer recovery!!!



Recovery Coaching

Steppingstone Inc. is now offering recovery coaching services.

What are Recovery Coaches?

A Recovery Coach promotes recovery by helping remove barriers and obstacles to recovery and serves as a personal guide and mentor for people seeking or already in recovery.

If you are interested in receiving Recovery Coaching services contact:

Michael Bryant

P2P Director

(508) 567-5086

Staying Balanced

Between 5 and 6 pm on Tuesday evenings at the Unitarian Church at 309 N. Main St. in Fall River you can find a room of people stretching and sweating, filled with laughter and good cheer. Peer 2 Peer Recovery Project has collaborated with a vibrant yoga instructor Nicole Albernaz and hosts her class entitled "Staying Balanced".

The word YOGA is Sanskrit for yoke which means union between mind, body and spirit. Yoga is a wonderful practice for people who are recovering from an addiction of any kind. Abusing alcohol and drugs always means that people lose touch with their bodies and minds. By practicing Yoga techniques/Poses they can once again become comfortable in their own skin.

12 Step programs teach that addiction is a 3-fold disease. It is viewed as mental, physical and spiritual in nature. Yoga is a unique practice because it is able to benefit the individual in all these areas.

I recently had an opportunity to sit with Nicole and discuss her experience facilitating her weekly class at P2P. Nicole is very open about her own recovery and is in her 8th year of sobriety. Yoga has been an important part of her recovery journey. She discovered Yoga 7 years ago when she stumbled into a Yoga class at her gym. She was practicing one of the poses and suddenly realized her racing thoughts and busy mind had stopped. She was completely in the moment, and has been hooked on Yoga ever since that moment. For her, Yoga is meditation-in-motion, a format for self-acceptance and an opportunity to practice self-love and compassion.



I asked Nicole what her favorite part of offering the class was, I loved her response. "For me this is an opportunity to connect with the community and watch the ripple effect as the benefits of Yoga flow out into the community through Peer 2 Peer." I also asked Nicole what she would say to someone who has not practiced Yoga and might be attending the group for the first time;

"come and do what you can, at your own pace. Yoga is not about perfection, but is a practice. This is very much like the recovery programs where we practice spiritual progression, not perfection."

Having attended the group several times I was surprised at the extent of the work out for me, I never realized how much I could sweat simply by stretching my body into different positions, or how much better I would feel the next day for having stretched. A pleasant surprise indeed!

Please feel free to join us on Tuesday evenings and discover this surprising experience for yourself. Please note that Peer 2 Peer members have priority for a space in the group as it is filled on a first come, first serve basis.

P2P Recovery Project welcomes

Staying Balanced

Yoga with Nicole Albernaz



Tuesdays
5:00pm - 6:00pm
309 North Main Street
Fall River, MA
(Unitarian Church)

The complex block is a promotional flyer for the 'Staying Balanced' yoga class. It features a background image of a person in a yoga pose on a beach at sunset. The text is centered and includes the class name, instructor, schedule, and location. A Peer 2 Peer logo is also present.

By Kari Phillips

Engage The Brain

Sudoku is one of the most popular puzzle games of all time. The object of Sudoku is to fill a 9×9 grid with numbers so that each row, column and 3×3 section contain all of the digits between 1 and 9. As a logic puzzle, Sudoku is also an excellent brain game. If you play Sudoku daily, you will soon start to see improvements in your concentration and overall brain power.

The goal of Sudoku is to fill in a 9×9 grid with digits so that each column, row, and 3×3 section contain the numbers between 1 to 9. At the beginning of the game, the 9×9 grid will have some of the squares filled in. Your job is to use logic to fill in the missing digits and complete the grid. Don't forget, a move is incorrect if:

- Any row contains more than one of the same number from 1 to 9
- Any column contains more than one of the same number from 1 to 9
- Any 3×3 grid contains more than one of the same number from 1 to 9

Contact Us

Give us a call for more information about Peer to Peer and our supportive services

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(508) 567-5086

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Project Coordinator:
dsimons@steppingstoneinc.org

Visit and like our Facebook Page for up to date news, events, group and meeting info, and scheduling.

<https://www.facebook.com/p2prp/>



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