

# RECOVERY NEWS

## Peer to Peer Recovery Projects Monthly Newsletter

### Another Fresh New Year

Another fresh new year is here . . .  
Another year to live!  
To banish worry, doubt, and fear,  
To love and laugh and give!

This bright new year is given me  
To live each day with zest . . .  
To daily grow and try to be  
My highest and my best!

I have the opportunity  
Once more to right some wrongs,  
To pray for peace, to plant a tree,  
And sing more joyful songs!"

By William Arthur Ward

### Meditation and its Benefits (Submitted By: Felicia M)

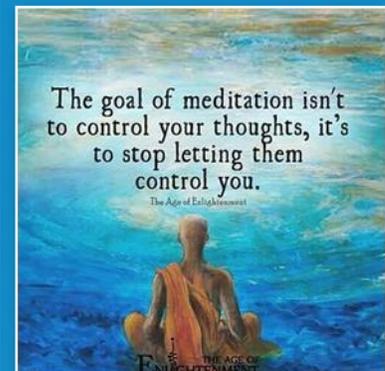
Meditation is a spiritual practice and a form of alternative medicine that aims to provide physical relaxation and mental clarity. It is usually practiced in a seated position with the eyes closed and with a focus on the breath. The goal of meditation is not to free your mind of all thoughts but to be aware of your thoughts and to reflect on them without judgment. Regular meditation can be used a tool for personal growth or to reduce the stress, pain, and anxiety associated with physical and mental ailments.

- Reduces pain and enhances the body's immune system
- Reduces stress
- Increases energy
- Provides a sense of calm, peace and balance
- Increases blood flow and slows heart rate
- Reduces feelings of depression, anxiety, anger and confusion
- Increases Happiness and well being

**P2P Offers Unwind Your Mind (Guided Meditation)  
Tuesday Evenings From 5-6pm**

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## Adams Corner: comics by Adam Rancourt



## Half measures availed us nothing...

### 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 David for more info.

David: [dsimons@steppingstoneinc.org](mailto:dsimons@steppingstoneinc.org)

## Meet Steve

Hello my name is Steve. I am originally from South Florida, but I grew up in Savannah Georgia. I have experienced many traumatic events in my life. One being my brother tragically killed Nov 12th 2010. I found myself dealing with this by consuming and self-medicating with alcohol and drugs.

I ended up homeless in Key West Florida for three years. In May of 2013 I arrived in Fall River and eventually obtained shelter at Steppingstone's First Step Inn. I resided in the shelter for 7 months and received help getting housed.

I have been in recovery since Aug 18th 2017. This time I have finally surrendered and with that came hope.

A few months ago I began attending P2P and became a member. I have now started volunteering. I love working the desk and greeting peers as they come through. I also facilitate peer led groups like Breakfast Blend and All Recovery. Today I put my recovery first. I love the opportunity to help out other addicts and alcoholics.





## New Year Resolution 2018!

What is a New Year resolution and why do people make one?

“New Year’s resolution is a promise” a person makes for the New Year. Regardless of what promise you make, remember your intentions should always be to set goals to improve your life for the New Year. Resolution can come in many forms. Some may be to create positive behaviors to improve mental wellbeing, others may focus on physical health by changing old eating habits etc. A way that can be helpful in picking a New Year resolution is by reviewing/reflection on the last year.

Here are some questions that may be helpful.

### Review/Reflect

1. What would you say was your theme word for 2017?
2. What was the most important lesson learned this year?
3. What 3 goals have you accomplished?
4. What new things did you discover about yourself?
5. Who had the most positive impact on your life this year?

### Intention for resolution

After reflecting on your life over the past year and reviewing the positive impacts it’s a good idea to ask yourself what are your intentions for your New Year resolution! Here are some helpful questions.

1. What do you want your theme to be for 2018?
2. What 3 skills do you want to learn, improve or master?
3. How do you plan to be kinder to yourself this year?
4. What negative or toxic people or situation will you let go of this year?
5. What do you want to change about your life this year?

**The Most important question is what action I need take to set and reach these goals!**

### Tips to help reach your goals

- Focus on 1 resolution, rather than several.
- Set realistic, specific goals.
- Make it a year long process, every day.
- Celebrate your success between milestones.
- Focus your thinking on new behaviors and thought patterns
- Focus on the present.
- Be mindful, become physically, emotionally, and mentally aware of your spiritual well-being as each external experience happens
- Don’t take yourself so serious, splits can happen don’t stay down pick yourself up and keep going!
- Have fun, live, laugh, Love. Embrace your change.

Submitted By: Felicia M

## 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**

# 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

9			6	8					9						3	
		1			2	4	6					2			6	
				1					5	8		4			1	
1												9	3	1		
						6	5					1			7	
	8		4		5		7						6		4	
	2		7					4			7		9			
4		3				1			9	1			8			
					6	5			3						8	2

## Contact Us

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

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

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

