In honor of National Recovery Month, Newfound Freedom asks a very important question:

“What Recovery Means to Me: Clarity.”

September is National Recovery Month. Every year the Substance Abuse and Mental Health Services Administration decides on an annual theme. This year’s theme is Join the Voices for Recovery: Visible, Vocal, Valuable!

In honor of this theme, we have asked the Newfound Freedom Community staff, residents, friends, family to speak up and tell us what recovery means to them. Read their answers on the next page!

Continued Next Page

Inside This Issue:

Spotlight on Alumni...............Pg 4/5
Allie G. tells her story and says why it’s important for alumni to be present.

Bonfire Meetings are Back......................Pg 6
That time of year is here!

New Platform for the Women of NFF....................Pg 7
A new Facebook page administered by and for the NFF girls opens the door to more communication and connection.

Brennan’s Corner...Pg 7
Monthly inspirational quote provided by Chris Brennan.

What’s Going On?............................Pg 8
Stay up to date with meetings, announcements and special events!
**What Does Recovery**

“An internal adventure of pure awesomeness.”

- John Henry

“Acceptance.”

“Being completely present in the moment.”

“Recovery means to me to give back what was so freely given to me. Reaching out to the still sick and suffering.”

- John Korek

“Freedom from the bondage of self.”

“Being happy and hopeful.”

- Michelle Bressler

“Your health. It’s important.”

- Lee Bull

---

“National Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

“...There are millions of Americans whose lives have been transformed through recovery. Since these successes often go unnoticed by the broader population, Recovery Month provides a vehicle for everyone to celebrate these accomplishments.”

-SAMHSA

Mean to You?

“A second chance.”

“Freedom”

-Joe Ruddy

“Hope. Helping others. Purpose... There’s so much. I could go on and on.”

-Jim Eastwood

"Unlimited opportunities if you’re willing to work for it.”

-Michael Smith

“Being fully alive.”

-Sarah Colvin

“Living another day.”

-Laura Kee

“Been restored to sanity & manageability of my life. Able, capable & expected to help a fellow struggler to become the same.”

-Mickey Bush

SAMHSA has established a working definition of recovery that defines recovery as a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.

-SAMHSA

http://www.samhsa.gov/recovery
Before she came to Newfound Freedom, Allie found that her life had a wall. She was in a bad situation with nowhere to go and no answers for staying clean.

“I was actually sleeping in a car in the middle of winter and couch surfing on my brother’s couch and some other places,” Allie said. “I had been addicted to drugs for a long time before it got to that point.”

Prior to this Allie had been living with her mom. She had gone to treatment and had tried to stay clean, but she found herself using again soon after being released.

“I was just hopeless,” she said. “I couldn’t get it together. I didn’t even know how to get it together, and I didn’t know how to stop using.”

At that point, Allie was faced with an ultimatum.

“My options were get sober or go and I chose to go,” she said. “I guess at that point I wasn’t necessarily ready, and I didn’t know where to start to get sober.”

Since she had already been to treatment and it didn’t seem to work for her, Allie felt going back would be a waste of time. Instead, she moved out of her mom’s house and into her car, crashing on couches when she could. Eventually, though, this lifestyle took its toll on her, and she had to consider her own survival.

“One day I was talking with someone and it became apparent to me that I was going to keep on this way until I died if I didn’t get help again,” Allie said. She realized that treatment was the only option, so she decided to change her life plan and go to Livengrin. However, she had no plan for after treatment.

“I had nowhere to go,” she said. “I didn't have family that I could go back to and I pretty much burned every bridge.” Her counselor at Livengrin suggested Newfound Freedom.

“I did a phone interview and I ended up getting in,” she said. “It was a really big blessing cause I really had no place else to go.”

At 19 years old, Allie moved into Appletree, unsure and afraid.

“I was terrified when I first got there,” she said. “It was a new situation and I was newly sober, so it was very scary at first. I was scared to talk to people, especially women. I had a really hard time.”

Allie was having such a hard time that she thought about leaving. Luckily there was one woman in the house that she felt comfortable talking to, and she opened up about her feelings.

“I couldn’t handle life at the time,” she said. “And I remember saying to her, ‘I think I’m gonna go. I think I’m just gonna leave.’ And normally I wouldn’t say that to someone if I was planning on leaving but for whatever reason I felt comfortable enough with this girl to let her know where I was at.” By opening up to her housemate, Allie found a supportive voice of reason who helped pick her up when she was feeling down. Allie still remembers what the woman said to her:

“She told me, ‘I’ve had those same thoughts and I’m still here. We’re gonna do this together.’ And I didn’t leave, and I’ve been sober ever since I got to that house. I feel like that’s one reason why women are so important, because she was able to be there for me.”

Though Allie had doubts, she listened to this woman, and she stayed. Her preconceived notions had made her slightly skeptical, but she soon saw that NFF was a great place for her to be.

“I guess my perception of what recovery houses were was just where you went and your lived and just went about your life,” she said. “But here they make you get a job and there is a very strong emphasis on recovery. Not just abstinence, but getting a sponsor, and going through the steps, and being very involved in your fellowship, which I saw other houses weren’t doing.” Her fears and uncertainties dissolved and she started to get close with her housemates.
“Once I got to know the girls in the house and I realized how structured it was, and how Newfound Freedom really set me up for success, it was a really great experience,” she said. “We had a very good community there in the house. And if it wasn't for the women in that house, I don't know where I'd be today.”

Eventually Allie moved into a sober home, where she became a house captain, a position she enjoyed a lot. After two years at NFF, it was time for Allie to move on, and she was ready.

“I feel like NFF really gave me the tools to deal with a lot of stuff that I didn't know how to deal with before,” she said. “I didn't know how to live, and I feel like that gave me life skills that I didn't have.” Those skills helped Allie to build a successful life on her own.

“I've been employed by the same company for three years. I have my own apartment. I'm back in school. Life has been pretty amazing since I left there.”

Allie's amazing life also consists of staying active in the recovery community and staying connected to Newfound Freedom.

“I sponsor women. I still have a sponsor. I still have a home group. I have a group of women who I talk to. And I try to come back to the houses every so often.” Allie believes it is important for those who have come through the houses and who are successful in recovery come back and set the example and to just be there.

“Just being in recovery, people need somebody to look up to and they need somebody to say- it worked for them, maybe it can work for me,” she said. “Without the presence of that alumni, I feel they don't see that as much; they don't see that hey, it worked for these people.” It is for this reason that Allie was recently asked to step into the position of Female Alumni Coordinator. In this role, she will help regenerate alumni involvement.

“It's important for the alumni to come back and share their experience, and show them what they did,” she said. She will encourage attendance at events and meetings and work to build communication between alumni and residents, specifically the women.

“I think there needs to be a greater presence of women,” she said. “Women are definitely the minority in the fellowships as it is, and I feel like it's very important for women to be involved.” This involvement, she believes, doesn’t only benefit the residents, but the alumni as well. Allie herself has been directly impacted by one of the residents with whom she’s developed a friendship.

“The first time I met her I took her home from a meeting and we instantly connected. I actually ended up sponsoring her for a very long time,” she said. “She's been a huge blessing in my life. I've seen her go through a lot of stuff, and I've been able to be there for her, as well as she's been there for me. We can basically walk this journey together.”

Just as she did in the house, Allie has found herself women with whom she can share the experience. To her, this is a very important part of life and of recovery. She has some advice for women in the houses and women who are just starting their journey.

“Find a good group of women who are doing the right thing and doing what they need to, who you can be honest with,” she said, “because women are really going to be a fundamental piece of your recovery.”

As one who has been on this journey for five years, who has come through Newfound Freedom and who is successful in recovery, Allie has some words of wisdom for anyone who is trying to make it work:

“My experience in NFF is different from other people's experience, but I think it is what you make it, and I think it's important to have that attitude. Every experience is what you make it. You're gonna get what you put into anything. I think if you go in there and you want to get sober, and you want to stay sober, and you're honest and you do the right thing, then everyone has a shot at this.”

Hey NFF Alumni! Are you interested in being featured in the Freedom Flyer?
If so, send us an email at: newsletter@newfoundfreedom.org with subject line “Spotlight”
Get Fired Up; The Bonfire is Back!

And Just in Time for the Celebration Meeting!

On September 28th the NFF Celebration Meeting will be held outside, in Bowman’s backyard. The purpose of the meeting is to cultivate positivity, create stronger bonds between residents & alumni, and celebrate milestones in sobriety. Also, there’s cake!

In addition to the traditional resident recovery time recognition, this month’s Celebration Meeting will also celebrate NFF alumni. Two alumni, John H. and Allie G., will host the event, NFF General Managers (also alumni) Jim and Ali will share special announcements, and 5 alumni speakers will each speak for a few minutes, sharing their stories of hope. This is your chance to catch up with old friends, make new connections, and get inspired.

This marks the first of several bonfire meetings this fall. These meetings provide a unique way to gather and share, Folks sit around the fire, under the night sky, connecting and listening. Newfound Freedom provides refreshments and a wonderful atmosphere.

See you this fall!
New Platform Launched for the Women of NFF

As a way to bring together the female residents and alumni, Newfound Freedom has created a brand new Facebook group called The Women of Newfound Freedom.

This group, completely administered by female management, provides a safe space for NFF women to connect with one another and deal with issues that specifically affect their recovery.

Ali Bartol, Director of Women’s Services, believes this will be a helpful platform.

“It’s a way to celebrate on our own in recovery and stay connected as a team instead of being individuals,” Ali said. “Women can come together to share joys. And also be aware when someone needs support, so we can pick each other up when we’re down.”

The group provides Senior Leaders with another avenue to check in with residents and share information. Alumni can keep in touch with each other and share their experiences with residents. New women can make connections and find strong role models and sponsors. Most importantly, the group will facilitate a strong bond between all of the women of NFF.

Over the next few weeks, management will be inviting people to join. All the women of Newfound Freedom are encouraged to join.

Together We’re Stronger!

The October issue of the Freedom Flyer will include submissions from our first ever Freedom Flyer Writing Contest!!!

Look for some AMAZING pieces next month!

Brennan’s Corner

All True Sacrifice is Within; it is Spiritual and Hidden and is Prompted by Deep Humility of Heart.

-Charles Filmore
# September/October 2015

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>AA Step Mtg 7pm @ First Pres. NA Text Study 7pm @ St.Paul's</td>
<td>Men’s Big Book Study 7:30pm @ 60 Jonquil</td>
<td>Garage Mtg (Men’s Lit Study) 7:30pm @ Bowman</td>
<td>Recovery Rap Mtg 9:30am @ Blue Ridge</td>
<td>Have a great weekend!!!</td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>NFF Celebration Bonfire Meeting 7:15pm @ Bowman</td>
<td>Men’s Big Book Study 7:30pm @ 60 Jonquil</td>
<td>Garage Mtg (Men’s Lit Study) 7:30pm @ Bowman</td>
<td>Recovery Rap Mtg 9:30am @ Blue Ridge</td>
<td>Have a great weekend!!!</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>AA Step Mtg 7pm @ First Pres. NA Text Study 7pm @ St.Paul's</td>
<td>Men’s Big Book Study 7:30pm @ 60 Jonquil</td>
<td>Garage Mtg (Men’s Lit Study) 7:30pm @ Bowman</td>
<td>Recovery Rap Mtg 9:30am @ Blue Ridge</td>
<td>Have a great weekend!!!</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>AA Step Mtg 7pm @ First Pres. NA Text Study 7pm @ St.Paul’s</td>
<td>Men’s Big Book Study 7:30pm @ 60 Jonquil</td>
<td>Garage Mtg (Men’s Lit Study) 7:30pm @ Bowman</td>
<td>Recovery Rap Mtg 9:30am @ Blue Ridge</td>
<td>Have a great weekend!!!</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>AA Step Mtg 7pm @ First Pres. NA Text Study 7pm @ St.Paul’s</td>
<td>Men’s Big Book Study 7:30pm @ 60 Jonquil</td>
<td>Garage Mtg (Men’s Lit Study) 7:30pm @ Bowman</td>
<td>Recovery Rap Mtg 9:30am @ Blue Ridge</td>
<td>Have a great weekend!!!</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>NFF Celebration Meeting 7:15pm @ First Presb.</td>
<td>Men’s Big Book Study 7:30pm @ 60 Jonquil</td>
<td>Garage Mtg (Men’s Lit Study) 7:30pm @ Bowman</td>
<td>Recovery Rap Mtg 9:30am @ Blue Ridge</td>
<td>Have a great weekend!!!</td>
<td>Happy Halloween!</td>
<td></td>
</tr>
</tbody>
</table>

---

**Freedom Flyer Writing Contest! Open to Everyone!**

We will be accepting submissions on the theme of *CHANGE*. Pieces can be in any format (personal essay, poem, informational article, cartoon, etc.) Winners will be selected anonymously by NFF staff. Pieces will appear in the October Freedom Flyer.

Email submission to: newsletter@newfoundfreedom.com OR mail to: NFF Newsletter, 2817 Bowman Ave, Bristol, PA 19007

*Include your name & how you heard about us.*

***Extended Deadline***

**Submissions due by September 30th**

---

**Upcoming Events!**

*NFF Bonfire Celebration Meeting- Sept. 28*

*Holiday Party- Dec. 19*

---

**Contact Us:**

855-587-2329 • www.newfoundfreedom.com

Visit us on Facebook: Newfound Freedom Inc.