

Jan/Feb 2016

Issue 4



RecoveryWerks!

RecoveryWerks! Mission

Provide recovery support services, in a safe and nurturing environment.

Partner with community organizations to facilitate access to resources and develop a strong community support network to enhance recovery success.

Identify support gaps and develop resources to improve recovery support services for those in need in Comal County.

Educate the public about the disease of addiction, the consequences of untreated addiction, and the various pathways of recovery.

Advocate for the needs of Comal County at the local and state levels to enhance addiction services for the community.

Free Local Recovery Support Meetings

RecoveryWerks!

(210) 845-8926

Fridays 6:30pm –

7:30pm:

12-Step Bible Study

Riverside Church

(210) 454-6588

Ladies Codependent No

More Workbook study

River City Advocacy

(830) 643-0200

Tuesdays 1pm-2pm:

Substance Use Support
Group

Wednesdays 7pm-8pm:

Substance Use Support
Group

Dad's Corner

By Eric Daxon

“Praying only for knowledge of God's will and the courage to carry it out.”

One of my challenges when I first got into a recovery group for family members of addicts and alcoholics was the lack of other men in the group. This was challenging for two reasons. First, it made it hard to get a sponsor and second it made it hard to “get” recovery because women are different from men. Best example of the difference was a story related by a friend of mine. He went on a retreat and he was the only man on the retreat. At one point, the ladies decided it would

be great to get into their PJs and watch a movie that was on a par with the “Notebook.” As my friend put it, “There was a little too much estrogen in the room, so I left and went to bed.” The point of the story is that men and women are different and I believe, they go through recovery differently. The purpose of my writing is to share with you my insights from my 20 years in recovery as a guy in family group.

This is going to sound trite and a bit old-fashioned, but the key to my understanding and overcoming the guy-specific hurdles placed in

my path was working on my relationship with my Higher-Power. My first challenge both in my marriage and in recovery was balancing work, family, marriage and me. I was in the Army and my first method was placing the Army first. All of my decisions were based upon meeting the needs of the Army first. Needless to say, the remainder of my life became unbalanced. Then I focused on what was best for my marriage; same thing- unbalanced. Then the tried and true – family is always first. I was pretty sure that this was going to work because everyone said it.

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Family Matters: Who Is My God? Part 2

By Joanne Daxon

The mothers' life was not going according to any plans she had for herself. Her 18-year-old daughter was living out on the streets with the drug dealer. Her 16-year-old son started using cocaine while his sister was out of the house. The teen didn't want to get up for school and then when he did make it to school he'd cut classes. Where was God? She and her husband had done

everything in their power to support their daughter's recovery. In fact, before his drug use, their 16-year-old son had also done everything to support his sister in recovery.

Well, the mom knew God was walking with her. She just did not always feel Him there. She had a new hero – “Job” from the Bible. The mother would continue to walk by faith

one day at a time. She let go of any thoughts of her daughter coming home or of her son graduating high school. She was filled with the idea of following God and taking care of herself (keeping herself from feeling her children's consequences) while still encouraging recovery. She withdrew her son from school and offered homeschooling.

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Sometimes the hardest step to take is the first one. If you or a loved one needs help, please call one of the numbers below. You are not alone.

RecoveryWerks!
(210) 845-8926

Rise Recovery
www.riserecovery.org
(210) 697-9766
Mon – Fri 12pm-5pm
Wed – 12pm-6:30pm

River City Advocacy
www.rivercityadvocacy.net
(830) 643-0200

"I used to spend so much time reacting and responding to everyone else that my life had no direction. Other people's lives, problems, and wants set the course for my life. Once I realized it was okay for me to think about and identify what I wanted, remarkable things started to take place in my life."
Melody Beattie, The Language of Letting Go: Daily Mediations on Codependency

Spotlight: Serenity Star

By Jennifer Bagby

Going to meetings and fellowshiping with others in recovery is a vital part of getting sober and staying sober. Sometimes, though, it's not enough. Sometimes we need a place to go and stay while we try to sort out this disease that affects so much of our lives.

Serenity Star is a recovery program located in Smithville, Texas. They help both addicts and the family members of addicts. They offer a 6 month-multiple year program for both men and women. They don't like to be thought of as a treatment center but rather a "community of addicts devoted to finding path and purpose in our recovery." Serenity Star owns a ranch

(Serenity Star Ranch) that is 10 acres of mostly undeveloped land not too far from their two main buildings. They have built one 5,000 sq. foot building but are not done yet. This land is going to be used to house the men in recovery. Right now there is enough room for 23 beds.

Serenity Star offers yoga as a way to help you connect with your higher power. Classes are Saturday at 9:30am and Tuesday at 7:30am. These classes are donation based.

Serenity Star also operates the Comfort Café which serves up delicious breakfast and lunch items that include eggs, pancakes and Bennys for breakfast; salads, sandwiches, and burgers for lunch. Their

motto is "Relax, Eat and Enjoy." They also have a café that includes all kinds of cold and hot coffee beverages. There are no fixed prices for their food, but rather they accept donations. This helps support a large part of the program. Comfort Café hours are Friday, Saturday and Sunday from 8am to 3pm.

In addition to all this, they also work with rescue dogs to train them to become adoptable.

Serenity Star offers meetings, therapy, work and a place to stay to all who are involved in recovery. You can get in contact with Serenity Star by calling, 512-321-8336/512-629-7065 or visiting their website at serenitystar.org. 🙏

Dad's Corner, *continued*

Family is always first. It didn't work. For three reasons, first there were times that work did take precedence. Second, it created an unreasonable expectation in the family. Third and most importantly, Army-first was so engrained in me that it was not often that I

choose family over work.

Each time I focused on one aspect of my life to guide decisions, the remainder of my life became unbalanced. This changed when I started focusing on my Higher-Power and made God the center of

my life. This is one of the reasons Step 11 is so important in my recovery. I am going to talk more about Step 11 in future articles.



Family Matters, *continued*

Then, one day the daughter called to say she'd like to come home. It had been 5 or 6 months. God was with the mom for the phone call because she never would have said "You can come back after you've been sober for a month." The mother knew she had said the right thing when her daughter responded "How

will you know?" The mom said she'd see her at meetings because she knew they were at the same time.

Her daughter did go to meetings and counseling and that's been her sobriety date. September 1999. Her son also got sober and went on to graduate high school and college.

This mom had truly given her children over to God. Her children stopped being her God. The children were open to getting help only when the mom got out of the way. God is with each one of us all the time. 🙏