



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.

Local Recovery Support Group Meetings

RecoveryWerks!

(210) 845-8926

Fridays 7:00-8:00 pm

Family Member Recovery Support Group meeting at 145 Landa Street, New Braunfels, TX

Wednesdays 7:00-8:00 pm

Teen Recovery Support Group meeting at 145

Landa Street, New Braunfels, TX

recoverywerks.org

River City Advocacy

(830) 643-0200

Wednesdays 7:00-8:00 pm

Family Member Recovery Support Group meeting
rivercityadvocacy.net

Dads Corner: Step 11

By: Eric Daxon

I actually taught this lesson before I learned it. I was teaching Sunday school in the late 1970s and trying to get the importance of having God in your life across to a group of teenagers. (Wow they are in their 40's now). I held up a piece of 8X10 paper and told them that each of the four corners represented me, my marriage, my family and work. I held the paper by the "work" corner and told them that when I focused on work the rest of my life faltered. I did the same for each of the remaining three corners. I then held my finger above the center of the paper and said life comes into balance when you used God as the

focal point of your decisions. I didn't really put that into practice until the late 1990's when addiction came to my family. God must have a sense of humor because when addiction hit, my job in the Army became exceptionally challenging. Things were so complicated, so desperate that I had no other alternative but to seek God to make the decisions I had to make. I have one good example of how letting God choose for me worked so very well.

My wife and I put together a fishing trip for members of the family group. This was a very important outing for my wife, my marriage and me. A week prior to that I was told that I was going to a very

important international conference with significant implications for the U.S. Multiple organizations were gearing up to work the weekend to prepare me for the conference. Ordinarily I would have cancelled the trip and worked the weekend to prepare. I prayed and the answer I received was to go on the fishing weekend. I went on the weekend. The Monday before the conference things went to heck in a handbasket to the point that I was certain I would not sleep that night. I closed my eyes and saw my wife's fishing bobber and the next thing I heard was the alarm clock. I slept for seven

Continued on page 2

Family Matters: Self-Care

By Joanne Daxon

"It's the most wonderful time of the year. Sleigh bells are ringing . . ."

"Deck the halls . . ."

"Dancing around the Christmas tree . . ."

What a joyful time of year. And for others, what despair! This is especially true for those who grew up in dysfunctional or alcoholic/chemically dependent homes. Memories of less than perfect childhood holidays that creep into the mind with the result of self-made promises to never let that

happen to me or my children. The promise to make this holiday season magical, and like a Norman Rockwell painting, full of all things good and happy. This may be a set up for disaster. The picture we place in our head may not be based on the reality of our circumstances. Placing too much importance on trying to "make" something happen, rather than watch the experience unfold becomes an unattainable goal, as is the case for many families living with active alcoholism or addiction. To

be aware of my financial situation, my social and support network, my ability (or inability) to cook and entertain, and the need for sobriety in my household allows me to enjoy the day before me no matter what the circumstances. I need to take on only what I can handle and let go of the outcome, trusting that if I do my part, God will do the rest. So, if something triggers painful memories or feelings, it would be wise to do something to take care of myself and live in the solution. 🙏



"Let today be the day you love yourself enough to no longer just dream of a better life; let today be the day you create it."
- Steve Maraboli



"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."
-Maria Robinson

Spotlight: RecoveryWerks!

By Debi Dickensheets

RecoveryWerks! 1st Annual Craft Show was a big success! Our primary goal was to partner with the local community while raising awareness about recovery from drug and alcohol addiction. In addition, we wanted to debut the SobriaTea and Coffee House for some hands-on experience in running a

small café and get feedback from the community. We're happy to say that the feedback we received on this project was consistently positive and we definitely gained a lot of experience and lessons learned. Overall, we had a great day! Many thanks to our vendors for their time and talent in creating and showcasing their crafts, River

City Vineyard Community Church for hosting the event, River City Advocacy for help in planning and advertising, Starbucks, Jason's Deli, WalMart and HEB for supporting our efforts and everyone who donated their time and energy to help make this event possible. We are so grateful for your support!! 🙏

Dads Corner: Step 11 *continued*

solid hours. I was wide-awake during the conference and it went better than anyone expected it possibly could have. Had I worked the weekend, I am certain I would not have slept the night before. All of the preparation in the world would not have prepared me for what happened at that conference. I needed to

be rested. God knew that and because I listened to Him, I was rested. Several other things changed when I started relying on God for my decisions. I stopped second guessing my decisions. This was an enormous relief for me. Second, I let go of outcomes. I knew that I could not control the outcomes of my decisions but I did not believe

it in my heart. When I knew that the God of the universe guided the decision I made, I no longer feared the outcomes. This was especially important when it came to enforcing boundaries with my loved ones. Third, people dear to me accepted the choices I made because they knew I was asking God for guidance. 🙏

Straight from the Horse's Mouth

By: Jennifer Bagby

It's time to answer the big question on all of our minds. Why? Why me, why my child, why my spouse? Why is there a such thing as addiction at all? I am an addict/alcoholic, and I don't even know the answer to those questions. I can tell you this though. When I was a teenager experimenting with drugs, it just felt good. I made a ton of friends fast. I didn't have to worry about being a certain way to fit in. People at school were interested in what I did on the weekends. If I messed up or did something awkward, I could blame it on the drugs. If I said

something wrong I could say, "I'm sorry I was just so messed up I don't even remember saying that." In the beginning, it was awesome...in the beginning. Then the line gets crossed. It's different for everyone, yet it happens none the less. The first time you compromise your morals, the first time you convince a do-gooder to smoke pot and they become just like you. The first time you pawn something to buy drugs, you break into someone's house to steal...it happens to all addicts at some point. You go from recreational user, to full blown addict. The time frame is different for all of us

too. It took me a matter of months. For some, it takes a matter of years. The disease is different for everyone. That's what makes this so difficult. There is no scientific reason for why addiction exists or formula for figuring out who will have the disease, but I can see God's hand in every part of my life. I once prayed to God asking why I always seemed to have problems with my finances. One time He answered me, loud and clear. He said to me, "It's because I want you to look to me for help and guidance in all things." I can't help but think that this philosophy applies to addiction as well. 🙏