



The Path

January 2011

I am pleased to introduce to you the first Pathfinder newsletter, *The Path*. In it, I hope you find helpful and inspirational information that will benefit you in your recovery. I also want to invite everyone to visit the Pathfinder Recovery Center and visit with our staff about our services. The Pathfinder Recovery Center opened in September, 2010, and we have been pleased with the response from the community and the number of people who have sought our services. The Pathfinder is a walk-in facility and ready to provide support to anyone who walks through the door. The Recovery Center's staff who have experienced recovery first hand, understand there is more to recovery than not drinking or using and are available to assist in rebuilding the recovering person's personal and community life. This may include helping obtain education, employment, housing, physical and mental health care, developing a support system along with support for the family. The Pathfinder Recovery Center also provides a safe environment for the recovering person. Again I hope you find our newsletter helpful and invite you to visit with our staff at the Pathfinder Recovery Center about how we can assist you achieving a more fulfilling life in recovery.

Eddie Spichal, Pathfinder Recovery Center Program Director

Upcoming Events

Our goal is to keep you informed and connected to the recovering community on a weekly and monthly basis. Please check our calendar for updates. @ www.c-k-f.org

We will also host **ReAwakenings!** every three months where you can come reunite with others traveling the same path, share experience/strength/hope with newcomers and have fun! Events include lunch, activities and a meeting.

Monthly Themes

January– Surrender
February– Open– Minded
March– Willingness
April– Self-Examination
May– Humility
June– Acceptance
July– Gratitude
August– Honest
September– Hope
October– Forgiveness
November– Empathy
December– Compassion

ReAwakenings!

January 29—Chili & Chicken Noodles

April 30— Brunch

July 30– BBQ

October 29– Bierocks

12:00pm-5:00pm

PATHFINDER RECOVERY CENTER

**1809 South Ohio
Salina, Kansas 67401
785-825-6224**

**Open 7AM-11PM
Monday - Friday
Saturday 1PM-10PM**

Breathe

A fresh breath has been taken
This life is anew
My world has been shaken
But every step I grew
The thing is I swear
That I've been here before
Yet this time it's different
The peace is serene
Knowing what I've done
And the things I've seen
It's time to clean house
And let the past go
This is going to be hard
You'll be damned if I let that
show
My steps have been guided
I'm not alone
The anger's subsided
I let my joy show
Will I be able to do this
I can't surely know
But one day at a time
I'll let myself grow *A*

Surrender

For many of us addicts we arrive at treatment via the po-po express. Our humility or rather humiliation accompanies us on our journey into the unknown along with a thousand other feelings and emotions that we are struggling to identify. Most of us who arrive here have come to the realization that we are in fact addicts struggling with an incurable disease called addiction (and for those who are in denial of that fact God speed and buckle up it's gonna be a bumpy ride...) Please don't misunderstand what I'm saying here- maintaining sobriety is going to be the hardest thing we've ever had to do. Yes, even harder than the worst batch of dope we've shot or jail term we've served or DT's we've gone through... Admitting that we are powerless over our addiction and that our lives have become unmanageable is the 1st step in doing the next right thing for our recovery. Next, we build a foundation when we walk through the doors of the treatment facility in which we were blessed to be "invited". I say invited because it is just that, an invitation to be a part of something bigger than we can fathom. We are welcomed into a new family, a network of people just like you and I. We share the belief that a power greater than ourselves can and will restore us to sanity when we surrender. Melissa R



Sisters

**I grew up with two sisters of my own
They didn't understand me,
So I walked thru my life feeling alone
I was sent to this place I did not need
I found a sister there,
Someone who finally understood me.
As we started talking, there was a lot of
laughing
And some crying.
We discovered we had a lot in common
And how we felt we were dying.
We hurt and we pushed away anyone
who cared,
As we felt more and more no one was
there.
Now I look back, I can see
God had a plan in store
For you and me!!! *M***

Someone

"No matter how lonely you are
There's someone in this world
Who loves you"
No matter what troubles you have,
There's someone in the world who
cares
And if God really loves you
He's not the only one just
Feel it in the
Beat of a heart! *Sweet Ethel*



Useful info

www.marscna.net

1-866-UNITY NA

www.kansas-aa.org

785-823-3338

www.kansas-alanon.org

785-823-1646