

# ARC Alumni Newsletter August 2016

The ARC Alumni (Est. February 2013) was created to help each other stay clean and sober through group activities, fundraising events, providing residential/post residential assistance, introductions to 12 step programs and general support for our Brothers and Sisters!

## ARC Community Nights

All Alumni are welcome to participate (unless prohibited from the building) in ARC community nights/Ice cream socials at the residential building, 1003 W. Main St. on the **4<sup>th</sup> Sunday of each month from 7 – 8 PM.** This serves as a great opportunity to let clients know more about the alumni goals and give them safe people to reach out to once they are finished with inpatient. Please join us for fun and fellowship with ARC clients



## Wanted: Drivers

Have 2 years sober and a valid driver's license? Residential is looking for **volunteers to give clients rides to and from meetings, and doctor/court appointments as well as drivers to take clients to meetings and events on the bus.** Please contact Rosie E. @ (541) 779-1282 ext. 117 for the bus application.

## Alumni Sobriety Birthdays

Sue Guider-Nicholson – 8/8/2014

*Happy Birthday to you!*

## Upcoming Events



**ARC Community Night/Ice Cream Social**  
**August 28<sup>th</sup> 7- 8 PM**

**Recovery Potluck August 13<sup>th</sup> 11 AM – 1:30 PM**

Stewart Park aka Fichtner Mainwaring Park

**Join us for some fun in recovery! All families are welcome.** Please bring a side dish to share and a chair!

**Potluck starts at 11 AM**

**Hot Dogs provided and served up at 12 PM**

**ARC Alumni Speaker Betsy C. at 12:30 PM**



**Connect with us online! Please join the ARC Alumni Group on Facebook for more information.**

# Alumni Spotlight

This portion of the newsletter is reserved for Alumni to share their personal experiences in recovery. If you'd like to share or send in any jokes or funny moments, please email them to [arcalumni1003@gmail.com](mailto:arcalumni1003@gmail.com). Thank you to those who shared!

**Q: What difficult time in your life were you able to get through sober? What steps did you take to get through the situation?**

**A:** "Doing time. Prison and jail takes a lot of patience and perseverance. If I hadn't found a Higher Power, surely I would have gone insane." – Chad O.

**A:** "The holidays. I just stuck in AA. A lot of times I went [to meetings] alone but I went and kept going. Well first and foremost I prayed." – Victoria T.

## Alumni July 2016 Rafting Trip

Alumni met up in Shady Cove for a day of fun in the sun! A big thank you goes out to Tina M. for setting up the trip! Below alumni share their experience. Please stay connected with us to join in on sober activities in the future!



*"Good times! We did a little ducking and diving and a whole lot of laughing." – Tina M*

"The rafting trip was way fun. We five got stuck on the rocks twice. I almost didn't get back in the raft the first time. It was a three hour tour even though I was the only guy on the trip. I hope you all know what you missed." – Dale S.



*"The trip was a lot of fun!! We had a great time. Dale saved our lives at least twice. It was a beautiful day with beautiful people!! I am grateful to get to do this thing." – Mishell L*

"It was my first time rafting sober and it was awesome. Sorry more people couldn't go but the 5 of us had a BLAST!" – Debbie B.