

ARC Alumni Newsletter October 2016

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

Anniversary Celebration Volunteers

Looking to volunteer your time this holiday season? The ARC is looking to arrange a committee of volunteers to brainstorm some fun ideas and a theme for the ARC's upcoming **Anniversary Celebration set for December 4th**. Volunteers can attend the event for **FREE**! Please contact Jim G. at (971) 284-6666 if you are interested.



Alumni Sobriety Birthdays

John Bell – 10/04/2015

Happy Birthday to you!

Upcoming Events

Recovery Potluck & Costume Party

October 29th 11 AM – 2 PM

City Life Building (529 Edwards St)

Please bring a dish and dress up! We will vote on the 'best' costume.

ARC Community Night/ Ice Cream Social

October 30th 7 – 8PM

1003 W. Main Street

Ice cream, games and fun with ARC clients!

All Alumni are welcome to take part in ARC community nights/Ice cream socials at the residential building on the **4th Sunday of each month.**

This serves as a great opportunity to give clients more info, about alumni goals and sober connections once they are done with inpatient. Please join us for fun and fellowship with ARC clients!



Connect with us online! Please join the [ARC Alumni Group](#) on Facebook for more alumni news and opportunities.

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 Thank you to those who shared!

Q: What is the best advice you got from an 'Old Timer' in NA or AA?

A: "Watch their feet, see if they walk their talk and if they do, hang with them oldies". It's working for me and it's what I tell my girls too! – Sue N.

A: "What other people say and think about you is none of your business". Best advice I heard at the ARC ever. – Jodie K.



Pat Walker: 2016 Alumni of the Year

Congratulations to the 2016 Alumni of the year Patrick Walker! Pat has demonstrated leadership skills in recovery and serves as the Fundraiser chair for the alumni. His passion for the ARC and his fellowship shine through his actions and willingness to help others. Thank you for all your service Pat! You truly are an inspiration to many.

Last Carwash of the Year

A big thank you to everyone who helped and donated!

