

FREE



All 4 Ur ADDICTION RECOVERY

Treasure Coast • Aug/Sep, 2013 • Vol. 1, Issue 2

COMMUNITY RESOURCES
RECOVERY ARTICLES
REHABS
SOBER LIVING
ATTORNEYS
THERAPISTS
CLASSIFIEDS
EVENTS
MUCH MORE!

RESOURCE GUIDE

Important Helplines

800-ALCOHOL, 800-COCAINE, 800-LOSTBET, 800-RELAPSE

AA WORLD SERVICES	212-870-3400	www.AA.org
AA Intergroup St. Lucie County	772-873-9299	www.aastlucieintergroup.com
AA Intergroup Martin County	772-283-9337	www.martincountyaa.org
NA World Services	818-773-9999	www.na.org
Florida Regional	863-683-8224	www.Floridana.org
NA Treasure Coast Area	772-343-8373	www.treasurecoastareana.com
Al-Anon Alateen Worldwide	800-344-2666	www.al-anon.alateen.org
NA Nar-Anon Treasure Coast	888-425-2666	http://nar-anon.org/Nar-Anon/Florida.html
OA Anonymous	505-891-2664	www.oa.org
Sex and Love Addicts Anonymous	210-828-7900	www.slaafws.org
211 Treasure Coast-211	211	www.treasurecoast.org
211 For Teenagers	211	www.teen211pbtc.org
Florida Abuse Hotline	800-962-2873	www.dcf.state.fl.us/programs/abuse/
Family Anonymous	847-294-5877	www.familiesanonymous.org
Community Coach in Martin County	772-283-1814	www.martinmpo.com
Strengthening Families	772-672-8640	www.castletc.org/castle-programs/strengthening-families
Student Assistance Program	772-467-3010	http://www.nhtcinc.org/children.html
Volunteers In Medicine	772-463-4128	www.volunteersinmedicine.org
House Of Hope Jensen Beach	772-225-1060	www.hohmartin.org
House Of Hope Stuart	772-286-4673	www.hohmartin.org
The Salvation Army Stuart	772-288-1471	www.salvationarmyusa.org
The Salvation Army ST. Lucie	772-464-4846	www.salvationarmyusa.org
Mustard Seed Ministries Fort Pierce	772-465-6021	www.mustardseeds.org
Treasure Coast Food Bank	772-460-2195	www.stophunger.org
ADAP Counseling Services	772-204-9085	www.tes-fl.com/home.html



LETTER FROM THE PUBLISHER

All 4 Ur Addiction Referral Recovery Guide was established in Stuart, Florida, by Jenny C. in 2013. The All 4 Ur Addiction Referral Recovery Guide is a resource magazine for those suffering from the cunning, baffling and powerful disease of addiction. Our publication provides not only information about the disease, but help in locating detox facilities, in and out patient treatment facilities, counseling services, life coaching and more. This directory includes available legal help, sober living facilities, and community services. We supply a list of resources to include free community services, transportation, sober events and activities and more. We offer assistance to family and friends affected by the disease as well.

Our founder and owner Jenny C. has worked in the health care industry for over 8 years, specifically Chemical Dependency for over 3 years. Her experience includes Peer counselor, Intake Coordinator, Admissions and Marketing at several different health departments and treatment centers over the last 8 years. She assisted in the development of a new treatment center on the Treasure Coast establishing the protocol for their Admissions and Business Development Departments. Her love for people and serving those in need has resulted in the development of All 4 Ur Addiction Referral Recovery Guide.

Jenny has experienced the pain of addiction in her own life and witnessed the devastation in her immediate family. She is dedicated to her own personal recovery and providing public services to those in need.

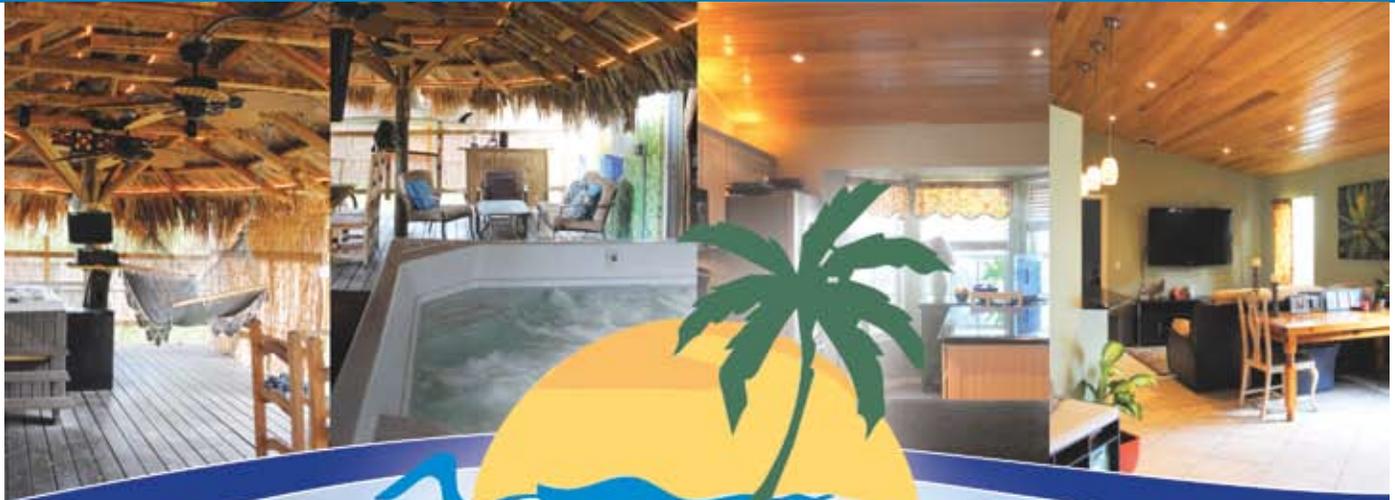
All 4 Ur Addiction Referral Recovery Guide takes great pride in our relationships. Every addict deals with specific issues, and every addict should be treated with compassion and care. Entering recovery is very taxing on the mind and body, but that should not be a deterrent. It is important that the right decision be made for the sake and well-being of the affected suffering addict.

To find quality addiction help in Florida, make sure you call professionals. All 4 Ur has great resources at hand to aid you in making a new beginning. We are a means to help you or a loved one find sobriety, and most importantly, happiness. Our mission for this monthly resource guide is to bring awareness and resources available to those suffering from addictions and their families who are affected by this disease.

If you have found this resource guide to be helpful, you may visit us online at

www.All4UrAddiction.com

Sincerely,
Jenny
Publisher
info@All4UrAddiction.com




THE AMBITION HOUSE

Creating a new way of life !!

**TRANSITIONAL LIVING HOMES
FOR MEN AND WOMEN**

PORT ST. LUCIE, FL

The Ambition House offers comfortable living at an affordable price. Providing a safe and structured living environment that will help you transition from treatment to a life of sober living. It is our goal to provide every member of the Ambition House family with the best shot at early recovery as possible. The first six to twelve months of sobriety are the most crucial in regards to acquiring the knowledge and skills necessary for long-term sobriety.

- **FREE Gold's Gym Membership**
- **2-3 Drug Tests Weekly**
- **Blu-Ray DVD Player**
- **Playstation 3**
- **Breathalyzer Screens**
- **24-Hour Managers on Duty**
- **Flat Screen Tv's/ Free Wifi**
- **HD Digital Cable**
- **Desktop Computers**
- **High Speed Internet**
- **Weekly House Meetings**
- **Weekly/Monthly Goal Setting**
- **Great Location Close to 12-Step Meetings**

Call Us Today! (888) 278-2743
www.TheAmbitionHouse.com

HOPE: TO EXPECT WITH CONFIDENCE FAITH: BELIEF, CONVICTION

BY DEBRA A

A new life begins when we stand in the darkness and not only see a ray of light emerging in the distance, but experience a profound sense of relief and comfort in the core of our being. At a deep inner level we recognize the light that brings us home to our greater self. A light which makes a way seem possible when none was clear.

Hope is the belief that something will turn out well, not matter how it turns out. The sense of certainty that everything works for our betterment.

For some in recovery, the seeds of hope begin to take hold when we enter 'the rooms' of a twelve step program. We watch the faces of people who are smiling and happy. We realize we've come to a turning point in our own lives. The haze begins to clear and we start to know the future holds promise. Sometimes, we are challenged to look upon our life circumstances as hopeful. Yet we hear others explain how miracles were born from their difficulties.

When we listen to others share their experience, strength, and hope we come to understand our current pain won't last forever. We begin to understand the value of a faith that sustains us in any and all situations. We learn to cultivate the kind of faith

which allows us to move forward through life's challenges with more confidence and certainty. The idea that better days are ahead takes hold in our heart and minds.

To continue on the path of recovery, we must have hope of success. The ability to get and stay sober is contingent on persistence in applying the principles in our daily lives.

Hope and faith are blended together in our lives. While hope may be a dream of something we want or need, only faith brings that dream into reality. Without faith, hope is nothing more than an ineffective dream.

With faith we are impelled to reach our full potential. With faith we become productive members of society. We discover a greater purpose in our lives. Best of all, we learn how our experience can help someone else out down the road.

In the words of the 13th century Sufi mystic and poet, Rumi,

"Once the seed of faith takes root
it cannot be blown away,
even by the strongest wind-
Now that's a blessing"





Get Help, Get Hope, Get Back Your Life!

Here at The Phoenix House we take pride in bringing you an environment that most benefits your recovery. Transitioning to a sober home is a crucial step and not to be taken lightly. Whether its your first time in your early recovery, or you have experienced living in many we give you the right structure, intervention, and rules you can live by. The desire is in you, and the commitment is in us. We give the person a true fighting chance to stay in recovery. Come see for your self, call us for an appointment and let us give you a tour. We are licensed and professional liability insured. Mention this add to get \$50 off your deposit.

CALL TODAY 772-626-7175
www.newhopephoenixhouse.com

 The advertisement is set against a background of a white garage door. At the top left, the text 'ACCENT GARAGE DOORS' is written in large, bold, yellow and orange letters. Below it, 'Openers • Springs • Doors' is written in black. In the top right corner, there is a photograph of a white LiftMaster garage door opener. The text 'REPAIR & REPLACEMENT 7 DAYS A WEEK' and 'CALL FOR A FREE ESTIMATE TODAY!' is written in red. Two phone numbers, '772-201-8914' and '772-337-7733', are displayed in large black font. At the bottom, there are three coupon boxes with dashed borders. The first coupon says '\$150⁰⁰ OFF Any Double Garage Door' with a small note 'Cannot be combined w/other offers. w/ad'. The second coupon says '\$75⁰⁰ OFF Single Door Replacement' with a small note 'Cannot be combined w/other offers. w/ad'. The third coupon says '15% OFF Any Repair' with a small note 'Cannot be combined w/other offers. w/ad'. At the bottom of the ad, there are logos for LiftMaster, AARP, AAA, Military & Seniors, and various credit cards. A Facebook logo and the text '/AccentGarageDoors' and 'www.accentgaragefl.com' are also present.



To get your event listed email us at info@all4uraddiction.com

All 4 Ur Addiction Recovery Guide, is not in any way associated with or endorses any events in any way. And as such, they do not accept responsibility or liability for any events.

**11th Annual Battle of the Fellowships
Volley Ball Tournament**

08/25/2013 11:00 AM-till victory

This battle of the fellowship is held in Jensen Beach at the Pavilion, Trophies, Food, Fun and Fellowship
For more information call Clyde 772-323-1318 or Blake 772-341-4472 Jensen Beach, Fl

**RE-CREATION: First Annual RECOVERY Conference
09/14/2013 9:00 AM-5:00 PM**

All alcohol and addiction professionals and counselors are welcome! This faith-based conference will feature 3 keynote speakers, addressing Recovery in our community; other topics range from Prison Ministry to Co-dependence. 212 3rd Street North St. Petersburg, FL 33701

Recovery Month Rally

09/14/2013 3:00 PM - 6:30 PM

We are celebrating our first Recovery Month Rally at Stepping Stone Center and will be joined by the community from The Refuge in Atlantic Beach. At Stepping Stone Center for Recovery 8889 Corporate Square Ct. Jacksonville, FL 32216

Voices of Recovery Together on Pathways to Wellness

09/15/2013 12:00 PM -5:00 PM

This family fun event includes a chili cook off, cupcake contest and talent show called "Recovery's Got Talent". This event is fun for all age with activities for children and information and entertainment for all. South Florida Fairgrounds Expo Center.9067 Southern Blvd. West Palm Beach, FL 33411

Fellowship Hall Labor Day Picnic

09/02/2013, 12 - 3 PM

Flagler Park, Downtown Stuart

Every Tuesday & Friday

6:00pm - 7:00pm

Drum circle 6642 US1 Hwy, PSL

1st & 3rd Wednesdays of the month

Tradition in Port St Lucie

This is a huge outdoor picnic featuring foods of different origin cooked to order.

Every Thursday

6:45pm - 8:00pm

Meditation Class at Unity of Stuart
211 S.E. Central Parkway, Stuart

CA Convention in Fort Myers

09/20/2013-09/22/2013

12 Step recovery Florida style, speaker meetings, marathon meetings, workshops, banquet, evening activities, memorabilia, great fellowship at Crowne Plaza Hotel at Fort Myers at Bell Towers Shop
13051 Bell Tower Dr., Fort Myers, FL 33907

Motorcycle Run in Daytona

09/21/2013 5:00 PM

Motorcycle Run finishes at the Daytona Band Shell But the festivities are just beginning . . . And it's FREE ! Line Dancing-Pre Event activity begins at 4:30pm Escorted Bike Run-Pre Event activity begins at 1pm Recovery's Got Talent! Kids Zone Uplifting Testimonials Resource Tables. 250 Atlantic Blvd Daytona Beach, FL 32118

Serenity Beach House

of Jensen Beach, Inc.*

Rich Keegan
 Director of Housing
 772-324-0720

Recycle 4 Recovery
 Thrift Store
 826 SE Dixie Highway
 Stuart, FL 34994

*Sober Transitional Living Center for Men
 a 501 (c) (3) not for profit corporate entity

First Year Checklist

- ☀ Don't Take the First Drink or Drug
- ☀ Go to 90 Meetings in 90 Days
- ☀ Get a Sponsor
- ☀ Hang out with People in Recovery
- ☀ Learn to Ask for Help
- ☀ Talk about your Feelings
- ☀ Try to Help Somebody
- ☀ Take One Day at a Time
- ☀ Ask Higher Power for Help
- ☀ Stay Out of "Your Head"
- ☀ Beware of People, Places, & Things
- ☀ Put No Conditions on Your Sobriety
- ☀ Romance can be a Sobriety Killer

Karina Priest, LMHC Counseling Center

1100 SW St. Lucie West Blvd.,
 Suite 110
 Port St. Lucie, Florida 34986

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- All Insurances Accepted
- No Copays Charged
- Sliding Fee Scale (If No Insurance)
- Transportation Provided

Areas of Expertise

- Substance Abuse
- Mental Health
- Trauma PTSD
- Marriage and Family



561-329-4515

karinapriest@gmail.com



Transitioning..Into a life of sober living..
 Artesian Houses are a safe, sober living environment for individuals who are serious about changing their lives. We include transportation to and from medical appointments and 12 step meetings. Educational resources are provided along with legal and medical resources, group classes to aid with time management, budgeting, boundaries and life skills.



For more information visit our website
www.artesianhouses.com

Port St, Lucie Hospital

*Specializing in the Treatment
 of Mental Health and Substance Abuse*

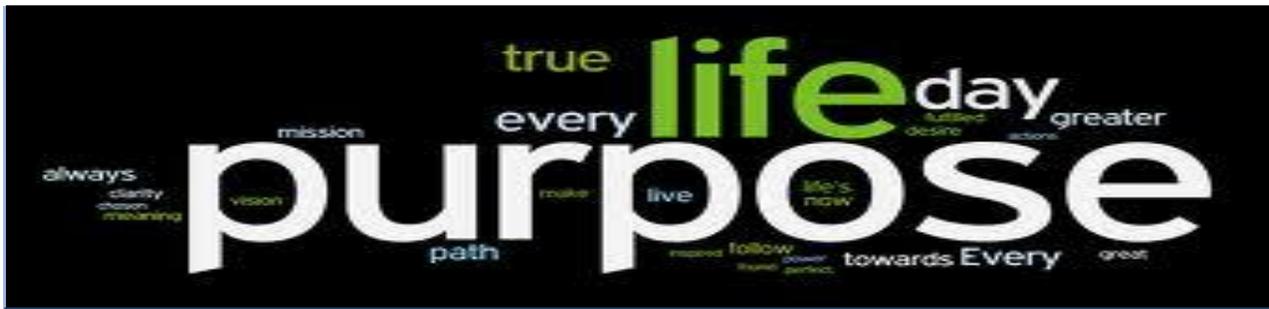
Joanne Rossi
 Business Development

(717) 344-3858 Cell PORT ST. LUCIE HOSPITAL
 (772) 335-0400 Office 2550 S.E. Walton Road
 (772) 337-3121 Fax Port St. Lucie, Florida 34952
www.portstluciehospitalinc.com

Suggestion Corner

Send your questions, comments,
 or suggestions to:
info@all4uraddiction.com

We will post them and
 our comments next month.



Depression ♦ Relationship ♦ Addiction



LIFE COACHING

You DO NOT have to live this way!

Self-Empowerment

- Goal Setting
- Spiritual Growth
- Courage
- Balance
- Boundaries
- Power of Letting Go
- Self-Esteem
- Peace
- Addiction
- Healthy Relationships
- Self- Love
- Intuition
- Health



Rosemarie Guarnero

772-634-1697



MY FIRST MEETING

BY TIFFANY F.

My first meeting was in Nov. 2009. The night before I had just kicked out my ex-husband because we had gone to get beer but he wanted to get high on crack and at that moment God put prison in my thoughts because that is where I was going. That day I left a marriage of over 20 years. I knew in the bottom of my heart that I would end up dead from either an overdose or him beating me to death. That next morning I went to a 10 a.m. meeting. I was so sick and knew the bus ride to that meeting would be hell but something had to change. All I can remember is walking into the meeting and all these people were happy, smiling, and laughing. After that meeting I was determined to find out what those people were taking to make them feel that way. Those next few weeks were horrible! The bus drivers hated me for having to detox on their buses but one driver started bringing me extra clothes and a trash can to keep with me. I never felt more embarrassed in my whole life but thankful at the same time.

I was first told to “Just keep coming back” and “Don’t pick up, just for today”. In the beginning all I did was go to meeting. The one thing that was starting to bother me was some of the men trying to hit on me. I was not there for a relationship, for heaven’s sake I just left one but all I wanted was to learn how to live sober. Someone has told me about a gay meeting and in my mind I thought that was perfect because I didn’t have the parts the men wanted!! That meeting became my home group so the “Queens of Daytona” taught me how to start living. Then I was told to get a sponsor and one that scared me, so my first sponsor was a 4ft. hard core woman. She stayed my sponsor for the first 2 years.

That first year was hell! Years prior I had lost both of my children in my addiction. So being the entitled addict I was, I had my case reopened to get my kids back because in my mind being sober would fix everything. It was not pretty, fighting everything and everyone my insanity spread like wild fire. Resentments, anger and guilt ruled my life. Not knowing how not to let go of those feeling I stayed miserable all while going to meetings, doing service work, and working with others but I had no willingness to change. When I picked up my first year medallion everyone in that room commented on how they didn’t think I was going to stay sober. Of course, I had no clue what they were talking about because I thought I was happy. During this time I was working on my steps, to the best of my ability which was a joke. I did steps 1, 2, and 3 with ease but step 4 I had to look at me. The thought of having to admit the things I had done was easy but accepting them was a different story. How could I accept choosing booze and a crack pipe over my children, my sister taking care of my kids, the people I stole from, my family disowning me and being high the whole time my father was dying? Then on top of that my sponsor wanted me to find forgiveness for myself and others. So as the great actor, I played along but inside still slowly dying

inside. My Sponsor knew I had not been honest and kept my going through the rest of the steps all along hoping something would click in my brain.

A few months before my 2 year anniversary everything began to fall apart, my sister made the case with the kids horrible. I had been accused falsely of child abuse and thank God the case worker saw right through it. On top of that, my sponsor’s husband was dying of liver cancer. I was helping take care of Chris and it hit me like a ton of bricks. That I had gotten to make an amends to my father through Chris because while my father was dying I stayed high but with Chris I stayed sober. I didn’t know how to deal with that gift. To me it was a double edge sword. I could not wrap my mind around this and when Chris passed I started to crumble. A month after his passing my court case was coming to a close. While my kids were talking to the judge, I asked her to stop. That I had realized this whole time I was being selfish. I had no right to get my kids back at that moment in my life. For the first time in my life I was being unselfish and put their needs first. They were happy and stable living with my sister and that was something I could not give them yet. Not until I got some honesty but foremost a God. Walking out of that court room I crumbled. Two weeks later Bike Week came and that was my playground. Within 2 hours I was getting high and drinking O’Doul’s. I can say today that I am grateful for that night because I had a pipe in my hand, tears running down my face and the Big Book running through my head. No matter how hard I tried I could not get high. There was no amount of substances that was going to kill the pain I was feeling. The next day I changed my sobriety date and picked up a white chip. That night showed me that I want to live and to do so I better believe in God. So, I went to the beach a couple nights after and all I can remember is yelling and cussing God out, telling God that if he hears me then to show me so he did. Two shooting stars came out of the sky and I dropped to my knees crying. I realized I had to forgive me, that I was not that person that made bad choices anymore. I am worth more than a bottle or a pipe in my mouth. God came into my life along with some down and dirty honesty. Diving into my program like never before I dealt with my demons. I found forgiveness for myself and others which brought peace in my life. My sobriety is above all today and what gifts has my God given me. I am remarried, I had a child come back home this past January, I sponsor today but most of all I believe in God and the 12 steps of this program. Practicing them daily in my life realizing that the things that happen good or bad are life lessons. My family has yet to forgive me but in cleaning up my side of the street I am okay with that because the people in the rooms are my family giving me unconditional love. I attend meetings, have a great sponsor and sponsorship family. My outlook is that I was willing to do anything for the booze and crack but today I put that effort in my sobriety.

SEPTEMBER IS RECOVERY MONTH

National Recovery Month (<http://www.recoverymonth.gov>) is a national observance that educates Americans on the fact that addiction treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life. The observance's main focus is to laud the gains made by those in recovery from these conditions, just as we would those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. **Recovery Month** spreads the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

Recovery Month, now in its 24th year, highlights individuals who have reclaimed their lives and are living happy and healthy lives in long-term recovery and also honors the prevention, treatment, and recovery service providers who make recovery possible.

Recovery Month promotes the message that recovery in all its forms is possible, and also encourages citizens to take action to help expand and improve the availability of effective prevention, treatment, and recovery services for those in need.

Celebrated during the month of September, **Recovery Month** began in 1989 as *TreatmentWorks! Month*, which honored the work of the treatment and recovery professionals in the field. The observance evolved to **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** in 1998, when the observance expanded to include celebrating the accomplishment of individuals in recovery from substance use disorders. The observance evolved once again in 2011 to **National Recovery Month (Recovery Month)** to include all aspects of behavioral health.

Each September, thousands of prevention, treatment, and recovery programs and services around the country celebrate their successes and share them with their neighbors, friends, and colleagues in an effort to educate the public about recovery, how it works, for whom, and why. There are millions of Americans whose lives have been transformed through recovery. The 2013 **Recovery Month** observance emphasizes the many ways that people can prevent behavioral health issues, seek treatment, and sustain recovery as part of a commitment to living a mentally, physically, emotionally, and spiritually healthy life.

Currently, 203 Federal, State and local government entities, as well as non-profit organizations and associations affiliated with prevention, treatment, and recovery of mental and substance use disorders, comprise the **Recovery Month** Planning Partners' group. The Planning Partners assist in the development, dissemination and collaboration of materials, promotion and event sponsorship for the **Recovery Month** initiative.

Materials produced for the **Recovery Month** observance include print, web, television, radio and social media tools. These resources help local communities reach out and encourage individuals in need of services, and their friends and families, to seek treatment and recovery services and information. Materials provide multiple resources including SAMHSA's National Helpline - 1-800-662-HELP (4357) for information and treatment referral and SAMHSA's Treatment information at <http://www.samhsa.gov>.

TOGETHER WE CAN ACHIEVE ANYTHING



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STRENGTH &
CONDITIONING,
WEIGHT LOSS,
AND PHYSICAL
WELLNESS



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MAKE THE CALL AND MENTION THIS AD TO
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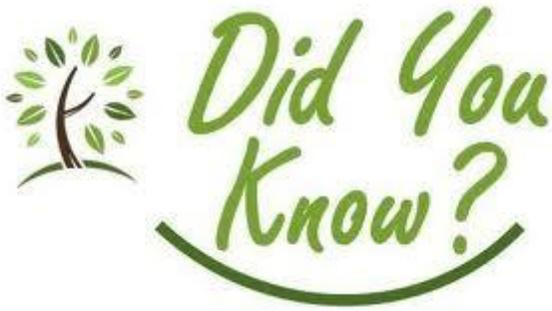
WWW.SAVAGEFITNESS.NET

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MENT, FIRE RESCUE, TEACHERS AND STUDENTS



ONE ON ONE
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ARE AVAILABLE
FOR ALL AGE
GROUPS AND
FITNESS LEVELS





Alanon is a meeting for parents, wife, husband or any other family member of alcoholics. Alateen is for a younger brother or sister or a child of an alcoholic. Call 1-800-344-2666 for meeting locations.

Nar-Anon are meetings of groups that allows parents, wife, husband or any other family member of an addict to share their thoughts and feelings and will get a better understanding of the disease of addiction. Call 1-888-425-2666.

There are many parenting classes as well as classes for your children that are dealing with separation in their families at a low fee at Castle on the treasure coast call 772-461-0893 or go to www.castlelc.org

You can donate to or get help with a school pack for a child that is going back to school call 772-807-3868 or email dbutler@gfnf4kids.org

If you qualify for any government benefits and you don't have a phone try to apply to get a free phone from lifeline assistant call safe link at 1-800-723-3545 or Assurance at 1-888-898-4888

To get your teeth fixed at a low cost call hands of St. Lucie county at 772-344-2541, Light of the world charities in palm city 772-223-9781.

There is a free telephone reassurance program to check on the well-being of seniors, the home bound or disabled. If you are interested or know anyone that might be interested in receiving a sunshine call, just dial 211 and say that you would like to start receiving sunshine calls.

If you have some free time on your hands get involved with volunteer work at any non profit organizations. This month we recommend for you to call and help out the Treasure coast food bank, to help call 772-464-9617.

If you live in St. Lucie county you may qualify for free smoke detectors for your house just call 211 to register.

Dedicated to Helping You
Overcome Your Drug Addiction

CALL: (877) 589-3036

259 NE Airosa Boulevard
Port St. Lucie, FL 34983-1675

Gift House Inc.

Bringing the Heart Home

Recovery For Young Adults



What We Have to Offer

We are a non-profit organization licensed in the state of Florida

The services you need to learn how to live

Ivette Ayuso



Program Director

Phone: (772)249-0177

Cell: 561-577-9800

E-mail: gifthouserecovery@yahoo.com

Here at the Gift House we know the struggles you face in the process of recovery. We will provide you a personalized, and individual care to better help you navigate your success in recovery. Here you will find:

- Managers on-site 24/7 with a minimum of a year clean
- Stable and hygienic living spaces and rooms
- Monthly trips to conventions, theme parks etc.
- Care and compassion/ outpatient services
- Transportation to daily 12-step meetings
- Transitional living
- Monthly progress reports
- One-to-one care

We also provide comforts that will make you feel like you have a home:

- Complimentary Netflix service and internet connection
- Television and cable (includes HBO/STARZ)
- Delicious meals six nights a week cooked by our own chef

** Rent and other payments will be dependent on the circumstances of each individual and length of stay*

BELIEF AND FAITH

BY SHAWN M.

When I came into the rooms of recovery a little over two years ago I was already convinced of steps one and two of the twelve step program of recovery. Where I hit my first of many roadblocks in early sobriety was making the decision in step three. I admitted to myself and others a couple of years before I finally got sober that I was powerless over all the different substances I was putting into my body and that my life was extremely unmanageable before, during, and after those substances. I just was not ready to do anything about it quite yet because I still thought "the great I" could fix it or get it under control.

So when I started to work the twelve steps of recovery with my sponsor I was moving right along until I got to step three and had to turn my will and life over to the care of my Higher Power which at the time was of my mis-understanding. I understood that I was to let go and let this Power greater than myself run the show from here on out but it wasn't until about a year or so later did I truly understand and comprehend what faith was, and even more importantly the difference between belief in step two and faith in step three.

I am fortunate enough to live with my sponsor because that is the type of relationship him and I have and his girlfriend, also in recovery, lives with us as well. One day she lent me a set of CDs by a couple guys named Joe McQ. and Charlie P., or just Joe and Charlie which they are commonly referred to. In one of these CDs Joe and Charlie explain the difference between belief and faith. They said that belief was just what it sounds like. Somebody tells me something and I believe that it is true. So in step two I believe that there is something out there, some Power greater than myself that can and will restore me to sanity if I put my faith into that Power. This is where I ran into my first obstacle because I did not even know what faith really was. Joe and Charlie explained that faith meant to have knowledge of that Power greater than me.

The word agnostic breaks down into ag (meaning without) and nostic (meaning knowledge), or literally without knowledge. If I would have had any knowledge of this Power working in my life before I truly believe I would not have done the things I did or ended up in the situations I did. All the consequences of my addiction were because I was trying to run the show and control everything. I was being selfish and self-centered, which I learned was the root of my troubles.

Here is an analogy that helped me. You move to a new town and you don't know anyone. You start having coffee at the same café every morning and you get to know one person in particular. Every morning for three months you have coffee and a conversation with this same person and you start to feel you can trust him. One day the transmission in your car breaks down and you need a good, reliable, and fair mechanic to fix it. The problem is that you don't know of a good mechanic, so you ask your new friend at the coffee shop if he knows of any. He says "sure, take it down the street to John. He does great work at a great price." So you take the car to John BELIEVING that what your friend is telling you to be the truth, but you don't know for sure. As it turns out, John does a wonderful job; quick and very affordable. Six months later the radiator in the same car starts to go and now you have KNOWLEDGE about where to get it fixed at. You now

have FAITH that John will do a good job at an affordable price. This distinction between belief and faith was monumental to me at the time I heard it. I was a little more than a year sober and was just beginning to do extensive work with other alcoholics and take them through the twelve steps of recovery. I grew up in a Catholic household and a very loving one at that; so when I entered recovery I did so already with a belief in God. What I did not know how to do was to depend and rely on God. I didn't know what it meant to turn my will and my life (which are just my thoughts and actions) over to God. I pray this article will help someone better understand what faith means to them so they can join us on the Broad Highway.



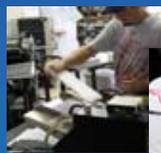
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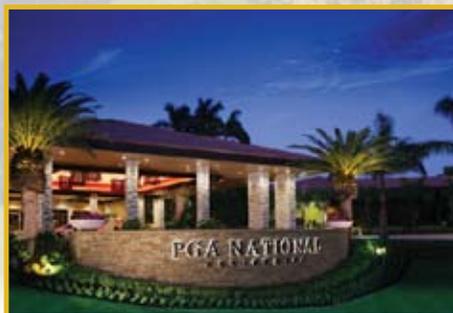
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