



LOUISVILLE
RECOVERY
COMMUNITY
CONNECTION

The 620 POST NEWSLETTER

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GUESS WHO'S BACK

RE-OPENING 2.0

When many of us begin our recovery journey, we make the decision to do anything necessary to create a new life for ourselves; a world in the midst of a pandemic and societal turmoil is no exception. We're ready to open our doors again and help provide the support you're seeking. , we'll be open again for regular hours and resuming all in-house recovery support meetings!

Hours:

(Resuming Monday, August 17th)

Monday – Thursday: 10:00 AM – 9:00 PM

Friday – Saturday: 10:00 AM – 6:00 PM

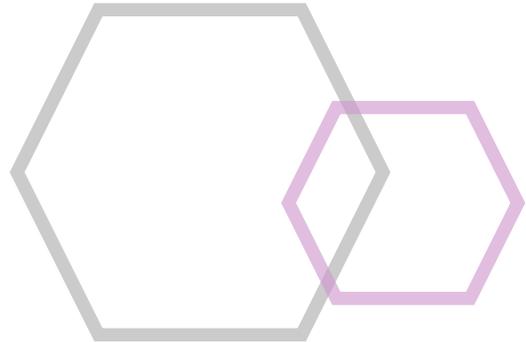


NEW TO THE CREW

WELCOMING TEZ CAMPBELL TO THE LRCC TEAM

We're thrilled to welcome a new addition to the LRCC staff! A staple in the local recovery community, there's a good chance you've already seen Tez around the 620 building. He originally came to the LRCC as a Centerstone client seeking resources for housing and transportation, and quickly furthered his leadership in our community by spearheading our move to bring the first MARA (Medication-Assisted Recovery Anonymous) meeting to Louisville. Working in the recovery field has been a goal for Tez ever since he was only thirty days sober. In his own words, "Not only will I be able to help my peers on a professional level, but I also get to treat my own disease and 'step my own game up.'" His welcoming nature and innate ability to spark connection wherever he goes are evident to anyone who has the chance to meet him, and we're excited to see what we will be able to achieve together with Tez as an official member of our team.

"I would like people to know, if you see me, I'm available. No matter how big or small the problem is, if I can help you, I will to the fullest extent of my ability. Don't hesitate to 'holla for Tez."



MEETING SCHEDULE

ALL MEETINGS RESUMING MONDAY, AUGUST 17TH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6PM – SMART Recovery	11AM – Simple Program for Complicated People (AA)				10AM – Cross Addicted Anonymous (CAA)
	6:30PM – Living Free (Faith-Based)				1:30PM – Out of the Fog (AA)
	8PM – Medication Assisted Recovery Anonymous (MARA)	8PM – Big Book Study (AA)	7PM – Women's Meeting (AA)		
	8PM – Bottomed Out (AA)				



[Photo source: Iowa Harm Reduction Coalition]

STAY TUNED

A NEW SUPPORT KIND OF RECOVERY SUPPORT

Starting in September, the LRCC will be partnering with Voices of Hope in Lexington to bring a Harm Reduction Works meeting to our collective recovery community. For those who may be unfamiliar with the idea of harm reduction, it is loosely defined as a set of principles and practical strategies (such as transitioning from injecting substances to smoking them, or visiting a syringes exchange to avoid sharing needles) intended to decrease the negative consequences associated with using drugs. While there is no universal solution used to implement harm reduction methods, this philosophy extends compassion to those who use drugs in that it aids in creating a safer lifestyle without a “one-size-fits-all” philosophy. Harm Reduction Works is a setting for those utilizing or seeking harm reduction methods to build community in an environment free of judgment or stigma.

**First HRW Meeting (via Zoom):
Monday, September 14th**

STAFF REFLECTIONS

TAKING CARE OF YOURSELF IS NOT SELFISH

I feel like it’s not a far reach to say that in the midst of a pandemic, none of us really know what we’re doing. As if our respective recovery journeys weren’t enough of an adventure, we’re now living through an historic global event that has drastically changed how we interact with one another and the world at large. It’s difficult to have any clarity about when these transitions will be able to shift back to “normal,” and perhaps we are feeling faced with the daunting idea that *this* is our “new normal.” Because these thoughts feel heavy, it’s now more important than ever to extend grace to others and to even have some mercy on yourself. I’ve been working to recalibrate my thinking lately to try and assume positive intent with any person I encounter. For me, the only way I can hope to walk through this moment – a time when we’re all just “building the plane as we fly it” – is if I allow myself to believe that everyone is doing the best they can with what they have at any given moment, but I must also acknowledge that I, too, am only doing my best to navigate the circumstances we find ourselves in.

-- Anna Kate, LRCC Staff

