



LOUISVILLE  
RECOVERY  
COMMUNITY  
CONNECTION

# The 620 POST NEWSLETTER



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## RECOVERY @ THE LRCC

### DISCOVER A NEW WAY TO NETWORK

You might have heard about the new community resource center downtown, but what is really going on at the Louisville Recovery Community Connection? This newsletter will help you get to know us, update you on events going on here or around town, and highlight the life of recovery in Louisville through our staff and members.

#### Updated Hours!

**Monday – Thursday: 8:00 AM – 10:00 PM**

**Friday: 8:00 AM – 5:00 PM**

**Saturday: 9:00 AM – 2:00 PM**

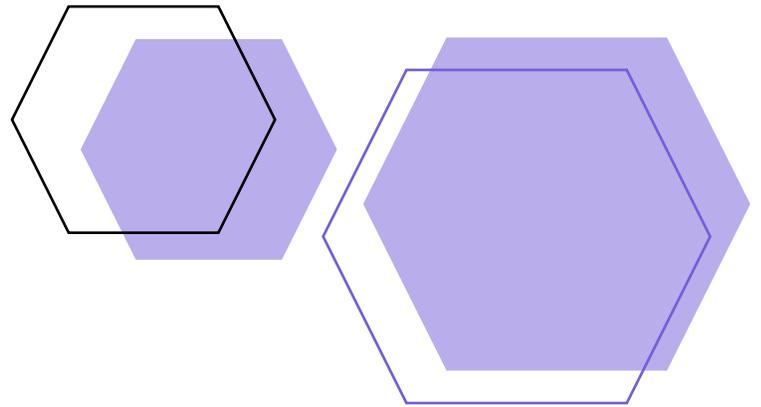


# THE NEW SOUND

## OF RECOVERY IN LOUISVILLE

“A person who is guilty and wealthy has a far better outcome than someone that’s innocent and poor.” – Shelton McElroy

Published November 17, 2019, the first episode of *Above the Static*—hosted by our own Jeremy Byard and Centerstone’s Vice President of Addiction Services, Scott Hesselstine—features Shelton McElroy, National Director of Strategic Partnerships for The Bail Project (<https://bailproject.org/>). In this episode, you’ll get to hear an engaging examination of the intersection between pre-trial incarceration and the process of recovery from addiction. This discussion considers current public policy as well as the specific, personal impacts our current cash bail system has upon individuals, families, and communities facing the disease of addiction and seeking recovery. Check out this and all future episodes on Apple Podcasts, Spotify, or at [AbovetheStatic.org](http://AbovetheStatic.org)!



# THURSDAY NIGHT

## EXPRESS | CREATE | PLAY

Thursday nights at the LRCC are now the way to kick off the end to your week. You’ve made it past the halfway mark, why not treat yourself with some fellowship and fun?

### 1<sup>st</sup> Thursday of the month – Open Mic Night

Join other musicians, poets, artists, and appreciators for live entertainment from others in recovery. Express yourself behind the mic or just come by to support.

### 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month – Art Recovery X

Come by to get creative with other artists in recovery. You don’t have to be Picasso – all are welcome to discover their hidden talents.

### 3<sup>rd</sup> Thursday of the month – Game and Trivia Night

This is a night we are just getting started. Have a group who wants to do trivia? Not using those old board games in the garage? Bring your friends, bring your games – Let’s get our game faces on!



# MEMBER SPOTLIGHT

ZACHARY L.

*"It's a good place to come if you don't have anywhere to go and to fellowship with people in recovery."*

Zach has been a part of the LRCC community from the very beginning. Even before our grand opening, he heard about us from a leader at the Talbot House, where he lives. "The first day here, I applied for a couple jobs; I got a phone call that day for an interview." Zach has since moved into a leadership role at his job. When asked what is different about his life since starting this leg of his recovery journey, Zach emphasizes the importance of taking suggestions and "following through with what I say I will do." He keeps up his momentum in recovery by staying involved in a sober support network, frequent contact with his mentor, and consistently putting in work on his sobriety. This is the most time Zach has had in recovery to date and he is proud of having stayed sober this long and staying committed to things in his life today. We are thrilled to have been involved in Zach's recovery so far and are excited to see what all he will continue to accomplish!



## WHY THE SIGN?

### ANONYMITY IS A RIGHT

At the LRCC it is important to us that you feel safe and comfortable. That is why we have policies and signs in place to protect the rights of all who come in to visit.

We wanted to set aside this space to feature one of the important policies that represent us as a group. Anonymity might not be a requirement of a group you are a part of, but privacy is something that everyone has the right to.

Whether it is an event, a meeting, or coming in for resources, it is important that the pictures you take are with individuals who are ok with you using their image. It's easy to forget that others might not want to be in the screen or tagged on social media.

Don't forget – Ask before you snap!

Ask before you snap!



Remember, anonymity is a common principle for many of the branches of support we offer here. Please respect that desire and ask permission before sharing pictures, videos, names, and locations of individuals that may be in a shared post, text, email, etc.