



LOUISVILLE  
RECOVERY  
COMMUNITY  
CONNECTION

# The 620 POST NEWSLETTER

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## RECOVERY @ THE LRCC

### MEETINGS HAPPEN HERE

Don't forget to check out the calendar on our website for regularly occurring support group meetings: <http://louisvillerecoveryconnection.org/calendar/>

If you're feeling underrepresented in meeting options in the community, consider starting a support group here. Make the LRCC the home for your Home Group!

### Hours:

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

**Friday: 8:00 AM – 5:00 PM**

**Saturday: 9:00 AM – 3:00 PM**

# BEN'S FRIENDS

WELCOME A NEW SUPPORT TO THE 502 SERVICE INDUSTRY

Ben's Friends is a food and beverage industry support group offering hope, fellowship, and a path forward to professionals who struggle with substance use and addiction. Founded in 2007 "in honor of Ben Murray, a lifelong chef who took his own life" after many years of difficulty with alcoholism, "Ben's Friends exists to provide a safe haven and an anonymous, judgment-free forum for workers in an industry that has one of the highest rates of substance abuse in the country." While this group is not affiliated with 12-step programs (like AA or NA), it shares with them the principle that "the only thing you need to bring through the door is a desire to stop drinking or using." This will be the first local chapter for the Louisville area, with meetings occurring weekly on Sundays.

The first meeting will be held:

Sunday, January 12<sup>th</sup> @ 11:00 am

@ Monnik Brewery: 1036 E. Burnett Ave.

More information on Ben's Friends can be found online at:

<https://www.bensfriendshope.com/>



## HOLIDAY HOPE

SHARING THE SPIRIT OF JOY WITH THOSE AFFECTED BY INCARCERATION

Last month we kicked off Art Recovery X—held on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of every month—a program geared toward finding ways to integrate the process of recovery with visual arts as a form of expression. Our first session was dedicated to crafting handmade holiday cards with a special destination in mind. After our inaugural group made a few dozen cards together, with messages of hope and encouragement, they were brought to the Louisville Metro Department of Corrections to be distributed among those detained in the legal system. Some cards were also given to loved ones waiting in the visitation lobby area.

# MEMBER SPOTLIGHT

CRAIG A.

*"I have faith in what y'all are doing here."*

*"If we're not helping cure the disease, we're letting it win."*

Craig says that this is his first real attempt at recovery; he's beyond proud of having abstained from drugs and alcohol for as long as he has. The ever-present smile on his face and friendly, open demeanor speak volumes to the transformation he has already been able to accomplish in that time. After hearing about the LRCC from another resident at his sober living house, he has become a regular here, coming in multiple times throughout the week. Craig always makes it a point to have a personal conversation with everyone he meets at the LRCC, which speaks to his appreciation for having this as "a comfortable place to hang out and be sober." In his own words, everything about his life is different now, since starting his recovery process. Perhaps the biggest change, though, is "being proud of myself." His primary goal for the new year is to continue doing the work of his 12-step program so that he will be better able to help others seeking recovery.



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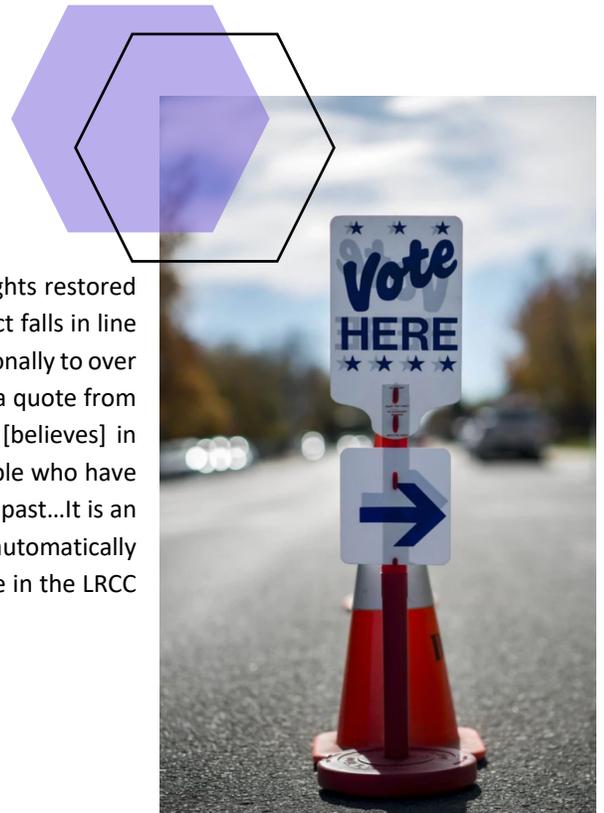
## VOTING RIGHTS RESTORED

FOR KENTUCKIANS WITH PAST FELONY CONVICTIONS

Just a few short weeks ago, an estimated 140,000 Kentuckians had their voting rights restored due to an executive order signed by newly elected governor, Andy Beshear. This act falls in line with a current national trend which has resulted in voting rights being returned nationally to over 1.5 million people with felonies in their past, according to the New York Times. In a quote from this same publication, Beshear says that though he believes in justice, he "also [believes] in second chances...We're talking about moms and dads, neighbors and friends, people who have met and taken on one of the greatest challenges anyone can face: overcoming the past...It is an injustice that their ability to rejoin society by casting a vote on Election Day is automatically denied." We at the LRCC are excited for this step and stand in solidarity with those in the LRCC community who have had their voting rights restored!

If you are interested in checking your own eligibility for restoration of voting rights, follow this link for further details and application:

<https://corrections.ky.gov/Probation-and-Parole/Pages/CivilRights.aspx>



[Photo via Washington Post]