

NEWSLETTER

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COMMUNITY NEEDS WOMEN'S RECOVERY HOME OPENS

Sinnissippi Centers' Women's Recovery Home opened July 14, 2020, in Lee County with a plan in place to also keep residents safe from the Coronavirus. "We opened the Men's Recovery Home a little over two years ago in May 2018, and we knew our next goal was to open a women's Recovery Home," says **Stephanie Englund**, Sinnissippi Centers' Recovery Home Manager. "The Women's Recovery Home in Lee County has been accepting client applications since January 2020" adds Englund. "We understand with substance use recovery, one social determinant of health is a person's living conditions, and the program is an example of the importance of continuity of care with a stable and supportive home environment. With the Dixon Men's home we have served 31 individuals over the past 24 months, with continued success," says Englund. For more information or an application please visit the website <https://sinnissippi.org/recovery-home/>

You can also email RecoveryHome@Sinnissippi.com



SOBERNATION.FM
WITH JONATHAN SYLVESTER

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ANNOUNCEMENTS

SVVOR Sept Monthly Business Meeting
Monday Sept 12, 2020 at 6pm
Zoom Meeting #884 9264 9668 Password 633537
Open to All
Bring Ideas on How to Help Local Recovery

RECOVERY 101 RECOVERY IN A VIRTUAL WORLD



Well it is now coming up on 6 months since the world turned virtual. One day we will tell our grandchildren how we used to be able to go to meetings, walk in without a mask and hold hands at the end. Remember when you walked into the meeting room and got a hug from everybody in the place? Everything is different now.

Now, virtual meetings are a thing. The few meetings I've been to IRL are weird. Everybody is trying to figure out the new protocols. Do we mask? Do we not mask? Which seat should I take? What about that guy making coffee with his mask over his mouth but not his nose? My home group decided not to pass the basket or the laminated "How It Works". That means that if handed it, I have to read the whole thing. The whole thing!

So I tried virtual meetings... I was on one out of Chicago with 400+ people on the call. Besides scrolling through all the video thumbnails and judging people by what was visible in their house, I didn't get much out of it. I know, I'm shallow. In my defense, the chair started the call by saying they would pick the people that could speak and it was clear they were going to pick people that they already knew. It was nice to listen but I knew I wouldn't get called on so out came the not spiritually fit me. I was on another virtual meeting with just 3 people. Hard to keep a 1 hour conversation going with just 3 people.

I'm not saying that virtual meeting don't serve a purpose or that person to person meetings should not change. I respect and value anything that leads people to sobriety. In my opinion, my recovery is my responsibility meaning I have to find what works for me. I have talked to too many people (usually in early recovery) that are finding this new way of doing things

uncomfortable. Their solution is to just back away and pretend it isn't an issue. I know people with less than 2 years of sobriety that haven't been to more than 3 meetings, virtual or otherwise, since March. Not good...

Most of us are battling a disease that wants to kill us. We all know how cunning, baffling and powerful our addiction can be. It will take any opportunity to fool us into thinking we are "just fine". It wants me to get offended by something said in a meeting and vow to never return. Stomping out of the meeting room is even better. That is just how my disease tries to separate me from my support system. The further I am from the recovery community, the closer I am to my next drink or drug.

So in a new world where people have to maintain distance, there are some new hurdles. That doesn't justify me letting my disease gain momentum. I once said I would "do anything" to make a change in my life. My life is different now. Different and better. I want to keep it that way so I am doing whatever it takes. Even if that means dealing with some things that make me uncomfortable. I will sit on the 400+ meeting knowing that I won't get to share and listen. I will attend as many meetings as I can and bring a mask. I will learn to call my sponsor more and read in my books more. Again, my recovery is my responsibility. No one can do it for me.

