

National Recovery Month
September 2016
What Does Recovery Mean to You?

To celebrate National Recovery Month 2016, we asked members of our community to comment on our Facebook page answering the question “what does recovery mean to you?” The responses below remind us all that recovery encompasses many different meanings, paths and lifestyles. Thank you to everyone who participated and helped us celebrate recovery.



“Recovery means reclaiming my life; reclaiming my sacred power, my love, and all the creative potential inside. It means regathering all the lost energy, love and possibility and channeling it towards my highest potential. Recovery means connection - to myself, my family and community. Recovery means freedom!”

“Recovery means to me that my family has been returned to life, over and over again. It means that there are endless possibilities, new starts and new life for all of us. It means reconciliation is real and precious and gracious. It has made me who I am. A daughter, a sister, a friend and a pastor of dear people who were lost and now are found. Over and over again.”

“I have not had a drink or a drug since January 7, 2007, and putting down mind-altering substances has been just the beginning of my recovery. Every time I find the courage to release anger and walk through fear, I remember that recovery means not only freedom from fear, but also waking up to feel ALL the LOVE in my life!”

“Recovery means to me an independent life. I am not held back by a substance I need to have. Recovery means my family trusting me. It's a constant battle every minute but the experience reassures me I truly can overcome anything.”

“Recovery, is a life worth leading... no longer dull to the pain, AND the happiness. It's no longer living a lie, in solitude, afraid of your secret finding its way out in to the world. It's a breath of fresh air, in oxygen starved lungs. It's looking in the mirror, and not being afraid of what's there looking back at you. It's seeing the world through brand new eyes, no longer clouded with sadness and despair for oneself. It's the sun, peeking through grey skies, after a rain soaked afternoon...”

"My recovery is a precious gift of sobriety from alcohol and negative thinking obsession. In my early years, I took being sober for granted, & as a means of keeping my family happy, but not for my own sake. When I retired from teaching and moved to WMass, I didn't go to AA meetings, and eventually drank. My disease took me quickly back to my original daily drinking pattern, even after 14 sober years. It was then I became desperate to find some peace and soulful mindedness. I reached out to members of AA that I'd never met, and they welcomed me into their fold of recovering members. This began my honest and true recovery, because I was doing it for myself. I began to recognize that I was a loveable and worthy of having a good life in recovery. Now, 14 years later, and soon to be 71 years old, I welcome each day in recovery as a precious gift, valued by God, as I am. This has been a journey I have taken with daily connection, with HP or a Being outside myself, that is part & parcel of me. I am a grateful & recovering women with integrity and loving dignity."

"Community"

"Recovery means to me the unwavering certainty that change is possible and there is hope for all. In my work as a clinical intern I am endlessly honored to be a part of the recovery process with beautiful souls."

"Recovery to me means having my family and friends I alienated along the way give me a second chance at having real relationships with them. It means having a whole second chance at life, doing the things I want and helping others in need with the tools I've gathered along the way"

"Recovery means being able to show up for all of the blessings my life has to offer!"

"No longer accepting the unacceptable and striving to achieve what the disease ALWAYS told me was unachievable."

"Recovery means to me coming to an inner peace and acceptance of my struggle without the stigma. Recovery means I reclaim my life and continue on the path my higher power has chosen for me. Recovery means I choose life."

"Recovery = freedom and true happiness."

“Recovery to me is simple... To me, recovery means freedom! Freedom to FEEL my emotions instead of numbing them with heroin. Freedom from waking up in the MISERY of dope sickness every day and being forced to sell my soul to get money to stay WELL (not to stay high)! Freedom from being forced to stick a needle in my arm multiple times a day and as a result, finally being able to wear short sleeves without feeling ashamed!! Freedom to decide what I want to be in this life instead of being relegated to the shadows of the world because of the shame and stigma that comes with heroin addiction! I look at my future without heroin and I'm just so EXCITED! Recovery, to me, means FREEDOM!!”

“I was a person like a caterpillar with an amorphous mess. I oozed out into a butterfly with a new life of recovery.”

