



# StepByStep, Recovery Newsletter



Volume 7, Issue 1

November 2011

*Take it one step at a time.*

## From our Director...

There is a saying in recovery, "One Day at a Time". The past is gone and cannot be changed. We do not know what the future holds. Staying in today makes handling things in our life a little more simple by taking it "one day at a time". Being in recovery, we cannot forget the beginning of the holiday season is one of our challenging times. So we need to plan how we are going to handle the sorrow, the pain, the guilt, and the over-celebrations that the holidays bring. We need to remember we have "tools" of recovery to work with; call your sponsor, go to meetings, stay connected with people in recovery, and foremost, pray and be thankful. This is truly what the holidays are all about.  
With love & gratitude,  
Bridget



## From our hearts...

To Bridget,  
I couldn't imagine where I would be today if you hadn't come into my life. They say "when the student is ready...the teacher will appear". I have struggled with this on may occasions. I have failed many times. I wasn't ready.... Yet you saw something in me when everyone else threw their hands up. You took me in—you had faith in me when I didn't have faith in myself. For that I am grateful. Because of you I'm a better person. A better mother. And I actually have a life without drugs. Because of you... I am here I am alive and I'm sober. I just wanted to say...

"Thank you Teacher"  
From Your Student,  
K

## A Short History of Thanksgiving

In September 1620, the Mayflower left Plymouth, England, carrying 102 passengers. After a treacherous and uncomfortable crossing that lasted 66 days, they dropped anchor near the tip of Cape Cod, one month later, the Mayflower



crossed Massachusetts Bay, where the Pilgrims began the work of establishing a village at Plymouth.

Throughout that first brutal winter, most of the colonists remained on board the ship, where they suffered from exposure, scurvy and outbreaks of contagious disease. Only half of the Mayflower's original passengers and crew lived to see their first New England spring. In March, the remaining settlers moved ashore, where they received an astonishing visit from an Abenaki Indian who greeted them in English. Later, he returned with another Native American, Squanto, who taught the Pilgrims, weakened by malnutrition and illness, how to cultivate corn, extract sap from maple trees, catch fish in the rivers and avoid poisonous plants.

In November 1621, after the Pilgrims' first corn harvest proved successful, Governor William Bradford organized a celebratory feast and invited a group of the fledgling colony's Native American allies. Now remembered as America's "first Thanksgiving"—although the Pilgrims themselves may not have used the term at the time—the festival lasted for three days. While no record exists of the historic banquet's exact menu, the Pilgrim chronicler Edward Winslow wrote in his journal that Governor Bradford sent four men on a "fowling" mission in preparation for the event, and that the Wampanoag guests arrived bearing five deer. Historians have suggested that many of the dishes were likely prepared using traditional Native American spices and cooking methods. Because the Pilgrims had no oven and the Mayflower's sugar supply had dwindled by the fall of 1621, the meal did not feature pies, cakes or other desserts, which have become a hallmark of contemporary celebrations.

## Up Coming Events:

### Happy Thanksgiving!

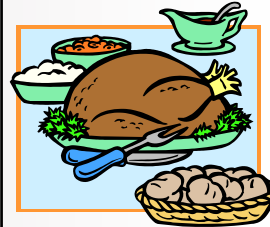
November 17th—SBS Annual Open House Thanksgiving Dinner

6:00 P.M.

All SBS members and their families are invited.

If you would like to bring a dish, please call to find out what is needed.

Thank you!



## CONTACT US

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*Our Annual Alumni Dinner was a hit!  
We had a great time!  
We have a lot of talented (current and former) residents! And the dinner itself was excellent! Thanks to all who helped and/or participated.*

## Gwinnett County Detention Center Arrest Report for Sept 2011 (unofficial)

Total Arrested	2947	Percentage
Drug/Alcohol Related	762	25.86%
Males	590	77.43%
Females	172	22.57%

## Quote of the Month

**Every charitable act is a stepping stone toward heaven.**

Henry Ward Beecher

## In the news...

THURSDAY, Oct. 6 (HealthDay News) The time between the start of substance abuse and the first admission for treatment is longer for men than for women, a U.S. government report shows.

Researchers looked at 669,000 adults admitted for substance abuse treatment for the first time last year and found that the average length of time since they started using the substance they were primarily being treated for was 15.6 years.

The average length of time was 16.5 years for men and 13.8 years for women, according to the U.S. Substance Abuse and Mental Health Administration (SAMHSA) report. When the researchers examined specific substances of abuse, the average length of time between first use and first treatment was longest for alcohol (20.2 years) and shortest for prescription painkillers (7.8 years).

"This study shows that the

damaging consequences of substance abuse can often be undetected or unacknowledged for many years -- undermining many aspects of people's health and well-being, as well as the lives of those around them," SAMHSA administrator Pamela S. Hyde said in an administration news release.

"That is why it is essential that we work to prevent substance abuse in the first place, and in instances where it happens, identify the problem and get people the treatment they need as soon as possible so that they, and their families and friends, do not have to endure years of needless suffering," she added.

<http://health.usnews.com/health-news/family-health/womens-health/articles/2011/10/06/many-years-pass-before-folks-get-help-for-drugs-alcohol>

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