

I'm All "N"



N' THE SPIRIT TRANSFORMATIONAL LIVING

QUARTERLY NEWSLETTER

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A MESSAGE FROM THE FOUNDER

Pamela R. Frazier – Founder/Executive Director
CSADC, NCAC II, CODP II, GCE

The year 2020 was challenging, with COVID-19, businesses closing down, and the murders of George Floyd and other black men, a tension we had never experienced before was created. N'The Spirit has managed to stay open for the women who so desperately need a safe place to build on their recovery and we were able to have staff and most of our ladies vaccinated. Sadly, we lost one of our visionaries Rev. Dr. Helen Carry, but her spirit remains in the house. N'The Spirit is full of transition and growth as we say goodbye to Aminah Weaver and Barbara Kimbrough, two board members who have moved on; we thank them for their support. Also, a garden is in the works and we were able to purchase a 15 passenger van. So, in spite of the challenges of 2020, N'The Spirit continues to have reasons to stay grateful.

Celebrating 18 Years of Service!

N' The Spirit was founded 18 years ago for the purpose of giving women a safe place to build a strong foundation in recovery. It started as a vision which has since transformed the lives of many. We look forward to continuing our work and being the place "*Where Miracles Happen*"



Racial Healing In Recovery

NTS was awarded a grant to host Racial Healing Circles as a part of the Healing Illinois Initiative. We joined with TRHT (Truth Racial Healing Transformation) to complete two sessions with the ladies in our program. Healing Circles are a safe space for individuals to meet and discuss issues and concerns in a way that allows each voice to be heard. The goal is to create a sense of shared responsibility that encourages them to "be the change they want to see in the world" so that the greater community can be strengthened and healed. As a recovery home we support the holistic healing of a diverse group of women and welcomed the opportunity to offer this healing experience. Afterwards, the ladies created vision boards expressing what they gained from the sessions.



Black History Month

We had two phenomenal speakers bring presentations full of knowledge to the house this year. Benneth Lee and Henrietta Battle shared their experiences and brought much joy as we sat around and listened to their wisdom!



MY JOURNEY IN RECOVERY

My name is Regina B.

I came to N' The Spirit October 15, 2013. When I got there, I was afraid of the unknown, I had done 28 days in Interventions Southwood before making it to the recovery home. By it being my first time in a recovery home setting, I didn't know what to do. I was placed in the room called FAITH. That's all I needed was FAITH. Ms. Bonita set me up in the CARA Program and that's when my career began. I worked at Clean Slate for a few months, I applied for CTA and got that job. I started out cleaning out buses then trains. I worked at CTA for 18 months, I was still living at N' the Spirit, making meetings and groups at the house. N The Spirit had me saving my money because I knew one day I would be leaving. I got an apartment and one week later my son was returned to me from DCFS. Can't no one tell me THAT WAS NOT GOD. In 2017 I had a heart attack, and had to resign from the CTA. When I was hospitalized Ms. Bonita and Ms. Frazier came to see what I needed it really made me feel good, because I was scared and didn't know what to expect from the open-heart surgery. When I got back on my feet the CARA Program sent me to Catholic Charities, I started out as a maintenance worker, I moved to an Associate in the WIC Program, now I am the lead Associate Manager. I keep in touch with N' The Spirit as I am an active member of N' The Spirit Alumni. I am so grateful for N' the Spirit.



UPCOMING EVENTS:

As states continue to open up, NTS is planning our annual August trip to Wisconsin Dells, as well as a trip to Baltimore, MD for fellowship with our sister recovery home, Light of Truth. Our goal is to be ready for the summer months with more outdoor Sober Fun Activities, with hopes to attend an AA meeting in Portage, Indiana.

In 2019 we held our first *I'm All "N"* fundraiser luncheon which was a huge success and had plans to host one every year to not only raise funds, but honor those who have achieved success through NTS and those who work to make that success possible. We continue to need your support to continue our work, so stay tuned for news about our fundraising events when the green light is given to safely move forward.

Get to Know Us!

Take the time to get to know more about our program and how you can support our mission to transform lives.

During these challenging times we have continued to provide services to those who need them and we need your support. Consider making a charitable contribution today! To give a donation, please visit our website nthespirit.org; all donations are tax deductible.

N' The Spirit provides a safe, spiritual, holistic, and supportive environment for women who are building a solid foundation in long term sobriety.

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