

# I'm All "N"



N' THE SPIRIT TRANSFORMATIONAL LIVING

APRIL 2022

## A MESSAGE FROM THE FOUNDER

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

N' The Spirit continues to practice safety with Covid-19 testing, our ladies get tested monthly and continue to practice all safety precautions. Everyone has been vaccinated and got boosters if they could. The ladies worked hard during the winter months, keeping our steps and sidewalks clean, especially with the 2 snow storms we had here in Chicago.



## REFLECTIONS

**"Acknowledging the good that you already have in your life is the foundation for all abundance."**

—ECKHART TOLLE



N' The Spirit ended 2021 in success. October was breast cancer month, Nurse Flo provided valuable information in one of our educational groups and most of our ladies were inspired to schedule and receive mammograms. Thank you, Nurse Flo! Best Days Ministry provided

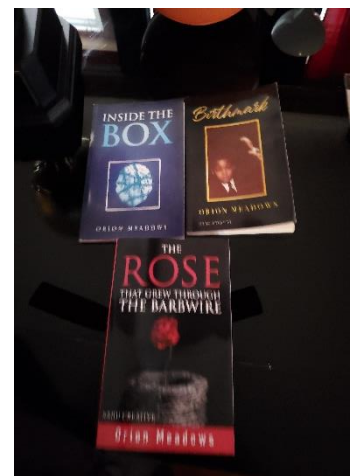
Thanksgiving dinner where we all sat and enjoyed a delicious meal and ate together. The Christmas Season was phenomenal with gifts coming from many people and ministries sharing with the ladies.



# Celebrating Black History

Black History was a month where different organizations contributed lunches and gifts to the women in our program. NTS ladies had many opportunities to celebrate. International Missionary & Christian Women's Auxiliary of the Pentecostal Assemblies of the World, Inc. was one of the organizations that helped make this month special.

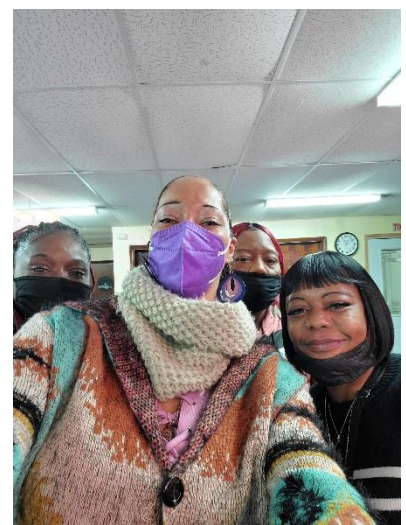
Activities included spending a day at the DuSable Museum, where the ladies learned more about their history. Poet Orion Meadows presented poems and writings from the books he had written; and we enjoyed lunch with Jackie Taylor, Founder of the Black Ensemble Theater, as she shared her life story. She is also celebrated as **SOMEONE YOU SHOULD KNOW**.





*One of the most important parts of Recovery is  
learning to love yourself!*

We are fortunate to have people who understand and support our ladies as they learn this important lesson on their journey of recovery. The Better Days Ministries provided a Valentine's Day Love Brunch with gifts for the NTS ladies.



**JOB WELL DONE!**

*Congratulations to Brenda  
who successfully completed  
our program and was  
awarded her Completion  
Certificate from N' The Spirit  
Transformational Living.*



## NTS Success Story

My Name is Sharon Flowers Slaton

I am a 54-year-old recovering alcoholic/addict. I came into the program when I was 50 years old. As I look back on my story, I remember being broken, helpless and hopeless, strung out; and didn't know what my life would be like without the use of drugs. When I finally surrendered and admitted that I was powerless, I called out to GOD for help, that is when my life began to change

My journey to recovery started at a 30-day treatment center, after those 30 days it was suggested that I continue the process to build a firmer foundation at a recovery home. I was accepted into N' The Spirit Recovery

House. As time passed, I attended all the groups that was mandatory in this recovery house. As time passed, it was GOD that lifted all the heavy burdens that I was carrying around with me for many years.

I did everything that I was supposed to do to get better. I began to see clearer. I was no longer angry at the world. Today I am a member of a 12-step program, I have a sponsor, I am also a member of N' The Spirit Alumni. My sponsor always asks me "Are your stones in place" my answer is always "Yes" **Willingness, Belief and Faith.**

I am truly grateful that GOD has blessed me with my first job in life where I am now a supervisor, my first apartment in life, and a wonderful husband, William Slaton. My life isn't perfect but, it is a whole lot better!

My gifts from GOD are: **My Peace, My Joy, My Love and Kindness to others.**

All the glory goes to GOD, the AA Program, and the people GOD placed in my life to help me along the way. I'm so grateful for the year and a half I lived in the N' The Spirit Recovery Home.



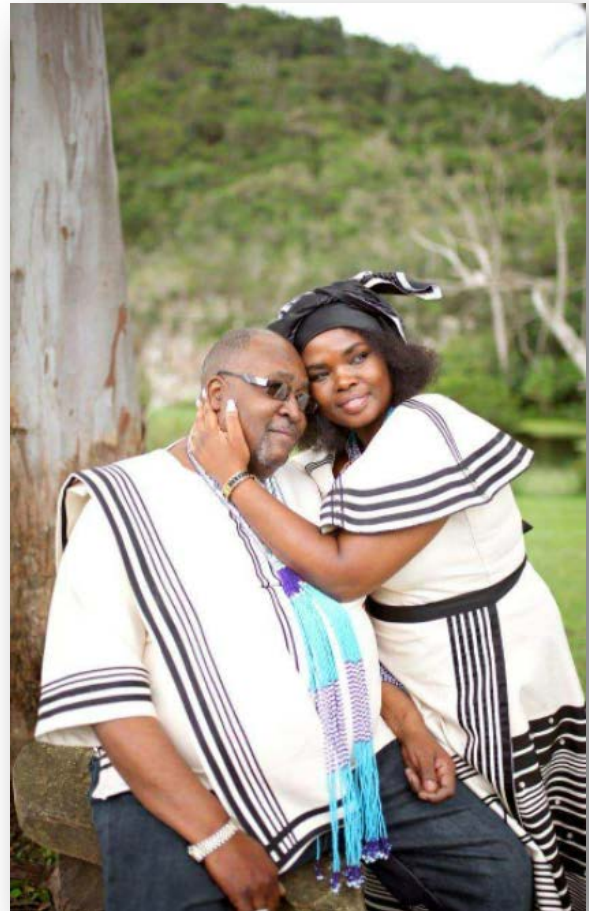


## Tying the Knot

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*On December 18, 2021, counselor Wayne Williams and his bride were united in East London, South Africa. They enjoyed a 2-week honeymoon and are working to get a spousal visa for Mrs. Williams as soon as possible so she can come to live in the USA.*

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*“ALWAYS MAKE SURE WHEN YOU FIND YOUR LOVE STRINGS  
TIE THEM TOGETHER IN A GOOD KNOT” by Chris Leermakers*

# Get to Know Us!

*N' The Spirit Transformational Living is a recovery home 'WHERE MIRACLES HAPPEN'; where we provide a Safe, Compassionate, Empowering, Spiritual, Drug Free, home for women of any race, creed, color or sexual orientation.*

*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*



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

## **N' THE SPIRIT TRANSFORMATIONAL LIVING**

7225 S. Yale  
Chicago, Illinois 60621  
(773) 892-3155  
[www.nthespirit.org](http://www.nthespirit.org)