

I'm All "N"



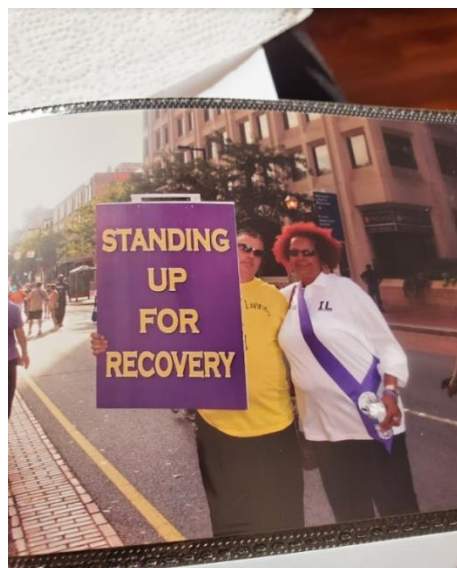
N' THE SPIRIT TRANSFORMATIONAL LIVING

OCTOBER 2021

A MESSAGE FROM THE FOUNDER

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

At N' The Spirit we are doing our part to help fight COVID 19. All our ladies have been vaccinated and we have established monthly testing to assure we stay healthy and safe.



September Was Recovery Month!



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.

NTS LADIES began getting ready to celebrate RECOVERY MONTH, by spending a weekend at Wisconsin Dells and having a Bar B Que for every summer holiday. By the time September arrived, they had a whole list of recovery activities planned.

R = Realistic

E = Engaging

C = Choices

O = Of

V = Valuable

E = Empowering

R = Respecting

Y = Yourself

- The ladies spent an afternoon with RETINC, where the powerful speaker Benny Lee spoke and Orion a new Black author recited a powerful poem from his book
- September 20 is National Addiction Counselor/Professional Day so each lady called their counselor from the treatment center telling them how much they appreciated them
- September 21 was the IAAP Annual Celebration where I took part in awarding people and organizations for the work they do in recovery.
- September 25 was the Recovery Walk, where the ladies participated in the recovery walk and the sober fun activities
- September 26 was the annual NTS Alumni Picnic where the Alumni shared their experiences with the ladies that are presently living at NTS now, that was great food brought by the alumni and some Alumni receiving plaques of their recovery time since starting it at NTS.



*Alumni
Awards*



Our Recovery Month activities ended with a spiritual LABRYNITH walk at the Rev. Derick and Sylvia Wells Garden at Christ Universal Temple Church. We are grateful for our sisterhood, sobriety, and the spiritual foundation that makes recovery possible.



Rev. Derick and Sylvia Wells Garden at Christ Universal Temple Church



NTS at Wisconsin Dells 2021



Spiritual Labyrinth Walk



Alumni Picnic 2021

Welcome to NTS!

N' The Spirit has a new staff Denise Gibson and our first Volunteer Trina Sorrel.

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 nthespirt.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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