

I'm All "N"



N' THE SPIRIT TRANSFORMATIONAL LIVING

MARCH 2023

20th Year Anniversary Edition

N' The Spirit Transformational Living celebrates 20 years of service helping women to recover "One Day at A Time."



"What an honor to have Russell Thompkins Jr. and the New Stylistics, Rhonda Preston, Shirley "MOMS", and Bryant 'BLT' Turner celebrate our 20th Anniversary at NTS" – Pam Frazier

The Birth of a VISION:



" At the end it's not about what you have or even what you've accomplished. It's about who you've lifted up, who you've made better. It's about what you've given back."

Denzel Washington



The vision for N' The Spirit began while founder Pamela Frazier was working at The Women's Treatment Center. She saw women continuously returning to treatment because they did not have a safe place to live. It was her own recovery from drugs and alcohol and being a truth student at her church, Christ Universal Temple, that inspired the vision of starting a recovery home for women, that was safe, drug free and Spiritual. The name N' THE SPIRIT TRANSFORMATIONAL LIVING came to Ms. Frazier while she was participating in the Dream Series at her church. Pam began developing relationships with treatment centers for women and shared what N' The Spirit was about.

With the vision firmly etched in her heart, Ms. Frazier started searching for the perfect house to carry out the mission. She looked at several locations in all parts of Chicago until she found 'the house'! It used to be a mansion, and was a single-family home with 3 floors, 6 bedrooms, 3 bathrooms, a BIG living room and a big yard...her heart told her, "THIS IS THE PLACE"!

Carrying Out the Mission:



Ms. Frazier knew a person who was a former client of TWTC and had been living in a Recovery Home, she shared the vision of N' The Spirit with her. That person was inspired, and Pam trusted and needed the experience she brought to the table; so, she moved into the empty house until it was furnished. Ms. Frazier had no financial supporters at this time, so she raised the finances herself to get the house ready. She had an Open House and invited Reverend Dr. Helen Carry who blessed the house; that day it was filled with lots of friends, church members, and family. Her friend and mentor Skip showed Pam what she needed to do, how to register with DASA to become licensed. He said, "2060.509 is where you will see the stipulations needed in order to open a Recovery Home and get licensed." She followed this and N' The Spirit was licensed within the first year.

"We were thrilled when we our first lady came through the doors on March 6, 2003", Ms. Frazier recalls. N' The Spirit could house 11 women, but only received 3. It was difficult because the women came without jobs or money to pay the fees most are required to pay when they live in a Recovery Home. It was a struggle to keep the bills paid and the house open; however, food was one need that the women could meet because they had food stamps.

Being a recovering person and Spiritual Truth Student, Pam knew the ladies needed 12 step program involvements, BUT she wanted it to also be SPIRITUAL, so she worked with the minister Reverend Dr. Johnnie Coleman and Reverend Dr. Helen Carry who believed in her and assigned a teacher from the Johnnie Coleman Institute to teach classes weekly. Because of her own personal experience and knowledge, Pam knew the importance of building spiritual beliefs while working the 12 Steps of Recovery.

N' The Spirit Today:

Ms. Frazier always knew that recovery must be addressed holistically and in the 20 years N' The Spirit has been open, she has brought in people to teach nutrition, life skills, and sober fun, and even line dancing. Every year she takes the ladies to Wisconsin Dells for a time of fun and relaxation...some have never experienced this in their lives. N' The Spirit has had three house managers, the first two came from other recovery homes, but the third was one who had gone through N' The Spirit, showed great strength, and spiritual beliefs. She stayed with NTS for over ten years until she moved on to pursue personal interests.

N' The Spirit has served over 350 women. Some have become Addiction Counselors, Evangelist, started their own business, employed with the post office, gotten married, and reunited with children and family. OUR ALUMNI keep in touch. Annually, the alumni gather for a potluck picnic in September during Recovery Month where they come and share their stories with the ladies who are currently in the home, giving them support, sharing phone numbers so the new ladies can call them or receive sponsorship.

Since the COVID-19 Pandemic, N' The Spirit has become a member of the Recovery Community Organization (RCO) UMARC and have incorporated Recovery Support Services as a part of our program. We now have addiction staff providing professional services which has broadened what we can offer. We continue to watch our ladies grow and develop a strong Recovery Journey.



Meet Our First Alumni:

My Name is Angela A. Nineteen years and six months ago, I walked into N The Spirit, a recovery home for those struggling with addiction. I had been using heroin for 15 years and crack cocaine for 8, and I felt like a broken, insecure woman with a 9th-grade education and minimal work experience. Over the years, I tried getting clean at other treatment centers and recovery homes before, but something was always missing.

However, as soon as I walked into N The Spirit, I knew it would be a totally different experience! The staff there understood me in a way others didn't, and they showed me love and acceptance and not in a way that I was used to, but through discipline and boundaries. One of the first ways they showed me how loving and caring they were, was when I got pregnant while residing there! I believe I was one of the first women to become pregnant while living there. But through the grace of God, I wasn't asked to leave. The spirituality classes at N The Spirit taught me how to have faith in myself and God, and I began believing that I could live a drug-free life.

When I moved out of N The Spirit into my apartment, I worked in a Kentucky Fried Chicken, earning \$6.25 an hour. I gave birth to my son Jacques, who was premature and only weighed 2 lbs and 13 oz. However, I knew there was no turning back. I had the tools I needed to live a fulfilling life. Ms. Pam and Ms. Shirley, and the staff at N The Spirit, were still there for me, offering guidance and encouragement. I continued to attend my 12-step meetings and managed to raise my two daughters, Tammiko and Stephanie.

Over the past 19 years of recovery, I've faced many trials and challenges, but I've never had a reason to use drugs again. So instead, I went back to school and got my high school diploma. I then worked as an office manager for my sister's insurance agency for eight years. During that time, I discovered how satisfying it was to help people and provide a professional service could be. So I decided to take a leap of faith and then studied and got my life and health insurance license. In 2013, I became an independent insurance agent, and in 2017, I started my very own insurance agency, where I serve the needs of individuals, families, small businesses, and over 3,000 Union Members.

When I had 11 years of clean time, I started dating Reynard, a man in recovery that I had seen around 12-step meetings and other events. Reynard carried himself differently than most, and he was always kind to me and my son Jacques, who is on the autism spectrum. Reynard and I were married in 2019, a match made in heaven. Reynard enhances my life like no other. He's the icing on my cake. Life has been even sweeter with having him as my Life Partner. We now live in our dream home and have a loving, blended family of six children and seven grandchildren.

I am grateful to God for N The Spirit and for Ms. Pam's obedience to God's plan. I tell anyone who will listen that N The Spirit is not just an ordinary recovery home. N The Spirit helped awaken my spirit, which has allowed me to help others freely the way it was given to me.



We Keep Working



Staff Cynthia Henson, Marquita Wright, Founder Pam Frazier, and Leflora Winfield attending Illinois Certification Board Training Conference sharing information about NTS services.



NTS Staff: Cynthia Henson, Marquita Wright, Founder Pam Frazier, Leflora Winfield



Founder Pam Frazier, Valerie, Reverend Shirley

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.

We continue 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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