



# Women of The Path

Volume 9

Issue 1

## Sober Living for Women

Spring

2014 Edition

*This issue is dedicated to all past, current, and future Path Residents. I am so grateful for all of you and the hard work you do every day in order to have better life. With sobriety you will be a better mother, daughter, employee, aunt, sister, grandmother, and friend as God intended for you to be.*

Hi, my name is Joyce, and I'm an alcoholic. For the longest time I was unable to say those words, because in my heart of hearts I could not believe this simple fact. I have the disease of alcoholism, a fatal disease with no cure, just the promise of life one day at a time IF I can maintain continuous sobriety and follow the program of Alcoholics Anonymous.

My journey of recovery has been confusing as the symbol The Path, the labyrinth. Circuitous, full of dead ends and exhausting. When I crossed the line from daily drinking without consequences to full-blown obsessive drinking that can only be described as alcoholic I used intellectualization, denial and lies to jump all the way down to the bottom of the bottle. Instead of seeking medical treatment for underlying issues, I was self-prescribing my own medication--alcohol. Nothing or nobody could make me see that the misery, the physical, financial, professional lows and losses were all the direct effect of alcohol. Not to mention my loss of self.

Recovery. Rehab. Revitalization. Since I have been in and out of sobriety, treatment and AA for over 13 years I have been stuck too many times to count. The cost has been exorbitant, both physically and financially, as well as the fear and worry I caused those who love me. When you are the eye of the hurricane, all you see is the blur or the next drink, the next bottle.

Today I choose to stay sober. For some reason, God keeps kicking me in the behind and letting me know that he wants me to be of service to Him. Since I do not know what form that this will take, I pray for guidance and stillness to listen. Today I am teachable. Today my sobriety is the highest priority. It's really simple, if I drink, I die.

The fellowship of AA and having a sponsor is helping me to regain my true, sober self.

Slowly I am renewing myself and learning to handle all of life's demands without drinking. I have a sponsor who is guiding me through the 12 steps. For the first time in my life, I am coherent and clear. My spirit is renewed and instead of believing that God does not love me for my past transgressions I believe that he is holding me close and guiding my life. Living at the Path is truly a gift from God. I am safe and surrounded by other women who cherish their sobriety. I am grateful to Patty for her commitment to the Path. As I continue on the journey of recovery my attitude is positive and I am confident that God will restore me in order to fulfill his purpose for me. Each day is a wonderful gift. I have said that sobriety is like a country song played in reverse, you get the job back, you get the truck back, the house and even the dog back.

AA and the Path have provided me with a foundation for sober living. Simply put, AA and the Path have saved my life.

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**The Path Wish List**

Toiletries

12-step reading materials

Cleaning supplies

Laundry supplies

Gift cards

Rubbermaid bins

Magazine subscriptions

Grapevine subscriptions

Bus / Train passes

Dressers

New twin mattresses

Snow blower

Retreat sponsorship

Laptop computers

Bikes

Folding tables

New pillows / twin bedding

□

**The Path-Recovery Living  
for Women!!!!**

**Mission Statement**

**“To provide women a safe  
sober living environment  
where they can practice the  
principles of recovery on a  
daily basis and be treated  
with the respect and dignity  
they deserve-regardless of  
race, religion, ethnicity,  
disability, or sexual  
orientation”**

2005

**Trust**

There are two days I should never have to worry about, a good friend told me. “Yesterday” and “Tomorrow. With 11 months under my belt, I think I finally understand what that means. In my addiction I was either worrying about what I had done yesterday or how much I was going to have tomorrow. Today, I can wake up and only deal with that days events and what my Higher Power has in store for me. It is still a daily struggle, though. I still have this misconception that by the end of the month, as I approach my anniversary, that I should be “healed”. I smile as I write that...I am not perfect, though I still make mistakes but today it is how I deal with those situations that is truly the proof that this program works. I trust that my Higher Power will put before me only what I can handle. Its comforting to know that my life is in someone else’s hands right now. As if enveloped by a big huge blanket. I can wake up and say “God, please plan my day for me, and without fear. I can now go through the day knowing what is meant to be will be. I wouldn’t change anything about my life right now, I am exactly where I am supposed to be <sigh>

*P.S. Go cubs!!!*

**Please support the business that support what we do!**

|   |  |   |
|---|--|---|
| Debra & Jim H.                                | Madison Park Kitchen                               | 1st United Church (walk-in-ministry)-Oak Park           |
| Larry & The Park District of Forest Park      | Grooming by Cathy @Melrose Park<br>Animal Hospital | Fairfield Inn & Suites                                  |
| Starship Restaurant                           | Chipains Finer Foods-Lemont                        | Lisa Curtis   |
| Winberies Restaurant                          | Scratch & Sniff, Oak Park                          | Skincare Company Clinical Skincare & Spa-Forest<br>Park |
| Superior Hardwood Floors Inc.<br>847-928-9663 | Pumpkin Moon, Oak Park                             | Roosevelt Cleaners-Oak Park                             |
| Majamas Boutique-Oak Park                     | Buzz Café-Oak Park                                 | Mark A.   |
| Wells Street Popcorn                          | Carol N.   | The Book Table-Oak Park                                 |
| The Competitive Foot-Oak Park                 | Rose Janas   | Brueggers Bagels, Oak Park                              |
| Grace K. & Danette K.                         | Bill & Cecille Gillcrist                           | DJ Andrew Saenz   |
| George's Restaurant                           | Helen S. (Party Lite Candles)                      | Tina & Sandra (Party Lite Candles)                      |
| Ahimsa Yoga                                   | Yoga Trek, Oak Park                                | Domino's Pizza-Oak Park                                 |
| Anana's Boutique-Oak Park                     | Buzz Cafe  | Divine Consign-Oak Park                                 |
| Ten Thousand Villages                         | Allure Skin & Laser                                | Bob S.  |
| The Acorn Group                               | Dr. Cynthia O'Brien                                | Ellen F.  |
| Fashions Anew-Oak Park                        | Suburban Fellowship Center                         | Musikgarten of Oak Park                                 |
| Ken & Carol Folisi                            | Centuries & Sleuths-Forest Park                    | Puree's Pizza & Pasta-Oak Park                          |
| The Competitive Foot                          | Cynthia L. Spies                                   | Starbucks Coffee-- Forest Park                          |
| Claydon Salon- River Forest                   | DJ Andrew Saenz                                    |   |

## The Path Scholarship Program

Special thanks to all those who have reached out to help as we develop our scholarship program, your support and kindness is amazing. As I mentioned in our last issue when a woman is in need of a sober living environment it is because she has suffered significant loss. The loss may be of family, job, health, self-esteem, dignity, or financial ruin. Many times these losses keep them active in their disease rather than seeking help. The scholarship program we are developing is a means to help women who want to get out of their environment but don't have the initial funds or a job to make it a reality. The scholarship funds would go directly into an account for a woman seeking admission, the funds would aid her in paying her resident fee and food for the first two weeks. At that point she will have had time to secure employment and stand on her own without feeling overwhelmed. Those individuals or organizations interested in sponsoring a woman for a day, a week, a month or more please contact Lisa or Patty at The Path. 708-657-4024

### Recovery

“When the road ahead seems like you're treading on broken glass, keep pushing along. For one day your agony will make you strong. The tears running down your face will free the demands of your soul. Staying alive is the ultimate goal. You've lost your home, your love and your sense of self. But through the painful struggle you may one day find an exhilarating light, though dim, it may one day shine bright. Never again will you see the face that once brought you bliss. But you shall soon find a peace. You can be a helping hand for those you've hurt. You will climb the mountain slowly to ensure you do not fall off again. You will find a new life.”

“A good life is when you assume nothing, do more, need less, smile often, dream big, laugh a lot, and realize how blessed you are!”

Your past mistakes are meant to guide you not define you!

“With everything that has happened to you, you can either feel sorry for yourself, or treat what has happened as a gift. Everything is either an opportunity to grow, or an obstacle to keep you from growing. You get to choose”