



# Phase Up Newsletter

November 2016

Volume 1, Number 10

## Phase Up Mission:

**Peers**  
**Helping**  
**Achieve a**  
**Substance free**  
**Environment with**

**Unlimited**  
**Possibilities**

### • **Sobriety Court Dates:**

**Courtroom J Judge Westra**  
November 4th 1:30pm  
November 18th 1:30pm

### • **OWI Court Dates:**

**Courtroom N Judge Ankley**  
November 10th 2pm(Thursday)  
November 23rd 2pm(Wednesday)  
**Courtroom M Judge Haenicke**  
November 4th 10:00am  
November 18th 10:00am

## Phase Up Group Meetings

Fridays following the Sobriety Court and OWI Court sessions in the Jury Rooms



### • **Men's Drug Court**

**Courtroom C Judge Kropf**  
November 10th 9am(Thursday)  
November 23rd 9am(Wednesday)

### • **Women's Drug Court**

**Courtroom K Judge Blatchford**  
November 4th 9am  
November 18th 9am

### • **N.O.R.P. Group Meetings**

Fridays immediately following the Court session in Jury room M

### • **W.D.T.C. Group Meetings**

Fridays immediately following the Court session in the Jury room K



SUPPORT OUR KALAMAZOO LOAVES & FISHES FOOD DRIVE AND

**HELP FIGHT HUNGER**  
IN KALAMAZOO COUNTY

In the spirit of giving back, the Phase Up Group will be collecting some essential items to assist those in desperate need in our community. There are many families that live well below the poverty line and during the holidays, especially when school is out, struggle to keep their little ones bellies full. Phase Up will partner with Kalamazoo Loaves and Fishes to collect non-perishable items such as canned meat, soups, canned fruit in juice (not syrup), canned vegetables (without added salt), pasta and rice.

Just as important as having a full belly and a sense of security during the cold weather months is having items to keep you warm during the cold season. Phase Up will also be teaming up with Ministry with Community to do their annual Underwear Drive. The warm clothing items that the Ministry with Community will be collecting are new gloves, hats, scarves and warm socks as well as adult size thermal pants/shirts, sweatshirts, undershirts and underwear.

To donate to either of these fundraisers, simply bring your gift to the 8<sup>th</sup> District Court Probation Office where collection bins will be available. The drives for Loaves and Fishes and Ministry with Community will begin Friday, November 4<sup>th</sup>, 2016. The cutoff for donations to Ministry with Community will be Wednesday, December 7<sup>th</sup>, 2016 and the cutoff for Loaves and Fishes will be Thursday, December 22<sup>nd</sup>, 2016.

Tis the season for giving and remember – service work is a vital part of our sobriety.

**MINISTRY WITH  
COMMUNITY**  
rebuilding lives



## Support Meetings:

- Phase Up Group Meetings

Tuesdays @ 6pm at Recovery Institute

- SMART Recovery Meetings

Monday & Wednesday 2pm-3pm

Thursday 8:30am- 9:30am  
at Recovery Institute



Tuesdays 1pm at Eastwood House of Recovery



Tuesday's 6:00 to 7:30pm at Recovery Institute  
Bilingual Spanish AA meeting  
Saturday at 2:00 pm at The Alano Club



[michigan-na.org/sw\\_michigan](http://michigan-na.org/sw_michigan)  
[sites.google.com/site/kalamazoointergroup/](http://sites.google.com/site/kalamazoointergroup/)

Coming: February 18, 2017



**DETROIT RED WINGS GAME  
SOBER OUTING  
Saturday March 18, 2017  
COST IS \$155 PER PERSON**

Contact Us:

Phone: 269-370-1291

Email:

[pug.kalamazoo@gmail.com](mailto:pug.kalamazoo@gmail.com)  
[norp.kalamazoo@gmail.com](mailto:norp.kalamazoo@gmail.com)

Facebook Page:

[wwok.com/w.facebookgroup](http://wwok.com/w.facebookgroup)  
[www.facebook.com/phaseupgroup](http://www.facebook.com/phaseupgroup)

Website:

<http://pugsite.wixsite.com/phaseup>

## Movies & Popcorn at Kalamazoo 10



Join us on Saturday November 12th at 3:00pm. We will meet in the lobby of the Kalamazoo 10 Movie Theater and you will be able to decide what movie you would like to go see.

## Bowling & Pancakes at Airway Lanes:



Join us on Sunday, November 20th from 9am till Noon for Pancakes and Bowling. All the pancakes you can eat and all the games you can bowl for \$10.00 (rental shoes are included). We will meet at Airway Lanes at 9am. Hope to see you there!!



**Fundraising Euchre Tournament  
EASTWOOD HOUSE OF RECOVERY  
Every Saturday Night at 7pm  
Suggested Donation \$5.00**



## Volunteer & Community Service

### Opportunities:



## MINISTRY WITH COMMUNITY

Court-ordered Community Service Orientation is every Wednesday at 10:00am. Anyone interested in completing Court-ordered Community Service at Ministry With Community MUST first attend the Wednesday orientation.

Maurice Washington   Volunteer Coordinator  
Ministry with Community  
500 N. Edwards Street | Kalamazoo, MI 49007  
269.343.6073 ext. 134 | fax: 269.343.0508  
[www.ministrywithcommunity.org](http://www.ministrywithcommunity.org)



### **Volunteers Needed**

Kalamazoo Loaves & Fishes is looking for volunteers for our Grocery Pantry Program during regular business hours. Contact our Volunteer Coordinator Cherise Buchanan at 269.488.2617 ext. 209 or at [cherise@kzloof.org](mailto:cherise@kzloof.org) for more information.

If you would like to contribute to the Newsletter in any way or have the Newsletter emailed to you, Email us at [pug.kalamazoo@gmail.com](mailto:pug.kalamazoo@gmail.com)