



Phase Up Newsletter

MARCH 2017

Volume 2, Number 14

Phase Up Mission:

Peers
Helping
Achieve a
Substance free
Environment with
Unlimited
Possibilities

• **Sobriety Court Dates:**
Courtroom J Judge Westra
March 10th 1:30pm

• **OWI Court Dates:**
Courtroom N Judge Ankley
March 3rd 2pm
March 17th 2pm
March 31st 2pm
Courtroom M Judge Haenicke
March 10th 10:00am
March 24th 10:00am

Phase Up Group Meetings

Fridays following the Sobriety Court and OWI Court sessions in the Jury Rooms and **Tuesday Nights @6pm at Recovery Institute.**



N.O.R.P.

Normal Ordinary Responsible Person
Support Group

• **Men's Drug Court**
Courtroom C Judge Kropf
March 3rd 9am
March 17th 9am
March 31st 9am
• **Women's Drug Court**
Courtroom K Judge Blatchford
March 10th 9am
March 24th 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



9 Things I've Gained in Sobriety!

"You'll be amazed how full your life can be." I didn't believe it at first, but now that I'm sober my life is so much fuller than I ever anticipated.

When I first ventured into sobriety two years ago, a family friend, who is also sober, said to me: "You'll be amazed how full your life can be." At the time, I didn't believe that. My life was full when I was drinking—at least I thought it was.

It took some time, but eventually I realized that what I thought was a full life was really just a lot of shallowness and superficiality that I mistook as meaningful. Two years later, and I've realized what that family friend meant. My life is so much fuller than I ever anticipated, and I owe it all to sobriety.

Here's what I've gained:

1. Confidence.
2. Love.
3. Meaningful relationships.
4. Respect.
5. Pride.
6. Passions.
7. Health.
8. Trust.
9. Self-worth.

*See the Full article on our Blog page at Phase Up's Website:

www.pugsite.wixsite.com/phaseup

Join us for a Phase Up Get together!
Phase Up Dinner Wednesday



March 15th, Meet at 6:00pm

Adults: \$12.39 Kids: 4-11 \$5.29 4-under Free

Family & Friends Always Welcome

Support Meetings:

- Phase Up Group Meetings
- SMART Recovery Meetings

Tuesdays @ 6pm at Recovery Institute

Monday & Wednesday 2pm-3pm
Thursday 8:30am- 9:30am
at Recovery Institute

michigan-na.org/sw_michigan
sites.google.com/site/kalamazooi
ntergroup/

Coming: March 18, 2017

"HALF MEASURES AVOID US NOTHING"

District 4 Annual AA Mini Conference

Celebrating 76 Years of AA
in the Kalamazoo Area

Saturday March 18, 2017

Doors open at 9:00 a.m.
Program from 9:30 a.m. to 6:00 p.m.

Lunch will be catered by Corner Catering

everyone is welcome!

Complimentary Fellowship, Food & Fun
Pledges - Awards - Art Show - Speaker

Main Speaker: Stephanie D.
Fort Meyer, FL. (formerly Kalamazoo)

RECOVERY
Haven Reformed Church
3850 No. Sprinkle Rd. (N. 25th St.) - Kalamazoo MI 49004
Lunch Tickets - \$10.00
For tickets & information contact
Chris 313-460-3368 or Call 616-989-716-7439

Mini-Conference is hosted by the Downtown Group

Contact Us:

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Email:

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norp.kalamazoo@gmail.com

Facebook Page:

www.facebook.com/norpgroup

www.facebook.com/phaseupgroup

Website:

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

SOBER OUTING



DETROIT RED WINGS GAME

Saturday March 18, 2017

COST IS \$155 PER PERSON

Airway Lanes 3rd Annual Sober Bowling



March 26th

Sign up at 11am

Bowling starts at Noon

COST: \$25.00 PER PERSON

**Includes: 3 Games of Scotch Double Format Bowling,
Shoe Rental, Pizza & Salad Bar, Pop, Prizes and Trophies**

**Draw for partners, 50/50 Drawing, Mystery Game,
Trophies for 1st, 2nd & last place, High team game, Low team game**

Movies & Popcorn at Kalamazoo 10



Join us on Saturday March 11th at 3:30pm. 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. Bring your Family and Friends!!!

Bowling & Pancakes at Airway Lanes:



Join us on Sunday, March 26th 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). Bring your Family and Friends!!! 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:



Volunteer Kalamazoo
BUILD · CONNECT · PROMOTE

**WELCOME TO VOLUNTEER KALAMAZOO,
A PROGRAM OF GRYPHON PLACE!**

Court Ordered Service

www.volunteerkalamazoo.org
3901 Emerald Dr. Kalamazoo, MI 49001
269-382-8350

**GRYPHON
PLACE**

2-1-1

Helping those in conflict and crisis

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