



Phase Up Newsletter

February 2018

Volume 3, Number 25

Phase Up Mission:

Peers
Helping
Achieve a
Substance free
Environment with
Unlimited
Possibilities

• OWI Court Dates:

Courtroom N Judge Ankley

February 2nd 2pm

February 16th 2pm

Courtrm M Judge Haenicke

February 9th 10:00am

February 23rd 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.**

Support Meetings:

• Phase Up Group Meetings

Tuesdays @ 6pm at Recovery Institute

• SMART Recovery Meetings

Monday & Wednesday 2pm-3pm

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

michigan-na.org/sw_michigan

sites.google.com/site/kalamazooiintergroup/

Airway Lanes

**4th Annual Sober
Bowling**



Tournament

February 25th

Sign up at 11am

Bowling starts at Noon

COST: \$20.00 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,
Trophies for 1st, 2nd & last place**

Loving Yourself on the Journey to Recovery

Recovery is achieved by many pathways. Often, people find recovery after rehab, family influence, the penal system (facing time, just got out or treatment court), loss of a loved one, tired of addiction, children taken away, homeless, hopeless, mental health challenges or various other ways in to recovery. When we are in recovery, we are so invested in staying on the straight and narrow. Making our meetings, pleasing our families, and working on overall health. But what is not taught is how to love and respect ourselves.

It is okay to love yourself and to be proud of yourself. While struggling with addiction, many of us are self-destructive, self-loathing, and smother ourselves with bad feelings about anything as related to ourselves. You are much harder and unforgiving on yourself than you would ever be to a stranger. You must practice daily affirmations on a regular basis before they become habit.

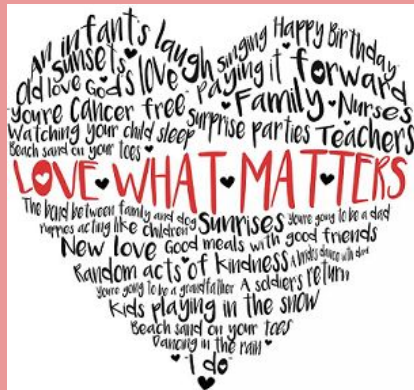
It's okay to fail. Everyone fails at something. You must stop holding yourself accountable to unrealistic expectations. You're worthy of love regardless of what you have done, where you are in your life, how bad your addiction is, and what your past was like. You are exactly where you're supposed to be at this moment in time.

Self-love, self-tolerance, knowing that who you are is good enough, knowing that sometimes in order to see the answer, you have to forget the question. All of these are motivators to help you learn to care for and about yourself -- vital components of addiction recovery.



- **Men's Drug Court**
Courtrm D Judge Bridenstine
February 2nd 9am
February 16th 9am
- **Women's Drug Court**
Courtrm B Judge Bridenstine
February 2nd 1:30pm
February 16th 1:30pm
- **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

Coming: February 14th



Contact Us:
Phone: 269-370-1291
Email:
pug.kalamazoo@gmail.com

Facebook Page:

www.facebook.com/norpgroup
www.facebook.com/phaseupgroup

Website:



Movies & Popcorn at Kalamazoo 10



Join us on Saturday February 17th 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, February 4th from 9am till Noon for Pancakes and Bowling. All the pancakes you can eat and all the games you can bowl for \$11.00 (rental shoes are included). Bring your Family and Friends!!! We will meet at Airway Lanes at 9am. Hope to see you there!!



**Join Us for A
Phase Up Get together!**

Phase Up Dinner

Thursday

February 22nd

Meet @ 6:00 pm

All You Can Eat!

Adults \$9.99

Kids: 8-10 \$7.59

5-7 \$5.99

3-4 \$3.99



4405 S. Westnedge Ave
Kalamazoo MI 49008

Family & Friends Welcome

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



Promoting a Hunger-Free Community Since 1982

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@kzoelf.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