

CHANDELIER

NOVEMBER 2024

Welcome to November! We are entering the holiday season. For those engaged in the lifestyle of use, holidays are likely a nightmare. For those new to recover, holidays can serve as a trigger. The combination of natural urges, cravings and temptations when mixed with often unstable family dynamics can be overwhelming. How do we overcome it? The answer frequently comes in a combination of popular 12-step slogans and the meaning behind the Thanksgiving holiday: "Put gratitude in your attitude." And "A grateful alcoholic/addict never picks up." Gratitude is an action word. When we practice gratitude, we have less desire to medicate other negative feelings. Conversely, those in recovery who lack gratitude are more prone to giving it away. Thanksgiving is more than a good meal and some football games. For those in recovery (and everyone really) Thanksgiving is optimally a time to give and receive thanks. Sobriety is a gift. When we take the time to give and receive thanks and gratitude to others, it strengthens and solidifies our bond to recovery. If you are nervous about the holidays and your sobriety, remember this: The only urge that lasts forever is the one you give into. This Thanksgiving we here at Willingway wish that your hearts may be overflowing with gratitude. We wish you all a safe, sober, and peaceful Thanksgiving. Pray for strength for those currently in treatment at Willingway and everywhere that the sacrifice they make by being in treatment for this holiday is so that they can be present for every Thanksgiving in the future. For over 50 years, Willingway has been dedicated to those struggling with addiction. We are honored and have gratitude for the trust thousands have put in our hands to initiate the journey of recovery, restoring hope, reuniting families and helping the development of lives with renewed meaning and

> **David Gerber CEO**, Willingway

Recap of our Trunk or Treat on 10/30/24

Alumni News:



purpose.

CEO Corner







Name: Cedrick Parks Position: Lead Recovery Tech

Employee Spotlight

Start Date: 5/8/2019 Tell us a little about your position: As the Tech Supervisor, I provide training and direction for all

BHT's. Although my primary job is supervising, I get to spend

plenty of time with the patients, and I'm often the first person to meet them during the admission process. Favorite part of your job? Being in recovery myself, my favorite part of the job is being able

to see how much progress our clients make during their time here. Seeing them have their breakthrough moments is always

rewarding. Why did you choose Willingway?

When I first moved to Statesboro, I didn't know anything about Willingway, but the extended treatment program I attended often spoke of the facility and had a few clients that had previously detoxed here. I made a commitment when I got sober that I would work at a facility that provided the care I was given

in my time of need.

Interesting fact about you?

my favorite food is crab legs, and I can crack and eat them faster than anybody I know. I aspire to compete in a crab leg eating challenge one day. Lol. I also enjoy dancing and making TikTok videos in my spare time.

A few interesting facts about me are that I'm a home chef, and



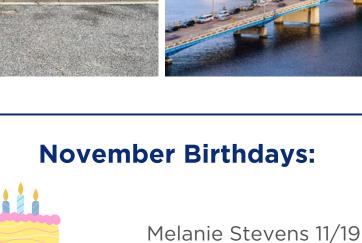
1225 Augusta West Parkway 4100 Southpoint Dr. E, Unit 1, Jacksonville, FL 32216

We're Growing!

Augusta IOP: Coming Soon Jacksonville OP Location: Open Now!

Augusta, GA 30909





Wilson Paul 11/4 Sarah Bridges 11/15

Stay in touch!

Alumni Night

Every Thursday



7:30 - 9:00 pm 311 Jones Mill Road, Statesboro, GA Call: 912-515-7103 for more info

Tykeria Tann 11/9

Willingway CaredFor App

Want to share your recovery story? Shoot us an email at: alumni@willingway.com



talk about your experiences, and to find ways to become connected to 12-step recovery. Continuing Care support groups are not a substitute for AA, NA, or Al-Anon, but they

Mondays 7:30pm

1615A Oberlin Rd.

Raleigh, NC 27608

Name: Tracy Miller

engaging in local recovery organizations. Raleigh Group: St. Simons Group: Name: Charlie Wagner Phone number: 919-349-6269

St John's Baptist Church

Email: mail4youcw@gmail.com

Zoom Meeting ID: 885 4336 3501 Passcode: Willingway **Macon Group:**

> Monday at 6:30pm Centenary Church 1290 College St. Macon, GA 31201 Zoom Meeting ID: 858 8774 8270

Phone number: 478-960-4574

Email: tracytmiller58@gmail.com

Jacksonville /Jacksonville Beach Group:

Passcode: Recovery

Name: John Roberts and Cathy Roberts Phone number: John 904-463-1246 Cathy 904-463-5200 Monday at 6:00pm Zoom meeting ID: 996 758 129

Password: 1234 Tuesday at 6:00pm Palms Presbyterian Church

3410 Third Street South Jacksonville Beach, FL 32250 Education/Office Bldg. (north side of campus) Room 202

The Club House 1501 Demere Road St Simons Island, GA 31522

Name: Joel Mills

Phone number: 912-617-6385

Email: jvmssi@me.com

Saturday at 6:30pm

Atlanta Group: Name: Robby Carroll Phone number: 404-216-3882 Email: carrollrobby@gmail.com Tuesday at 6:30pm

Zoom Meeting ID: 851 3786 4879 Password: 837591 Thursday at 6:00pm Zoom Meeting ID: 883 0477 9288 Password: 545307

Augusta, GA: Name: Paula Wood Phone number: 706-664-9672 Saturday at 10am

Covenant Presbyterian Church 3131 Walton Way Augusta, GA 30904 Zoom Meeting ID: 896 8113 8410

Password: 174257

Charleston Group: Name: Rhett Crull Phone number: 843-323-7111

Email: crull.rhett@gmail.com Monday at 6:30pm Church of the Holy Spirit 299 Seven Farms Rd. Daniel Island, SC 29492

For more information about