



Feb 20th 2024

**{IMPOSSIBLE}** is something you have never seen before; and to see the impossible as reality, is to assume the impossible can be done and determine how you can do it. [From the podcast [Inside Skunk Works](#) // Mar 11th 2018]

Rather than being mystified by how things need to work, and asking the questions of what can possibly do the job // since we already know how things do work, and our fundamentals are complete unknowns // we then need to ask the questions of what can be devised for every parameter needed to do the impossible // putting them together, we then answer those questions of how we need them to work together.

Assume it can be done, and figure out how to do it.

We start our newsletter with the following:  
**A Testimonial from McKina Jewell.**

The following testimony is written in the hope of the following: to share an understanding of the kind of place Chai Rivers Recovery Café is; give courage to others struggling with most anything, and to see that there is a true safe place which redefines the stigma about *recovery*.

When I heard of Chai Rivers Recovery Café, I never could have imagined what it would become to me. I was 14 years old and more than suicidal; I planned, prepped, and followed through on overdosing with medical prescription pain killers. I did flat line, and as the doctors were calling my time of death, I came back on my own. Some would see it as a miracle, but when I came back, I have never really felt truly safe within my mind. I have struggled with depression, anxiety, and suicidal ideation for over a decade.

Counseling, psychiatrists, support groups, religious gatherings, and most any other way I could ask for help, and in any way I could, never seemed to be helpful. I have been on the rollercoaster of getting better, finding a peak, and then plummeting down to new depths. It was in 2023, when I first walked into Chai Rivers Recovery Café, feeling the best warm welcome by members, staff, and volunteers. For the first time, I felt like I was in a real place of healing, with no judgement, and full acceptance. All that gave me the strength, courage, and safety to share the

side of my mind, which I thought I would spend the rest of my life struggling with alone. To be a member, there is a requirement to attend a weekly circle where a quote is repeated every time: "The opposite of addiction is not sobriety, it is connection" by Johann Hari. I will circle back to this in a moment.

Chai Rivers Recovery Café gave me a real sense of connection. When my mind was my enemy, going to the Café was definitely out of obligation, as I was required to go to the weekly circles. I took down my walls and for the first time ever in my life was just truly embraced. No one tried to fix me; no one saw me as any different, despite my struggles; no one triggered the defense of throwing my walls up and 'being okay for others sake'. *The opposite of unhealthy is connection.* Chai Rivers Recovery Café is the reason I can write this and say; while I know the battles will still come and go, I have been able to be free from the death grip of suicidal thoughts **and** suicidal ideation for over a month. For the first time, I feel connected to the wonders of life, to others, and feel mentally healthy. No negative thoughts are of my life even since being fired from my job.

All in all, words will not seem to explain how thankful I am. Chai Rivers Recovery Café is my home, safety, strength, connection; and breathed new life into me. I will not ask anyone to sign up, but I do ask for you to come in and see what Chai Rivers Recover Café can be for you. I had a life to lose, and it saved me. Connection saved my life.

*McKina Jewell*

#### **Fun Facts for Self Care**

Water, one of the most vital components of life, is something we take for granted. To start each day with (20oz) of water, before all else? Why? Because one of the functions of sleep is the metabolism of waste or toxic elements that build up in cells overnight. In the morning the body purges all this with our first bathroom call. When we drink {after morning hygiene} (20oz) of water before all else, {over a 15-20 minute timeframe}, the water helps our bodies natural defenses finish purging waste and toxins from our system. We can then go about our day, having our morning coffee or breakfast as usual.

Another function of drinking water first thing is that it rehydrates the body for the day ahead.

Another note with water, if you are one of those who keeps a glass of water next to your bed, to take a drink in the middle of the night, consider this. Saliva slows to nothing overnight, this is why bacteria and things build in our mouth giving us the nasty taste and such in the morning. When we drink overnight, we wash all that stuffage down into the greatest incubator ever devised on earth, the stomach. And overnight when all activity slows in the GI tract, our stomach becomes even more of a perfect incubator. If you must drink, you need to get up and rinse your mouth out with water first, as hard as it is to do, this may save you from a nasty virus or some other cold like issue.

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Please Note: Chai Rivers Recovery Cafe is a members only // Not for Profit Organization // Open to anyone with a recovery issue of any kind // not limited to major addictions or homelessness //

It is free of charge to anyone who is willing to come // Requirements are for you to be **Drug & Alcohol Free in the Community Space; Participate in a Weekly Recovery Circle; and Contribute to the Cafe Community.**

All services, food, and drinks, are free to all members. Non members are not turned away, and all is still free, however within a couple visits, you will need to commit to becoming a member.

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It is an honor to be a part of the  
healing of Cowlitz County

*Chai Rivers Recovery Cafe Staff*

Newsletter Editorial Staff:  
Jim Barbieri  
Connie Kruse  
Rose Hoggatt-Nickle

### **Chai Rivers Service Statistics for 2022 & 2023**

	<u>2022</u>	<u>2023</u>
New member enrollments	107	164
Members attending meetings and classes	567	2748
Recovery coach services	35	92
Meals served	530*	3755
Drinks served	668*	5016
Employment barriers broke down	4*	52
Employment actually attained	4*	21
Housed individuals	4*	37
Naloxone training & handed out	30**	194
Resource referrals	67*	114
Individual referrals to detox	1***	10

\* November & December

\*\* October to December

\*\*\* December

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### **Some of Our Groups Include:**

Prayers // Mon @ 11am  
Healing Arts & Crafts // Tue @ 2pm  
Neighborhood Clean Up & Walkabout // Wed @ 1pm  
{2nd & 4th weeks}  
Write-On // Journaling Group // Thu @ 11am  
Grief Class // (Startup in spring)  
Open Mic Karaoke // Thu @ 2pm  
Dinner & a Movie // Thu @ 4pm  
{2nd week}  
New member Introduction // Fri @ 10am  
Family Fun Night // Fri @ 4pm  
{Last Fri of month}

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### **Our Hours of Operation:**

Mon // Tue 10am to 4pm  
Wed 10am to 6pm  
Thu // Fri 10am to 4pm

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