



April 19th 2024

Write-On with John

Recovery is discovery...

Upon becoming a Recovery Cafe writing workshop, we named it Write-On. Appropriate title for a group of us in ongoing supportive recovery it is not just for the aspect of writing to self-evaluate, but for constructive critique of each others prose. Moreover, I feel the weekly hour is therapeutic to both writers and reviewers. On leap year day (2024), a record (10) members attended. One wrote a poem (yet any prose is welcome); so here it is:



Concentricity

Each day of my recovery, I see people as an old growth tree... In the crosscut of humanity, concentric rings are you 'n' me! The sapling first, no less than the last; From one great die we're cast!..

John

Fun Facts for Self Care

Breakfast, the most important meal of the day. How many of us pass it by, or substitute coffee for nutrition, using the excuse that 'I need to wake up first'. Well, I was like that once; and then as I started to understand how our last topic of water related to overnight toxic cleansing, I became more aware. I understood that for me, taking meds first thing, gave me an edge on the day. {more on this topic, next newsletter} So if I was going to do good for myself overnight, I needed to really start the morning by throwing coal on my fire, not a bunch of kindling. I found out thru a lot of trial and error, that my furnace required carbs to get it going, and not proteins. The protein reacted with the medications, and kinda set me back a bit in the morning. You may be different, yet this is what worked for me. I start my day with a mug of oatmeal. Yes, oatmeal; a gluten free carb hit, a massive coal base for the day. My problem was how to cook it. Microwave to the rescue! I took my (10) ounce mug, and filled it (2/3rds) full of rolled oats. Then I filled the mug with rice milk. Microwaved it for (1-1/2) minutes on high. Perfect every time! A few disclaimers. I use rice milk because it's dairy

(lactose) free. It also has a bit of sweetener to it because of the nature of rice. (No sugar is added into the milk) You can use any type of milk you desire, be it Moo Cow, Almond, Hemp, or, or. I also prefer the non flavored variety, but experiment yourself. I don't add sugar, or any other sweeteners, as I also have to watch sugars. Rice milk has just enough natural sugar to take the edge out of the rolled oats perfectly! So when it comes out of the microwave, I give it a quick stir, by moving the spoon up and down in the mix, to keep it from spilling. I say grace; as it needs to sit for a minute to finish softening up. Then I eat. If it becomes a bit stiff, I just add a touch more milk, stir it in, and continue. The big benefit for me is that I then take my vitamins and other meds as I eat the oatmeal, spacing them thru the oatmeal. The oatmeal acts as a perfect buffer for all those pills we seem to be dependent on every day. And that's it. If I feel coffee is needed, it comes after it all. Then, later on in mid morning, I may have the protein side of breakfast, be it eggs, or a protein bar, or whatever works. This is a start to making a perfect day. And if you don't start the day right, not a whole lot else really goes well at all!! Thanks.

Jim

Neurodivergence; Autism // Part 2

A major problem with autistics is being heard or understood; and conversely, getting their points across to others. For the most part, autistics put on masks around other people, simply for that acceptance, and to mask extremes. This is a common trait of humanity in general, for when any of us feel as an outcast, or outsider, the coverup is on. It can be due to physical, mental, or any reason whatsoever; it just happens that autistics seem to have a sense about them in which the coverup is a way of life, unless we're together with like kind.

Autistics are uncomfortable every time their outside their safe environment. This means that when we're outside our safe zones, we're lost; others can visualize it as, we're uncomfortable all the time. A lot of neurodivergent's freak out in uncomfortable situations, and the psychological burden is to bear the pain, which by the way is a 'normal' neurodivergent way of life.

Autistics also have a problem with pleasing others, especially those over them; again, more than likely

because of acceptance issues. Autistics give, and try to perform above and beyond; and as in such cases, the more that's given, the more that's taken, thus, over time others stop asking, and start demanding. An Aspies time therefor becomes non respected by others, mostly because self interpersonal time is not respected by or understood by autistics. Acceptance then becomes such a factor that giving becomes all out, without others asking. The opposite then happens; when it all hits a breaking point, giving ceases altogether due too being overwhelmed.

The inability to be able to even ask for help, knowing what to ask for, or where to ask, overwhelms Aspies; and asking for help becomes pointless. The understanding of how too, or simply why, makes no sense. Sooner than later it transitions in the mind of the neurodivergent, that simply bringing up a subject should be a call for help! Thru it all, isolation sets in and becomes a way of life; turned backs become such a norm that when it happens, it simply becomes another "oh-well".

Humanity that isolated thru COVID got a simple taste of it all, however for Aspies, it was an extension of normality. In fact the opportunity for neurodivergent's to interact, actually increased thru COVID, due to the open door of Zoom and other platforms. For the first time, autistics could reach out to each other not bounded by cities or other borders; and as a group, they started to understanding that isolation can at least end for the time allotted in groups of like minded neurodivergent's.

Next time; Emotions, and emotional support.

Jim

It is an honor to be a part of the
healing of Cowlitz County
Chai Rivers Recovery Cafe Staff



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From the Director's Desk

Greetings All;

First off, I would like to express my immense thanks to all the staff and volunteers here at Chai Rivers Recovery Cafe. Without your caring and willing souls, this place would not function or even exist.

It takes a special kind of person to give their time and abilities to bring freedom, friendship, happiness, and life to others.

At a time in history where it seems so dark, you are a light that brings so much hope to the hopeless, here in Cowlitz County.

We have big dreams here at Chai, as one day we hope to have more housing, more detox, more jobs, and most important; more people, wanting to change their lives and situations from addiction and homelessness, to freedom without addiction; allowing them to be housed and hold meaningful jobs!

BUT, this is the KEY!

You must want to Change and be Willing to take the steps to do so.

I haven't seen one person who was willing to work their program; that hasn't succeeded. They might not have arrived at their goals yet, but they are on their way; and always grateful for where they are. This is why here at Chai Rivers, we give a hand up, not a hand out.

If you are one looking for a hand out, we aren't the place for you; but if you want to change your life, and are willing to do the work, we will go to bat for you, and help you thru your troubles; our door is open.

So, to bring this to a close, I hope to have testimonies from those who have been overcomer's to their situations; and are calling to to others, to join us in the future.

Thank You All

Tad Kruse

Executive Director
Chai Rivers Recovery Cafe