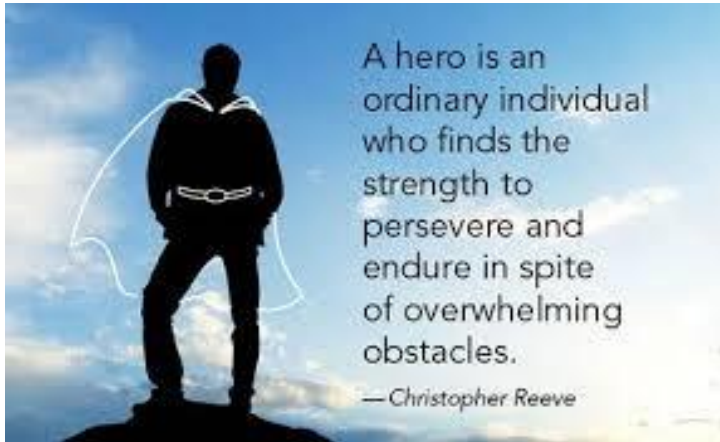


Overcoming Challenges



FROM THE DIRECTOR

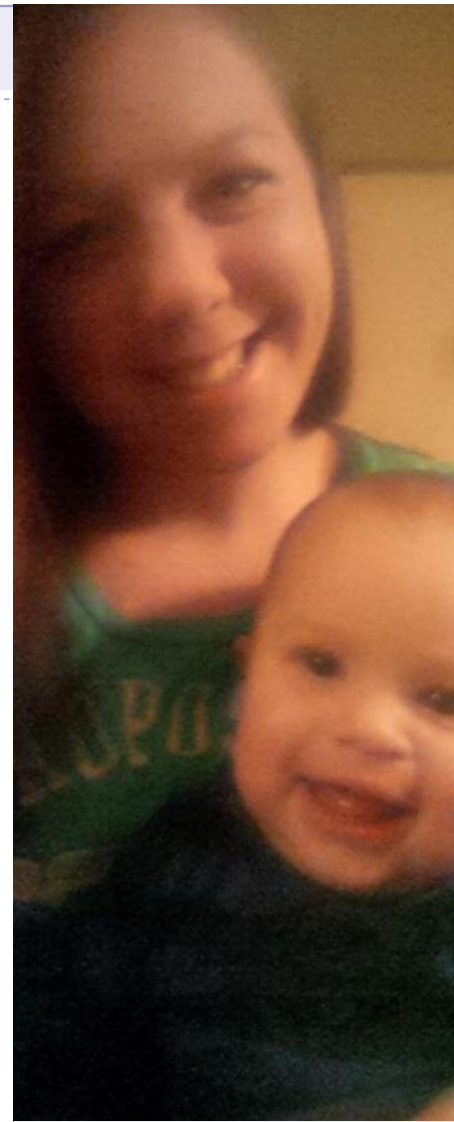
September was National Recovery Month, an entire month committed to recovery education and celebration. It was amazing to meet and get to know so many wonderful people in recovery at various events in the community. Those in recovery are some of the absolute strongest people I know. They have suffered greatly as a result of their disease of addiction, but have bounced back with terrific force and won the fight of their lives. And now, they fight together to help others still struggling. I see them walk right through adversity and find ways to make their lives and other lives better every day. I take pride in every single one of them and they have my utmost respect for all they have overcome.

And now, we turn to Fall/Autumn. These months will grow cooler with Winter fast approaching. Leaves begin to fall, the holiday hustle and bustle will begin, families will gather together, and, for many, daily struggles will become stronger. It is important to have a plan when times get tough. If you begin to struggle, please reach out to a fellow friend in recovery, sponsor, counselor, helpline, support group, etc. Do not try to handle it yourself or just hope the struggle goes away on its own. The better support system you have in place and utilize regularly, the stronger your recovery will become and remain. Do not hide behind your pain because of stigma, shame or guilt. There is an entire recovery community who will not judge you and who will help you. If you feel there is no one you can turn to, please reach out to Rainey's Light and we will find help for you. Because with love, all things are possible, *especially recovery*.

Please enjoy this edition of our newsletter.

With Love,

Michele Avery
President & Founder



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HELP FOR THOSE IN NEED



At Rainey's Light, we partner with other local organizations to collectively help as many people as possible.

One such organization is the Natalie Cribari Drug Awareness Fund (NCDAF). NCDAF has two pantries to help assist people with food, clothing and small household item needs. If you are in need, please visit one of their pantries located below.

Migliore Treatment Center

60 South 41st Street
Harrisburg, PA

JFT Recovery and Veterans Support Services

300 Market Street
Lemoyne, PA

Call (717) 635-9943 for more information.



PATHWAYS TO PARDONS

Free public information sessions on the pardon process are being held throughout the state. On Monday, October 23rd, 2017, at 6:00 p.m., Lieutenant Governor Mike Stack and State Senator John DiSanto (as well as other presenters) are holding a session at the Hamilton Health Center. This event is designed to help individuals better understand the application process for a pardon and the requirements that must be met for an application to be considered.

Please share this with anyone you know who may benefit from this information.

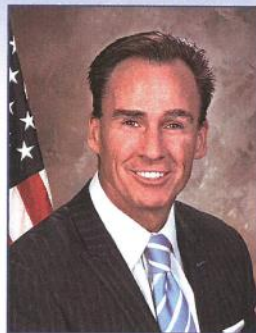
Empowering People with Knowledge to Help Improve Their Lives



Pathways to Pardons

Hosted by

Lt. Governor Mike Stack & State Senator John DiSanto



**Monday, October 23, 2017
6pm - 8pm**

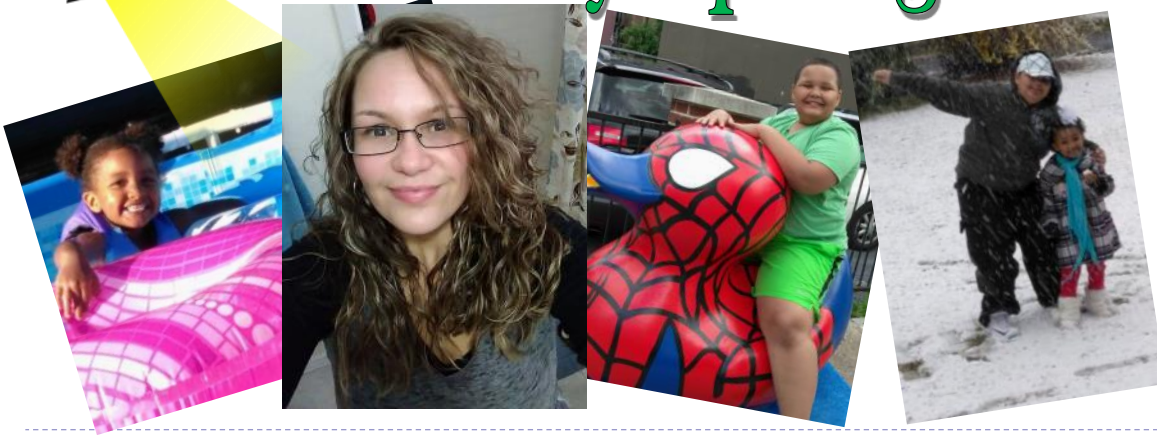
**Hamilton Health Center, Community Room,
110 South 17th Street, Harrisburg, PA 17104**

The program is free, open to the public, and designed to inform constituents of the pardons process with time allotted for Q&A and discussion.

For more information, contact Lt. Governor Stack's Harrisburg Office at (717) 787-3300 or State Sen. DiSanto's District Office at (717) 787-6801



Recovery Spotlight



"Recovery happens when you have had enough of the pain."

RACHEL'S RECOVERY STORY

By Rachel Skinner, CRS

Hi.... My name is Rachel and I am in recovery.

The cycle of chaos started well before I was born. My mom was on the streets at age 12. She used sex as a way to "provide" for her survival. She quickly became introduced to drugs to help her cope with the life she now had. She became pregnant with me at the age of 15 by a "john." Having a baby didn't slow down her lifestyle one bit though. I watched her turn tricks and was taken to various parties with her. That was our life. That was our "normal." I was neglected, molested and abused. I was an unwanted child with no real identity.

At the age of 12, I started to look for ways to fulfill my needs as a child.... attention, love etc. Instead, I found drugs and men who preyed on girls like me. My downward spiral began. I was becoming the very woman I didn't want to be. I tried just about every drug that there is out there. My love became cocaine and opiates. As is typical, using drugs started out all glamorous.... I was a drug dealers girlfriend and thought I was the shit.

During my addiction, I sold my body and my possessions, stole from loved ones, and wrote prescriptions. I was raped WELL over 20 times due to my addiction. I have been beaten by "johns" and drug dealers and held hostage. I was raped and taken advantage of by a "pastor." People have planned to kill me and stalked me. I saw the worst kinds of evil a person can imagine during my addiction, but it was my reality. I spent over 5 years in the prison system, over 5 years in rehabs and psych wards, and tried to commit suicide in 2013. How I am still alive is crazy remarkable.

After my suicide attempt, things seriously started to change for me. I didn't want to feel the pain, chaos, and terror anymore. The change within me started happening. I tried countless meetings, and various self help groups. What did it for ME was Jesus. I gave myself to him in 2012. My change wasn't immediate, but it started. I slowly started changing from the inside and WANTING to make the change. Change doesn't start until YOU are ready for it.

On June 11, 2015, I became 100% clean from my addictions, both men and drugs. I made the conscious decisions that I was beautiful and I am worth it. I got a mentor (similar to a sponsor) and started working on some stuff. Recovery hasn't been easy. I still have urges to use drugs or men. But then, I think about all the pain I felt, and I deny the urge. By the grace of God, I have almost all of my loved ones back in my life. I work hard everyday to keep the blessings I have received just by saying NO. I am constantly reminded of my wreckage, which pushes me harder forward. I am happy and I am FREE!



RAINEY'S LIGHT SUPPORTERS

THANK YOU TO OUR DONORS & SUPPORTERS!

Natalie Cribari Drug Awareness Fund

JFT Recovery & Veterans Support Services

Megan Wiebel, Avon Representative

April Rivera, Director, Scentsy

Kris's Shear Effects

Patrick Hannigan Foundation

William Penn Social Association

Brent L. Miller Jewelers & Goldsmiths

Friends & Family of Tyler Nicole (Howard) Middleton

Karns Foods

Wegman's

Giant Food Stores

Lisa Roemer, Realtor, Berkshire Hathaway Home- Services

Evelyn Bertoni, Faulkner Subaru

Jennifer Storm, author

Steph Luckenbaugh, Perfectly Posh Independent Consultant

The Dogs' Den Education & Adoption Services

...And all others who donate energy, time and money to help make Rainey's Light successful!

Thank you

**Need Help With
Recovery?**

Contact
PA Get Help Now

1 (800) 662-HELP (4357)

a toll-free hotline available
24/7 throughout the
Commonwealth to help those
suffering from addiction find
immediate help

You can support Rainey's
Light just by shopping using
Amazon Smile! Just use this
website or go to
smile.amazon.com and chose
Rainey's Light as your
charity. It costs you nothing
and Amazon will donate
every time you shop!

amazonsmile
You shop. Amazon gives.

[http://smile.amazon.com/
ch/81-2430605](http://smile.amazon.com/ch/81-2430605)

OUR WISH LIST

Gift Cards:

Giant Foods
Karns Foods
Wal-Mart
Target
Babies R Us
Toys R Us
Dollar General
Staples
Amazon.com

Plain paper
Plain white envelopes
Postage stamps
Stapler
Staples
Paper clips
Small filing cabinet
Small office desk and chair
Folders
Naloxone



SUBWAY
CARES.

Recovery Community Fundraiser

October 16th —20th, 2017

Subway Restaurant

Downtown Harrisburg Location

301 Market Street, Harrisburg

*Subway is working with local organizations to
bring awareness to the opioid epidemic,
reduce stigma and spread the word that
recovery is possible and benefits everyone.*

Proceeds benefit the following 501c3 charitable organizations:

The RASE Project

www.raseproject.org



Rainey's Light

www.raineyslight.org



NCD AF

www.ncdaf.org



Questions? Email Jacob at jpc0415@gmail.com

HELP WANTED!

Rainey's Light is searching for volunteers! The only requirement is a passion and compassion for helping parents and their children in the central PA area on their road to recovery. Volunteers can help as little or as much as their schedule allows, and can be out in front or behind the scenes. Dedicated volunteers are absolutely necessary for the success of Rainey's Light. Volunteers are needed in the following areas:

Managing fundraisers (such as candles, candy bars, sub sales, car wash, etc.)
Hands-on help at fundraising and awareness events
Obtaining sponsorships
Board members
Grant writing
Temporary transportation of mothers to local meetings or appointments
Person in recovery to run recovery meeting for parents and their children
Other ways as necessary

Please contact us at raineyslight@yahoo.com and let us know how you would like to help!



“The most effective addiction treatment is the one that works best for the specific individual seeking recovery.”

Ask Andy!



Dear Andy,

What do you think is the best treatment for addiction? I have heard about 12 step programs, using medication, going away to rehab, changing diet, yoga, etc. I don't know what works and what is just nonsense. Everyone seems to have a different opinion which makes it confusing.

Sincerely,
Confused in Mechanicsburg

Dear Confused:

Imagine you're planning a family vacation. The first order of business is deciding on a destination. After the dates and lodging reservations are set, you must then choose a method of transportation and a travel route. Your choices of transportation and route will depend on various factors. You may opt to travel by car on a scenic roadway if you have the time factored into your vacation plans. On the other hand, you may choose to drive by highway to reach your destination in the shortest period of time. Add to that the possibility that your destination may require you to use multiple modes of transportation and routes, such as a trip from Harrisburg to St. Croix, USVI. In short, there are many paths that lead to the same destination. And so it is with addiction recovery.

Addiction recovery looks different for each person. There is no one correct method, nor is there a guarantee that the initial method chosen will be the correct one for the individual. Often, a recovering addict finds that they may need to employ components of the various treatment options, fine tuning their recovery plan as needed, to achieve sustained success. And this is okay. There is merit to all the recovery treatment methods you cite in your question, so ultimately it comes down to which method or combination of methods works best for the individual relative to their needs.

All effective addiction treatments share a common core: They should be designed to help the individual quit using drugs and remain drug-free. Also, an effective plan should address any underlying mental, emotional, or physical needs, and it should be designed to encourage the individual to return to a productive and healthy lifestyle.

So, as you see, the method chosen is as unique as the individual entering recovery. The short answer to your question is this: The most effective addiction treatment is the one that works best for the specific individual seeking recovery.

About Andy

Andrew Signore is a U. S. Air Force veteran and a former police officer. He is also a long-term recovering heroin addict with a passion for helping others find or maintain their path to recovery.

Send your questions to Ask Andy at raineyslight@yahoo.com, or mail to Rainey's Light, 316 N 48th Street, Harrisburg, PA 17111

If you or a loved one is suffering from addiction, we recommend you seek treatment immediately by a medical professional. This column should not replace professional medical advice and treatment.

RAINEY'S LIGHT

Rainey's Light is a non-profit organization in memory of Lorraine "Rainey" Avery of Carlisle, PA, who died of a heroin overdose in May of 2015.

Rainey was an intelligent, beautiful and charitable young woman who loved her children, family, friends and animals. Rainey would help anyone or anything in need. She volunteered hundreds of hours with her oldest sister to help homeless animals at shelters, rescues and spay/neuter and vaccine clinics, and helped TNR neighborhood feral cats. She was charming, thoughtful and a genuinely good person who is missed by everyone who knew her.

We are continuing her dream of a stable, quality life for herself and her children by helping other parents like Rainey successfully transition from inpatient to outpatient recovery.

Rainey's Light

316 N 48th Street
Harrisburg, PA 17111
(mailing address only)

Phone: 717-576-0899
E-mail: raineyslight@yahoo.com



SUPPORT FOR THOSE LEFT BEHIND



Rainey's Light is involved in two resources for those who have lost loved ones to their addiction.

The first resource is LOST TO ADDICTION Grief Support Gatherings. These gatherings are held at JFT Recovery and Veterans Support Services, 300 Market Street, in Lemoyne. The gatherings are held on the first and third Thursdays of each month at

7:00 p.m. The gatherings have no set agenda and are for anyone who has suffered the loss of a loved one to addiction. It is an opportunity for those suffering in silence with the stigma and pain of such a loss to connect and communicate with others who understand their pain, and be surrounded by people who will not judge them or their loved one. Many family members suffer in silence due to the stigma associated with addiction. These gatherings can also show families some of the programs in the community that are designed to overcome stigma and help others recover.

The second resource is the Lost to Addiction Central PA Facebook page. This is a closed private group where people can discuss anything concerning their loved one or their loss in a safe, comforting atmosphere on social media. People can connect with others and receive peer support while they work through their grief without judgement.



www.facebook.com/groups/LTACentralPA



Please Accept My Tax-Deductible Contribution to Rainey's Light

Name(s) _____

Address _____

City/State/Zip _____

Email _____

Phone _____

Amount \$ _____

☐ General Donation

☐ In Honor or Memory of: _____

☐ I wish to remain anonymous

Special Note: _____

Please make checks payable to Rainey's Light and mail to:

Rainey's Light, 316 N 48th Street, Harrisburg, PA 17111