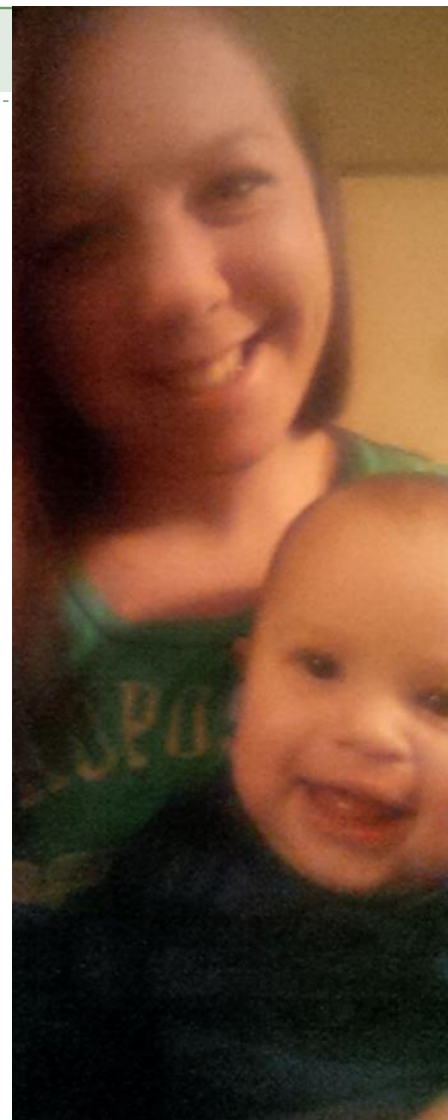
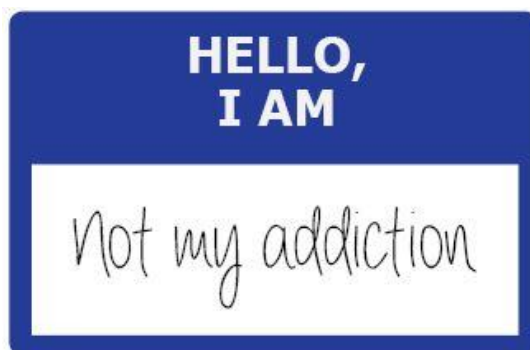


# No Shame November (and December)!



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## FROM THE DIRECTOR

Hello friends, supporters, and explorers! This month's newsletter addresses the stigma and shame associated with addiction. Stigma is one of the largest barriers to recovery. When you are told that you are pathetic, you should not get revived if you are dying, you aren't worth fighting for, you usually believe it's true. However, it's not. I have met some amazing people in recovery that at one point in their lives were not doing amazing things because they were struggling with their disease. But, they now are in recovery and doing great things, helping others, working, paying taxes, raising families, and more. It's important to remember that people suffering with the disease of addiction are still people. Beating them up when they are down helps no one. It is vital that we continue the fight to end stigma.

Speaking of stigma, I have been continually surprised and disappointed at some stigma in the recovery community regarding types of treatment (i.e.—abstinence vs. Medication Assisted Treatment vs. SMART Recovery vs. 12 Steps). The only people that should be concerned with anyone's method of treatment are the patient, their doctor, and their counselor. No one has the one magical solution that is perfect for everyone. Each individual has unique challenges, skills, strengths, and weaknesses. No one should be judged or shunned by another person in recovery because of their method of recovery. You don't want to diminish or prevent anyone's recovery by claiming your way is better than theirs. We all need to come together as a community and promote recovery (however the means) as a better way to live a happy and healthy life. Too many people are dying from their addictions to do anything else.

Please enjoy this edition of our newsletter.

With Love,

Michele Avery  
President & Founder

## 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.



## WHAT IS RAINEY'S LIGHT DOING?

Rainey's Light strives to promote recovery in our community through financial assistance to parents in recovery who have young children, education concerning addiction and recovery, and collaboration with other local recovery organizations. Although we are a fairly new organization, we have already seen the positive impact we have had in the community.

More people are learning about us, reading our informational newsletters, seeking our help with treatment options and seeking our help in maintaining recovery for themselves or a loved one.

We have also strengthened recovering families by providing rental assistance, help with vehicle purchases, and more. During this first year of our existence, we have already provided grants to families totaling over \$4,000. All of our money has come from generous donations from the public and other non-profit organizations as well as various fundraisers.

We have also struck collaborative relationships with several other wonderful and amazing local non-profit organizations such as [NCDAF](#), [JFT Recovery and Veteran's Support Services](#), [The RASE Project](#), the [Elizabeth Loranzo iCare Foundation](#), [PRO-A](#), [NDARE](#), and more.

Please be sure to like our Facebook page at <https://www.facebook.com/RaineyLight/>. We regularly share local community event information and stories concerning recovery from addiction on that page.



**What's the plan for 2018? Our Capital Campaign for a recovery house for women and their children!** It is our hope that we will be able to make our dream come true of opening a recovery house. The house would accommodate families where a mother and her child(ren) can live together in temporary housing to help the mother's transition into long-term recovery after rehab. These mothers and children would live in a supportive environment and would be required to maintain outpatient recovery support, abide by curfews, have random drug/alcohol screenings, maintain employment, and more, during their stay in the house. Most importantly, the house will promote and support the mother's long-term recovery while allowing the family to stay together. We don't know of any local family recovery house in this area. So, Rainey's House is desperately needed.

So stay tuned for our 2018 Capital Campaign!





# Recovery Spotlight

## KEEGAN'S RECOVERY STORY

By Keegan Wicks, CRS

My name is Keegan Wicks and I am a person in long-term recovery. For me, that means that it has been seven years since I have used a mind or mood-altering substance.

I entered into recovery at the ripe age of seventeen, during my senior year of high school. I was not initially committed to recovery. I was not entirely willing to receive help or treatment when I arrived at detox. I could not fathom a life without getting high. Imagining my life without opiates was something I could barely grasp, let alone a life without the use of *any* substance. What would I do in a life without alcohol or marijuana? How would I manage through my 21st birthday? What would I do when marijuana is inevitably decriminalized? How will I be able to have fun? These questions plagued me with anxiety as I unknowingly began my life-long journey of recovery.

I once heard recovery defined as “a process of change through which individuals improve their health, wellness, live a self-directed life, and strive to their full potential.” Needless-to-say, when I arrived at inpatient treatment, I was not interested in obtaining this definition of recovery as I could hardly stomach the thought of not using. It wasn't until professionals in recovery began to speak to me about what addiction is and the process necessary to recover from this seemingly hopeless disease that I was able to understand – I am a person with addiction.



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*“I must say, recovery is an experience not to be missed.”*

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Recovery became the goal as a result of learning about the true nature of my condition, being shown the process of *how* to recover, and when the resulting gifts of recovery were highlighted to me. Through the support of my parents, my two brothers, and a large recovering community, I was able to take the actions that were laid out before me in order to recover.

I have had the unique opportunity of growing into adulthood in recovery. Now at 25, my life has morphed into something unmistakably different than what it was when I was actively using. I successfully experienced my 21st Birthday in recovery, a milestone which turns out to be just like any other day.

I have been given a life today that—prior to recovery—I didn't know I wanted. Because of recovery, I have been able to sit at roundtable discussions with senators, advocate for recovery at the Capitol, and speak at universities. Today, I work in the recovery field and provide opportunities for people to engage in recovery who, like me, do not yet know what recovery has to offer them. I must say, recovery is an experience not to be missed.

God willing, on Christmas-Eve I will celebrate eight years of long-term, sustained recovery.

Merry Christmas,

Keegan



## 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](http://smile.amazon.com) and chose  
Rainey's Light as your  
charity. It costs you nothing  
and Amazon will donate  
every time you shop!



[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



## EMPLOYMENT IN RECOVERY

By Rachel Skinner, CRS

My name is Rachel and I am in recovery. Everyday is a challenge for success, a fight if you will. However, the end result is far greater than addiction. In finding meaningful employment, programs and people that help you along the way can be stressful or seem way to far out of reach for you. You may not even know where to start. So I am going to step you through the basics, helping you make a foundation for a greater tomorrow.

The best program in the Harrisburg area, a one-stop shop, is Sound Community Solutions. They have mentoring, employment assistance, anger management, reentry assistance, training, and resume workshops. They have people to listen and help you through what they have already been through. They can relate and they CARE. Their phone number is 717-961-9740. It is truly an amazing place.

Depending on your age, there is also the youth build through YWCA, 717-724-4834. the age is 18-24, and they also help people attain their GED.

The first step is to reach out to someone else. If you DON'T try, you WON'T win. I know in my experience I have been turned down from over 100 employers due to my criminal record. But I DON'T give up. Every day clean and sober is a chance to learn about how to truly live. My faith has carried me through each day of this process. I don't let myself get discouraged, it just wasn't meant to be. Just remember you are not alone, together we stand.

**\*\*\*Note from Rainey's Light\*\*\*** We urge all those in recovery and in the recovery field to contact their legislators and advocate for changes in the law to help those in recovery, like Rachel, to be more employable. A person who overcomes their addiction is deserving of a second chance at good employment. Crimes committed while in active addiction should not be a permanent bar to successful employment. This barrier is not good for the person in recovery or for the community as a whole. We must be a society that encourages and supports recovery, not one that permanently punishes people who overcome their addiction.



## 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  
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](mailto:raineyslight@yahoo.com) and let us know how you would like to help!



*“...a bona fide recovery plan addresses the overall health and well-being of an individual and not just their use of drugs.”*

## Ask Andy!



Dear Andy,

What's the difference between being clean/sober and being "in recovery?"

Sincerely,

Janette in Boiling Springs

Dear Janette:

The distinction between being clean and sober versus being in recovery is clear. A person can be clean and sober without being in recovery; however, he or she cannot be in a state of active recovery if they are not clean and sober.

Consider a person suffering from alcoholism. In this scenario, they are arrested on a Saturday morning for Public Intoxication and placed in the local jail where they remain for 48 hours until bail can be posted. On Monday morning this person posts bail and is released from jail. After collecting his personal effects from the police property room, he immediately heads to the nearest bar to purchase an ice cold 12 pack to go. He arrives home, opens a cold beer, steps onto his front porch and proudly announces to his neighbor that he was "clean and sober" for the past forty-eight hours. Although his statement is true, this is hardly an argument for sustained addiction recovery.

Addiction recovery involves a conscientious decision on the part of the addict to refrain from using all mind-altering substances in addition to their specific drug(s) of choice. Additionally, anyone embarking on their recovery journey must understand that an important component of their program must be their willingness to address any underlying physical, mental, emotional, or social conditions that may have contributed to the agitation of their disease. In short, a bona fide recovery plan addresses the overall health and well-being of an individual and not just their use of drugs.

As you can see, being "clean and sober" simply means a person has not used drugs or alcohol for a specific period. Conversely, being in a state of addiction recovery, a person has made a commitment to refrain from all mind-altering substances while working on improving their overall well-being to advance the ultimate goal of sustained abstinence.

### 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](mailto: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.

## SUPPORT FOR THOSE LEFT BEHIND



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

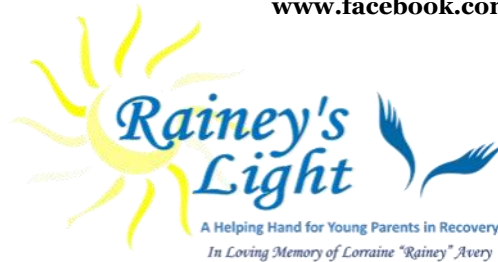
The first resource is LOST TO ADDICTION Grief Support Gatherings. These gatherings are held at JFT Recovery and Veterans Support Services, 300 Market Street, in Lemoyne. The gatherings are held on the first and third Thursdays of each month at 7:00 p.m.

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](https://www.facebook.com/groups/LTACentralPA)



### Rainey's Light

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

Phone: 717-576-0899  
E-mail: [raineyslight@yahoo.com](mailto:raineyslight@yahoo.com)



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Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

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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