

O.U.R. Time Opportunity, Understanding, Renew

Table of Content

2007 Street Dance	1
2007 Buchanan Senior Citizens Day	2
Recovery Song	3
Recovery and Clubhouse	4
My Story	5
Inside Story	5

Special Events

May 29th thru 31st. :
SCA Retreat at Bluefield

May 30th. :
Staff picnic at the Main Office

June 21st. :
O.U.R. House Summer Blow-out at clubhouse

June 29th. :
Senior Citizens Day

July 26th. – 27th. :
1st. Annual camping trip

2007 O.U.R. HOUSE REGIONAL STREET DANCE

By ; C. Rodney Keene

On Thursday, June 21, all 4 Cumberland clubhouses had a very wholesome, entertaining time at O.U.R. House. It was our first opening beginning of summer street dance.

Our music was supplied by our music system, which we also used for our regional clubhouse singers - The Taco Band. The DJ was also from our neighborhood - Del, Ellis, Sharon and

Ashlei.

Our music was a wide selection from Bluegrass to Rap.

We enjoyed a wide variety of things to eat and drink.

James “Stretch” Mounts, a board member from Cumberland Mountain Community Service also attended the event.

In my opinion, we may have begun a new Cumberland Mountain Community Services open-

ing of summer tradition.

Without music, life is a journey through a desert.

Pat Conroy

Poetry is something to make us wiser and better, by continually revealing those types of beauty and truth, which God has set in all men's soul

James Russell Lowell

What lies behind us and what lies before us are small matter compared to what lies within us.

Ralph Waldo Emerson

2007 BUCHANAN COUNTRY SENIOR CITIZENS CELEBRATION

By : C. Rodney Keen

On Friday, June 29, O.U.R. House closed out June by going down to Riverview Elementary-Middle School for this year's Senior Citizens Celebration. This year's celebration was held upstairs in the main basketball gymnasium rather than downstairs.

The welcoming remarks was given by the sheriff Ray Foster

Along with the many health related businesses and organizations, there was also representatives from the ASL and the Buchanan County Library. Many of the businesses and companies brought down some of their specialties to sample and to take home.

The police did a program on different locks and ways to combat crimes and scams in our area.

We enjoyed lunch from KFC, while we were treated to secular and regular bluegrass music from a local group Short Circuit Bluegrass.

Finally, we won a large selection of door prizes.

All in all, it was a great way to close the door on a busy June.

O.U.R. HOUSE JULY SHOPPING TRIP

On Friday, July 6, members from O.U.R. House took a shopping trip to Abingdon and Lebanon.

We visited the new indoor Lee Roy's Flea Market first. Next, we went to the two Flea Markets in the old tobacco warehouses on Rt.

58A.

After an hour or so of shopping we had lunch at McDonald's.

Then, as we headed back, we made a stop at the main office to pick up a couple of used desks. Our last stop

was the new Lowe's store and Wal-Mart at Claypool Hill for some last minute shopping.

Then, we headed home

RECOVERY THROUGH SONG

The TACO Recovery House band was formed to provide hope, encouragement, and recovery through music and song.

Our name TACO was derived from Cumberland four recovery houses that came together to form one band:

T - Tazewell

A - Ark

C - Clinch Mountain

O - Our

The band is made up of members from all four recovery houses.

They meet weekly for practice either at O.U.R. House or Richlands First United Methodist Church's Quirk

Hall, in downtown Richlands next to Ark House.

We have sang at clubhouse regional Christmas parties, the 2007 regional Valentine's party, county fairs, CERC meetings and the 2007 Mental Health Walk at Emory & Henry College .

We fervently hope that this list will continue to grow as our fame expands.

The songs that we sing are meant to be uplifting, positive songs that send out a vibrant message that recovery is possible.

Kim

Life's Meaning

*These things make life worthwhile to me :
A sunset sky, a maple tree,
A mountain standing grim and gray
Against the skyline far away ;
A baby's laugh, a summer breeze,
A roadway winding 'neath the trees;
A friend to truth, a book to read,
And work which meets some human need.
And through it all, a sense of God
Lifting my soul above the sod,
The hope and peace which He can give—
These make it worth my while to live.*

Positive thoughts keep you in harmony with the universe.

Whenever something good happens., write it down. Buy a special notebook...and use it to list all the good in your life.

Peter McWilliams and John-Roger

RECOVERY AND CLUBHOUSE *by ; C. Rodney Keene*

Clubhouses across the country are like an extended family. As for me, I absolutely love clubhouse, and it gives me a strong way to boost my recovery.

For a long time, staff has been there for us.

When I lost Mother just after Halloween 2001, staff suggested I come to the clubhouse to relax and unwind. They have helped me immensely on the road to at least partial recovery, and coping better with my disorder.

Since 1991, I have been coming to clubhouse— now known as Recovery House. They taught me how to prepare many delicious meals.

Also, computers, to me used to be a decidedly alien field of work. Now, I be-

lieve I am comfortably adequate on computers. However, I haven't quite conquered every aspect of them.

My social skills have changed for the better. I was a very friendly person— too friendly, in fact. They shown me how to be friendly and to give people some space when I get a little too friendly.

We have traveled much over the last 16 years.

Clubhouse is great. Our newly instituted recovery programs help us to do many different things to foster the hopes of recovery. We go outside of the county to enjoy movies, or to see a movies at our facility.

Clubhouse groups travel incessantly around our re-

gional area to visit and to shop at flea markets, bowling alleys, shopping centers, and other places.

We how people how we have improved our social skills and show others there is hope.

This help us stay stable and feel much better and embark on our individual road to recovery.

That is why O.U.R. House has changed its' official mane to O.U.R. Recovery Center.

Obviously, I still love clubhouse.

MY STORY

I'm sure my story is much like most of yours. I was sexually abused and raped from childhood and throughout most of my life, many years of keeping it hid from everyone because of being punished and humiliated by family and society in general.

After keeping it bottled up inside for forty years, it finally took a toll on me emotionally, and I lost control.

I began to plot the death of everyone who had hurt and degraded me. I wanted everyone to feel the pain I had felt for so many years. I wanted to literally torture them and then end my own life.

I was so consumed with hate and anger, that I couldn't see that it was destroy-

ing my relationship with my daughters. They were the only positive things in my life, and I felt they were better off without me.

I had failed them as a mother. The only thing that kept me going was my plans. I knew not to write things down, so I couldn't be stopped before I could carry them out.

I was ready to go through with my plans,, when I started to panic, when I would think of the consequences.

I realized I needed help. I had no where to turn until I was put in contact with a counselor from Cumberland Mountain Community Services. They sent me to a mental health facility for a while, and I received counseling from Dr. Gee and the

staff at Cumberland Mountain in 2005.

It was suggested to me that I might benefit from the services at the clubhouse and that it would give me something to do with my spare time.

I have been coming to the clubhouse for a few months and I have had comments about the change in my behavior. I am happier now and I have a support group I didn't have before.

They understand me and have been through much the same thing I have.

A friend told me that she wrote her feelings down and hid it away, and ever so often she will get it out and try to deal with it but she puts it back in hiding.

continue on page 6

Cumberland Mountain C.S.B.

O.U. R. House
P.O. Box 1034
Grundy, VA 24614

My Story continue from page 5

I took part of her advice, I wrote my story down and let a friend carry it around until I was able to share it with all of you.

I have found that friend here at the clubhouse.

I am thankful to God above for my new road to recovery.

Kat

QUALITY

*It's not the quantity that counts
But quality instead,
It's not a multitude of words
But a spoken word well said.*

*It's not a gesture multiplied
But a deed that is sincere,
It's not praying so other notice
But praying so God will hear.*

*It's not having friends galore
But a real friend you can trust.
It's not the quantity that counts
But the quality.....in us.*

Chris Zambarnard