

Recovery is POSSIBLE, IMPORTANT, and a NEW BEGINNING



National Recovery Month is just a few days away. Make your plans now to celebrate the month; attend an event, help others stay in recovery, share your thoughts on various recovery topics in our **new Recovery Month forum**, or just learn more about addiction and recovery. Recovery Iowa News is delivered to your e-mail in plain text format. You may link to <http://www.recoveryiowa.org/RInews.html> for the formatted pdf version.

## Recovery Month in Iowa

### Share Your Thoughts about Recovery Issues with the New Recovery Iowa Forum

[\[http://www.recoveryiowa.org/RMforum.html\]](http://www.recoveryiowa.org/RMforum.html)

For the month of September, Recovery Iowa has posted a forum for you to share your thoughts, ideas, or feelings about some important recovery issues, including, "What do you do to stay in recovery?", "What advice can you give others about talking to kids/teens about alcohol and drug use?", "How do you support those new to recovery?", and "What suggestions do you have for those who have a friend/family member with an addiction?"

Here is your opportunity to ask questions of others in recovery, share what has helped you in recovery, and connect with others in the recovery community.

**Events.** Go to <http://www.recoveryiowa.org/recoverymonth07.html> to view Iowa Recovery Month Events.

If you have an event that's not listed, email your event information to [info@recoveryiowa.org](mailto:info@recoveryiowa.org) to post on the Web site.

Events listed so far include:

- Recovery Weekend, September 7 - 9, 2007. A weekend of prayer for all those struggling with, and in recovery from, addictive illnesses.
- Recovery Day 2007, September 8, 2007, 10:00 am - 2:00 pm, Open House and Community Celebration at Community and Family Resources
- Join the Voices for Recovery Event, September 16, 2007, 1 – 4:30 pm, Pete Crivaro Park, Des Moines

**Help others Achieve or Stay in Recovery.** RecoveryIowa.org is featuring your recovery stories

[\[http://www.recoveryiowa.org/recoverymonth07.html\]](http://www.recoveryiowa.org/recoverymonth07.html) in celebration of Recovery Month to inspire others. Share the power of recovery. If you are in recovery, a family member, friend or ally of someone in recovery, we want to hear your recovery story! Please e-mail your story, photo or inquiries to [info@recoveryiowa.org](mailto:info@recoveryiowa.org).

Print the **Faith Community Bulletin Insert** [\[http://www.recoveryiowa.org/recoverymonth07.html#resources\]](http://www.recoveryiowa.org/recoverymonth07.html#resources) to share with your church, temple or mosque for their Sunday/Sabbath-day bulletins, newsletters or bulletin boards.

Use the Recovery Iowa Forum [\[http://www.recoveryiowa.org/RMforum.html\]](http://www.recoveryiowa.org/RMforum.html) to share your recovery advice and ideas with other in the recovery community.

### Learn More about Addiction and Recovery.

Watch the HBO series, "*Addiction*." Invite your friends and neighbors over to your place to watch the groundbreaking documentary series. Borrow the DVD from your local library, rent it from Netflix,

[http://www.netflix.com/Movie/Addiction/70061817?strkid=1159152919\\_1\\_0](http://www.netflix.com/Movie/Addiction/70061817?strkid=1159152919_1_0), or buy it from HBO,

<http://store.hbo.com/product/index.jsp?productId=2605329>, or Amazon.com, <http://www.amazon.com/Addiction-4pc/dp/B000LC5BGK?ie=UTF8&s=dvd&qid=1173822982&sr=1-1>.

Order Brochures from DrugFreeInfo.org, [\[http://www.drugfreeinfo.org/litecommerce/cart.php\]](http://www.drugfreeinfo.org/litecommerce/cart.php). A few items are featured for Recovery Month. All Iowa residents may order items online.