

VOICES OF RECOVERY



SHARE!

GETTING INVOLVED

*Share your
recovery*

ISSUE 1
JULY 2024

About Us

WELCOME TO THE INAUGURAL EDITION OF VOICES OF RECOVERY, SHARE!'S VIBRANT NEW ZINE THAT BRINGS TOGETHER THE HEART AND SOUL OF OUR COMMUNITY! AT SHARE!, THE SELF HELP AND RECOVERY EXCHANGE, OUR MISSION IS TO FOSTER SELF-EMPOWERMENT AND SUPPORT THROUGH MUTUAL AID, CREATING A SPACE WHERE EVERY VOICE MATTERS. IN THIS SPECIAL "GETTING INVOLVED" EDITION, WE DIVE INTO INSPIRING STORIES AND CREATIVE CONTRIBUTIONS FROM MEMBERS WHO HAVE FOUND UNIQUE WAYS TO ENGAGE WITH SHARE! WHETHER IT'S THROUGH VOLUNTEERING, LEADING SUPPORT GROUPS, OR SIMPLY SHARING THEIR JOURNEYS, THIS ZINE IS A TESTAMENT TO THE INCREDIBLE POWER OF COMMUNITY AND CONNECTION. SO, GRAB A COMFY SEAT, A CUP OF YOUR FAVORITE BEVERAGE, AND GET READY TO BE INSPIRED BY THE MANY VOICES OF RECOVERY THAT MAKE SHARE! A BEACON OF HOPE AND HEALING!

Created in 2024.

Want to know more? Visit: www.shareselfhelp.org

HOW CAN YOU GET INVOLVED?

- 1. Volunteer Day:** Join us on Saturday, August 10th, 2024, for Volunteer Day. It's a fantastic opportunity to meet new people, lend a helping hand, and experience the magic of SHARE! in action. Whether you're a seasoned volunteer or a first-timer, your efforts will be greatly appreciated.
- 2. Volunteer-to-Job Program:** Looking for a more structured way to give back? Our Volunteer-to-Job program might be just what you need. This initiative allows you to gain valuable skills and experience while contributing to our community. Many of our volunteers have transitioned into meaningful employment through this program.
- 3. Flexible Volunteering:** Can't make it to Volunteer Day? No problem! You can volunteer your time whenever we are open. Just drop in, and we'll find a way for you to help out that suits your interests and schedule.
- 4. Community Garden:** Our beautiful community garden is a source of pride and nourishment for everyone at SHARE! It needs constant love and care. Whether you have a green thumb or are just looking to get your hands dirty, we welcome you to help us maintain and harvest our garden.
- 5. Support Groups:** Participation in our self-help support groups is another meaningful way to get involved. By attending, you not only benefit from the support of others but also contribute to the healing and growth of the entire community.

Whatever your interests or availability, there's a place for you at SHARE! Together, we can create a supportive, empowering environment for everyone. Come join us and be a part of something special!

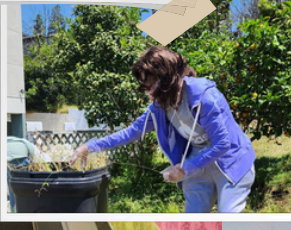
AGAPE



LOVE



SACRED SERVICE SATURDAY



VOLUNTEER DAY

ON JUNE 15TH, 2024, SHARE! HOSTED ONE OF OUR MONTHLY VOLUNTEER DAYS. DURING THIS MONTH'S EVENT WE HAD ATTENDANCE OF AGAPE! AGAPE IS AN INTERNATIONAL SPIRITUAL CENTER THAT STANDS FOR LOVE, PEACE, AND BEING A BENEFICIAL PRESENCE ON THE PLANET. AGAPE HAS HOSTED THEIR SACRED SERVICE SATURDAY EVENT AT SHARE! IN PREVIOUS YEARS AND RETURNED THIS YEAR TO GET INVOLVED AND BE OF SERVICE TO SHARE!. THIS EVENT WAS ALSO OPEN TO ANY OTHER VOLUNTEER WHO WANTED TO GET INVOLVED! BELOW IS A TESTIMONY OF A VOLUNTEERS' EXPERIENCE OF THAT DAY.

I'M SO GRATEFUL TO HAVE SPENT SACRED SERVICE SATURDAY AT SHARE! LED BY OUR AGAPE GROUP ORGANIZER FATIMA AND SHARE! PROGRAM COORDINATOR CASSIDY, WE STARTED THE DAY WITH BREAKFAST SANDWICHES AND COFFEE (THANK YOU STARBUCKS!), GETTING TO KNOW EACH OTHER AND TAKING A TOUR OF SHARE!. WE HAD PROJECTS: ONE WAS TO WORK IN THE GARDEN AND THE OTHER WAS TO ORGANIZE THE CATWALK STORAGE AREA WHICH HAD BEEN SUBJECT TO A SMALL FIRE. I WAS IN THE GARDEN WHERE WE WEEDED AND CLEANED UP THE GARDEN WHILE COMMUNING WITH THE GARDEN CRITTERS, SUNFLOWERS AND LETTUCES. ALTHOUGH SHARE! IS A LONG TIME WESTSIDE INSTITUTION, I HAD NEVER BEEN THERE. I APPRECIATED SEEING HOW MUCH THE COMMUNITY IS INTEGRAL TO THE WAY SHARE! IS RUN AS WELL AS THE POSITIVE MESSAGES POSTED ALL OVER. I ALSO LOVED LEARNING ABOUT THE HOUSING SUPPORTS AVAILABLE THROUGH SHARE! THANK YOU SHARE! AND THE OTHER VOLUNTEERS FOR SUCH A POSITIVE EXPERIENCE WORKING TOGETHER.

--KATE, VOLUNTEER





GIVING IS GETTING

By Patrick Hoyle

The word volunteer comes from the latin word voluntas, which means “desire” or of ones own free will. The act of volunteering can be seen as the ultimate celebration of one’s own freedom. As an addict in recovery, I know what it’s like to be enslaved and to live in servitude to a substance that slowly and painfully destroys your life. The more I used and the deeper into my addiction I dove, the smaller my world became and the more confined I was. I was trapped in a way of living governed by self-pity, shame, and selfishness, where I eventually became disconnected from everything and everyone I once cared about.

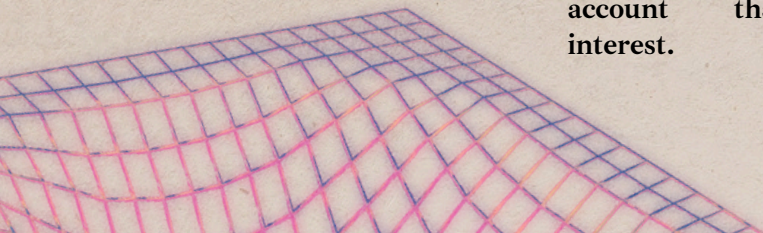
I was alone and had no capacity to connect with others because I lacked the ability to see past myself. Cutoff from a world I once knew and love, I remained lost in the darkness for longer than I would have liked. I got to the point where I felt like I was going to die from a broken heart. Not the romantic kind either. I’m talking about the broken heart that results from when your spirit abandons your body and you are left an empty, hopeless shell. I was a crackhead hermit crab in need of a new home but no invitations were coming my way. I started to suspect that the way to receive something is actually to give it.



I was going to have to start thinking about ways I could help others if I wanted to help myself. This realization came when I looked at how over the years I had been taking and taking and taking and left feeling utterly empty. You would think it would be the opposite. That the more I took, the more I had, but spiritual matters are sometimes counterintuitive. The more you give, the more you get.

They say the opposite of addiction is connection and I now know what they mean. Service and volunteering are like building a bridge from an island of isolation and despair to a metropolis of salvation and community. I had never given much thought to volunteering other than it being a way to spruce up your resume or college application or something boys-scouts did in their free time. I never really thought about it at its core, what it fundamentally implied, and the power it wielded. At least not until I began to expand my spiritual life as result of entering recovery. Then I began to realize the potential for service and the importance of self-sacrifice.

I don't mean to make this religious, but on a deeper level, we all inherently understand that there is some kind of universal intelligence at work all around us. Something makes the world spin, the grass grow, our hearts beat, and the sun, shine. Whether this cosmic force can be defined as something that merely combats entropy, the collective conscious, or a bearded man in the sky, we can all agree that there exists an omnipotent power governing all things that is way beyond our control. My recent experience volunteering at SHARE has granted me access to this power in a way I had not experienced before. I've found a sense of usefulness and purpose by offering my time, energy, and attention to people who need it and are struggling. Sometimes it's sharing some of my life experience with them, sometimes they are seeking advice, and sometimes they are just looking for someone to listen. Being able to actively participate in the process of someone feeling heard and enabling someone to feel like they matter, in turn, made me feel like I mattered. Giving freely to others is like making a deposit to a spiritual bank account that compounds interest.



It may not be up to you when you withdraw your spiritual funds, but the universe is a meticulous accountant and will distribute your funds appropriately. It may be tomorrow or it could be 10 years from now, but the karmic bookkeepers always aim to restore balance. I think that's what it means to have faith. I've always been a seeker. Even as a kid, my friends were always hiding and I was always seeking. I used to recklessly pursue the ultimate high, whatever that entailed. Heroin, meth, alcohol, it didn't matter. Whatever helped me achieve obliteration, I was all for it. Since getting sober I have traded in what I seek. Now I look for things that can't be seen. Intangible things. Things like faith, hope, humility, and love. We do things for others because, ultimately, we want to do things for ourselves. We are all one and when we help others, we unknowingly put ourselves in a position to be helped. The universe is always watching and keeping score. Altruism is one of the highest human virtues and it can also be contagious, as it should be. Like a stone splashing on the surface of a still pond, helping others can create a ripple effect that inspires and motivates others to help the person next to them.

If we could all put aside one moment a day, to do something for the person next to us, we could create and ride a tidal wave of transformation that would elevate mankind to a place of peace and understanding. It all starts with recognizing the power and effect our time, energy, and attention has and how giving it away actually allows us to acquire more. This is all theoretical and I can't empirically prove it, but I believe it to be true. I can say for certain, that at the very least, volunteering has greatly diminished my depression, helped me stay sober, gave me a renewed interest in life, motivated me spiritually, creatively, and physically, and restored hope where it had been slowly eluding me. And that's just what it has done for me. Let us not forget about the one who was helped. Maybe next time you are on the verge of declaring out loud that you are bored, or if you find yourself doom scrolling on social media for hours like I have, consider a better use of your time and the power within you to freely share with others. There is a booming spiritual economy out there that gives great returns and room for everyone to profit. Happy trading!!

FESTIVAL OF RECOVERY



SHARE!

Saturday, August 31, 2024

10 am - 4 pm

Free

SELF-HELP SUPPORT GROUPS

Meeting rooms for 12-step & Alternative programs, CoDA, SLAA, Al-Anon, Recovery International,, Debtor's Anonymous, Recovery Dharma & many more!

LEARN ABOUT RECOVERY MEETINGS & FELLOWSHIPS

There are Self-Help Support Groups for Mental Health issues, Addiction, Relationships, Trauma, Finances & More

FELLOWSHIP & RESOURCES

Connect with the Recovery community and resources for Housing, Jobs, Recovery Retreat & Peer Specialist Training & Volunteer-2-Job Opportunities

FOOD & RECOVERY ACTIVITIES

Games, Raffle, Gratitude Meeting, Create your 5-year plan for Success & RAP Recovery Action Planning

SHARE! Culver City
6666 Green Valley Circle
Culver City, CA 90230

Want to host a meeting, donate food, volunteer?

Call 310-305-8878 or email info@shareselfhelp.org



FESTIVAL



RECOVERY

SATURDAY AUGUST 31ST
10:00AM-4:00PM

AT:
6666 GREEN VALLEY CIRCLE
CULVER CITY, CA

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AS WE CLOSE THE PAGES OF THIS INAUGURAL EDITION OF "VOICES OF RECOVERY," WE EXTEND OUR DEEPEST GRATITUDE TO YOU, OUR CHERISHED READER. YOUR CURIOSITY AND COMPASSION BREATHE LIFE INTO THESE STORIES OF RESILIENCE AND RENEWAL. A HEARTFELT THANK YOU TO ALL WHO CONTRIBUTED THEIR VOICES TO "GETTING INVOLVED"—YOUR COURAGE AND CREATIVITY LIGHT THE WAY FOR OTHERS. WE INVITE YOU TO BECOME A PART OF OUR VIBRANT COMMUNITY, WHETHER BY STEPPING THROUGH OUR DOORS OR EXPLORING THE BOUNDLESS SUPPORT AT SHARE!. IF YOU FEEL INSPIRED TO CONTRIBUTE TO OUR NEXT ZINE, FOCUSING ON OUR TRANSFORMATIVE HOUSING PROGRAM, "HOUSING FIRST," WE EAGERLY AWAIT YOUR SUBMISSIONS. SHARE YOUR STORY, YOUR ART, YOUR VOICE, AND SEND THEM TO CASSIDY@SHARESELFH.ORG. TOGETHER, WE WEAVE THE TAPESTRY OF RECOVERY, ONE THREAD AT A TIME.



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THANK YOU FOR READING!

WHERE CAN YOU FIND US?

LOCATIONS:

SHARE! CULVER CITY
6666 GREEN VALLEY CIRCLE
CULVER CITY CA, 90230
TEL: (310) 305-8878

SHARE! DOWNTOWN
425 SOUTH BROADWAY
LOS ANGELES CA, 90013
TEL: (213) 213-0100