

# The SafeHarbor Digest

May 2025

A SafeHarbor Foundation Internal Publication



By Nickolas Spears

## The **Power** of **SURRENDER**



### Surrender is to:

- *give up or hand over, typically under compulsion or demand.*
- *abandon oneself entirely to a powerful emotion or influence.*

Surrender can look like many different things, especially in recovery, and can seem very daunting or frightening. But it's quite the opposite when one learns to do it. Surrender can mean giving up self-will, which in turn, can take away a lot of anxiety and stress that is brought on by overthinking. In other words, accepting things as they are. I can allow myself to trust somebody and let them in after a lifetime of skepticism and keeping people at arm's length. This can help you to feel connected and not so alone when you are going through struggles. Surrender can mean taking suggestions from people who have more wisdom and experience in different situations you may be faced with. This gives you the ability to avoid making unnecessary mistakes. Most importantly, at least in my opinion, surrender can mean turning your life over to the care of a power greater than yourself. This, in turn, can give you a greater level of hope for a better present and future.

## SafeHaven Camping Trip

**Kanawha State Forest**  
June 21, 2025

P.S. Bring your tent, sleeping bags  
and join us for a fun-filled time!!!

Send your essays,  
reflections, and creative  
works to

[ziyatisafehaven@gmail.com](mailto:ziyatisafehaven@gmail.com)

## Thank You

To **SafeHaven** residents, staff,  
volunteers, health workers,  
employers, outside supporters,  
and unseen individuals and  
organizations

for making a  
difference in this  
world.

## SafeHaven Residents of the Month



Micah is the Resident of the Month at the 9th House



Brett is the Resident of the Month at Branch



Nick is the Resident of the Month at Wyoming



Jason is the Resident of the Month at Central

Did you successfully complete your RECOVERY program and are looking for a TRANSITIONAL HOME to continue your journey?



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## Quotes of the Month

- Recovery is hard. Regret is harder.
- Recovery is not about giving up control; it is about gaining freedom.
- To recover is to create a life in which numbness is no longer necessary for survival.

### LESSON 3.

## Practice Gratitude

Ready to get started? Try one of these prompts:

- In the last week, what did you do that you are grateful for?  
What did someone else do that you are grateful for in the last week?
- What's something that you're looking forward to?
- What's a simple pleasure you're grateful for?
- What's something you are grateful to have today that you didn't have a year ago?
- What's one accomplishment you're proud of?
- Open your phone or photo album and find a photo that you like. Why are you grateful for this photo? What are you grateful for in the photo?
- What's one aspect of your personality traits that you're grateful for?
- What mistake or failure are you grateful for?
- What skill(s) are you grateful for?

From recovery-iowa.org