

THE REN REVIEW

For the peers, by the peers

Hope and joy is alive as we celebrate independence in July!! As we head into record temperatures we hope everyone is staying hydrated, safe and cool. Friendly reminder, if you are interested in joining the REN News Team please be sure to touch base with Chelsea and/or Jen A. The REN News team will be meeting on Tuesdays in the Computer Lab from 9:00am-11:30am. We are always looking for new ideas, a fresh perspective, fun stories of hope, art work, pictures, journalists, and a range of other fun articles to be written by members like you, so please stop in and say hi!

Upcoming July Events

The heat is on in Phoenix and it's dry. Please use caution around fireworks and also dispose of fires and cigarettes safely. Here's to July!



I like to see a man proud of the place in which he lives. I like to see a man live so that his place will be proud of him."

- Abraham Lincoln

So let freedom ring from the prodigious hilltops of New Hampshire. Let freedom ring from the mighty mountains of New York. Let freedom ring from the heightening Alleghenies of Pennsylvania! Let freedom ring from the snow capped Rockies of Colorado! Let freedom ring from the curvaceous peaks of California! But not only that; let freedom ring from Stone Mountain of Georgia! Let freedom ring from Lookout Mountain of Tennessee! Let freedom ring from every hill and every molehill of Mississippi. From every mountainside, let freedom ring."

- Martin Luther King Jr.

July :

Encanto park pool
July 7th



Have Fun in the water at Encanto park Pool
7 July 2021

REN's Big Overnight Adventure
July 10 – 11th



REN's Big Overnight Adventure
10-11 July 2021



Saint Vicent Volunteering
13 July 2021

St. Vincent Volunteering
July 13th



Museum Of Science
17 July 2021

Museum of Science
July 17th



Saint Vicent Volunteering
20 July 2021



Project: Open Sky- Grand Canyon & Williams
23-25 July 2021

St. Vincent Volunteering
July 20th



Saint Vicent Volunteering
27 July 2021
St. Vincent Volunteering
July 27th

Project Open Sky
July 23-25th



Have Fun in the water at Encanto park Pool
28 July 2021

Encanto park pool
July 28th



To Sign up for REN Events go to www.renaz.org, select * services and events to register!

Be the change that you wish to see in the world

— Gandhi

If you judge people you have no time to love them.

— Mother Teresa

When the power of love overcomes the love of power the world will know peace

— Jimi Hendrix

What does it mean to be an American?

"It may not be perfect but it is better than anywhere else. We have freedom, opportunities and the ability to see happiness." - Hans M

"Being an American means being thankful for the many freedoms that I have. These are freedoms won by many veterans, past and present."

- Monte M

An American is to be able to express who I am as a person and believe as I do and keep my traditional values without persecution. It also means that the every day person has the power to make a difference and be able to defend family and liberty - Matt

I have freedom of choice, Freedom to worship my God; and can act it out. - Steven

I stand up for my country. I am grateful for my rights as a woman and freedom of speech. - Emily

"It means having the freedom to enjoy happiness and taking the responsibility to keep it that way." - Janelle T

Being an American means that I am in the greatest country in the world. My parents immigrated to the U.S. from Ecuador. Due to this country, they were able to live the American Dream. I am grateful for my freedom and appreciate those who have sacrificed for other's freedom." - Nelly

Being an American has to do with a lot of forgiveness, privilege and gratitude. I don't know if it has to do with the mental health struggles I grew up with or just a severe lack of maturity but, I used to despise the government and being born in this country. I thought it was just a taker. I was ashamed to be American. The irony was that I did not realize the very reason I was not living in utter misery in a ditch somewhere or possible executed for some of the things I had done was because of the extent to which the principles this country was founded on are a different reflection of the profound value for human life and the hope that is perpetually anchored in the future of a day that is better than today.

- Anonymous

Recovery Recipes

Here at REN, we LOVE food! The Recovery Recipes column is a space where we will share the fun recipes that we often try and share here at REN. Please submit your favorite recipes to the REN News Team! The recipe that we are featuring this month is perfect for June, it's healthy and can be shared with Dad for Father's Day.



Mediterranean Chopped Salad

INGREDIENTS

- 1 small head romaine lettuce, chopped
- 1 (15 ounce) can chickpeas, drained and rinsed
- 1 tomato, diced
- 1 small cucumber, diced
- 1 small red pepper, diced
- 1/2 small red onion, diced
- 3/4 cup chopped kalamata olives
- 3/4 cup feta crumbles

DRESSING:

- 1/4 cup olive oil
- 2 tablespoons red wine vinegar
- 1/2 teaspoon dried Italian seasoning
- 1/2 teaspoon salt

INSTRUCTIONS

- Add dressing ingredients to a large bowl and whisk until combined. Next, add all remaining chopped salad ingredients to the bowl and stir until everything is mixed together.

Inspirational Quotes

Uplift your spirit by checking out the positive quotes submitted by REN members and staff! These quotes are sure to keep you motivated and in good spirits here at REN & at home! Enjoy and be sure to share with friends.



Creative Writing

Here at REN we have the opportunity to attend a variety of groups run by wonderful staff. One of my personal favorites is Creative Writing. It keeps me on my toes and stretches my mind each week. The person who facilitates the Creative Writing group was once a member at REN, now an employee; it was his favorite group. Creative Writing can be a coping skill used to help with racing thoughts and also a form of self expression; for some it is a voice. At this Creative Writing corner this gives members the opportunity to share their work.

A Mother's Love

I'm just about to finish my piece. I know I've done good. I've set my soul at ease and my spirit free as the music has taken me over. That's not a strange feeling for me. It's been that way since I was little. I smile to myself as I finish quiet and strong. I live alone and I use my music to fill the loneliness and emptiness of my apartment. So you can imagine my heart skipped about 100 beats when I heard someone clapping from behind me. "I always did love that song." The spirit of my mom faced me as I whirled around on the piano bench. "Thanks. I played it in honor of you." "I know. That's why I'm here." "I miss you so much." "Well, I'm around you more than you realize and I will always be as long as you need me." Tonight I feel close to my mom. Tonight I feel her love. It's a nice, welcome switch from her anger and my fear when she was alive. "Stay with me until I fall asleep, please." "Okay. Just lay your head on my lap." I drift off into sweet dreamland. When I wake up, my head is resting on a soft pillow. There's a note next to it. "I'm sorry I was sick before. I'm better now."

- Janelle

Far from Home

"Okay everyone. Group is getting started. Recovery Empowerment Network has a new member this morning.

His name is Monte. He was at the Phoenix, Arizona location for over two years and he plans to spend about six months with us", Roger said.

"Thank you for the applause and kind welcome to this REN location. Everyone has been so nice to me here. I look forward to my stay with all of you," Monte replied.

A few hours later, Monte found himself singing the song, "Dance With My Father" during the karaoke group. Each time he sang that song he thought of his dad who passed away on August 18, 2052. Although three years had passed, Monte still missed his father. Monte usually visited his gravesite on the anniversary of his death, but this year Monte would be over 255 miles away from it.

Monte looked at the new REN location and his new living arrangements as an adventure. His bedroom had an awesome view of the Moon. If he walked to the opposite side of Alpha Station, his view of the Earth was beyond beautiful.

The six months quickly passed and Monte was singing "Mamma Mia" during Friday's karaoke group back on Earth. This song was one of his dad's favorites. Monte Sr. and Jr. loved a lot of the same music. Monte Jr. kept track of all the songs he sang, just like his father did back in the 2020's. It was very obvious that they were father and son.

- Monte M.

Member Spotlight

GM: When did you start writing poetry and what attracted you to it?

JT: I would like to thank my mom for my writing skill my mom was a wonderful writer. It is in my blood. I started creative writing in the second grade. By the sixth grade I was winning poetry and writing contests. I liked learning the different types of poetry. However my go to style is rhythm and rime .

GM: What inspired you to write from this day on?

JT: It was actually written my first night of a mental hospital stay. I was so sick of being tired and depressed and anxious. Words started flowing I wrote about how I wanted my life to be but also be realistic.

GM; What would you like readers to gain from reading this poem

JT That they to can have hopes for the future. That recovery is possible and that your potential should never be limited by what you can't see yet.

From This Day On

From this day on, I will care how I feel.
I will look past the trauma and determine what's real.
From this day on, I will live my life.
Guided by His hand, I will walk in the light.
I know it wont always be sunshine and laughter.
I 'll probably get upset about things that don't matter.
I'll fall on my butt more times than I can count.
But the success I will have is worth any amount.
From this day on, I will do the things that strengthen me,
Such as treating my body the way it's supposed to be.
Some day soon, in the mirror; I hope to see
What God envisioned when he first created me.
I'm tired of the Devil spewing lies at me,
Calling me names, telling me I'm unworthy
Of the love and respect that is my right to enjoy;
Pulling strings like I'm just a puppet or a toy.
Well, no more. Not now. Not ever again!
I'll cut these strings, rise up and then
I will look to the future with hope in my eyes.
And eventually I will emerge from disguise.
People will feel of His love through me.
I will look in the mirror and finally see,
I'm becoming the Queen I was always meant to be.

- Janelle T.

Trisha Talks

Dear Trisha,

I am a gay male. I have known most of my life. As I am in recovery I am trying to be more honest and authentic. I have been thinking about coming out to my friends and family. I know they are very supportive but my mother is very religious and old fashioned and thinks she may not understand. My question is how will I know when the right time is to tell them. What do I do if they freak out and don't accept me?

Alone in the closet

Dear Alone,

First of all you are not alone. According to A Yale School of Public Health study, 83% of those who identify as LGB keep the sexual orientation to themselves. They go on to say doing so is very dangerous to someone's mental and physical health.

That being said, you can never assume or dictate how someone's going to respond. The only person you can control is you and you are important! Believe that. You are worthy of love and respect not only from other people, but from yourself. To answer your question, only you can tell when the time is right. As for me I felt relief , I did not have to hide anymore. It also changed my mind about how I felt about myself and how I viewed the word . Love is beautiful. Be yourself, accept yourself and others will follow. Happy Pride!!

If you have something you would like to get off your chest, write to me at Ren-trishatalk@gmail.com "Remember not to include names of persons , places or organizations also religion and politics are not permitted". While Trisha is a trained peer support she is not by any means a mental health professional. If you are having a mental health crisis please seek out a trained professional or call the crisis line 602- 222-9444

Music and Healing



For most of us, music speaks to our souls in a way that nothing else can. It is an art form, if you will; a tool for self-expression. Whether happy or sad, it brings a sense of nostalgia. Sometimes, it's the beat of the song that gets our toes tapping and our head bobbing. Other times, it's a catchy tune or a sweet melody that brings a smile to our face. Sometimes it's the lyrics that strike a chord in our hearts. At times, we need heavy metal to bang out our anger. Sometimes we need gospel music to help sooth us in our dark times and remind us that we are never really alone. Sometimes we need good beats to wake us up in the morning. Maybe we need some soft instrumental to help us unwind and take us into dreamland. One thing is for certain: Music has the power and ability to change our mood or sustain our mood.

There are quite a few classes at REN Recovery Empowerment Network. The one that tops them all, for me, is Music and Healing. Music has been a huge part of my life. I started playing piano when I was 5. It has brought me much frustration. But it has also brought me indescribable joy. I grew up listening to country music (my dad and I would belt out country songs on different road trips). I was also raised on 80's music. This is all evidenced by the station settings on my radio. Music has been an essential part of my recovery. The song "Speechless", from the latest version of Aladdin, brings me a feeling of empowerment as I have learned that sticking up for myself and voicing my opinion is perfectly okay. The song "To Where You Are", sung by Josh Groban, helps me to heal from the loss of family members and friends. I believe that they watch over me and that I am never really alone. What are some songs that you've been particularly drawn to? We would love to hear from you. As I said in the beginning, music is an art form. I must give a big shout out to the wonderful, amazing and incredible song writers that create these works of art. I hope that music will continue to help you feel whatever you need to feel. Happy Listening!

- Janelle

Artistic Reflections

Sometimes, you have to stretch to reach new growth



Fun Facts

The mathematical probability of you being born is estimated to be about 1 in 400 trillion.

When you sneeze, the particles ejected out of your nostrils are traveling at 100 miles per hour. This is faster than the maximum run speed of a cheetah which is roughly 70-75 miles per hour.

People are more likely to remember the first and last things they read on a list than anything else.

Red roses symbolize love; yellow, dark pink, gratitude; orange, desire; peach, appreciation; white, purity.

A house divided cannot stand. Our roots are our foundation.

— Hans

Events/Outing Highlights



Kathy loves cats, enjoys helping out with peers and sharing resources and is a kind and loving friend. She can often be found coloring and shared that it is great coping tool.

IN Cider Art

Grab some cider, lay your supplies out and get creative with *Paint*. This is what members experienced when they joined in for our special paint day event. Members joined the In Cider Art event Saturday June 26th . Painters followed staff who guided step-by-step through creating a *painting* of a sunset, tree and birds on the branch.





July History

July 2, 1964 - President Lyndon B. Johnson signed the Civil Rights Act of 1964, prohibiting discrimination on the basis of race in public accommodations, publicly owned or operated facilities, employment and union membership and in voter registration

July 6, 1885 - Louis Pasteur gave the first successful anti-rabies inoculation to a boy who had been bitten by an infected dog

July 7, 1898 - President William McKinley signed a resolution annexing Hawaii. In 1900, Congress made Hawaii an incorporated territory of the U.S., which it remained until becoming a state in 1959.

July 25, 1909 - The world's first international overseas airplane flight was achieved by Louis Bleriot in a small monoplane. After asking, "Where is England?" he took off from France and landed in England near Dover, where he was greeted by British police.

July 31, 1790 - The U.S. Patent Office first opened its doors. The first U.S. patent was issued to Samuel Hopkins of Vermont for a new method of making pearlsh and potash. The patent was signed by George Washington and Thomas Jefferson.

#1 songs

1971(50yrs) you got a friend - James Taylor

1981 (40yrs) The one that you love - Air Supply

1991 (30 yrs) unbelievable - EMF

2001 (20yrs) u remind me - Usher

#1 movies

1971(50yrs) Willard -Ernest Borgnine

1981(40yrs) Tarzan the ape man -Bo Derek

1991(30yrs) Terminator 2- Arnold Schwarzenegger

2001(20yrs) Planet of the Apes - mark Wahlberg

BIRTHDAYS

July 1, 1961: Princess Diana *royal family*

July 9, 1956: Tom Hanks *actor*

July 11, 1889 E.B. White *author charlotte's web*

July 16,1967 Will Ferrell *comedian*

July 18 , 1918 Nelson Mandela *Political Leader*

July 21, 1899 Ernest Hemingway *AUTHOR a farewell to arms*

JULY 24, 1897: AMELIA EARHART *PILOT*

JULY 26, 1928: STANLEY KUBRICK *Director*

Dawn's Journey to the Ocean

Cool Waves of the Ocean by Dawn Gillis



The Rise and fall of the waves begin to form. Out where the moon lives.

So many times I look at the break of day.

Barges go drifting past. Sailboats cruise along their paths.

Sea birds fly up in the sky. Calling one to another.

Sandpipers flit along the shore...

Many people enjoy the sounds of the ocean .
Ocean breezes, their cooling winds flow with gentle sounds.

Whispering to us the secrets that have held us back.

Through the wonderous visions, They speak of future possibilities.

Ability to experience Sandpipers flit along the shore...

Many people enjoy the sounds of the ocean .
Ocean breezes, their cooling winds flow with gentle sounds.

Whispering to us the secrets that have held us back.

Through the wonderous visions. They speak of future possibilities.

Ability to experience being with people who delight and have my heart full of joyful thoughts and emotions.

By Dawn Gillis

Community Resources

St Mary's food bank

Call for info first 602-242-3663

St Vincent DE Paul 602-266- HOPE (4673)

Food, clothes, bus pass, ID

211 information hotline

National suicide prevention hotline 1-800-276-8255

Emergency Dental 602-261-6842

National Substance Use and Disorder Referral and Treatment hotline. 1-800-662-HELP(4357)

Warm Line 1-888-404-5530

Jewish Family Services (Phoenix) 602-279-7655