

THE REN REVIEW

212 E. OSBORN, PHOENIX AZ 85012



WELCOME SEPTEMBER



The month of September is here and so is the fall season! The weather in Phoenix may not reflect this change so much but we still hope because that's what we do in recovery! It is also a time to reflect on things of the past, learning from them and moving forward with strength, dignity and celebration of coming together as a people united. Sharing in compassion, whole person centered recovery and enjoyment for the journey you are currently on!

The REN review is an opportunity for members to submit articles about all things happening at REN! Please see Jen AH, visit the Computer Lab every Tuesday morning or email stories, pictures and ideas to renaznews@gmail.com. We want to hear from you, this is paper by the peers for the peers and all are welcomed. If you aren't a writer, we can work with you, let's learn together. Here's to a new day, hope and another exciting edition of REN news!

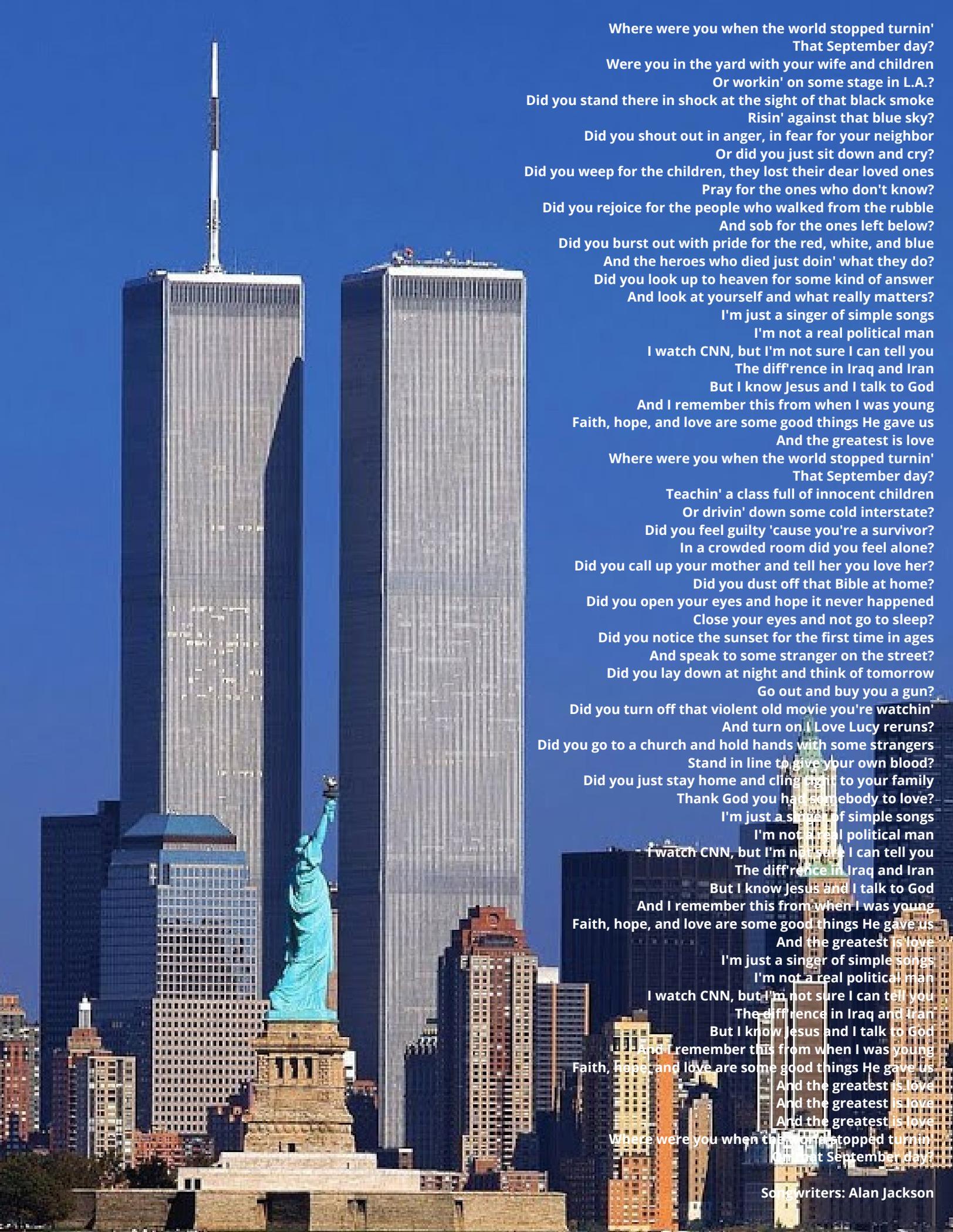
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facts

Updates, NEWS and
more!



Where were you when the world stopped turnin'
That September day?
Were you in the yard with your wife and children
Or workin' on some stage in L.A.?
Did you stand there in shock at the sight of that black smoke
Risin' against that blue sky?
Did you shout out in anger, in fear for your neighbor
Or did you just sit down and cry?
Did you weep for the children, they lost their dear loved ones
Pray for the ones who don't know?
Did you rejoice for the people who walked from the rubble
And sob for the ones left below?
Did you burst out with pride for the red, white, and blue
And the heroes who died just doin' what they do?
Did you look up to heaven for some kind of answer
And look at yourself and what really matters?
I'm just a singer of simple songs
I'm not a real political man
I watch CNN, but I'm not sure I can tell you
The difference in Iraq and Iran
But I know Jesus and I talk to God
And I remember this from when I was young
Faith, hope, and love are some good things He gave us
And the greatest is love
Where were you when the world stopped turnin'
That September day?
Teachin' a class full of innocent children
Or drivin' down some cold interstate?
Did you feel guilty 'cause you're a survivor?
In a crowded room did you feel alone?
Did you call up your mother and tell her you love her?
Did you dust off that Bible at home?
Did you open your eyes and hope it never happened
Close your eyes and not go to sleep?
Did you notice the sunset for the first time in ages
And speak to some stranger on the street?
Did you lay down at night and think of tomorrow
Go out and buy you a gun?
Did you turn off that violent old movie you're watchin'
And turn on I Love Lucy reruns?
Did you go to a church and hold hands with some strangers
Stand in line to give your own blood?
Did you just stay home and cling tight to your family
Thank God you had somebody to love?
I'm just a singer of simple songs
I'm not a real political man
I watch CNN, but I'm not sure I can tell you
The difference in Iraq and Iran
But I know Jesus and I talk to God
And I remember this from when I was young
Faith, hope, and love are some good things He gave us
And the greatest is love
And the greatest is love
And the greatest is love
Where were you when the world stopped turnin'
That September day?

Song writers: Alan Jackson



Question of the Month

In this edition of the The REN Review, we featured a few members and their answers to this month's question.

In the future, remember to fill out your check in sheets in groups. Your answer can be featured! You can always submit them to renaznews@gmail.com as well!

Question: *In remembering the 20th anniversary of 9/11; we ask you where you were when you heard the news or to share memories of that day. How were you impacted?*

On September 11, 2001 I was just getting released from jail. That was the day I started my recovery; on my sobriety and mental health - George B

I was at the Department of Revenue in Boston when my friend called and said, "Have you seen the news, please turn it on!" I was frozen for what I had seen with my eyes. I was afraid... I had to get my two year old daughter. Later that night we cried and prayed for the families - Dora B

9/11 I was in Atlanta G.A. I watched television at home and saw (live) the planes fly into the second tower. Driving to a small tee shirt stand was easy, everyone was driving out of the city. I set up to sell near CNN. The hotel where I rented space informed me that a few men who stayed there were seen on television. I remember one of the men on the plane (I think he was on the one that hit the Pentagon) saying he did not want to do this. He did not say more; nothing to indicate what was about to happen. - Tia W

I was with my parents in their living room watching it all live. We saw the radical right hand bank over the tower and knew it was about to hit. We both flew often out of both JFK and Lagaardia Airports; stunned, couldn't believe what we were seeing. - John C

I remember the silence that followed. There were no planes flying over, no horns, no noise from traffic. As people went about their daily lives, I remember standing outside hearing birds chirping and the wind blowing through the trees within the city of Bristol TN; knowing and believing that life had changed that day but being grateful that no one I knew lost their lives. I was praying for the family's whos lives were changed on that tragic day - Linda L

I was at Arby's on Montano in Albuquerque, NM waiting on my pregnancy test results to come back. Watching in horror as the planes hit the towers. While the world and myself mourned, I also celebrated a new baby that was due in May 2001 - Erica C



20th Anniversary of 9/11

In May REN took members to the Hall of Flame. I was inspired to write a piece about the 20th anniversary of the September 11 events. In 1996 the NYFD purchased five identical rigs, these type of rigs were known as rolling toolboxes due to the amount of equipment they carried. Rescue 4 was one of those rigs, in June of 2001 it responded to a multiple alarm fire in Queens known as the Father's Day Fire. Two men, despite valiant efforts in their rescue attempt, gave their lives that night in the propane explosion. Still dealing with the tragic loss on September 11 2001 rescue 4 carried its eight firefighter crew to the World Trade Center along with the other four sister trucks. When the towers fell, the crew of eight had all but perished along with it's 4 sister trucks. The truck survived with minor damage and went back into service until 2011 when it was destined for the scrap heap. This was not to be the trucks fate, a wise man in San Francisco bought it to restore back to its glory and donated as a permanent memorial to its crew; now on display at the Hall of Flame. As I was writing this piece I was thinking about all the families of the victims and all of us who were touched by this tragic loss and the pain and grief that I and others have felt. I can not even imagine the emotional pain endured by the families of those who lost their lives. I myself have witnessed the end of the Vietnam War, Gulf War, Iraq and Afghan War when brave soldiers dawn uniforms and grab their weapons, knowing that it could be their last day. The men and woman that choose to take the oath are not the same that woke up that day to go to work, travel and or return home to their loved ones.

Let us honor those that sacrificed, lost and especially hold this as a reminder to extend our love to those that we care about, tomorrow is not promised. So tonight tell someone you love them and you care why wait till someone is gone when you can celebrate the living right now. I too have been guilty of finding myself too busy to reach out to loved ones and we never know when the opportunity will be missed. So let us honor those who have gone from this old world by living each day like it will be our last.

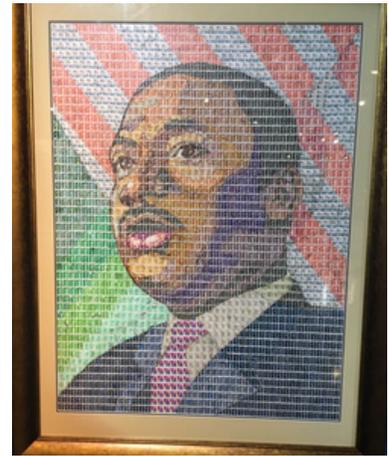
REN Outings



RIPLEY'S BELIEVE IT OR NOT

Nurturing hope, community and growth while reducing isolation and mental health stigma

Outings are a great way for people to connect to others, explore our community, reduce isolation, and have experiences that they may not have otherwise. This month REN and HERO programs went to these outings featured. Please remember to sign up on renaz.org under the services drop down menu and then choose events. Important note - CAMP SHADOW PINES IS COMING!!!



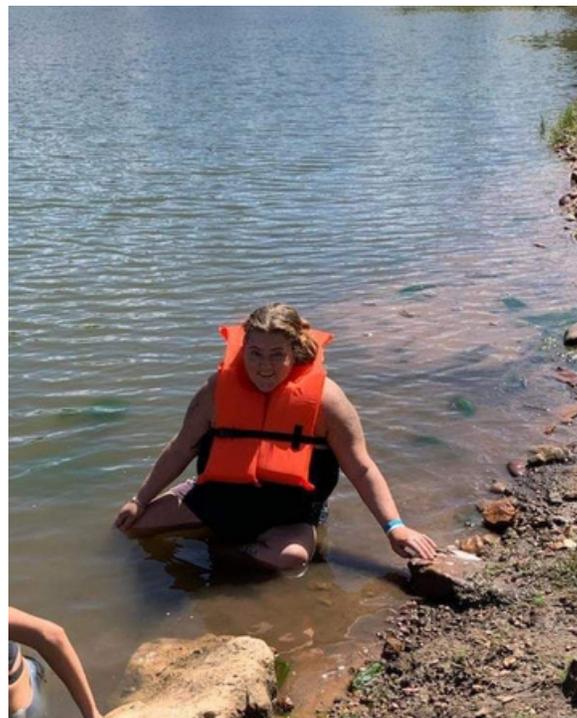
REN Outings

Mongollon Rim



DO SOMETHING TODAY THAT YOUR FUTURE SELF WILL THANK YOU FOR.

Our actions and decisions today will shape the way we will be living in the future.

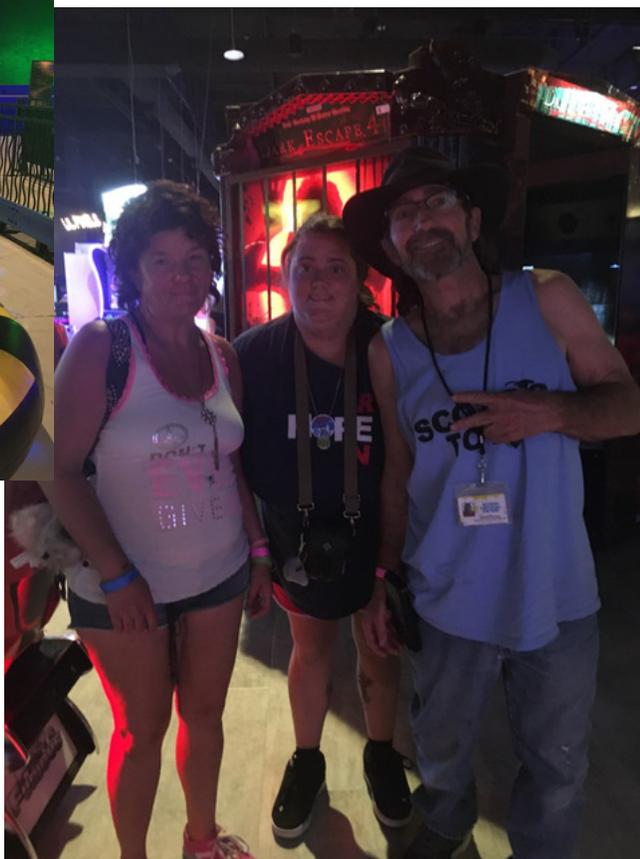


REN Outings

AZ Science Museum
and Amazing Jakes!



*Good
vibes*



Creative Writing Corner

THREE LIMERICKS

Authored By-THE Rainbow
Warrior

There once was an Angel\Arc-Angel
name was Azael, People confused
His
name with HazeL, He did Morph Into
being very spiritual, His name soon
Became Lyrical-& All so available.

I ran away from a Deer
It came Oh so close and near
Don't run away have no despair
Two Deers said You Can't compa
There is no sense just come Here!

There once was a Man named Glen
Who went for a Spin
In the End -came up-end
His Demise came undone
None of Us win-unless you Swim



Authored By - The Rainbow Warrior
Joy of Self-a Reflection

As an other worldly Being in Earthly Form
I am compelled to Write

When 1st revealed-Did not Accept
Arc-Angel Michael announced-You are
AzraeL

At that point-Acceptance-Instantaneous
Surreal it seemed-Integration with the
Psyche
There are Hills & Valleys to surmount-Time
will Tell

The incorporation with Sam is at times
Lurching & mostly cruising-Eddies &
Furrows

At first Angel thought I-I'm more than that
Natural Healer thru Father & Training
My natural bent is to keep truckin'-Forging
Forward

Recovery of all -on the completion verge
Knowledge dumps are occurring at Pace
My new Normal Is What It Is!-Having a
Human Experience

My magnificent Seven Very loving,
supportive-Understanding
United We are as One-Full Symbiosis
Powerful am I-Sammy sometimes Asserts
Outbursts at random -does take time to
control

Father wants Blanket spread of
Messages\Knowledge
Can't stop-don't want to Stop the Process
The grooming continues -memories return
given back

I, AzraeL have Joy-Happiness-Profound
Peace
There is still much to gain-Final Transform
approached

Creative Writing Corner



THE RISE AND FALL OF THE FIRST PHOENIX:

tho thy has been rebirthed and has risen, tho
thy has been hurt and tho thy has been loved,
tho thy has stumbled and tho thy has fallen,
tho thy has laughed and tho thy has cried ,
tho thy has crumbled and crawled, but never
would thy have stalled, even when thy have
tumbled, never would thy stay troubled, tho
thy shalt not forget who thy has been, each
life thy has lived, every place thy has been,
each death thy had, thy shalt never regret
because of the knowledge thy has grasped
and gained and thy has lost, but thy hast
been reborn each and every time and again,
with more strength and knowledge then thy
life before, thy hast birthed many children,
seen ye grow, and die and come bursting back
to life from ye ashes ye rise with bright,
searing hot , yet so many beautifully colored
flames and start life anew, but now thy have
grown tired and weary, and feel thyn time has
neared for the final year thy has said thy
farewells and hast made thy last wills be
known yet knowest that even thou thy shalt
miss the, knowest that thy will embrace thy
finale death like thy old friend,
the rise and fall of the first phoenix

Shelby Simmons

Creative Writing Corner

A letter from your grandma

Im falling into darkness, Searching for the answer, Blind to the truth
Wishing for the best, i keep waiting for my death, Hoping and praying to break the silence,
With a uneven breath, Trying to keep my pride, but Without the lies, believing Im ready for my soul to fly, To the highest of heights, But yet wishing I could hide
Behind the lies one last time,
So I'd never have to meet your eyes
Feel the shame of a hundred lies and mistakes of my life
But after tonight I'll never see the light again
Because the moment when the last rays of the setting sun hits the sea will be the time my soul is set free
But don't forget me or my shining smile
I made mistakes I know that
But even in my last hour I ask for forgiveness and love to over power the mistakes I made and hoping nothing but the best for the ones I love and have to leave!!! --- your grandma
by: anonymous heart

If i could be proud of just one thing it would be having you as a sibling, no one else can compare to having you as a older sister and as my best friend, you were always there thru the tears and pain, you kept being there even when there was nothing to gain, there's just no amount of words that can express how much you mean to me you picked me up when i was down you made me smile when i frowned, you had my back even when i was wrong, if there's anyone id call when i had troubles you would be my first i love you more than you'll ever know your my ride or die.... i love you tissy!! - Anonymouts



THE
BEST VIEW
 COMES AFTER
 THE HARDEST
CLIMB

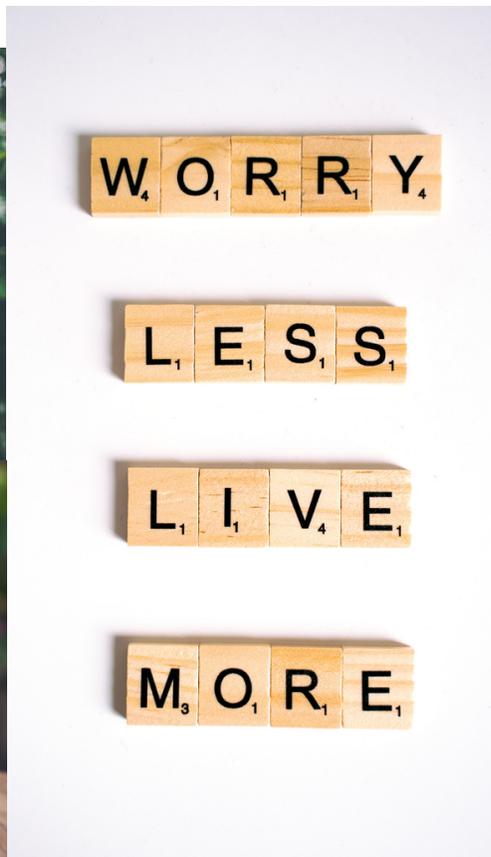
**CREATE
 YOUR
 FUTURE**

**BE STRONGER
 THAN YOUR
 EXCUSES**

At REN we believe in lifting one another up and navigating our journey with a heart of gratitude and compassion in our recovery. Here are words to inspire!



**RELAX
 REFRESH
 REJUVENATE
 RESTORE**



FUN IN RECOVERY

Would you Believe...



The first McDonald's Drive Thru was installed in a restaurant based in Sierra Vista, Arizona, located near the Fort Huachuca military installation. Military rules forbade the soldiers from wearing their military uniforms in public, restaurant manager David Rich came up with a solution: cut a hole into the wall and allow members of the military to pick up their orders without stepping out of their car.

- Humans have been performing dentistry since 7000BC, which makes dentists one of the oldest professions.
- Snakes can help predict earthquakes. They can sense a coming earthquake from 75 miles away, up to five days before it happens.
- Without saliva, humans are unable to taste food.
- A snail can sleep for 3 years.
- Cucumber can actually cure bad breath
- Jousting is the official sport in the state of Maryland.
- The "butterflies" you get in your stomach when you see someone you like is actually a stress response called adrenaline.
- Humans cannot walk in a straight line without a visual point. When blindfolded, we will gradually walk in a circle.
- Pigeons have been trained by the U.S. Coast Guard to spot people lost at sea.

SEPTEMBER WORD SEARCH

Dealing with Stress



ANGRY
 ANXIETY
 BREATHING
 CRY
 DAY TREATMENT
 EMOTIONAL
 EXERCISE
 FAMILY
 FRIENDS
 IRRITABLE

MANAGEMENT
 MEDICATION
 MOOD
 MUSIC
 NERVOUS
 PSYCHIATRIST
 READING
 RELATIONSHIPS
 RELAXATION
 SITUATIONAL

STRATEGIES
 STRESS
 SUPPORTS
 TALKING
 TENSE
 TENSION
 THERAPIST
 TREATMENT TEAM
 UNHAPPY
 WALKING

Poor Trisha's Almanac

September 2021



September 26, 1960 - The first-ever televised presidential debate occurred between presidential candidates John F. Kennedy and Richard M. Nixon.

September 2, 1752 - The British ended their use of the Julian calendar, switching instead to the Gregorian calendar, resulting in a major adjustment as Wednesday, September 2, was followed by Thursday, September 14. The correction resulted in rioting by people who felt cheated and demanded the missing eleven days back.

September 2, 1789 - The third Presidential cabinet department, the U.S. Treasury, was established by Congress.

September 2, 1945 - President Harry Truman declared V-J Day (Victory over Japan Day) commemorating the formal Japanese surrender to the Allies aboard the USS Missouri in Tokyo Bay.

September 3, 1783 - The Treaty of Paris was signed by John Adams, Ben Franklin and John Jay, formally ending the American Revolutionary War between Britain and the United States.

September 3, 1833 - The New York Sun newspaper first appeared, marking the beginning of the 'penny press,' inexpensive newspapers sold on sidewalks by newspaper boys. The paper focused on human interest stories and sensationalism and by 1836 was the largest seller in America with a circulation of 30,000.

September 4, 1609 - The island of Manhattan was discovered by navigator Henry Hudson.

September 4, 1781 - Los Angeles was founded by the Spanish Governor of California, Felipe de Neve, near the site of the Native American village of Yang-na. The original name was El Pueblo de la Reina de Los Angeles (The Town of the Queen of the Angels).

September 5, 1774-- The First Continental Congress assembled in Philadelphia with 56 delegates, representing every colony, except Georgia. Attendants included Patrick Henry, George Washington, Sam Adams and John Hancock.

September 6, 1991- Leningrad was renamed Saint Petersburg by Russian legislators following the collapse of the Soviet Union. Russia's second largest city had been known as Leningrad for 67 years in honor of Vladimir Lenin, founder of the Soviet Union.

September 8, 1883- The Northern Pacific Railroad across the U.S. was completed.

September 9, 1776 - The United States came into existence as the Continental Congress changed the name of the new American nation from the United Colonies

September 12, 1953- John F. Kennedy, 36, married Jacqueline Bouvier, 24, in a ceremony before 750 invited guests at St. Mary's Church in Newport, Rhode Island, conducted by Archbishop Richard Cushing of Boston.

September 13, 1788 - The U.S. Congress chose New York as the Federal capital of the new American government.

September 14, 1741 - Composer George Frederick Handel finished Messiah after working on it nonstop for 23 days.

September 14, 1960 - The Organization of Petroleum Exporting Countries (OPEC) was formed by representatives of oil-producing countries meeting in Baghdad.

September 14, 1975 - Elizabeth Ann Seton became the first American saint.

September 16, 1620 - The Mayflower ship departed from England, bound for America with 102 passengers and a small crew. The ship weathered dangerous Atlantic storms and reached Provincetown, Massachusetts on November 21st. The Pilgrims disembarked at Plymouth on December 26th

September 16, 1908 - General Motors was founded by entrepreneur William Crapo "Billy" Durant in Flint, Michigan.

September 16, 1976 - The Episcopal Church in the U.S. approved the ordination of women priests and bishops.

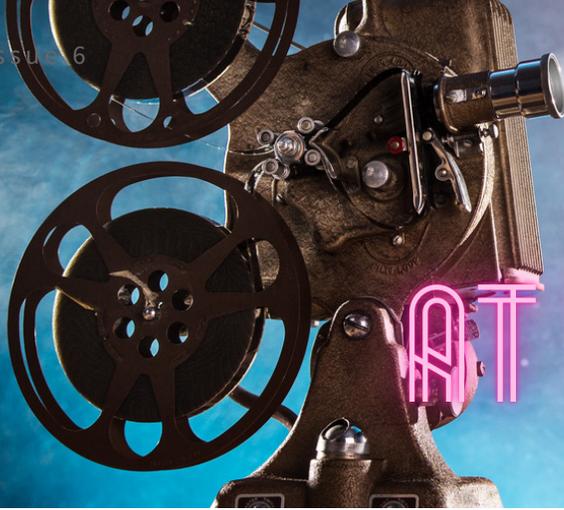
September 18, 1947 - The U.S. Air Force was established as separate military service.

September 19, 1893 - New Zealand became the first country to grant women the right to vote.

September 25, 1513 - Spanish explorer Vasco Nunez de Balboa first sighted the Pacific Ocean after crossing the Isthmus of Panama.

September 28, 1542 - California was discovered by Portuguese navigator Juan Rodriguez Cabrillo upon his arrival at San Diego Bay.





AT THE BOX OFFICE



1971(50yrs)

The Omega Man- Charlton Heston

1981(40yrs)

Mommie Dearest - faye dunaway

1991 (30yrs)

Freddy's Dead The Final Nightmare - Robbert Englund

2001(20yrs)

Don't Say A word - michael Douglas

2020 (1yr ago)

Tenet - Michael Caine

August 2021 (1 month)

Free Guy - Ryan Renolds

NOW PLAYING

IN THEATERS

FREE GUY

Ryan Reynolds -Jody Comer

When a bank teller discovers he's actually a background player in an open-world video game, he decides to become the hero of his own story .

Pray Away -Netflix

Former leaders of the "pray the gay away" movement contend with the aftermath unleashed by their actions, while a survivor seeks healing and acceptance from more than a decade of trauma.

Reservation Dogs- Hulu

We couldn't leave you without recommending the latest from Taika Waititi, who co-created Reservation Dogs with Sterlin Harjo. Following the exploits of four teenagers (Bear, Elora, Cheese, and Willie Jack) a year after their friend Daniel's death, the FX on Hulu series is a low-key, lived-in gem of a series. Beyond the fact that Reservation Dogs brings Indigenous talent — acting, writing and directing — to the forefront, the series happens to be heartwarming and hilarious.

Cinderella - Amazon Prime (SEPT3)

Cinderella is a romantic musical-comedy that offers a new modern take on the traditional story of the same name.

Marvel's Studios What If - Disney Plus

showcasing the compelling series that reimagines famous events from films in the MCU. Creating a multiverse of infinite possibilities, "What If...?" features fan-favorite characters, including Peggy Carter, T'Challa, Doctor Strange, Killmonger, Thor and more.



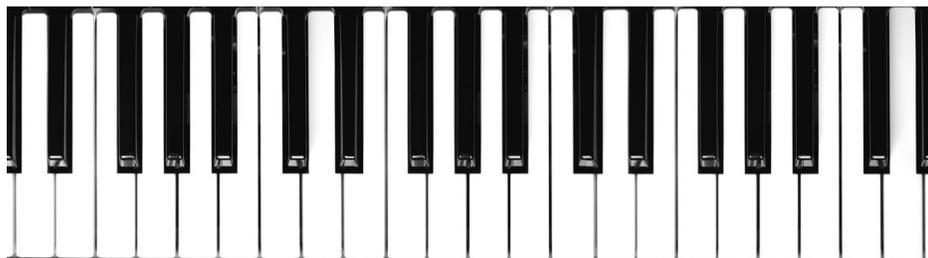
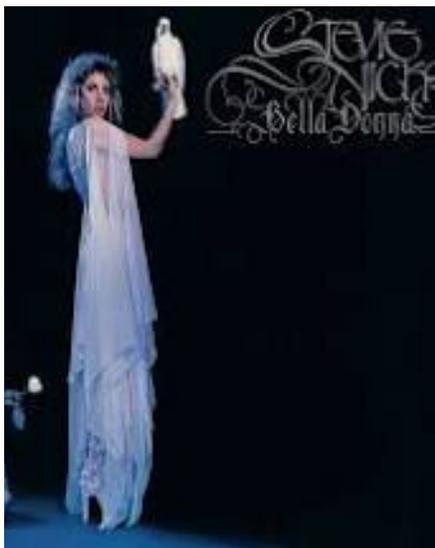
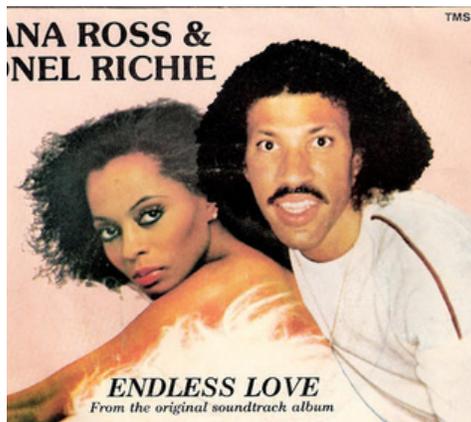
MUSIC

BillBoard top 100

- 1971(50yrs) **Go Away Little Girl**- Donny Osmond
- 1981 (40yrs) **Endless Love** -Danna Ross- Lionel Richie
- 1991 (30 yrs) **I Adore Mi Amor**- Color Me Badd
- 2001 (20yrs) **Fallin** - Alicia Keys
- August 2021 **Stay** - The Kid Laroi

Albums

- 1971(50yrs) **Tapestry**- Carole King
- 1981 (40yrs) **Bella Donna** – Stevie Nicks
- 1991 (30 yrs) **Metallica** -Metallica
- 2001 (20yrs) **Toxicity** – System of The Down
- August **Happier Than Ever** - Billie Elilish





Healthy Slow Cooker Turkey and White Bean Chili

Prep Time 15 MINUTES

Cook Time 6 HOURS

Total Time 6 HOURS 15 MINUTES

Servings: 8

Calories Per Serving: 192 kcal

Nutritional information is only an estimate. The accuracy of the nutritional information for any recipe on this site is not guaranteed.

Ingredients

- 1 tablespoon extra virgin olive oil
- 2 small yellow onions, chopped
- 4 cloves garlic, minced or grated
- 2 pounds ground turkey or chicken
- 2 red peppers, seeded and chopped
- 2 chipotle peppers in adobo, finely chopped (use 1 pepper for less heat)
- 2 tablespoons chili powder
- 1 tablespoon smoked paprika
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- 1 1/2 teaspoons salt
- 2-3 cups low sodium chicken broth
- 1 can (28 ounce) crushed tomatoes
- 1/4 cup tomato paste
- 1 tablespoon apple butter
- 2 bay leaves
- 1 can (14 ounce) white beans, drained
- cheddar cheese, avocado, green onions, and cilantro for serving

Instructions

Slow Cooker

1. Heat the olive oil in a large skillet over medium heat. When the oil shimmers, add the onion and cook about 5 minutes or until it begins to caramelize around the edges. Stir in the garlic and cook another minute. Add the turkey and brown all over, breaking up the meat as you go, about 5 minutes. Remove the skillet from the heat.
2. Transfer the turkey to the bowl of your slow cooker. Add in the red bell peppers, chipotle peppers, chili powder, smoked paprika, cumin, cinnamon, and salt. Stir in 2 cups chicken broth, the tomatoes, tomato paste, apple butter, and bay leaves, stir to combine. Cover and cook on low for 6-8 hours or high for 4-5 hours. During the last hour of cooking, stir in the beans. If your chili is too thick, add the remaining broth to thin as desired.
3. Remove the bay leaves and ladle the chili into bowls. Top with cheddar cheese, avocado, and green onions. Eat!

Instant Pot

1. Set the instant pot to sauté. Add the olive oil and onion and cook about 5 minutes or until it begins to caramelize around the edges. Stir in the garlic and cook another minute. Add the turkey and brown all over, breaking up the meat as you go, about 5 minutes. Turn the instant pot off.
2. Add in the red bell peppers, chipotle peppers, chili powder, smoked paprika, cumin, cinnamon, and salt. Stir in 2 cups chicken broth, the tomatoes, tomato paste, apple butter, and bay leaves, stir to combine. Cover and cook on soup/chili for 25 minutes.
3. Once done cooking, use the quick release and release the steam. Stir in the beans. Remove the bay leaves and ladle the chili into bowls. Top with cheddar cheese, avocado, and green onions. Eat!



Trisha Talks

Dear Trisha,

Recently I had a death in the family. I had bad feelings about this person all my life. This person caused me great trauma and I thought their passing would resolve those issues, but it has not. However the way this person passed distresses me; no one should suffer like they did. Being a Christian, I have prayed about it and I know that it isn't right to speak with ill intent, but sometimes I just feel so angry and it makes me feel ashamed. I can't help the way I feel. Help!

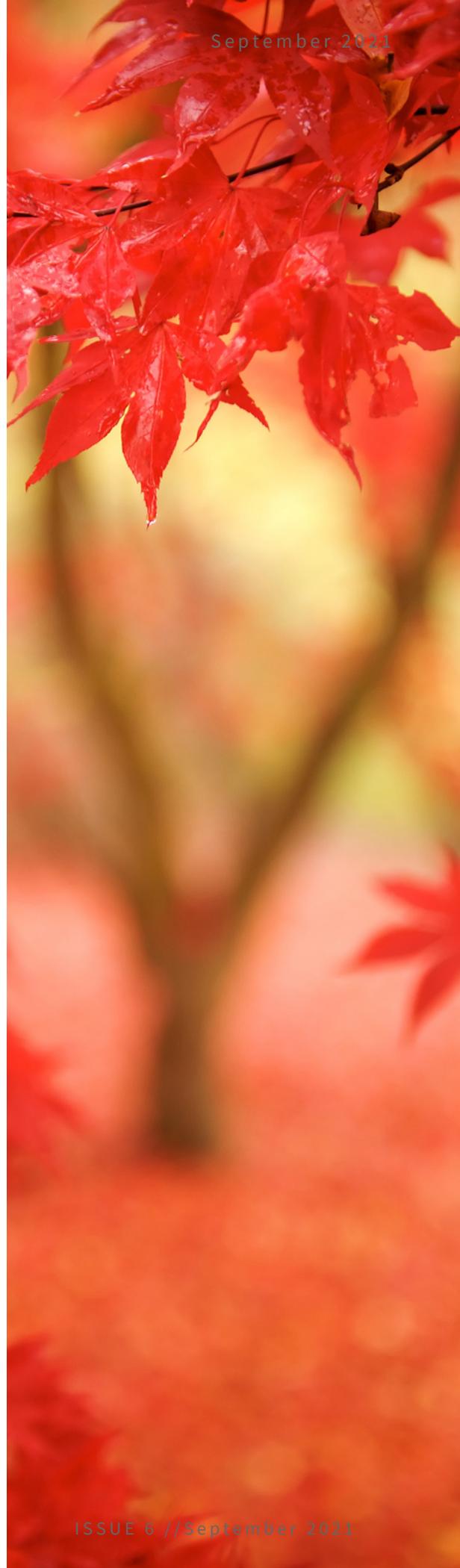
Tormented Soul

Dear Tormented Soul

What is it that you would like from this person? This person already gave everything they had in their life there is no more they can personally give. However, you can do something for yourself, you can continue to live a good life and let this negativity go. One way is to write a letter to the person explaining how you feel, go somewhere and read it out loud, then dispose of the letter. Give the negative feelings permission to go. Remember these feelings are yours and you are valid. Don't be ashamed for the way you feel; love yourself you deserve it. Being a Christian also means you trust God, Let go, and Let God.

If you have something you would like to get off your chest, write to me at Rentrishatalk@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



Happy Birthday



Happy Birthday

to all the people born in September.
Did you know you share the month
with these famous persons.

- September 1, 1923, Rocky Marciano** Boxer
- September 2, 1948, Christa McAuliffe** High school teacher part of the six crew members of challenger
- September 5, 1847, Jessie James** Outlaw
- September 5, 1902, Darryl Zanuck** Producer creator of 20 Century later merged with fox films include the grapes of wrath and the jazz singer
- September 7, 1533, Queen Elizabeth I** Queen of England
- September 11, 1917, Ferdinand Marcos** Philippine ruler
- September 12, 1913, Jesse Owens** Olympic athlete
- September 13, 1851, Walter Reed** Army surgeon
- September 13, 1860, Gen. John J. Pershing** us army general
- September 15, 1789, James Copper** American novelist, historian, and social critic best known for The Last of the Mohicans.
- September 15, 1857, William Howard Taft** 27th US President
- September 15, 1890, Agatha Christie** writer
- September 18, 1905, Greta Garbo** Actress
- September 22, 1791, Michael Faraday** - British scientist
- September 24, 1896 F. Scott Fitzgerald**- American writer best known for The Great Gatsby
- September 24, 1936, Jim Henson** Puppeteer creator of muppets including Kermit the Frog
- September 26, 1774, Johnny Appleseed**, folkhero
- September 26, 1898, George Gershwin** composer porgy and Bess
- September 27, 1722, Samuel Adams** - American revolutionary leader
- September 27, 1840, Thomas Nast** American political cartoonist symbols for the two main U.S. political parties
- September 30, 1924, Truman Capote** -American writer Best known for Breakfast at Tiffany's and In Cold Blood.



RECOVERY Empowerment NETWORK

HOURS OF OPERATION

MONDAY - FRIDAY
7:30AM - 3:00PM

SATURDAY SERVICES
7:30AM - 3:00PM

MAKE SURE YOU CHECK THE CALENDAR TO SIGN UP FOR ANY EVENTS ON THIS DAY

SUNDAY
CLOSED

WWW.RENAZ.ORG

602-248-0368

IF YOU WOULD LIKE TO BE PART OF THE REN NEWS TEAM - PLEASE MEET WITH JEN A.H. WE MEET IN THE COMPUTER LAB ON TUESDAYS FROM 9:00AM-11:30AM.

THANK YOU TO EVERYONE WHO PARTICIPATED IN THE PUBLISHING OF THE REN NEWSPAPER! AS WE NAVIGATE CHANGES AND TRY OUR BEST TO PROVIDE A GREAT PAPER, YOUR FEEDBACK IS WELCOME!