



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 submit story ideas, things you want to add, or some great pictures you've taken to Jen AH at jalonzo@renaz.org! 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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REN Outings

Renology

Fun Pages:
Mental Health Puzzle,
Trish Talks, Fun
Facts, Music and
Movie Reviews

Updates, NEWS and
more!



Creative Writing

VEYO...VE-----YO!

I had a great day at REN. It was an awesome Friday. I sang five songs during karaoke. Lots of members went home early because their rides had arrived. My VEYO driver showed up at 3:00 PM. As soon as I got in the Toyota Prius, I could sense the agitation in my driver. As soon as I sat down in the back seat, the driver said "Hi" and took off like he was late for a funeral. I had never had this driver before.

After driving at a high rate of speed for over ten minutes, the driver got on the I-10 at 16th Street and headed westbound. He was taking me out of my way to get me home. As he began to speed up, he told me that I needed to trust him completely. I said "okay" and Max stepped on the gas. His speed increased to eighty m.p.h. Then ninety, then one-hundred, and finally one-hundred ten. At that moment we were traveling through the Deck Park Tunnel.

A bright blue bolt of lightning entered the tunnel and struck the Prius. A mist swirled through the inside of the car. Electrical impulses shot through my body. Fifteen seconds later, a severe chill filled my heart. I looked in the driver's rearview mirror and saw a face that I hadn't seen in fifty years. I was ten or eleven. The driver pulled over to the side of the interstate. He did so just in time. He was now three years old.

Two months later, I realized I was not going back to being sixty-something. I was eleven again; at least until I turned twelve.

I decided to not seek out my real family. I went into foster care until I was eighteen. When I was twenty-two, I received my master's degree in Computer Science. I had over three million dollars invested by the time I retired at age fifty. I was very grateful for the second chance that I was given. Life was good.



Monte Mendoza

Creative Writing

My Three Selves

I was driving along the highway one day,
 Enjoying some songs and some sun.
 There was a sign that said: "Don't pick up hitchhikers."
 But my heart strings were pulled by this one.

She seemed sort of familiar.
 There was a sadness in her eyes.
 She said she was running away from home.
 She was tired of the abuse and the lies.

She was scared out of her wits,
 But I tried my best to comfort her.
 I told her to lay back and take a rest.
 We'd make this journey together.

I didn't quite know where I was going.
 But on the open road, I didn't care.
 Then all of a sudden, it started storming.
 There was a heaviness in the air.

I saw another woman standing there.
 She was joyfully embracing the rain.
 She seemed a bit more confident and secure.
 She had nothing to lose and everything to gain.

She apologized to the little girl
 For the trouble she went through.
 She promised that things would get better.
 If Nellie could just hang on, she'd have proof.

Journey



Creative Writing

continued

Janelle, the Great's, advice for me
Was to trust in the possibilities.
Things could always go right or wrong.
But the cost is always a necessity.

We reached the end of our journey.
We hugged each other for quite a while.
We agreed that whether good or bad,
Our journey was always worthwhile.



Camp Shadow Pines



Camp Shadow Pines



Camp Shadow Pines



Camp Shadow Pines



LET'S
Dance



Camp Shadow Pines



FUN IN RECOVERY

WOULD YOU BELIEVE...

September Self Care Word Search



- HUMANS HAVE BEEN PERFORMING DENTISTRY SINCE 7000BC, WHICH MAKES DENTISTS ONE OF THE OLDEST PROFESSIONS.
- THE FIRST-EVER-DOCUMENTED FEATURE FILM WAS MADE IN AUSTRALIA IN 1906.
- APPLES, PEACHES, AND RASPBERRIES ARE ALL MEMBERS OF THE ROSE FAMILY.
- THE HAND AND FOOTPRINTS IN FRONT OF LOS ANGELES'S CHINESE THEATER TRADITION STARTED ACCIDENTALLY WHEN SILENT FILM ACTRESS, NORMA TALMADGE STEPPED ON WET CEMENT.
- THERE ARE MORE LEGO MINI-FIGURES THAN THERE ARE PEOPLE ON EARTH.
- THE MAYOR OF A HISTORICAL DISTRICT IN ALASKA IS A CAT NAMED STUBBS.
- HERŠHEY'S CHOCOLATE SYRUP, RITZ CRACKERS, DUMDUMS, AND OREOS ARE ALL VEGAN.
- WITHOUT SALIVA, HUMANS ARE UNABLE TO TASTE FOOD.
- IN CALIFORNIA, YOU CAN GET A TICKET IF YOU'RE DRIVING TOO SLOW.
- ASTRONAUTS ACTUALLY GET TALLER WHEN IN SPACE.
- CUCUMBER CAN ACTUALLY CURE BAD BREATH.
- PURE COCOA CAN HELP PREVENT TOOTH DECAY.
- SELFIES NOW CAUSE MORE DEATHS THAN SHARK ATTACKS.

I	H	A	D	R	A	W	L	Y	N	V	T	L	C	S
K	L	N	R	A	K	R	L	O	I	S	Y	S	O	I
S	G	R	E	X	S	O	C	I	A	L	D	T	M	U
H	C	B	L	I	T	X	W	C	A	L	M	K	F	D
O	Z	R	A	R	S	E	A	T	A	L	A	L	O	R
W	N	E	X	E	U	D	G	V	M	D	E	B	R	I
E	V	A	A	A	P	X	M	X	R	V	L	H	T	N
R	I	T	T	D	C	S	L	E	E	P	Q	U	T	K
P	T	H	I	S	E	L	F	L	O	V	E	M	A	W
Q	A	E	O	C	H	Y	G	I	E	N	E	B	R	A
D	R	M	N	I	F	V	K	Z	E	T	C	L	B	T
K	B	U	B	B	L	E	B	A	T	H	B	E	O	E
R	S	Z	M	R	H	X	Z	O	H	C	R	R	Z	R
Y	F	O	F	Y	C	F	V	P	N	M	U	S	I	C
L	G	N	R	P	D	N	L	V	Z	J	L	Z	E	U

MUSIC	BUBBLEBATH	DRAW	HUMBLE
RELAXATION	EAT	CALM	HYGIENE
BREATH	SHOWER	DRINKWATER	READ
COMFORT	SOCIAL	SELFLOVE	SLEEP

Peer Trisha's Almanac

September 2022



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



Trisha Talks

Dear Trisha ,

October to January is filled with fun holidays. But for me, it is also a reminder of how many family and friends have passed away and how much I miss them. How can I deal with my grief and still have fun with the people that are still around?

Signed,
Tough Holidays

Dear Tough Holidays,

Loss is never something easy to deal with especially around the holidays. Thanksgiving was my mother's favorite holiday so after she passed, I found myself struggling to make the holiday what it used to be. Something that worked for me was creating new traditions. I planned to have a Friendsgiving with a few close friends, that turned out great. We all talked about what we were thankful for including the sweet memories that were made with the important people no longer with us. I also reached out to friends when I was struggling and found a grief and loss support group on-line that I began attending. Having others who could empathize with me helped.

I also kept myself busy, attending groups at my peer support program which helped me to see the joy in holidays as we celebrated there and helped me to stay positive. Hoped this helped!

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

THE OFFICAL PAPER BROUGHT TO YOU BY PEERS



JUST
KEEP
MOVING
FORWARD

INSPIRE,
EMP  WER,
ACHIEVE

REN INSPIRATIONAL QUOTES

BE STRONGER
THAN YOUR
EXCUSES
→



Be the best
VERSION
OF
Yourself

YOU
HAVE
THE
COURAGE
TO
BEGIN
AGAIN



BLAST FROM THE PAST....

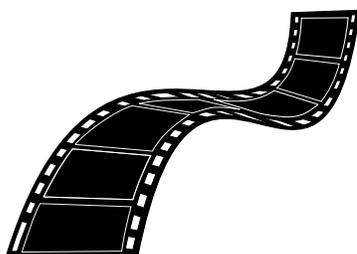


Top Ten mental health Movies

1. **Inside out(2015)**
2. **As good as it gets(1984)**
3. **Matchstick men (2003)**
4. **Beautiful Mind (2001)**
5. **What Eating Gilbert Grape (1993)**
6. **A beautiful boy (2018)**
7. **One Flew Over the Cuckoo's Nest Leaving Las Vegas (1975)**
8. **Seven pounds (2008)**
9. **What dreams may come (1998)**
10. **I am Sam (2002)**

#1s of the past

- 1972(50yrs)
The God Father- Marlon Brando
- 1982 (40yrs)
E.T. the Extra-Terrestrial-Drew Barrymore
- 1992 (30yrs)
Unforgiven- Clint Eastwood
- 2002 (20yrs)
Signs- Mel Gibson
- 2021 (1yr ago)
Jungle Cruise- Dwayne Johnson





Queen Elizabeth

4/21/1926-9/8/2022

Elizabeth II (Elizabeth Alexandra Mary; 21 April 1926 – 8 September 2022) was Queen of the United Kingdom and other Commonwealth realms from 6 February 1952 until her death in 2022. She was queen regnant of 32 sovereign states during her lifetime and 15 at the time of her death.[a] Her reign of 70 years and 214 days is the longest of any British monarch, and the second-longest verified reign of any sovereign in history.

Elizabeth was born in Mayfair, London, as the first child of the Duke and Duchess of York (later King George VI and Queen Elizabeth). Her father acceded to the throne in 1936 upon the abdication of his brother King Edward VIII, making Elizabeth the heir presumptive. She was educated privately at home and began to undertake public duties during the Second World War, serving in the Auxiliary Territorial Service. In November 1947, she married Philip Mountbatten, a former prince of Greece and Denmark, and their marriage lasted 73 years until his death in 2021. They had four children: Charles, Anne, Andrew, and Edward.

When her father died in February 1952, Elizabeth—then 25 years old—became queen of seven independent Commonwealth countries: the United Kingdom, Canada, Australia, New Zealand, South Africa, Pakistan, and Ceylon (known today as Sri Lanka), as well as Head of the Commonwealth. Elizabeth reigned as a constitutional monarch through major political changes such as the Troubles in Northern Ireland, devolution in the United Kingdom, the decolonization of Africa, and the United Kingdom's accession to the European Communities and withdrawal from the European Union. The number of her realms varied over time as territories gained independence and some realms became republics. As queen, Elizabeth was served by more than 170 prime ministers across her realms. Her many historic visits and meetings included state visits to China in 1986, to Russia in 1994, and to the Republic of Ireland in 2011, and meetings with five popes.

Significant events included Elizabeth's coronation in 1953 and the celebrations of her Silver, Golden, Diamond, and Platinum jubilees in 1977, 2002, 2012, and 2022, respectively. Although she faced occasional republican sentiment and media criticism of her family—particularly after the breakdowns of her children's marriages, her annus horribilis in 1992, and the death of her former daughter-in-law Diana, Princess of Wales, in 1997—support for the monarchy in the United Kingdom remained consistently high throughout her lifetime, as did her personal popularity.[1] Elizabeth died aged 96 at Balmoral Castle, Aberdeenshire, on 8 September 2022, and was succeeded by her eldest son, Charles III. Her state funeral was the first held in Britain since that of Winston Churchill in 1965.