

RISE & RECONNECT

The Miracle of Recovery in Community

THE OFFICIAL NEWSLETTER OF THE
LAZARUS HOUSE AND MARY & MARTHA HOUSE



A Place To Call Home

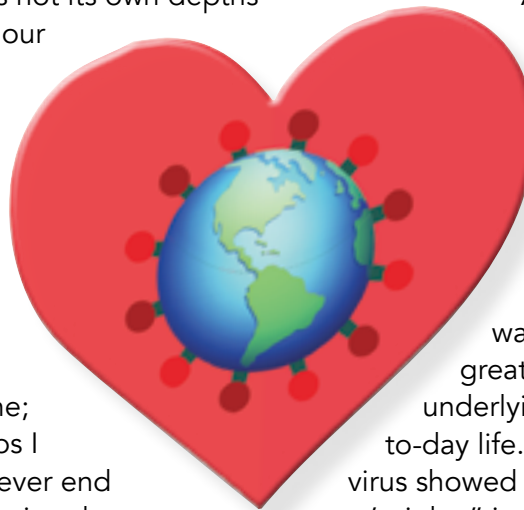
Youth Services System Inc.'s Lazarus House and Mary & Martha House recovery homes were started by Shelley and the late Bill Rohrig to honor the memory of their son Mark who had struggled with depression and died after a fall. Our homes serve men and women ages 18 and older who are trying to get their lives back on track after treatment for substance use disorder. This is a residential, gender-specific program. It is a place to call home, with as many of the comforts of home as possible within our means and budget.



“Love knows not its own depths until the hour of separation!” These words of Khalil Gibran come to mind in those moments of my life when someone I hadn’t contacted in some time is gone; when relationships I thought would never end find me remembering the precious moments now that those good people have moved on.

The COVID-19 pandemic brings home to me how fragile life really is, and how precious we are to each other; in the words of Thomas Merton that “[Love] is our origin, love is our destiny, and love is our true name.”

Franciscan Richard Rohr, author and teacher, said that “[The] goal of life is not personal perfection, but union.” We truly do belong to someone and something bigger than ourselves, invited to widen the circles of our inclusion.



All of this hits home to me when we talk about “getting back to normal” and wondering if we were really normal before the pandemic hit home, whatever “normal” is.

Until March 2020 there was more certainty and greater perceived security underlying the routine of day-to-day life. Then a tiny, microscopic virus showed up and claimed “squatter’s rights” in the predictable and controlled lives we thought we lived; like an uninvited guest who forgets to leave.

Perhaps the amazing grace of this time is knowing that life is offered to us one moment at a time, one day at a time, and that the planned future is a dream whose fulfillment is not guaranteed. Life is a gift that invites us to show up and be present here and now. With the increase of loneliness in our world (and there is much being written and said about it), maybe we can be a bridge for those who have been

continued inside

Hi, my name is Dartanyon ...

Hi, my name is Dartanyon, and I'm an addict. I've used drugs like crystal meth, cocaine, marijuana and other drugs over half my life. I found myself running away from family and family members, friends, and my kids because I didn't want to explain to them that I was addicted to drugs. I really couldn't explain even to my own self.

My addiction to drugs landed me in jail. At that point and time I felt myself somewhere I didn't want to be. I told myself then that I need to change and I need help, so before I was released from jail I wrote a letter to Pat at Lazarus House. I was referred to write him through a friend. He told me Pat could help me live a clean and sober life. Today I'm out of jail and I've been clean (drug-free) a year and 7 months. I go to therapy once a week. I have a great full-time job, and I attend 12-Step meetings. I live in a sober living home with a great group of guys. I learned that help is there, and all you have to do is ask.

(Dartanyon is 44 years old. He is originally



from Mississippi, where he grew up. He will be the house manager for our new recovery home, scheduled to open in September.)

“I learned that help is there, and all you have to do is ask.”



ADDICTION NEWS FROM PAT...

Even 'low-risk' drinking can be harmful

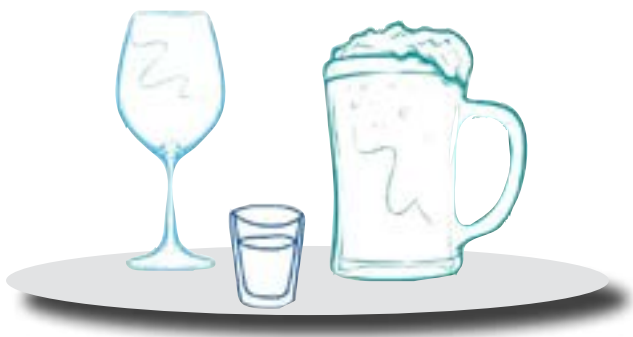
It's not just heavy drinking that's a problem. Even consuming alcohol within weekly low-risk guidelines can result in hospitalization and death.

The Canadian government's guidelines for alcohol consumption state that women should consume no more than 10 drinks per week; and 15 drinks per week for men (A "drink" is 12 ounces of beer, 5 ounces of wine or 1.5 ounces of liquor). These limits are slightly higher than in the U.S. (*14 drinks for men, 7 for women and no more than 3 drinks in any one day for women*).

It has been found that more than 50% of cancer deaths related to alcohol consumption occurred in people drinking moderately. Furthermore, 37% of all alcohol-attributable deaths were experienced by people drinking within the guidelines. However, for women, alcohol consumption within the guidelines did offer some protection from death by heart attack, stroke or diabetes. This guideline did not hold true for men, who experienced harm at all drinking levels. (Men outnumber women in heavy alcohol consumption, but the gap is closing according to studies done in Europe).

It has been suggested that the guidelines should reflect those of The Netherlands: "Don't drink or, if you do, drink no more than one drink per day." (There is nothing wrong with alcohol use but, if you drink, please consult your doctor if you are taking medication. Take care of yourself!)

Source: Journal of Studies on Alcohol and Drugs, June 15, 2020. (Italics mine.)



Continued from front

lonely and "quarantined" before us. Perhaps they have much to teach us about being lonely, helping us come home to ourselves and finding that we belong to each other.

Addiction is very much a disease of loneliness and disconnectedness. We here at Lazarus House/Mary & Martha House know that isolation and disconnect only too well. Recovery happens in community, in belonging to the larger family. These times have been rough as we are not able to attend many Narcotics/Alcoholics Anonymous meetings, although there are some opening up again; and while social distancing is necessary, it's not a term we are very fond of.

Many of our meetings are held in church basements where we find God to be present in an all-embracing way through each other. Relapse back to drugs or alcohol addiction has increased in the community, and I say this to help bring home how necessary community is to staying drug-free and wholesome. So, say a prayer for us.

For those folks who are non-theistic take a moment to breathe out some loving energy our way. We will pray for you too! In those moments of aloneness, remember that you are part of our family.

~ Pat Condron

The Fall
Fundraising
Dinner is
TBA

WE ARE GROWING!

ANOTHER HOME FOR RECOVERING MEN



While the epidemic of drug addiction continues to rage in the Ohio Valley, YSS and Lazarus House remember that we are a City of Lights, shedding some light and hope for those who are in need of a second chance at recovery. We are opening a 9-bed home for men in recovery on Wheeling Island in the next few months! It will be known as "Mark's House", named for the late Mark Rohrig whose parents, Bill and Shelley, helped make Lazarus House a reality all those years ago. It is the former House of the Carpenter, and it is beautiful. This home was made possible by a grant from the Ryan Brown Foundation through the WV Bureau of Behavioral Health .

Our new home will be located at 21 North Front Street, a quiet location where we will continue to be the good neighbors we have always been at 95, East 11th Street. Lazarus House will remain in operation as a transitional house for those who have completed the first phase of transition at Mark's House (3 months). The program will last for a total of 6 months by which time residents are expected to be ready for independent and productive lives in the community.

Open house for Mark's House will be announced later. We look forward to having you visit!

Donations to Lazarus, Mary & Martha and Mark's House

Enclosed is my gift for Lazarus/Mary & Martha/Mark's House:

___\$100___\$50___\$20___\$10___Other amount

If you wish to UNSUBSCRIBE to this mailing list, please email Pat Condon, frpatanthony@msn.com.

Name: _____ If you wish your donation to be private, check here

Prefer an e-newsletter? Please provide your email address: _____

Please make checks payable to YSS, P.O. Box 6041, 87-15th Street, Wheeling, WV 26003.

Use this form or write Lazarus/Mary & Martha on the Memo line.

Thank you and God bless you!