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Serenity Profile

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In recovery - find someone you would like to emulate!

From the Desk of Ron Osborne

Having been in this business for the past forty-seven years, I have seen many individuals come through our programs looking for the tools they need to find sobriety. Those that have hit rock-bottom or near bottom - looking for hope there is a solution in finding stability in their lives again which includes self respect, being able to be trusted again, and living a normal life where sobriety is the center of their universe. After many years of drinking and or consuming drugs, this new life doesn't come easy. RTSA has been providing recovery services since 1971, and we have come to realize that there are tools out there that individuals can learn and adopt to become the person who they want to be. Let me talk a little about our substance abuse programs.

We share hope, and recovery becomes a seed.

First and foremost, each individual must have HOPE. Hope that there is a new tomorrow, a chance of a drug-free life where life is as normal as the average persons in the community.

We are non-judgmental, and trust becomes a reality.

Someone coming into treatment often has done many things they are ashamed of during their drug use. Staff do not judge clients on their past but focus on the future. If we continue to condemn them for their past, recovery becomes harder to begin. Yes, the past is still there, and it will be dealt with later in treatment.

Staff share their personal experience, & guidance is sought.

Many of our staff members are in recovery themselves. Some of those staff will tell you they have a

past they're not proud of but in some instances those things are what made them look back on their own addiction and helped them find a recovery program for themselves. Once the clients realize that many of the staff have walked in their same shoes, they begin to ask for guidance in finding recovery. They want to find the peace and serenity they see from individuals who have good personal recovery programs.

I am often asked about the importance of a sponsor. Choosing a sponsor is of vital importance. A sponsor is someone who is also in recovery who will shoot from the hip. He/she will tell you not what you want to hear but what you need to hear. They will lead by example. You will not question their integrity or sincerity because you have come to highly respect this person by the way they conduct themselves. They are working an honest program while respecting others as you would want to be respected. So in other words, a sponsor should be someone you would want to emulate!

Clients focus on honesty, Self-examination & making amends.

After a while, clients begin to focus on honesty, which is one of the biggest factors in recovery. If you are not living an honest lifestyle you are deceiving others and yourself. If you are not working an honest program, others will see it in you. You will have a hard time maintaining a recovery program by living with the lies you chose to keep. Honesty must be in everything you do. You must be true to yourself as you focus on recovery.

Self-examination is extremely important because at this time we are identifying the way we look at ourselves. We don't dwell on what others have done to us, we focus on our own actions - only those things we can control. We honestly admitted our wrongs and we set out to make these

matters right.

Faith & family ties are strengthened.

As one continues through a new recovery program, faith becomes a part of that program. The belief in a power greater than ourselves is essential to a recovery program. Many will begin to attend and become active in church. Others will begin to have a spiritual awakening that is rewarding and a source of security knowing that a higher power is in control and available to us.

Many of the clients we see coming into recovery have severed ties with family members. Most of the families have been used and abused during their loved one's addiction. After time, and when a program of recovery is working and the client has some time under their belt, the client will often be able to re-establish family ties. History becomes less important, and real values are the basis for those relationships.

Individual personal recovery programs begin to flourish.

Once a client goes through treatment and legitimately focuses on their recovery program - doing what is recommended and building a strong 12 step program of recovery - personal recovery programs begin to flourish. We see people coming into treatment with little hope of survival. After following a proven recovery model they are able to change their lives forever. Once those recovery programs begin to flourish, individuals begin to spread the message while assisting others in getting into recovery.

Our program of recovery at RTSA allows the client to build a base, but a sponsor is for a lifetime. Building a personal recovery program continues day to day! Recovery works! Please consider making a year end donation to help RTSA continue this important work!



You're not going to master the rest of your life in one day. Just relax.

Master the day. Then just keep doing that every day.

Need a Speaker? Give us a call!
336-227-2994



We will share with your group the fine work the staff is doing and share the many miracles we witness and the lives that are changing daily!



Providing recovery programs through the sale of donated goods

336-227-8500

403 Trollinger St • Burlington, NC

The following have made memorial gifts and/or honorariums to RTSA since our last newsletter.

Memorials

Mary Anne Harvey

by Brenda H. Haynes

Bill Sharpe

by Barbara Sharpe

Norman Whitney

by Kathryn Jessup

Honorariums

Marie Koury

by Grace Parker

Joseph Brent Rice

by Barney Rice



Please consider designating a gift so our Counselors/Case Managers may purchase Christmas gifts for our residents.

Each Christmas our residents wake up to gifts under the tree - all supplied by people that care.

Thanks for being a donor.

Bid & Boogie

On Friday Night, November 8th, a fun time was had by all at the RTSA Bid & Boogie. There was a wonderful dinner prepared by the chef of the Country Club, a Silent Auction with items ranging with minimum bids from \$2 - \$700, and dancing to the music of Radio Revolver Band. Many left with cherished goodies from the silent auction, including art, jewelry, gift certificates and that special gift for a certain someone. Special thanks goes to our table captains, and all the donors who supplied us with the auction items. It was a fabulous evening enjoyed by all!



Jewelry Benefit Sale

Our Jewelry Benefit Sale was another successful sale benefitting the Mebane Street Recovery Home for Women. **We are already working toward our 14th Annual Jewelry Benefit Sale to be held in September 2025. We are in need of jewelry!** Clean out those jewelry boxes - that stuff you haven't worn in years can be sold to assist women in recovery.



Jewelry can be brought by the Administrative Offices at 125 Glendale Avenue, Burlington or taken to Trollinger Treasures at 403 Trollinger Street, Burlington. All jewelry donated to the store is used for the Jewelry Benefit Sale. Anything left from the sale is then sold at Trollinger Treasures.

I thought "fun" meant getting intoxicated, pushing limits, & living on the edge

I was born in Addis Ababa, Ethiopia, in 1989. I had a loving family and a childhood filled with promise - until the civil war tore everything apart. When I was just two, political upheaval forced my father to flee the country and seek refuge in Djibouti. As a former government employee, he faced persecution under the new regime, leaving my mother and uncle to raise me, my brother, and sister on their own. Life was tough, but I had hope.

For years, my mother dreamed of a better life for us, and when I was 13, she made the brave decision to move to the United States, hoping to one day bring us all together. At 16, I joined her in America, full of hope but facing a world that felt completely foreign. Suddenly, I was immersed in a new language, a different culture, and a school where I didn't know a single person. Feeling lost and out of place, I just wanted to fit in. But as I chased that sense of belonging, I drifted into a crowd that led me down a dangerous path.

By my senior year of high school, I had friends, but my choices were reckless. I began taking shortcuts, using manipulation, and engaging in illegal activities just to feel accepted. Independence came with new freedoms, and I thought "fun" meant getting intoxicated, pushing limits, and living on the edge. I lost sight of myself, and before long, I was drowning in chaos - addiction, legal troubles, and broken relationships.

As the years passed, I watched as people I looked up to either ended up dead, incarcerated, or homeless. I was at rock bottom, my life spiraling beyond my control. I reached out to RTSA, hoping to escape from my mess. But initially, I wasn't committed; I was only there to get temporary relief. My life sank even deeper, and I couldn't keep a job or hold onto anything that mattered.

Eventually, I returned to RTSA, desperate for real change. The program welcomed me back with open arms, and for the first time, I saw their genuine compassion. The clinical director told me she was concerned about me, and her words struck a chord. This time, I committed. Through RTSA, I learned lessons I couldn't have taught myself. They helped me rebuild my life with discipline, structure, and purpose. The staff went above and beyond, and my counselor taught me responsibility and coping skills. For the first time, I had routine, I had stability, and I was living by principles rather than impulses.

Today, I'm pursuing a degree in social work so I can help others find a way out, just as I did. My relationships with my family and with God are stronger than ever, and I've found peace in living a life with purpose. I'm forever grateful for RTSA and everyone who stood by me through the darkest times. They gave me not only a second chance but a vision for a brighter future.

Feteh

Never Felt Better!

Not long ago, I was in bad shape, my health and life were a mess. With God, family and RTSA, I am back on the right path now. I am 60 years old and sober, God is in my heart and I never felt better. What a great Christmas I will have. God Bless!

PT

Over a 100 Days Clean Now!

Last year around this time I was running around the streets asking people for a place to stay and using drugs and drinking real bad. I don't even think I thought about Thanksgiving or Christmas. I could not buy anything for my daughter or anyone. A little over 3 months ago I called RTSA and they told me to come in, and I'm so grateful. I have over a 100 days now and this is all to RTSA believing in me and me believing in myself. Thanks for everything, y'all have done for me.

AJ

Donor Envelopes

Memorial gifts and honorariums can be made to RTSA. Acknowledgements are mailed the same day the donation is received to the family of the deceased or the honoree. Enclosed with the newsletter is an envelope which can be filled out in order to make a contribution. All memorial gifts and honorariums are listed in the next newsletter. Your donation assists those building personal recovery programs.

Duplicate Newsletters?

If you are receiving duplicate newsletters, please contact us at 336-227-2994 so we may correct our mailing list.