



January 2024

February 2024

Newsletter

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2024:

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Around the House

Scott B is the focus of this issue of Around the House. Scott is our Saturday man, and he does an excellent job. He is always keeping busy, doing a lot around the house with deep cleaning, organizing, and especially being “Mr. Fixit.” He is supportive and encouraging toward the clients and he leads by example, especially in terms of recovery by means of his actions. He speaks well and passionately about recovery, and never does it fail that he will stop what he is doing in order to help out a client, fellow alcoholic, or anyone else. And he does so happily and with a sense of humor. I remember when he first entered the doors of the ARC and can testify that he has indeed come a long way. His journey has not been easy, but he has really grabbed ahold of the program, and it shows. But he says, “It’s hard growing up at 61.”

Scott says this isn’t his first go-around with being sober and living a sober lifestyle. “My last relapse lasted 15 years. I picked up right where I had left off. I became very reclusive. I lived in my truck in front of a trap house. The drugs didn’t even work anymore. That was a sufficient bottom for me.” He was at the proverbial turning point, with a plan for suicide. “I didn’t know God had other plans for me; I felt God had given up on me and I was all by myself.” He says, “The ARC saved my life.” And mind you, not only was he learning to live sober, but learning to live life on life’s terms after “having lived most of my life in the penitentiary. He says a big part of that is overcoming deep seated fear. He is learning how to better live and act in more healthy social environments and working towards a goal of improved financial security. He says, “Also, my pride had to die and I had to learn humility. I had to learn

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to really listen, which brought me gradually more and more into "old school recovery." I had to deeply become a part of the program, get into the middle of it. Always I have to remember that if I am Scott-centered, I am not God-centered."

Along those lines, he says, "God centered relationships are new to me. My relationships, both old and new, are stronger and more intimate. Where once I was so self-centered, now my relationships are better than ever!" Concerning both recovery and life, he says, "I have learned so much about me through others. The quality of my recovery is better than ever." He is al-

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ways reading the Big Book and the bible. He surrenders first thing every morning, and is always reaching out to others. Since Scott is a re-tread, I asked him, "What is different this time?" and he emphasized the importance of the spiritual angle and coming to terms with the past and the present. He said, "I have to hold myself accountable for my choices and I have had to stop being the victim. When I asked what was his advice to newcomers, he said, "Don't give up before the miracle happens... and, YOU are the miracle."

-Matt R

Twelve Step House Meetings...

Monday 7PM- "Big Book" Study

Thursday 7 PM- Daily Reflections

Friday 7:30PM- Speaker Meetings (The last Friday of the month is Birthday Night!)

