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Summer 2018

The Gateway

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Volunteer Spotlight

Meet The Voice



Introducing Debbie Daggett The Voice for Fellowship Hall's 68th Conference

She would frequently take those she served while volunteering, who were in recovery, to AA meetings. This is how she met Steven and fell in love. While accompanying him to a meeting, she heard about Fellowship Hall. It was in 2014, she attended her first Fellowship Hall conference.

“I was hesitant [to come] at first but I found it to be the best experience of my life.”

It was there at her first conference where Debbie discovered the opportunity to volunteer at the Hall. Not long after, she joined the Fellowship Hall Council and the ranks of those who diligently plan the Hall's biggest event of the year – the annual conference – to provide inspiration and encouragement to everyone on the recovery journey. Admittedly, the Council was a little intimidating at first: “When I first started, I just came to the meetings and kept my mouth shut. I had no formal training or education in addiction, but I had the heart for the work.”

Debbie's first real responsibility on the Council was to serve as a host for a conference guest speaker that year, an

Al-Anon representative from California. Her job was to offer southern hospitality including transportation to and from the airport and making sure he had everything he needed for a pleasant stay in Greensboro.

This year, Debbie's role is quite different! Voted by Council members to be The 2018 Voice, Debbie's role changed from hosting to leading the Council's planning and implementation process for the full 3-day Conference. Her biggest duty was working with a small team of Council members to select this year's guest speakers. Not an easy task! In addition, she will work with staff to oversee all conference arrangements – including hotel set-up, making sure enough volunteers are on hand, and even keeping everyone on schedule during the conference. Her big debut will be delivering the Conference Welcome message.

These tasks are not duties she takes lightly. “The Council is a group of humble, dedicated and willing members. I have never experienced a lack of willingness among them. Being chosen as this year's voice by the Council has been a great honor for me,” she shared.

When asked how she feels about delivering the welcome, Debbie laughed, “I am super excited and super scared.”

With a heart like hers, there's no doubt she will do just fine.

Volunteering has brought great benefits in the life of Debbie Daggett. It was while volunteering she discovered her calling and met her life partner, husband Steven Daggett. In 2010, Debbie joined forces with a downtown Greensboro ministry to serve the homeless population. It was during that time she discovered that homelessness often goes hand in hand with addiction. She found out addiction was the culprit that most often caused people to stop functioning productively, causing them to lose jobs, homes and even family.

“I learned that addiction wants to take everything away from you and to kill you,” said Debbie.



Message from Mike

Happy summer to you as we inch closer to our 17th annual E. Raymond Alexander Jr. Memorial Golf Tournament to support our Family Program (August 3) and our 68th conference: Trust the Process (August 3-5). Registration information is in this issue and on our website – make plans to join us (and bring your friends)!

If you haven't been to the Hall lately, make a point to come by for a visit and see what we've been up to. Change is constant – and that certainly holds true at the Hall.

As I write this message from my temporary office, the front lobby is undergoing renovations. Our new and improved lobby will be home to the Hall Mall where recovery texts, Hall gear and toiletries will be available for visitors and guests. We're looking for volunteers to staff the Hall Mall a few days a week. Interested? Please let Jessica Sheetz know.

We've also been working on the new Gratitude Garden. Phases I and II are in, with only Phase III remaining. We'll be hosting a Garden Party on June 10th to showcase the work you've made possible alongside a silent auction to help us close the gap on the \$40,000 needed to complete the project. The Garden is a great addition to the Hall, enhancing treatment with outdoor meeting and gathering space for guests, visitors, and staff.

Our hard work never ends. The addiction industry is in a state a flux. While we hold the line on our treatment philosophy and experience, we must keep pace with new developments and industry changes. Many of our guests come here after they've tried many other formats and modalities of treatment. They arrive tired, beaten up by the disease, and desperate for help. I'm excited about our partnership with Alkermes, makers of the anti-craving drug Vivitrol (Naltrexone), to help our guests with chronic opiate use disorder and alcohol disorder. There is a real benefit in taking this non-habit forming, non-mood altering medication as a part of a long-term recovery effort. The research is clear that this medication in conjunction with ongoing counseling, support group involvement, and supportive

housing (when possible) leads to better recovery outcomes. We're doing all we can to help our guests stay clean and sober after they leave the Hall.

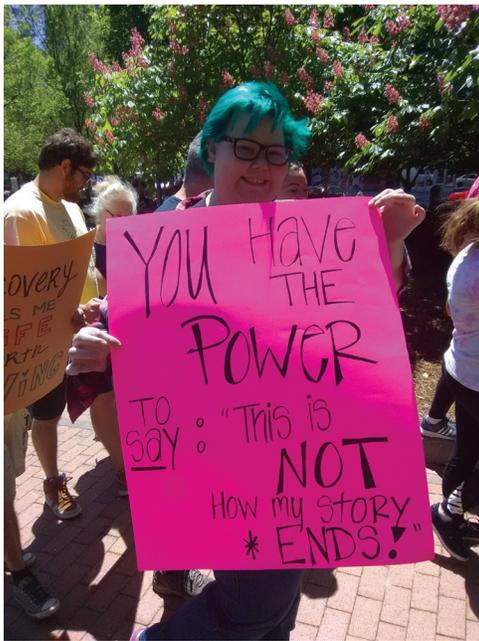
On the supportive housing front, we've purchased a home adjacent to the property to convert into transitional housing. This will become the new Gateway House and the old GWH will give us five long-term beds for women. We'll be recruiting a work party to help us spruce up the new property. If you enjoy painting and would like to volunteer, please let Altina Layman know.

Lots of good things are happening at the Hall! We're excited about the lobby renovation, Gratitude Garden, improved outcomes with medication assisted treatment, and more transitional housing – **but the icing on the cake is our new Scholarship Program to provide greater access to treatment.** This new program will save more lives as we make treatment available to individuals from Triad agencies like Caring Services and Residential Treatment Services by admitting them to Fellowship Hall on a scholarship. Once these folks complete treatment at the Hall, they'll return to their referring agency for continuing care. The need for treatment in our community is GREAT. Every 19 minutes, someone in the US dies from an overdose. We'll be asking you to join our Board of Directors in their commitment and support of this new program with a gift to the Partner Scholarship Program. The number of lives we can save is only limited by the funds we are able to raise. I hope you'll join us in our effort to help more people in our local community put their lives and families back together.

There's nothing like spending quality time with the people we love. How wonderful it is to go to the beach – and see the beach – instead of being holed up in a hotel room alone (some of you know what I mean)! My wish for you is that you'll enjoy summer vacation and be with us in August for the conference and golf tournament. Bring a friend... or 3! We'd love to see you.

In loving service,

Mike Yow



**Thank
You!**

WALK *for* RECOVERY



A big THANK YOU to everyone who came out for our 2nd Annual Walk for Recovery! We were blessed with more than 400 folks helping us to get the word out in our community that **RECOVERY IS POSSIBLE... and RECOVERY WORKS!**



SPECIAL THANKS

to our guest speakers & partner organizations.

**SAVE THE DATE
FOR NEXT YEAR!
APRIL 28, 2019**



Broken Legs and Kept Promises

These days, I'm feeling like a cross between George Bailey and Lou Gehrig... why not throw in a little "Silver Linings Playbook" for good measure?

On April Fools Day — oddly appropriate — in a freak accident, I fell and broke my leg. Moreover, I landed on my hip, which had been replaced years ago, and the prosthesis had to be removed and replaced again. After a four-hour surgery and six days in the hospital, I am now two months into a three-month recuperation period.

Compounding matters, I am the primary caregiver for my wife Janet who is wheelchair-bound with MS. So how is it, you might ask, that I'm feeling like "the luckiest man on the face of the earth?"

In a word: FRIENDS.

In several words: the most incredible coterie of

friends and family imaginable. I

am the happy recipient of a

huge support system

that has boundlessly

given their time,

talent and treasure to

help me. Many of

my dearest friends come from the ranks of recovery and once again, they've gone above and beyond the call of duty to help a friend in need.

Here's a sampling of the outpouring of altruism.

- Unbeknownst to me, an old friend started a Go Fund Me campaign to help cover the expense of hiring a homecare health agency to help care for my wife. Over 200 friends far and wide contributed amounts ranging from \$25 to \$1,000, raising a whopping \$9,000.
- Another dear friend rounded up a couple dozen folks then set up a schedule for one of them to visit us every day, making sure all our needs were met.
- Three of my recovery pals hired a personal chef to prepare our meals.

Sitting around unable to do much of anything leaves a lot of time for reverie and reflection. As you might expect, my gratitude list has grown exponentially. As epiphanies continue to reveal themselves, it can be overwhelming!

One recurring thought involves my beloved mentor and namesake for Fellowship Hall's annual golf tourney, the late Judge Ray Alexander. One of his mantras involved friendships and the belief that friends made in recovery enable us to broaden our friendships in the wider world and renew the ones shattered by our substance abuse. We become compelled

to "practice these principles in all our affairs." This has proven to be the case in my life, evidenced by the love shown to my wife and me in light of our recent challenges. We are truly blessed.

But a couple of questions remained unanswered: Why me? What did I do to deserve all this affection and how can I possibly repay everyone?

For this, I turned to my sponsor Jimmy Brown, who was also Ray's sponsor. His succinct reply was, "You don't have to do anything except what you've already been doing. Pay it forward and do the next right thing. Keep spreading the love and good will, and it will be returned to you a thousand fold."

And that brings me to the silver linings part. Somehow, Janet and I were approved for a program that will provide 10 hours a week of continuing homecare, even after I am up and walking. Thank goodness I grabbed the life raft that was thrown to me all those years ago, and even today, it is the kindness of the friends I've met along my recovery journey that continue to pull me through each day. It is in the kindness and compassion of our friendships that we find our happiest moments. May you cherish your friends today and always, for what joy, love, and help they provide. And remember, The Promises do come true.

By
Ogi
Overman



Lobby Renovations Underway

LOBBY CLOSED • CONSTRUCTION ZONE • LOBBY CLOSED • CONSTRUCTION ZONE • CONSTRUCTION ZONE

In a few weeks, our Lobby will be all new! Renovation began in May and is slated for completion by the end of June. The new lobby will provide more privacy for those going through admissions, as well as a new Hall Mall where guests and visitors can purchase Hall gear, a variety of books on treatment and recovery, and personal toiletry items.

While the Lobby is closed Admissions will enter through the Nurse's Entrance and Guests through the Alumni Outpatient Center.





Polish up your clubs, it's time to hit the links!

Calling All Golfers for Fellowship Hall's
17th Annual E. Raymond Alexander Jr. Memorial Golf Tournament
August 3, 2018 at Bryan Park's Players Course

THANK YOU SPONSORS!

Summer is here, and we're getting ready for another great golf tournament to support the Family Program. Are you ready?

For 17 years, a group of golf loving recovery friends and allies have come together to plan, promote, and participate in our tournament – for the purpose of remembering Ray Alexander, Jr. who lived with such compassion and care. We keep his spirit alive by providing support for the work of Fellowship Hall.

In the beginning, the tournament funded the Raymond Alexander Assistance Fund to help guests, who found themselves in financial duress, complete their treatment. In 2014, after the Fund became self-sustaining, proceeds were re-directed to our Family Program to provide admission for one Family Member of every guest in treatment into our 4-day Family Program.

Last year, tournament proceeds provided 125 family members the opportunity to begin their own recovery while learning how to best communicate and assist their loved one with theirs. Research has shown that those in recovery who have a supportive family who understand the disease of addiction, are better able to transition to a life of recovery

with lower chances of relapse. Our goal is to provide each of our guests with the opportunity to include at least one family member in the recovery process with the aim of helping them stay on the recovery journey.

We hope you'll join us this year and help us keep the "Spirit of Ray" alive as we work to provide family members with the life-changing Family Program. You can participate in three ways: 1) Be a sponsor! From Platinum (\$5,000) to Green (\$250) there is something for everyone – and some sponsorships even include a team of 4 players! 2) Be a golfer! Registration is open to individuals (\$110) and teams (\$440) for a fun-filled day of golf (complete with trophies and prizes for 1st, 2nd, and 3rd place) or 3) Be a Volunteer! We're looking for early-risers to help us with check-in, keeping our players refreshed on the course, and keeping everyone happy at the Awards luncheon!

To register, visit FellowshipHall.com/golf or complete the form below. To volunteer, contact Altina Layman at altinal@fellowshiphall.com or 336-553-6625.

Come out and play with us!

Wrangler



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Chuck & Donna
ROYSTER



Long Beverage



PARKS
CHEVROLET

Ed & Millie Millis



■ YES! Count me in for this year's golf tournament!

Your Name: _____ Phone: _____ Shirt Size _____ Cost _____

Player 1 Name (First & Last) _____ \$110

Player 2 Name (First & Last) _____ \$110

Player 3 Name (First & Last) _____ \$110

Player 4 Name (First & Last) _____ \$110

Enter # of Mulligans (\$25 per player) _____ X \$25 per player = \$ _____

TOTAL DUE: \$ _____

Mail completed form
and your check to:
**Fellowship Hall
GOLF TOURNEY
PO Box 13890
Greensboro, NC 27415**

For credit cards,
register securely online at
FellowshipHall.com/golf
or call 336-553-6625

UPDATE:

Gratitude GARDEN



connecting nature with healing at Fellowship Hall



Thanks to the support of our friends and donors, the Gratitude Garden is becoming a reality! For the last two months, landscapers from New Garden Landscaping & Nursery have been on site completing installation of the first two phases. The Path of Hope, Walk of Faith, two patios, and plants too numerous to name are in place. Visitors to the Garden can enjoy quiet time among one of six benches or participate in a conversation at one of five café tables and chairs scattered over two patios.

In June, we hosted a Garden Party and Silent Auction in an effort to close the gap on the remaining \$40,000 needed to complete the Garden. We are hopeful that Phase III, which includes three groves

of trees and ten additional benches, will be installed this Fall once we reach our goal. Phase III will provide much-needed shade in the space adjacent to our basketball court and horseshoe pit.

Next time you're at the Hall, we invite you to take a walk between the Main Building and the Alumni Outpatient Center and meander through the Gratitude Garden. We're thrilled to be able to offer this new outdoor space to enhance our treatment programs, connecting healing with nature. Thanks to all of you who have helped to make the Garden possible!

If you'd like to support the Garden, we invite you to honor a loved one with a personalized brick or planting. To learn more and make a gift, visit us online at FellowshipHall.com on the "Donate Now" page.

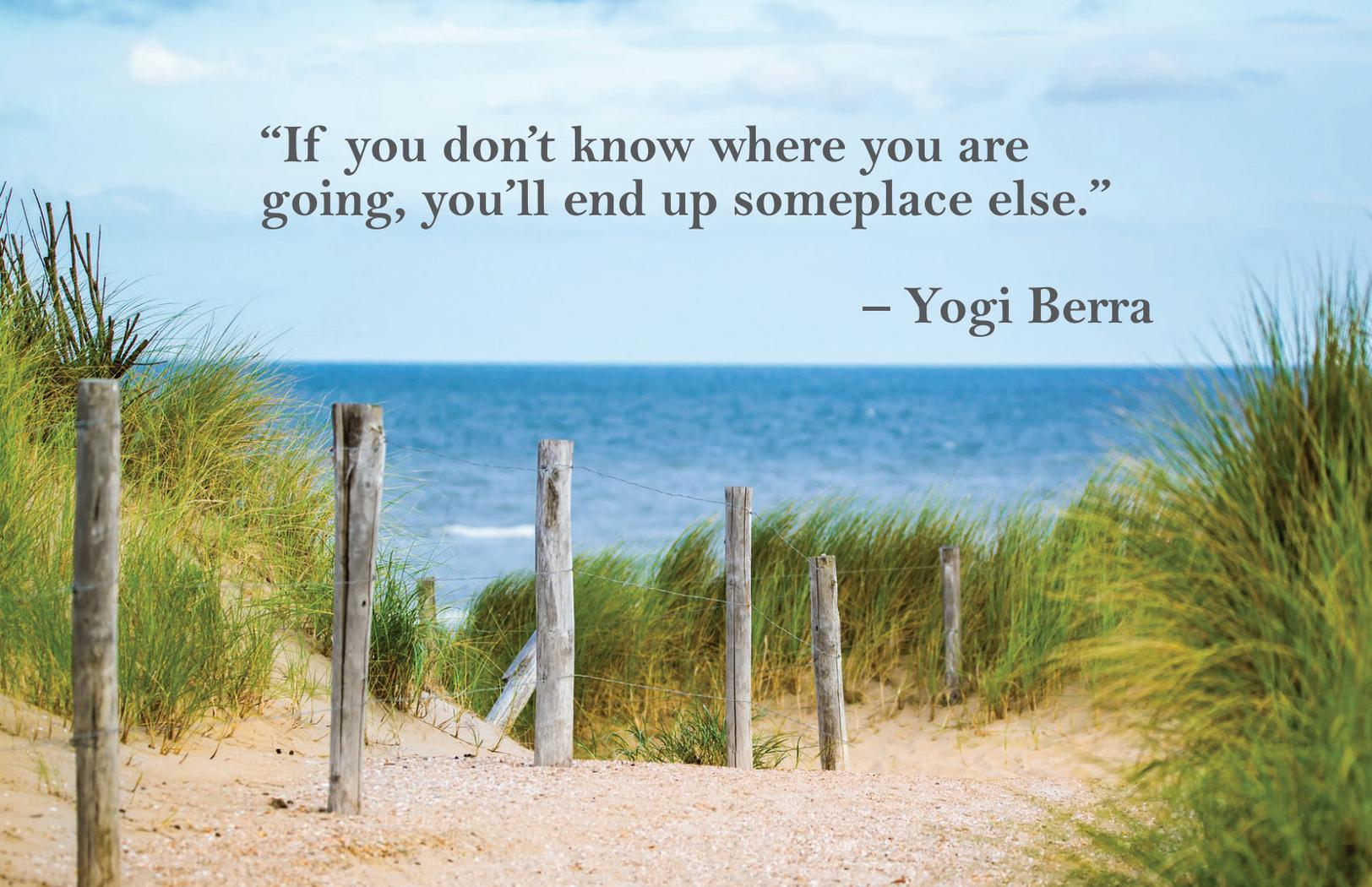


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“If you don’t know where you are
going, you’ll end up someplace else.”

– Yogi Berra