



FreshSTART

Solutions That Aid Recovery & Transformation

Celebrate Recovery Friday Nights at 6:00 PM

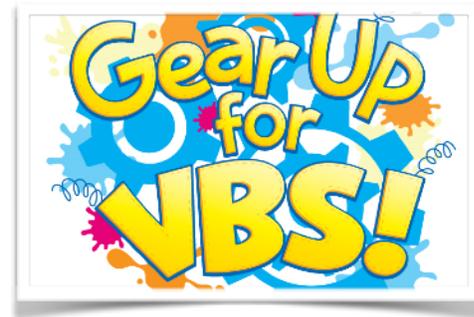
Celebrate Recovery is a 12 step Christ-centered recovery program for all who suffer from any type of hurt, habit or hang-up that prevents us from living out our best lives.

Free Meal
Children Invited
Testimonials
12 Step Program
Contemporary Music
Handing of Sobriety Patches

The Gathering Sunday Nights at 5:00 PM

The Gathering is sponsored by Craft Memorial UMC and FreshSTART. We are open to all! The Gathering is a place of hope, with an environment free of judgement and full of love!

Free Meal
Children Invited
Contemporary Music
Testimonials



Breaking News!

VBS HAS BEEN RESCHEDULED!

Due to a large water leak in our building. VBS had to be cancelled. Our new schedule will be: Every Sunday in the month of August, from 4:00 pm to 7:15 pm at Craft Memorial United Methodist Church.

Plans Made for Recovery Church in Columbia

This fall, FreshSTART plans to start a Recovery Church in Columbia. The name of the church will be FreshSTART Recovery Church and will meet on Saturday evenings at Craft Memorial United Methodist, 907 Hatcher Lane. The new church will be a recovery focused faith community, honoring the principles and steps of both Celebrate Recovery and 12 Step Recovery Programs.

"Most of the people involved in planting the new church are involved in recovery programs here in Maury County," said Cynthia McGowan, Celebrate Recovery Coordinator for FreshSTART. "We are excited to be able to offer a church where people who are dealing with addictions feel at home. The church will also welcome those who are dealing with other issues such as co-dependency, overeating/eating disorders, gambling and emotional or mental health issues," McGowan added.



A. A. Meetings

Mon. and Wed. at 11:00 am

Meetings are held at Craft Memorial UMC, located at 907 Hatcher Lane, Columbia TN 38401. - Room 103

FreshSTART at Maury County Jail

Monday - Celebration Recovery for Woman

Tuesday - Men's Meeting

Wednesday - Women's Spiritual Principles of Recovery

Thursday - Women's Bible Study

Friday - Celebrate Recovery for Women

Prayer List

Additional Transitional Housing

FreshSTART Recovery Church

Discipleship House for Women

Donations

Maurice Pomeray - Health

Don Robinson - Recovering from Cancer

Planting a Recovery Focused Church has been a long time dream of Pastor Angy Trimmer. Through her own experience, and through the experience of friends and family, she has learned the benefits of recovery programs and recovery community. "We are blessed to have the support of the Harpeth River District of the United Methodist Church in planting this new church. The United Methodist Church has an awesome opportunity to be a leader in our communities by helping these forgotten families find healing and transformation in Jesus Christ. The UMC is committed to helping hurting families, one neighborhood at a time. This project is proof of the UMC's willingness to think outside of the box to bring Fresh and Life Changing SOLUTIONS to real people!" Rev. Trimmer stated.

A core leadership group has been meeting on Saturday evenings to make plans for the new church. In this core group we have people who are young in their recovery and people with approximately 30 years of sobriety, so we have both the excitement and energy of youth along the experience and wisdom of the mature in establishing the church. We have already learned that this new faith community is going to be filled with FUN, ACTION and EXCITEMENT! The enthusiasm and love for one another is contagious and makes this New Church Plant something very special. Please pray for the leadership team!!!!

If you would like to get in on the ground floor of planting the new church, contact Angy or Cynthia at: Angy.trimmer@craftmemorial.org or Cynthia.McGowan@craftmemorial.org.

Plans for a FreshSTART Dinner in Celebration of Recovery Awareness Month-September 9th

FreshSTART Staff and volunteers are making plans for a dinner to be held at Craft Memorial United Methodist Church. The dinner will be held Saturday, September 9th, at 6:00 p.m., in the Fellowship Hall. This is a GREAT opportunity to learn about our work in the community... to meet our staff and leaders... AND to find out what you and your church or organization might do to PARTNER with FreshSTART Columbia to change our community! Watch our newsletter and website (freshstartcolumbia.org) for details.

FreshSTART Staff Profile - Kakeshia Brown



Kakeshia first became involved in a Recovery Program while living in Phoenix, Arizona through an out-patient program run by the National Council on Alcoholism and Drug Dependency. That was over 8 years ago and she has remained clean and sober since. Originally from Omaha, Nebraska she moved to Arizona in 2008. After entering recovery she got involved in the Dignity Program which aids women in abusive relationships. She became a volunteer staff person in the Dignity Program. In 2013 she moved to Tennessee when the program opened a facility in Spring Hill. She became the program manager of the Unchained safe house in Spring Hill. Because Unchained lacked funds she also worked at IBEX in Spring Hill until 2016 when they received adequate funds so she could be full time program manager. At Unchained she trained volunteers and also ran community awareness events to help the community become aware of domestic violence and sex trafficking in our area.

She still attends 12 Step Recovery meetings in Columbia, and is involved in Celebrate Recovery meetings, where she works with women and teens. She recently started working part-time with Fresh Start working with Cynthia McGowan carrying Celebrate Recovery into the Maury County jail and assisting Fresh Start with special projects. She started attending Fresh Start's Celebrate Recovery meeting on the recommendation of a friend and immediately felt a "peace" about the program.

Kakeshia said, "to maintain recovery it is important to be involved in your home group, doing service work, getting a sponsor, calling them, and doing a good 4th and 5th Step was extremely important for me personally, it brought a lot of freedom".

We welcome Kakeshia to the Fresh Start staff and we're confident that her recovery experience will benefit others in Maury County. Kakeshia will be speaking at the Maury County community advisory board meeting September 15th at noon.



Celebrate Recovery Anniversary Cookout

June 14th marked the one year anniversary of FreshSTART's Celebrate Recovery Program on Friday evenings. The event was celebrated with a cookout at Craft Memorial United Methodist Church in Columbia. Following the cookout we were entertained by the Our House Band from St. Luke United Methodist Church. Many thanks to St. Luke's volunteers who cooked, cleaned up and entertained. It takes a full year to complete the steps in the Celebrate Recovery workbook. We will be starting a new lesson program on Friday, August 4th. If you are a loved one would benefit from working the Celebrate Recovery Program, please join us.

A Dynamic Partnership: ST. Luke United Methodist & FreshSTART



Every faith based non-profit organization needs community partners to survive. FreshSTART has an outstanding partnership with St. Luke United Methodist Church in Columbia. The relationship started over a year ago when St. Luke provided the meal for our Sunday night gathering, and their band, the Our House Band provided the music. Since then St. Luke's members have provided delicious food for several of our Celebrate Recovery Gatherings and the band has played on numerous occasions. "We are so thankful for St. Luke's! Our attendance grows every time they bring food and their band comes to play," stated Cynthia McGowan, Celebrate Recovery Director. "United Methodists believe in being connectional and the connection between us and St. Luke's is a model of success", Cynthia added.

Several of St. Luke's members are now volunteering their time to assist FreshSTART. Elaine Newcomb leads a women's group; Gary Pinson leads a men's group, Rachel Duvall is helping with fundraising and St. Luke friend, Olivia Simonds, oversees our web development, email newsletter and marketing. "St. Luke is a great example of how a medium sized church can have a HUGE impact in mission and ministry. Besides the awesome band and great food, St. Luke donated \$1,500 through their mission budget to the work of FreshSTART and then held a Fish Fry fundraiser where half of the profits went to FreshSTART! Individuals and families have given so generously in so many ways to our work. We couldn't do what we do without the mission minded people of St. Luke UMC. They inspire us and come alongside us to change our community and we are beyond grateful!" says Pastor Angy Trimmer. "Former St. Luke Pastor, Tommy Vann, was a great friend to the Recovery Community. We have been thrilled to see that new St. Luke Pastor, Bo Meyer, is also a great friend to the work of helping families in need of Recovery! New Pastor, Scott Duvall, along with his family have been members of St. Luke and participated in our FreshSTART Retreat by leading worship. We have gotten to know so many of the people of St. Luke and have been blessed by our friendships and enjoy the time we spend together. Our connection joins us all in the work of caring for the people within our communities. We appreciate the Pastors who step up to the plate to support their congregations in mission and ministry. We also appreciate the talented and dedicated lay people who are willing to put their time, treasures and talents to work for the kingdom." added Pastor Trimmer. "We are so thankful to all the area churches that have partnered with us, but today I want to give a special, heartfelt, enthusiastic... THANK YOU to the people of St. Luke UMC! They are an integral part of our success," stated Angy Trimmer, Director of FreshSTART.

God Bless St. Luke United Methodist Church!