



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



Tennesseans are hurting. Drug and alcohol addiction is breaking up marriages, destroying homes, crippling our children's futures, laying waste to our communities.

Our friends, our family, our colleagues, our neighbors, fellow church members.

We believe there is power in the pews!

Please Join Us On October 12 at 6:00 PM

The State of Tennessee Department of Mental Health & Substance Abuse Services has launched an exciting, new mission partnering with faith-based communities across the state. Together, we are building a recovery network comprised of compassionate and concerned citizens who are reaching out to those struggling with addictions and connecting them to vital substance abuse services. Your congregation can join this effort.

Attendees will...

- Learn about the disease of addiction and understand what



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

More volunteers are needed

Discipleship House for Women

Need for Drug/DUI court

Additional Transitional Housing

Jail Ministry

recovery is and how both affect the community and how it may be affecting members of your congregation.

- Have the opportunity apply as a Certified Recovery Church OR Faith-Based Organization in the State of Tennessee.
- Learn about resources in the region and their own community to support their congregation and community members struggling with addiction.

Learn about Substance Abuse Prevention Coalitions and their work in the communities in Tennessee and how congregations can support coalition's efforts to prevent substance abuse and what strategies address the impact on the region.

*JOIN US ON Oct12th, 2017 – 6:00pm to 8:00pm at Craft Memorial United Methodist Church 907 Hatcher Lane, Columbia, Tennessee
38401 DOORS OPEN AT 5:30*

For more information contact:

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This project is funded by the Tennessee Department of Mental Health and Substance Abuse Services.



The United Methodist Church Produces, FreshSTART Recovery Video!

By Dave Campbell

United Methodist Communications recently partnered with Craft Memorial United Methodist Church and FreshSTART to produce a video that demonstrates the mission of the church is to be a haven for the recovery community in Columbia, Tennessee.

The United Methodist Communications crew was recently invited to be a part of one of the weekly Celebrate Recovery Meetings to record the footage they needed to produce the video. The video also includes brief interviews with Craft Memorial UMC Pastor, Angy Trimmer, meeting attendees and other volunteers who help with FreshSTART.



<https://www.youtube.com/watch?v=gXzy8-yQo9g>

Trimmer, who is also the Missional Director for FreshSTART, said that the mission of FreshSTART shows what the church can do to address the drug epidemic and "spiritual crisis" facing communities today. She spoke of the need for communities to have more of these types of spiritually based ministries to bring real change to people in recovery.

FreshSTART hosts Celebrate Recovery meetings on Friday nights at 6 p.m. On Sunday nights at 5 p.m. the partner with Craft Memorial to host a Recovery Friendly Gathering, which includes CR Step Studies. For more information on FreshSTART and their related activities, visit www.freshstartcolumbia.org.

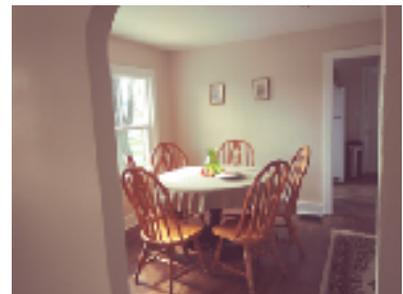
The Hester Haven House - Transitional Living Home for Men, a Reality!



The Hester Haven House is a transitional living home for men. This home is a mission project collaboration between Trinity United Methodist Church in Spring Hill and FreshSTART. The Hester Haven House holds up to 5 male residents. The program typically lasts 6 months, but extensions up to 1 year may be granted. While in residence, men will be included in regular recovery classes, 12 step meetings, Recovery focused church services, devotions and Bible studies. In addition wide variety of life skills topics, including anger management, healthy boundaries, money management and parenting will be made available.

All residents are expected to work at least 30 hours per week while in the program and are given assistance in locating employment in Recovery friendly work environments. Men are also expected to participate in the life of the community, including some volunteer or service work.

The Hester Haven House has rules and expectations that are enforced. This helps residents earn rewards as they participate in healthy habits and life style choices. The goal is to help men realize that they have the capacity to make wise choices and live life clean, and to be a healthy part of a community and responsible.



FreshSTART Volunteer Profile - Elaine Newcomb



Elaine Newcomb leads the Women's Co-Dependency and Life Issues group on Friday evenings at Fresh Start's Celebrate Recovery gathering. Elaine is an experienced counselor having received her Bachelor of Arts and Master's Degree in Social Work from Middle Tennessee State University. She currently works with an agency that contracts with the Department of Human Services working mainly with single parents that have various life issues of chemical dependency, mental health issues, domestic violence and learning disorders.

Elaine's first exposure to 12 Step Recovery was through attending Al-Anon meetings approximately 30 years ago. After several years of not being deeply involved she has become more involved over the past 5 to 6 years attending her Al-Anon home group on a weekly basis. She has personally experienced the help working the 12 Step Program offers.

She is a native of the Columbia area graduating from Columbia Central High School, then attending MTSU. She has two children and four grandchildren that all live in the Columbia area. She is a member of our partner church, St. Luke United Methodist, having attended there for 21 years.

She became acquainted with FreshSTART when Angy Trimmer and Cynthia McGowan started visiting the jail two years ago. She was already involved in an internship at the jail through the Tennessee Career Center. She stated that she "felt a nudge from God to help FreshSTART".

After a year of working with FreshSTART, Elaine said, "I believe FreshSTART is working to meet a need that is not being met, by working with those who do not have the resources to find healing."

God bless you, Elaine, for your dedication to bring healing to our community.