



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

You're
Invited

FreshSTART to Host a Community Appreciation Dinner!

FreshSTART will hold a Community Appreciation Dinner at Craft Memorial United Methodist Church on September 9th at 6 p.m.

The purpose of the dinner is to familiarize the community with FreshSTART's ministry programs and our vision for the future. We also want to show our appreciation to the churches and individuals that have already contributed to our success. To achieve our goals we must have the support and cooperation of local churches and community leaders.

We are inviting local church and community leaders to hear about the ministry, we plan to educate them on our existing programs as well as share some of our goals for the future programs.

Some of our goals are to establish a true recovery community including a recovery church, transitional housing, educational and personal improvement classes for individuals and families of addiction.

The event is being catered by Christy's Restaurant of Columbia. If you would like to attend please contact Mary Biggs at 931-286-0034.



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

Success of Community Appreciation Dinner

Opening of Men's Recovery House

Discipleship House for Women

Need for Drug/DUI Court

Additional Transitional Housing

Jail Ministry

Meeting with District Attorney Cooper

FreshSTART staff member Angy Trimmer, Cynthia McGowan, Gary Pinson recently met with District Attorney General Brent Cooper to discuss the possible development of a Drug and DUI court for Marty County and the 21st Judicial District. General Cooper advised us that plans are being developed for a drug court centered in Lawrence County. This effort has the support of the Lawrence County Executive, Circuit Judges and General Cooper. Maury and Lawrence County are in the same judicial district so it is possible that drug/DUI court services that are established in Lawrence County might offer some services to Maury County.

If the Lawrence County court is established and successful these services could be expanded into Maury County. General Cooper will tell the planning group about FreshSTART's interest in being involved in such an effort.

We believe having an alternative sentencing program such as a drug court with proven programs to help addicts will greatly benefit the community by returning offenders back to productive lives and it saves taxpayer money compared to the cost of incarceration.

FreshSTART to Manage Recovery House in Columbia

In the near future FreshSTART will open a recovery house in Columbia. The house is located on Circle Dr. in south Columbia. At present the plans are to house four men who are committed to our recovery program. We will require these men to participate in Celebrate Recovery meetings and other 12 Step meetings. Plans for operation of the house are still being made. Our goal is to have the house open by October 1, 2017.

FreshSTART is able to open this house due to the partnership with Trinity United Methodist in Spring Hill. A member of the Trinity congregation is allowing the property to be used as a recovery house. Volunteers from Trinity are in the process of restoring the property.

Thank you Trinity UMC!

September is National Recovery Month



Recovery Fest in Nashville

FreshSTART will be operating a booth at this year's RECOVERY FEST NASHVILLE. Recovery Fest is a grassroots movement about celebrating the positive impact of recovery from mental and substance use disorders and giving it the visibility and attention it deserves. Booths will be set up informing the public of recovery resources that are available in the Nashville area. Music will be provided by such popular entertainers as Bonnie Bramlett and Diane Davidson.

Staff Feature on Mary Biggs



Mary Biggs is the most recent addition to the FreshSTART staff. We are proud to have Mary serving as our Director of Development. She will be responsible for fund raising and organizing FreshSTART special events. She also assists with the music ministry at Friday evening Celebrate Recovery meetings.

Mary was born in Memphis, Tennessee but because of her father's work her family lived in several different cities. She got her GED after dropping out of school to work and help support herself and her family. She entered college in Kansas City working toward a nursing degree, but had to drop out to again assist her family. In Florida, she worked as a restaurant manager and had a successful career as a fashion model.

Her drug and alcohol use started after the death of her father in 2008. She got married while living in Florida, but the marriage ended after a couple of years. The marriage resulted in the birth of her son, Blake. She was able to quit using drugs because of the pregnancy and birth of her son, but after returning to Tennessee she got into another relationship that led to a relapse. As a result, she lost custody of her son. After an unsuccessful stint at a Rehab facility in Memphis, she came to Columbia and entered the Place of Hope. She gave her life to God at the Place of Hope and has remained clean and sober for over 14 months. She recently moved her own apartment in Columbia and can visit with her son on a regular basis. She hopes to be able to return to college and pursue a degree in Biblical Theology.

"I am excited to be a part of a ministry that is establishing a recovery community in Columbia. I believe the chances of permanent sobriety will be greatly enhanced when addicts have a supportive, loving community".

Mary said.