



FreshSTART

Solutions That Aid Recovery & Transformation

Celebrate Recovery Friday Nights at 6:00 PM

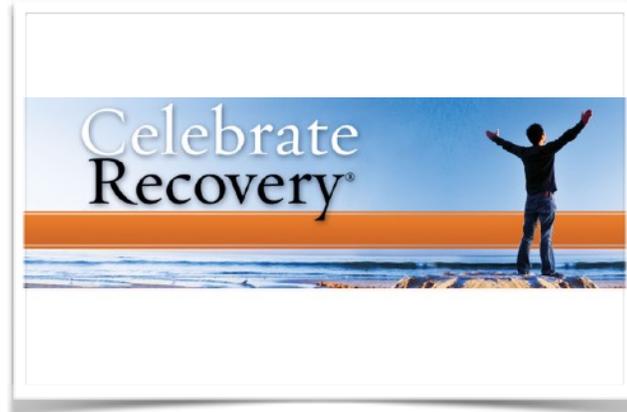
Celebrate Recovery is a 12 step Christ-centered recovery program for all who suffer from any type of hurt, habit or hang-up that prevents us from living out our best lives.

- 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



FreshSTART Invites you to Celebrate Recovery!

Celebrate Recovery is a 12 step Christ-centered recovery program. CR focuses on any hurt, habit or hang-up that prevents us from living out our best lives. The 12 Steps, with accompanying Scriptures and the 8 Principles based on the Beatitudes, offers participants a clear path of salvation and discipleship; bringing hope, freedom, sobriety, healing, and the opportunity to give back, one day at a time through our one and only true Higher Power, Jesus Christ. CR gives us an opportunity to share our experience, strength and hope with one another. Celebrate Recovery is held at Craft Memorial United Methodist Church, located at: 907 Hatcher Ln, Columbia TN 38401



The Gathering is a place of hope! Individuals, families and their children, volunteers, staff and visitors all congregate with a free meal offered every Sunday night at 5:00



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

Don R. - Cancer

Jail Ministry

Need for Transitional Housing in Columbia

Maurice P.

Recovery Church Planning

Jail Ministry

PM. After dinner we all gather in the Sanctuary for worship and contemporary spiritual music. Some of our members speak the stories of their lives and their recovery experiences, other sit in the pews and celebrate everyone's effort with praises. Most of all, we all join in God's all encompassing love and compassion for us, as we learn how through His mercy and grace we can find freedom and peace!

FreshSTART "Shine" Retreat at Cedar Creek Campground



FreshSTART hosted its' first annual retreat on May 5-7 at Cedar Crest Camp in Lyles, TN. Over 60 people participated in our retreat which began with a shared meal, ice cream social and a campfire sing along and ended with worship and Holy Communion in the woods that included our FreshSTART family and two local UMC congregations, Mt. Pleasant UMC and Little Lot UMC! We enjoyed a weekend of fellowship, food, fun, challenge and spiritual formation.

Each morning and evening we had devotions where we studied some of the scriptures that talk about the ways that God shines, the ways that WE shine and the challenge Jesus gives us to shine so that others might find their way home...to the City on a Hill. We learned that WHEN WE SHINE, we make other people want what we have! We had wonderful weather and lots of time to hike and explore the woods, fish, boat, play games, and many of our group participated in the High Ropes Challenge and the Low Ropes Course.

Our Cedar Crest friends did a great job of making this a memorable event! Our Recovery Community grew and expanded to include our new friends and new ministry partners! This is the letter that I received from the Camp Director:

"Dear Angy,

Thank you so much for your kind words- we are so grateful to be connected with Fresh Start. Our staff were blessed to serve you. During our staff meeting this morning, we shared about how blessed we all were by the connections that we made with individuals and the group. Morgan, Davis, and Phil all had such positive and glowing things to share.

And truly, we never have a group that is on time, completely engaged, and that truly values the opportunity to be formed or transformed in programming. It really was a great experience and we loved partnering with you- we would love to have you come again next year!

Again, I am amazed at the good work you and your staff have done and the community and kingdom building and discipleship y'all are taking part in. I get the chance to be in, see, and connect with lots of churches: what you are doing is not only unique but special. Thank you for allowing us to partner and have a window into the lives of the families that are touched." Russell Casteel, Camp Director

Recovery God Story - Kourtney G



This month's Recovery Story is about Kourtney G., better known as "KO". Our FreshSTART leaders met KO a little over a year and have watched her grow in so many ways! We are proud of her and the ways that she has allowed God to shape her and use her as a light!! She is a LEADER on our FreshSTART Team inside Maury County Jail. KO has a great advantage in that she gets to interact with the women inside the jail 24/7. She teaches and helps women with Recovery classes and lessons. The work that she does is nothing short of amazing!!

After Easter we heard stories about the Holy Week worship that KO led inside the jail. About 45 women, many who hadn't been to a church, many who had never before received Holy Communion, and many who didn't know the whole Jesus story, came and listened and prayed and cried and the whole POD was impacted for Christ. The stories of how the women in the POD squirreled away a bottle of grape juice (that lasted all week), a bag of crackers and the script from our Watch Night Communion Service on New Years' Eve... in order that they might have a special Holy Week experience, touched the hearts of our FreshSTART team and every other group we've shared the story with... this month we want to share a bit about KO and this special Holy Week experience from her own words....

"I am a grateful believer who struggles with addiction. I have been involved with FreshSTART and Celebrate Recovery on the Inside for the past year, and have been progressively transformed throughout my experience. By working the eight recovery principles, the 12 steps, and remaining in recovery community, I have discovered the peace of God, which transcends all understanding. (Phil 4:7)"

"The most valuable piece of advice that I have received is to maintain an attitude of gratitude. Since humility and gratitude, I am told, walk hand in hand, this new mood adjustment calls for a daily surrender of self will. I won't say that it's been easy since God doesn't seem to spare us the hardships of life, but it does get easier as He provides the grace to get through these tough times CLEAN. There is a lesson to be learned in these painful situations that may help someone else. The rocks in the road can either be stumbling blocks or stepping stones, and we're left with the power to decide."

"I have learned to give thanks in all circumstances (1 Thes. 5:18) because God works all things for the good of those who love Him (Romans 8:28). I am confident in the fact that God is using the "dark" areas of my life and the darkness of my past, including bouts of abuse, addiction, and incarceration, to shed His love and light unto my peers and myself especially. I am currently serving my second Celebrate Recovery group as a leader and I assist "the wondrous" Pastor Angy Trimmer in a Spiritual Principles of Recovery class throughout the week.

"I am here to support and encourage my sisters in recovery and even show compassion to those in search of a better life 24/7. There is no set schedule for the Holy Spirit to work nor is there a set medium in which the power of His works are to be displayed. Class projects can be quite challenging, yet powerful tools for transformation. I am here to help in any way I can."

"A big help for me was found in the magnificent presence of the Lord this year during Holy Week. A group of female inmates (myself included) gathered in the pod to read the events of the sacred week in each one of the gospels beginning on Maundy Thursday through Easter. Following the readings each day I led a communion service where I shared with the group a reading from the gospels in accordance with the day of the week. I read a prayer of repentance and gratitude that moved many hearts, I handed out communion and read the Lord's prayer. The altar call was held at the seats of our dining tables. I will forever remember the power of the Spirit as it flooded through me during the readings aloud to the pod. My soul, and many others', were refreshed and filled with a sense of wholeness as we came together to honor our Savior as one body of Christ. I am immeasurably grateful for the series of events that got me to where I am, and I thank God who gives me the strength to keep going!" - Kourtney

Staff Profile - Ms. Annie Hardison



Annie Hardison is a lifelong resident of Columbia, she loves her community and has actively participated in programs that help Columbia residents in need of assistance.

She received her GED after attending Carver Smith High School. After getting into recovery in 1986 she attended Columbia State Community College, then received a Bachelors in Social Work from MTSU in 1992. She worked for the Tennessee Department of Children's Services for 15 years. She also worked as a counselor for Buffalo Valley Treatment Center and Harbors Treatment facility in Tampa, Florida.

She has sponsored a lot of women in recovery and continues to work with others in recovery. For the last 3 years she has been visiting the Maury County jail weekly teaching a bible study, anger management and recovery skills.

While doing some volunteer work at Discipleship House in Mt Pleasant she met Cynthia McGowan who invited her to speak at the Celebrate Recovery meeting run by Fresh Start. She immediately fell in love with the mission of Fresh Start. "I'm so happy to have a place I can talk about recovery and Jesus in the same sentence and not get funny looks", Ms. Annie stated. She also is excited about Fresh Start's plan to start a recovery church in Columbia. "A church for people in recovery is long overdue and I'm excited to be a part of it." Annie added.

Besides her work in recovery and ministry, Annie also was active in organizing a neighborhood watch on her street and they were successful in removing the drug dealing from her street. Columbia needs more citizens like Annie Hardison!

FreshSTART Tidbits

Fresh Start is working with members of Trinity United Methodist Church of Spring Hill on our first transitional recovery house in Columbia. We will keep you all posted on this project as it develops! Please pray for the group doing the renovations of the home and for the people that will soon occupy this house!