

NEWSLETTER

Three things cannot hide for long: The Moon, The Sun and The Truth - Buddha



THE SILENT TREATMENT

It's no secret that some men struggle talking with others, especially other men, about their feelings, experiences, and struggles. There can be fear or hesitation that opening up, especially to another man will expose one's failure because they were not able to hold it together and "man up." Others may relate sharing their feelings and "being emotional" as something only women do and therefore do not talk. However, sharing one's struggles is not specific to those who identify as female but rather it is an outright human quality.

Opening up and exposing the man behind the façade is a sign of strength. You do

not have to deal with issues alone and hold it all in. In fact, when you share your concerns or challenges with others it can strengthen relationships and improve your mental health. If you ever need to speak with one of our Peer Specialist or to any of our other well trained staff, you can do so without judgement or preconceived notions. Remember, you do not have to shoulder the world on your own and you aren't expected to. You can contact us 24/7 on our website, thecrane.org or simply call us at Monday through Friday from 8 am until 4 pm at (770) 960-2009. You don't have to keep giving the silent treatment, we're here to listen....and we're good at it!

10 QUESTIONS TO ASK YOURSELF IN TREATMENT

Addiction treatment is a time that marks personal growth. You have to be courageous and strong to enter recovery from substances. An addiction is easy to get, but hard to overcome. Many enter the treatment process broken down in the mind, body and spirit, which is why at Clayton Center and The Crane, we build you back up for a holistic recovery. Our goal is to teach you all the skills and tools you will need to rebuild a healthy, happy, and meaningful life in sobriety.

Because addiction treatment brings so many positive changes, it's hard to see all of the magic happening to you while you are still in the process. We like to remind our guests with an alcohol and substance use disorder to continuously check in with themselves, in order for introspective reflection and to gain insight.



Here are 10 questions to ask yourself daily in addiction treatment:

1. What did I do to strengthen my recovery today?

For this question, you could write about a 12-step meeting you went to, or the new friend you made for your sober support network, how you shared openly and honestly in therapy, etc. Anything you did that strengthened your recovery should be documented, because even the little things you do to put your sobriety first is an accomplishment.

2. What problem behaviors did I exhibit today?

This is the area where you list any problem behaviors that persisted through out the day. Whether you were closed off, engaged in negative self-talk, glorified drugs or alcohol, avoided talking about a problem, or broke a rule, any negative behavior that hurts you or your recovery belongs in this category.

3. What could I improve from today?

Basically, if you engaged in a problem behavior or experienced yourself as less motivated, anything that you could improve on should be written down. If you write down things you could improve on, it gives you a great guide to a starting point.

4. What did I learn about myself today?

This area is reserved for any insight you gained about yourself during the day. If you have more than one thing you learned about yourself, go ahead and list all of the things you

learned. It's especially cool to look back and see all of the insight you've gained during addiction treatment, and it can become a great reminder for the future.

5. Did I set or accomplish any goals today? If not, what did I do today that brings me closer to my goal(s)?

Goal-setting is a critical part of addiction treatment. You should set a variety of goals, small and big. Goals help you by guiding you, giving you something to work towards. If you didn't complete a goal for the day, did you behave in a way that's aligned with your goal or goals? Have you set any goals today?

6. What is one problem I had today? How did I solve it?

Stating one problem and how you solved it that day is a great exercise to better understand your thoughts, feelings, and reactions in stressful situations. We will learn in addiction treatment how to problem-solve in the most effective way. You'll love to see the changes you make in your own problem-solving skills once you revisit this section.

7. What is one coping skill that I learned today?

Through out addiction treatment, you will learn various coping skills and tools to help you get through anything that life throws at you. This is a great section, because it will remind you about all of the tools you have to overcome different challenges you face.

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LOVING PEOPLE

Loving people unconditionally has so many rewards. You forgive quickly. You are happier. There's a peace inside no one can steal. Hatred ends. Even if the person is not fond of you, your gender, your race or preferences, you are not bothered to a point of a posture change. Anybody can hate. Love for some is harder. Even with my offenders, I will go out of my way and love them more because the God in me tells me to do that. That is something that I actually WANT to do. I have offended people and Love has been returned to me. Loving unconditionally is the least I can do. Let Love and peace saturate the air today. I strive to Love each and everyone of you today more than I did yesterday!

Written by Donald Moyer



EVERYTHING MUST CHANGE?

A number of years ago, I hired a personal trainer to help with the revolving door

relationship I have with twenty pounds. Being newly sober, I had given myself permission to find a dopamine hit anywhere I could that didn't result in a memory lapse or one more horrific consequence I could only half recall. I determined that gallons of my favorite ice cream, which seemed to call out to me from the frozen food aisles, promised to sooth the vacuous hole in my psyche left by the absence of alcohol.

The trainer was not hired to be my best friend, my ego booster, my excuse maker, or my guru. He was hired to kick my butt far beyond what I was willing to do on my own or thought myself capable of.

Like every seasoned leader in a well-rehearsed program he had a number of catchy phrases and quips that he used to snap at me as I'd groan and come in and out of consciousness. "Pain is just weakness leaving the body!" he barked.

I countered that with, "No! I'm pretty sure that pain is the result of my dislocated shoulders after those last military presses!" "C'mon! How badly do you want it?" he'd bellow.

"Not half as much as I'd like to kick your ..." As if that would have even been an option.

I eventually reached my goal weight, but not without a major falling out. I realized that the

CHANGE

truth was I liked the idea of accountability a lot more than I liked accountability itself. I wanted someone who was willing to work harder at my program than I was but not be rude enough to point that out. I wanted to redefine normal in my life without experiencing the temporary disruptions that come with long-term change. When we find ourselves in situations where we have to redefine normal, it will always feel like suffering. It will be the emotional and spiritual equivalent of a barking trainer pushing us beyond anything we ever thought we could endure. We might even be tempted to lay blame, retaliate, and rebuff the very people we've enlisted to help us. Recovery is certainly no different. Our addiction to ritual & routine is as strong as our relationship to the substances or compulsive behavior itself. Whatever renewal is, it rarely happens in a business as usual paradigm. My experience leads me to believe it comes with challenges, with surrendering old habits and ways of thinking, and submitting to the renewing of our minds. It seems we must have defining moments as individuals where we ask ourselves, "Am I willing to risk practicing what I see others doing in order to experience the freedom I see others enjoying?" This is the beginning of our new path to freedom, but everything must change.

By David Hampton

THE CRANE



COMPULSIVE BUYING DISORDER: WHEN SHOPPING ADDICTION BECOMES A PROBLEM

Whether it's the latest gadget, a chic new piece of clothing, or even food, we've all felt the urge to splurge now and again. This comes as little surprise because we are constantly bombarded with online, print, and media ads that reinforce shopping mentality. Indulging in occasional spending isn't necessarily a bad thing when it done in moderation and doesn't disrupt family finances.

If your urge to shop becomes uncontrollable and if you are constantly spending beyond your means on things that you don't need, a shopping addiction can be just as damaging as gambling or alcoholism. Fortunately, there are ways to break free from shopping addiction. If you have tried to quit spending with little or no luck, you may need the help of friends, family, or a supportive treatment program to kick the compulsion to shop.

WHAT IS SHOPPING ADDICTION?

"Compulsive buying disorder" is the proposed diagnosis for shopping addiction. It's a worldwide problem, and approximately 5.8% of the U.S. population will experience some type of compulsive buying disorder during their lives.

Many people who suffer from shopping addiction also experience a co-occurring mental health condition, such as anxiety or depression. Some people engage in addictive shopping to boost their self-esteem. While the term "shopaholic" is often used in jest, it is a serious condition as people who shop compulsively generally spend well beyond their means.

Shopping addiction is a process addiction. Process addictions are addictions to things other than physically addictive drugs or alcohol.



The Cycle of Shopping Addiction

People who struggle with compulsive shopping may experience ups and downs in their addiction. The urge to shop is usually strongest during moments of depression, sadness, or anger. Shopping addiction has also been associated with holidays that reinforce compulsive shopping, i.e. holiday shopping in December.

People who struggle with a shopping problem initially feel a "high" or "rush" from the act of shopping. However, any positive feelings they get from gratifying their compulsion are fleeting.

Some people contain their shopping problem to online shopping. Sprees on sites like Amazon.com can also play into problem shopping patterns, and are often just as devastating as in-person shopping. The ability to quietly and quickly buy more through online merchants can lead to shopping

sprees in the middle of the night, during work breaks, or from the comfort of the living room sofa. These sprees are often extremely financially devastating and can be hard to control.



DID YOU KNOW:

Addiction recovery requires change — this is clear. However, the amount of change necessary can be overwhelming. Focus on mastering one positive change at a time, as slowly or as quickly as you can handle.

SHOPPING ADDICTION: SIGNS & RECOVERY

Compulsive shopping often follows a distinct pattern:

Anticipation. This includes ruminating on possible shopping trips or items

Preparation for shopping. This may include making lists, compulsively looking online, researching items, or talking about shopping.

Shopping. The act of shopping can take place in person or online. This includes adding items to online shopping carts or physically picking items up in the store.

Spending. Spending is the final act when a financial transaction is made and the items are given to the shopper.

SIGNS OF SHOPPING ADDICTION

People who shop compulsively experience shopping differently from people who do not have this problem.

Here are some signs to watch out for:

The act of shopping causes feelings of euphoria, or a “high.”

The urge to buy is overwhelming, and must be gratified instantly.

Items bought during shopping sprees are often unnecessary. Shopaholics often go shopping

with the intention to buy only a few items and end up buying much more than they intended.

Purchased items may be hidden from family and friends out of guilt.

Shopaholics are often in debt, have maxed out credit cards and are in generally bad financial straits due to spending beyond their means.

If any of these signs apply to you, then you might have a shopping addiction. Acknowledging the problem is the first step toward resolving it. However, breaking free of shopping addiction may require the help of others. Your compulsion to shop may be a way you cope with issues such as emotional problems or may even stem from mental health issues.

Help from a supportive team is key. Addictions and compulsions often mask other problems. Qualified help may be necessary to resolve other issues that are clustered with the problem shopping. A full recovery will be difficult without treatment and support.

From World Psychiatry



Fortunately, there are some things you can do to manage your shopping addiction.

- Destroy all credit cards and delete all digitally-stored credit card numbers. Instead, pay for needed items in cash or debit card. For big-ticket items, you can elect to pay by check.
- Tell your loved ones about your problem and ask them to help you in your recovery.
- Write a shopping list AND stick to it.
- Avoid things like online stores or TV shopping channels. Ask a loved one to block these sites and channels on your computer, phone, and television, and then secure the password to unlock these items.
- Whenever you feel the urge to shop, acknowledge it, and then do something constructive such as exercise, or take up a hobby that does not require you to spend.
- Consider ways to make it more difficult for you to spend money impulsively, such as making your money harder to access.
- Most importantly, seek treatment. Shopping addiction is a serious and complex problem. Once your brain has become accustomed to the high and instant gratification of compulsive shopping, you will need support to make lasting change. Support groups are waiting to help, and licensed mental health counselors can help make change easier with coaching and evidence-based plans.

THE THRESHOLDS OF RECOVERY

Our focus here is on the thresholds of recovery and embracing the thin places between who we were and who we are becoming, so I would like to challenge us to embrace the thresholds as positive transitions that are part of a process to bring out the very best in who we are.

It is in these liminal spaces that we learn who we truly are. I believe this is where the most authentic forms of awareness and awakening take place. These are the places where we may be known to say to our Higher Power, "Unless you show up here I am done!" It is a place of simple prayers, honest confessions, and humble praise.

Thresholds remind us that anything beautiful we experience in life is a gift, any comfort is truly through a spiritual connection, and that whatever we encounter in this interim is intentional preparation for the next stretch of the road. As the Buddha said, at the end of all

our self-awareness the objective is to be ourselves, but to truly be all of ourselves.

Who Are the People in the Thresholds of Recovery?

Those of us on the path of restoration and recovery whom I call "The People of the Thresholds" are not always the most comfortable to be around as we embark on and embrace this restorative process. The practice of rigorous honesty for those of us in 12-step recovery reminds us of this as well. In our quest to live authentically, we have so many questions that we probe beyond the stock answers and nudge until we feel like we are a little closer to the whole truth. This is an uncomfortable but necessary part of true acceptance.



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WHAT'S COMING UP AT THE CRANE? NOVEMBER 2020

ALL NOVEMBER <i>Education Registration & Virtual Classes</i> Get started at thecrane.org	ALL NOVEMBER <i>HIV Appointments</i> Appointments Online
Toolbox Groups 9 am and 12 pm ■ M-F Virtual on Zoom	One On One Appointments Monday - Friday, Call or visit website to book appointment With CARES Specialists
Peer Groups 2:30 pm ■ M-F Virtual on Zoom	Resume Building Monday - Friday, Call or visit website to book appointment With Certified Write
For Schedule Changes or Updates Follow us At thecrane.org; All Services Free of Charge!!	All Meetings on Zoom: Member ID: 838.951.2807 No Password Required!!

For more on what we're planning for November, sign up for notifications on our webpage: thecrane.org or follow us on Instagram at Paula Crane Center!!

NATIVE AMERICAN HERITAGE MONTH

What started at the turn of the century as an effort to gain a day of recognition for the significant contributions the first Americans made to the establishment and growth of the U.S., has resulted in a whole month being designated for that purpose.

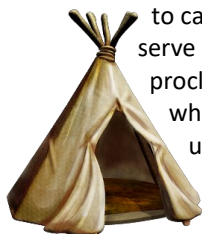
One of the very proponents of an American Indian Day was Dr. Arthur C. Parker, a Seneca Indian, who was the director of the Museum of Arts and Science in Rochester, N.Y. He persuaded the Boy Scouts of America to set aside a day for the "First Americans" and for three years they adopted such a day. In 1915, the annual Congress of the American Indian Association meeting in Lawrence, Kans., formally approved a plan concerning American Indian Day. It directed its president, Rev. Sherman Coolidge, an Arapahoe,

to call upon the country to observe such a day. Coolidge issued a proclamation on Sept. 28, 1915, which declared the second Saturday of each May as an American Indian Day and contained the first formal ap-

peal for recognition of Indians as citizens.

The first American Indian Day in a state was declared on the second Saturday in May 1916 by the governor of New York. Several states celebrate the fourth Friday in September. In Illinois, for example, legislators enacted such a day in 1919. Presently, several states have designated Columbus Day as Native American Day, but it continues to be a day we observe without any recognition as a national legal holiday. In 1990 President George H. W. Bush approved a joint resolution designating November 1990 "National American Indian Heritage Month." Similar proclamations, under variants on the name (including "Native American Heritage Month" and "National American Indian and Alaska Native Heritage Month") have been issued each year since 1994.

From Library of Congress



SOMETIMES YOU NEED TO SMILE

ADOPTION

Father looks hard at a teenage son, "James, you've been adopted."

James jumps up, "Adopted! I knew it! I want to meet my biological parents!"

Father laughs, "No no, James, we are your biological parents. But you need to get packing, your adoptive ones will be here in an hour..."

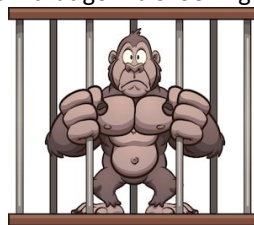


THE GORILLA

A boy and his father go together for a boys' day out at the zoo.

"Daddy, I don't like how that gorilla's looking at me from behind that glass, she's quite scary!" says the boy.

"Shush, Jason!!!! This is still only the ticket office!"



CLOSE SHAVE

Today I went to a barber's shop for a shave. The barber asked me to put a small wooden ball in my mouth so he could get a closer shave around my cheeks. After complying, I asked: "But what if I swallow the ball?" He replied: "No problem sir, you just bring it back tomorrow like everybody else."

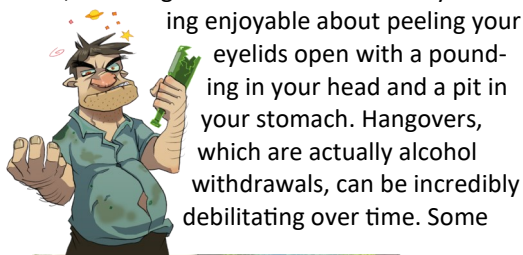


THINGS YOU (PROBABLY) WON'T MISS ABOUT DRINKING

When I first heard that my parents were sending me to treatment for alcoholism, there were so many thoughts racing through my head. Among them were thoughts of what I would miss the most about drinking. I had a list: the adrenaline rush, the unpredictability, the easy connections with people, -gaming before a night out, and it went on. I was so afraid that by getting sober, I would be making a choice to be unhappy and spend my lifetime missing everything related to drinking. Luckily, the reality couldn't be further from that. Today, four and a half years sober, there is little I miss about drinking because the negative effects on my life far outweighed the positive. Chances are, the same will be the case for you. Here are just a few of the things you probably won't miss about drinking once you stop.

1. The Hangovers

Oh, the hangovers. There is absolutely nothing enjoyable about peeling your



eyelids open with a pounding in your head and a pit in your stomach. Hangovers, which are actually alcohol withdrawals, can be incredibly debilitating over time. Some

hangovers may be a minor inconvenience, but others can keep you from doing anything productive with your day. It's only once you stop experiencing hangovers that you realize how bad they truly are.

2. The Toll on Your Physical Appearance

Alcohol isn't the best thing to put into your body, especially in excess. Depending on what you drink, you could be taking in way more calories and sugar than you realize.

3. Wondering Who You Need to Apologize to

One of the worst things about drinking and not remembering the night clearly was waking up and wondering who I owed my apologies to this time. More often than not, I had said or done something to upset someone when I drank. There was always a sense of dread in the mornings when I couldn't remember the night's events. It's so freeing to wake up today and know exactly what I said and did the night before.

5. Spending Your Money

Drinking is expensive, especially during nights out and at bars. At the time, it may seem like a necessary cost. But when you stop drinking, you'll realize just how much money you were spending on alcohol. In sobriety, you can keep that money and spend it on a passion, or even save it. The choice is yours.

6. Letting Your Morals Slip Away

Another unfortunate aspect of drinking is allowing yourself to lose sight of your morals. The things that used to be important to you begin to slip away as drinking takes a front and center role in your life.

7. Losing Yourself

This is perhaps the hardest part of all when it comes to excessive drinking. It happens gradually. One day you look in the mirror, and you don't recognize the person looking back. You realize that somewhere along the way, you lost yourself. Continuing to drink will just allow your old self to keep fading. Taking back control of your life allows you to rediscover the person you once were. *-By Beth Leipholtz*



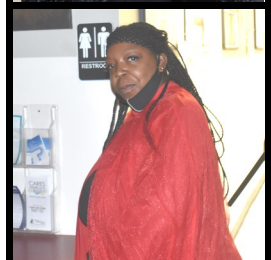
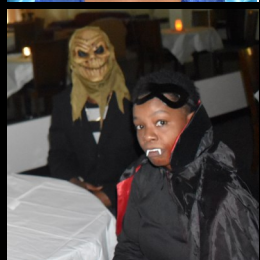
DID YOU KNOW: Recovery requires a lifestyle change. If you think you can live the same lifestyle as you did before addiction treatment while simply abstaining from using drugs or alcohol you are on the fast track to relapse. Addiction recovery requires a lifestyle overhaul — including the activities you participate in, the people you hang out with, and the way you think.

THE CRANE'S 7th ANNUAL FALL FESTIVAL

Where else will you find Snow White, a Witch Doctor, Vampires, a Pirate, a Grim Reaper and other mysterious creatures doing the hustle and having an absolute blast together? Well, for the last seven years they and others have showed up at the Crane's Fall Festival in October! With the pandemic this year, the festival looked and felt a bit different without the large crowds and eager children, but it was still quite fun with the crew that was allowed to come in. We were able to safely play the traditional games that are annually presented all while practicing social distancing, and other precautions. Games such as face the cookie, donut bobbing and pumpkin races were all enthusiastically received by the crowd. We even introduced ghost stories and raffles for those that wanted a bit of the action virtually. Of course, you had to be present virtually to win!

No fall festival would be complete without all the candy you can eat, which was ample for the entire week and an ample lunch provided by a local restaurant in individual containers.

Of course as in tradition, whatever costume an Individual chose to represent, they were able to take it home and encouraged to dress up again for Halloween! Don't get left out next time, register online for our virtual events at thecrane.org or follow us on Facebook or Instagram & you can still be a part of the fun until we are able to open up the building to the public.



NOVEMBER CELEBRITY BIRTHDAYS

NELLY November 2nd		MATTHEW MCCONAUGHEY November 4th
KATHY GRIFFIN November 4th		SEAN COMBS November 4th
KRIS JENNER November 5th		ALFRE WOODARD November 8th
TRACEY MORGAN November 10th		SINBAD November 10th
MICHAEL JAI WHITE November 10th		LEONARDO DICAPRIO November 11th
RYAN GOSLING November 12th		WHOPPI GOLDBERG November 13th
JIMMY KIMMEL November 13th		LISA BONET November 16th
RUPAUL November 17th		GOLDIE HAWN November 21st
MILEY CYRUS November 23rd		TINA TURNER November 26th
MIKE EPPS November 18th		CHRISTINA APPLEGATE November 25th
DON CHEADLE November 29th		NURSE SALLIE JOHNSON November 29th
BEN STILLER November 30th		CHRISSY TIEGEN November 30th

TURKEY FRYING TIPS

Just go ahead and admit it, turkey tastes better when it's deep-fried (as most things generally do). It's definitely one of the manliest ways to get Thanksgiving dinner on the table. Listed below are some tricks and safety tips that will help make sure that your bird remains moist and crisp.

Tips for Deep Frying Your Thanksgiving Turkey:

1. Safety, safety, and more safety. Deep frying a turkey should only to be done outside and away from any structures, animals or flammable items. Use common sense and be careful.

Keep children and pets away at all times.

2. Get a real turkey fryer.

Do not try and MacGyver a rig by grabbing a kitchen pot and a wire hanger while heading out to the garage with a propane tank and burner. Do it right — invest in a good deep frying rig that is specifically made for deep frying turkey.

3. Use a full propane tank.

If you run out of gas before the bird cooks through you'll have an unfit bird to eat. Make sure your tank is full (or at least full enough).

*Continued on
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DID YOU KNOW: Addiction recovery is wonderful and it will feel that way eventually, but be prepared to initially grieve the loss of your addiction. You cannot expect to make positive change and simply forget the many years you spent tied up with your drug of choice and that lifestyle. You are making the wise choice to give it up, but it is still a loss that will likely need to be emotionally and mentally processed.

SYMPTOMS OF FOOD ADDICTION

While food addiction is not listed in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), it typically involves binge eating behaviors, cravings, and a lack of control around food (1Trusted Source).

While someone who gets a craving or overeats occasionally probably won't fit the criteria for the disorder, there are at least 8 common symptoms.

Here are 6 common signs and symptoms of food addiction.

1. Getting cravings despite feeling full

It's not uncommon to get cravings, even after eating a fulfilling, nutritious meal.

For example, after eating a dinner with steak, potatoes, and veggies, some people may crave ice cream for dessert.

Cravings and hunger aren't the same thing.

A craving occurs when you experience an urge to eat something, despite having already eaten or being full.

This is pretty common and doesn't necessarily mean that someone has food addiction. Most people get cravings.

However, if cravings happen often and satisfying or ignoring them becomes hard, they may be an indicator of something else.

These cravings are not about a need for energy or nutrients — it's the brain calling for something that releases dopamine, a chemical in the brain that plays a role in how humans feel pleasure.

2. Eating much more than intended

For some people, there is no such thing as a bite of chocolate or single piece of cake. One bite turns into 20, and one slice of cake turns into half a cake.

This all-or-nothing approach is common with addiction of any kind. There is no such thing as

moderation — it simply does not work.

Telling someone with food addiction to eat junk food in moderation is almost like telling someone with alcoholism to drink beer in moderation. It's just not possible.

3. Eating until feeling excessively stuffed

When giving in to a craving, someone with food addiction may not stop eating until the urge is satisfied. They might then realize that they have eaten so much that their stomach feels completely stuffed.

4. Feeling guilty afterward but doing it again soon

Trying to exert control over the consumption of unhealthy foods and then giving in to a craving can lead to feelings of guilt.

A person may feel that they are doing something wrong or even cheating themselves. Despite these unpleasant feelings, a person with food addiction will repeat the pattern.

5. Making up excuses

The brain can be a strange thing, especially in regards to addiction. Deciding to stay away from trigger foods can cause someone to create rules for themselves. Yet, these rules may be hard to follow.

When faced with a craving, someone with food addiction might find ways to reason around the rules and give in to the craving.

This line of thinking may resemble that of a person who is in the process of trying to quit smoking. That person might think that if they don't buy a pack of cigarettes themselves, they're not a smoker. Nonetheless, they might smoke cigarettes from a friend's pack.

6. Hiding eating from others

People with a history of rule setting and repeated failures often start hiding their consumption of junk food from others.

They may prefer to eat alone, when no one else is home, alone in the car, or late at night after everyone else has gone to bed.

From Healthline



VALUE THE THINGS YOU HAVE IN YOUR LIFE

A story tells that two friends were walking through the desert. During some point of the journey, they had an argument, and one friend slapped the other one in the face. The one who got slapped was hurt, but without saying anything, wrote in the sand “Today my best friend slapped me in the face”.

They kept on walking until they found an oasis, where they decided to take a bath. The one who had been slapped got stuck in the mire and started drowning, but the friend saved him. After he recovered from the near drowning, he wrote on a stone “Today my best friend saved my life”.

The friend who had slapped and saved his best friend asked him, “After I hurt you, you wrote in the sand and now, you write on a

stone, why?” The other friend replied, “When someone hurts us we should write it down in the sand where winds of forgiveness can erase it away. But, when someone does something good for us, we must engrave it in stone where no wind can ever erase it.”

The Moral of the Story: It’s much easier to hold a grudge when you feel wronged but never close your heart to forgiveness. Sometimes we are all too consumed with our own emotions that we are temporarily blinded by hate or grief. Negative emotions will only bring you down. Letting go of the past and valuing the people that love you is the way to live a rich, rewarding life.



PEOPLE FORGET...

A woman complained to her pastor that she’d noticed a lot of repetition in his sermons. “Why do you do that?” she queried. The preacher replied, “People forget.”

There are lots of reasons we forget—the passage of time, growing older, or just being too busy. We forget passwords, names of people, or even where we parked our car. My husband says, “There’s only so much I can fit in my brain. I have to delete something before I can remember something new.”

The preacher was right. People forget. So we often need reminders to help us remember what God has done for us. The Israelites had a similar tendency. Even with the many miracles they’d seen, they still needed to be reminded of His care for them. In Deuteronomy 8, God reminded the Israelites that He’d allowed them to experience hunger in the wilderness, but then provided an amazing superfood for them every day—manna. He supplied clothing that never wore out. He led them through a wilderness of snakes and scorpions and provided water from a rock. They’d learned humility, as they realized how totally dependent they were on God’s care and provision (vv. 2–4, 15–18). God’s faithfulness “continues through all generations” (Psalm 100:5). Whenever we find ourselves forgetting, we can think about the ways He’s answered our prayers, and that reminds us of His goodness and faithful promises.

By Cindy Hess Kasper



DID YOU KNOW: Recovery requires actions rather than intentions. Happy thoughts will only get you so far. Positive affirmations and intentions can be helpful, but addiction recovery requires actions. Taking small daily actions to improve your lifestyle and work towards your goals, such as walking for 15 minutes, or signing up for a new class to keep yourself busy is the only way to move forward.

BERNICE'S CORNER



DOING OUR ROLE

Our newly found faith serves as a firm foundation for courage in the future.

Narcotics Anonymous is no place for the faint of heart! Facing life's terms without the use of drugs isn't always easy. Recovery requires more than hard work; it requires a liberal dose of courage.

What is courage, anyway? A quick look at a dictionary will tell us. We have courage when we face and deal with anything that we think of as difficult, dangerous, or painful, rather than withdrawing from it. Courage means being brave; having a purpose; having spirit. So what is courage, really? Courage is an attitude, one of perseverance.

That's what an addict in recovery really needs---perseverance. We make that commitment to stick with our program, to avoid using, no matter what happens. A courageous addict is one who doesn't use; one day at a time, no matter what.

What gives us courage? A relationship with a Higher Power gives us the strength and the courage to stay clean. We know that, so long as we are in our God's care, we will have the power we need to face life on its own terms. I have a Higher Power who cares for me, no matter what. Knowing that, I will strive to have an attitude of courage and gratitude.

Written by Bernice T. Davis

When two of my grandchildren tried out for the musical *Alice in Wonderland Jr.*, their hearts were set on getting leading roles. Maggie wanted to be young Alice, and Katie thought Mathilda would be a good role. But they were chosen to be flowers. Not exactly a ticket to Broadway. Yet my daughter said the girls were "excited for their friends who got the [leading roles]. Their joy seemed greater cheering for their friends and sharing in their excitement."

What a picture of how our interactions with each other in the body of Christ should look! Every local church has what might be considered key roles. But it also needs the flowers—the ones who do vital but not-so-high-profile work. If others get roles we desire, may we choose to encourage them even as we passionately fulfill the roles God has given us.

Imagine a church of encouragers diligently using their God-given gifts to His honor. That makes for joy!

By Dave Branon

THRESHOLD TO RECOVERY

Continued from page 6

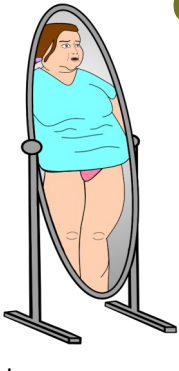
Ultimately, this is simply the place where we are finally able to begin resting in the mystery. After all, we came to the end of ourselves when we admitted our powerlessness over a substance or a behavior. Now we stand at the point of waiting, trusting, hoping, and praying that everything we let go of will be replaced with something trustworthy that we can take into the next chapter of our lives.

What Should People in the Thresholds of Recovery Do?

Rigorous honesty, keeping a short list of resentments, and seeking to make amends when necessary are virtues only learned in the threshold places. They are practices that make for authentic people and authentic awakenings. They don't come cheaply, but they are well worth the time served so as to experience the freedom that comes from embracing them. Remember, sobriety is not the absence of a substance or a behavior, but the presence of a new way of understanding and living that is only arrived upon when we pass through those thin, awkward seasons in the thresholds.

By David Hampton

COMMON TYPES OF DISORDERS



Eating disorders are a range of psychological conditions that cause unhealthy eating habits to develop. They might start with an obsession with food, body weight, or body shape.

In severe cases, eating disorders can cause serious health consequences and may even result in death if left untreated.

Those with eating disorders can have a variety of symptoms. However, most include the severe restriction of food, food binges, or purging behaviors like vomiting or over-exercising.

Although eating disorders can affect people of any gender at any life stage, they're most often reported in adolescents and young women. In fact, up to 13% of youth may experience at least one eating disorder by the age of 20 .

Here are six types of disorders and a brief description.

Anorexia nervosa: This is a disorder where Individuals may limit their food intake or compensate for it through various purging behaviors. They have an intense fear of gaining weight, even when severely under-weight.

Bulimia Nervosa: People with bulimia nervosa eat large amounts of food in short periods of time, then purge. They fear gaining weight despite being at a normal weight.

Binge Eating Disorder: People with binge eating disorder regularly and uncontrollably consume large amounts of food in short periods of time. Unlike people with other eating disorders, they do not purge.

Pica: Individuals with pica tend to crave and eat non-food substances. This disorder may particularly affect children, pregnant wom-

en, and individuals with mental disabilities.

Rumination disorder: This disorder can affect people at all stages of life. People with the condition generally regurgitate the food they've recently swallowed. Then, they chew it again and either swallow it or spit it out.

ARFID: This is an eating disorder that causes people to undereat. This is either due to a lack of interest in food or an intense distaste for how certain foods look, smell, or taste.

OTHER EATING DISORDERS

In addition to the six eating disorders above, less-known or less common eating disorders also exist. These generally fall under one of three categories (8):

Purging disorder. Individuals with purging disorder often use purging behaviors, such as vomiting, laxatives, diuretics, or excessive exercising, to control their weight or shape. However, they do not binge.

Night eating syndrome. Individuals with this syndrome frequently eat excessively, often after awakening from sleep.

Other specified feeding or eating disorder (OSFED). While not found in the DSM-5, this includes any other conditions that have symptoms similar to those of an eating disorder but don't fit into any of the categories above.

THE BOTTOM LINE

The categories above are meant to provide a better understanding of the most common eating disorders and dispel myths about them.

Eating disorders are mental health conditions that usually require treatment. They can also be damaging to the body if left untreated.

If you have an eating disorder or know someone that might have one, seek help from a healthcare practitioner that specializes in eating disorders.

From Healthline

QUESTIONS TO ASK YOURSELF IN TREATMENT

Continued from page 2

8. What's one problem behavior that I challenged today, and how did I challenge it?

This section is all about bettering yourself. It's one thing to gain insight, and another thing to use it. In this section, you will see personal growth very clearly in the way that you challenge yourself in treatment. The way you challenge your problem behaviors will make for a life-changing experience in addiction treatment.

9. Did I learn about any new triggers for me today? What were they?

It's so important to identify your triggers, or the people, places, and things that trigger a craving for substances. By identifying your triggers, you can then learn how to safely navigate the cravings they cause if these triggers are unavoidable. Learning about your triggers will help you prepare a relapse prevention plan.

10. What am I grateful for today?

Gratitude is one thing that should never stop being practiced. We often focus negatives in addiction treatment, like all we have missed out on or lost, but we need

to shift our thinking patterns and learn to be grateful for what we have and the opportunity to be changing our lives. Practicing gratitude will also put you in a positive mindset, which greatly benefits the recovery process.

THE IMPORTANCE OF REFLECTION

You can also ask yourself any questions that you see fit, and record your answers for further reflection. The exciting thing about writing down your answers, is seeing how they change— and how you change! Your growth will show as you get further into the recovery process, and more confident in yourself and your recovery. It's a beautiful thing to see all the insight you have gained over time, but even more beautiful to make positive changes from that insight. These ten questions above are a great starting point for reflection and mental check-ins. Part of recovery is putting what you learn to good use, and constantly looking to better yourself.

If you or someone you know is struggling with an addiction, please reach out to our addiction specialists for guidance and support, at (770) 960-2009 or visit our website at thecrane.org. We will do our best to guide you to treatment. Because We Care.

Steps Written By Arianna Kosoglou



TURKEY FRYING TIPS

Continued from page 10

4. Size does matter. Smaller turkeys (meaning 10-12 pounds) are best for frying. Using a large bird will only aggravate the uneven cooking problem — you run the risk of burning the skin before the center cooks through.

5. Choose your oil wisely. Only oils that have high smoke points should be used.

6. Make sure your turkey is COMPLETELY thawed. A frozen turkey in hot oil is a recipe for disaster.

7. The slower you lower your turkey, the

better. It should take at least a minute to get your turkey into its hot oil bath. Lowering is too quickly can result in boil overs.

8. Let it rest before carving.

Like a good steak, allowing your turkey the adequate time to rest allows the temperature to equilibrate and for the juices to redistribute — making sure that every bite is relatively even in terms of moisture. I recommend 15 minutes.



One of the best things we can do in our lives is
begin again

During the periods of time when we are the most distraught, we have to not look at the past but focus our energies on one thing “*Forgetting the past and focus on the future*”.

Begin to see yourself as you were when you were the happiest

Begin to remember what worked for you and what worked against you

Begin to try and re-capture the magic called life

Begin to live your life each day as you did as you were a child, unaware and not including the past negativities

Begin with hope and prayer expecting the best, no acceptance of fear but acceptance of strength and courage

Begin to forget your baggage, the problems that do not matter anymore, the tears that absorbed themselves away, and the worries that are going to wash away on the shore of tomorrow's new beginning

Your tomorrow may tell you it will be here every new day of our lives but until it shows up focus on today and be grateful for your moments

If we are wise, we will turn away from the problems of the past give the future and ourselves a chance to become the best of friends, sometimes all it takes is a wish in the heart to let yourself.....

Begin again

Submitted by Yolanda James



VETERANS DAY

November 11, 2020

THE CRANE