

## New SVVOR Logo

Our new team needed a new look so we overhauled our logo. What had been a block containing the initials SVVOR has transformed. The new logo consists of the entire name of the group "Sauk Valley Voices of Recovery" with a group of butterflies flying up and away.

We used the symbol of a butterfly to signify the creatures we become after our transformation from active Substance Use Disorder to being in a state of Recovery. We thought it only made sense to imagine these butterflies as a group because our own recovery has clearly demonstrated that we do not get better on our own. It is the fellowship and support of the group of similarly The Sauk Valley Voices of Recovery has stepped into a new phase in 2021. On Feb 1, SVVOR co-founders Gerald Lott and Natalie Andrews took a major step by taking on full-time and part-time employment roles respectively. As such, they can dedicate their efforts to creating a strong RCO (Recovery Community Organization) to advocate and assist the recovery community consisting of Lee, Ogle and Whiteside Counties transformed people that allow us to take flight.

**Sauk Valley  
Voices of  
Recovery**



We have also taken a new motto "Transformed lives transforming communities". Our goal is to work in concert with as many people as we can to transform the Sauk Valley into a place where it is easier to recover than to relapse. We hope you will join us in this effort.

**Correction - In our March 21 Newsletter, the article about the Yellow Butterfly Project was mis-edited. It implied the Yellow Butterfly symbol would welcome LGBTQ instead of the Recovery Community. We apologize for any confusion. the Yellow Butterfly is 100% for and by the Recovery Community!**

Contact us at [newsletter@svvor.org](mailto:newsletter@svvor.org)



## Holiday Fun Fair

Immanuel Lutheran Church

1013 Franklin Grove Rd, Dixon

April 3 from 2 pm to 4 pm in Dixon

*Bring your children to move through our craft stations and build an Easter basket. All supplies and candy provided. Free Will Donations accepted. All proceeds will benefit the United Way*

## Sober Gym and Swim

Dixon Family YMCA

110 Galena Ave, Dixon

April 24 from 6 pm to 9 pm

*Join friends in sobriety for an evening of swimming, volleyball or exercise. Bring your own towels. Speaker Meeting from 6p to 6:45p open pool and gym after. No Cost*

All Paths to Recovery Welcomed. Children may attend.

## May Day Celebration with Game Night and Pot Luck to follow

May 1 from 12 pm - 3 pm -LSSI in Sterling

*Join SVVOR as we plant Spring Flowers at LSSI in Sterling and the assisted Living Home next door. Stay for board games and food. No Charge BUT bring a change of clothes as we are going to get dirty.*

## Rolling Clean and Sober Skate

May 30 - from 4:30 pm- 7:30 pm

White Pines Roller Rink

*Bring in Memorial Day with friends on wheels. SVVOR has rented the rink so it will just be us. No Charge - Skate rental included! Bring the kids  
Call (815) 441-1647 to RSVP.*

*Space is limited to the first 80 people to sign-up.*

# Living My First 90 days - Personal Story of Recovery

I think the 24 hr's a Day book says it best, "Disillusionment and spiritual confusion mark our age. Many of us cast aside old ideas without acquiring new ones. Are you creeping through life merely because you refuse to rely on any power greater than yourself?" How do we alcoholics stay sober on our own will if we are not acquiring new ideas, a different way of thinking, new beliefs and wisdom, knowledge about our disease and why we look to alcohol for our solutions? Sadly, the answer is, we don't because if nothing changes, nothing changes. And this is where I was for a long time.

This is not my first "90 days" sober in recovery, however, what is important to focus on here is not that I have been here before, but that I am here now. My story is like many alcoholics at the tables of AA. I did not get sober the first-time alcohol kicked my butt, nor the second, third or many times beyond that. I did manage to have a good stretch of 6 and half years clean which I am very proud of, however, I was not working a program back then and I wondered why I found myself back in the same sinking ship that I so desperately swam to shore to get away from years ago.

Recently I have been on a 4-year roller-coaster of a few days, a few months and even a few almost 6 months clean. In between those clean times, I successfully re-lived, over and over again, devastating drunken binges that, for the most part, ended with me in the emergency room and then detox. I watched my children go from hope to having a plan for when I would drink again to, "Please Mom, go to rehab and get better". I was there when my partner picked up the pieces and wept uncontrollably begging me to not pick up that first drink again. I was there to witness his desperation and pain when I walked myself into treatment for the second time. I was there when my best friend, time and time again, stayed with me to make sure I was safe in my own home, doing her best even though every moment scared her. I was there when my Mom picked me up from the psych ward and when my Dad, painfully, took me to the ER too many times.

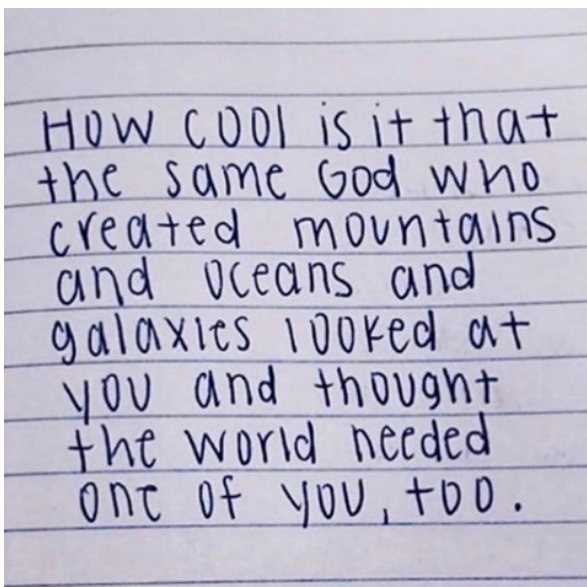
My alcoholic brain had been working against me for so long, convincing me that my solution was a drink. How crazy it is that my own brain can convince me to drink poison that will kill me - but that's exactly what this disease does. I forget about the last disaster and then mindlessly go on to create yet another even bigger disaster. This is how powerful the first drink is if I let my guard down. I heard in a speaker meeting once, "Drinking is an alcoholic's normal; sobriety is not where an alcoholic's brain wants to be." Sobriety is truly a lifelong "Training Day", one training day, sometimes minute, at a time.

Looking back over the last 90 days - inpatient treatment, intensive outpatient treatment, working with a sponsor and joining an AA homegroup, today I have accepted and surrendered to a way of life which requires rigorous honesty and the willingness to not take the first drink no matter what. I have made a decision to turn my will and my life over to the care of God as I understand Him, and I have opened my mind up and believe only God can do for me what I could not do for myself. I am finally letting go and letting God take the wheel for the first time and I feel peace like I have never felt before. My courage and confidence are rebuilding within me and I am getting to know "Me" again. I am trusting the next right step with God's guidance will bring me closer to spiritual clarity and understanding...Faith equals Serenity.

Today it is simple, trust in God, trust in myself and trust in others, go to meetings, do what my sponsor suggests, work the steps, participate and serve through the AA Fellowship and help those still suffering. This is what "**it works if you work it**" means. If I don't, I will surely drink again.

- submitted by Lara B.

If you would like to share your story of recovery, please reach out to us at [newsletter@svvor.org](mailto:newsletter@svvor.org)



**NEW  
SOLUTIONS AA  
CLOSED MEETING  
WEDNESDAYS AT  
9AM  
CHURCH OF THE  
BRETHREN  
215 N. COURT ST  
DIXON  
FREE  
BREAKFAST**

Sometimes we're tested. Not to show our weaknesses, but to discover our strengths.