

**A picture
is worth
1,000 words.**

**So,
this issue
is
very
wordy.**

3RD STREET BEAT

**PRODUCED BY CLIENTS OF THE RECOVERY CENTER
8 EAST 3RD STREET 10003
#59 APRIL 2025**

THE 3RD STREET BEAT MISSION STATEMENT

The Third Street Beat is a newsletter written by and created for people with substance use disorder. Our mission is to validate that experience so people know that they are not alone, and to emphasize the many unique roads that we take to recovery. This is an opportunity to share our experiences to creatively support each other. We are non-political, non-denominational, multi-racial, and gender neutral. Our mission is one of recovery and harm reduction, and all experiences are welcome. All the viewpoints herein are personal in nature and related specifically to our contributors' recovery.

THE 3RD STREET BEAT EDITORIAL TEAM

The 3rd Street Beat is produced by The Recovery Center community with assistance from the occupational therapy team.

3RD STREET BEAT BACK ISSUES

CAN BE DOWNLOADED AT:

<https://www.projectrenewal.org/news-and-publications/publications/page/1/?byCategory=the-recovery-center>

FOLLOW US ON INSTAGRAM!

@[recoverycenternyc](https://www.instagram.com/recoverycenternyc)

TOGETHER
WE CAN!

INTERNATIONAL OVERDOSE
AWARENESS DAY

AUGUST 31 2024

TABLE OF CONTENTS

Spring in the Garden	pg. 3
Earth Day	pg. 4
Bronx Zoo	pg. 5
Music Jam	pg. 6
Charcuterie Boards	pg. 7
Carnegie Hall	pg. 8
Grateful by A.T.	pg. 10
Some Principles by T.W.	pg. 11
Advice by R.B.	pg. 12



MAY THE 4TH BE WITH YOU





Spring in the Garden





Earth Day Ladybug Release and Sally





Bronx Zoo!

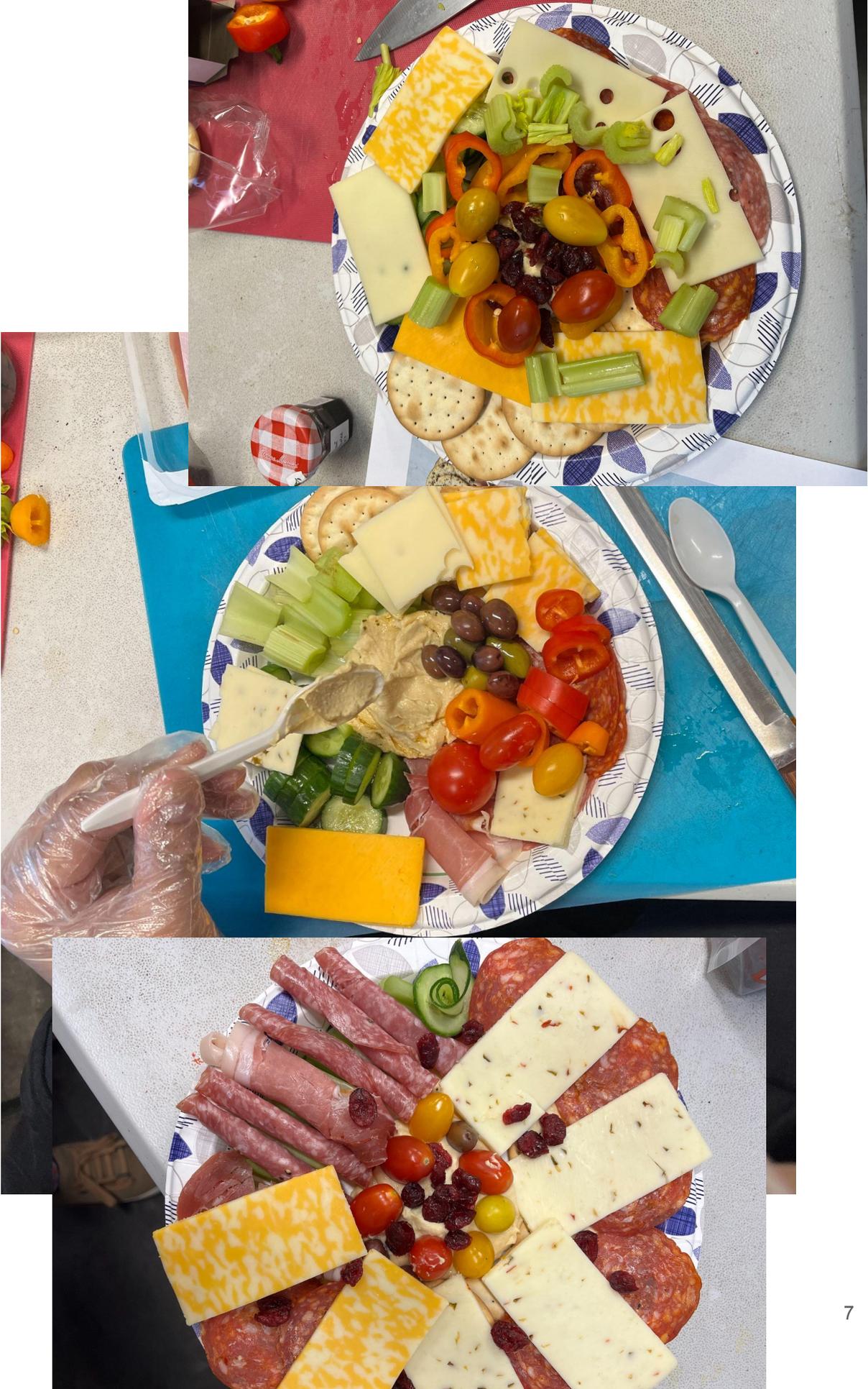




Student Music Jam



Charcuterie Boards





Carnegie Hall Performance



JANELL MONÁE

SPEAKING IN UNDERSTANDING OF
THE PROPHECIES OF THE MESSIAH
FROM GOD'S PERSPECTIVE OF THE
STRUGGLE MANY HUMAN BEINGS
WILL ENDURE FOR THE WAR OF
LIES OPPOSED TO TRUTH, RIGHT
OPPOSED TO WRONG,
MORTALITY OPPOSED TO
CORRUPTION, TRUE GOOD AGAINST
EVIL: AND EACH HUMAN BEING
MAKE A CHOICE WHICH SIDE OF
THE PROPHECY WILL THEY END UP
ON

Today I can say that I'm grateful to have been given another day. I thank my LORD and SAVIOR Jesus Christ for waking me up this morning. Because it's a lot of people who did not wake up this morning so I must be blessed to be one of the ones who was given another day. I'm grateful for my limbs my eyesight my hearing and just being able to walk and talk. There are many people that are unfortunate to those things I just spoke about. And in the midst their trials and tribulations they happy and living life on life terms, you would think that they would be complaining but they continue to strive forward with a much confidence. So I always try to look at life to be not bad as I perceive it to be. My problems are minute compared to what other people are going through.

Some Principles I remind myself to live by.

I have come to understand my getting high with myself and all types of other individuals is me seeking for love or acceptance in all the wrong places and people. When the Love and acceptance is right in front of me all the time GOD!!! If the devil can not distract you, he will try to discourage you. If we want people from drugs and alcohol we are going to have to take it, it will not come easy taking control. When we can control our mind we will control our world. GOD can speak to you through people.

Terrell W.

It is best to keep your mouth closed
and be presumed an idiot,
than to open your mouth
and removing all doubt.

Rock B.

Recovery Center Weekly Schedule for Spring

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 A.M.	Preventing Recurrence (Angela)	Self Care (OT)	Substance Use Education (Brian)	Healthy Relationships (Rosa)	Back to Work/ Weekend Planning (OT)	9:30am Open Discussion (Nikolay)
10:05 A.M.	Health & Wellness (Katie)	Anger Management (Nikolay)	Values (Nikolay)	Spanish Speaking Group (Aida)	Anxiety Busters (Karin)	Free Time
11:00 A.M.	Free Time	Newsletter (OT)	Cooking Club (OT)	Men's Group (Nikolay)	11:00 – 11:15 Recognition Meeting	Open Discussion (Rotating)
12:00 P.M.	Free Time	Free Time	Free Time	Free Time	12:00 pm Staff Clinical Meeting (Group room closed)	Free Time
2:00 P.M.	Free Time	Art or Garden Group (OT)	Art or Garden Group (OT)	Creative Writing (Katie and OT)	Free Time	Free Time
5:15 P.M.	Road to Recovery (Brian)	Preventing Recurrence (Aida)	No group	Substance Use Education (Angela)	TRC Hours of Operation Mon – Tues: 8:30am to 6:15pm Wed – Fri 8:30am to 5:00pm Saturday 9:00am to 5:00pm	

**PLEASE BE SAFE....
 ASK THE TRC
 OR THE 2ND CHANCE
 PROGRAM IF YOU NEED
 FENTANYL TEST STRIPS OR
 NALOXONE KITS + TRAINING!**

**ARE YOU IN NEED OF RESIDENTIAL
 TREATMENT OR WITHDRAWAL
 MANAGEMENT?
 24 HOUR INTAKE HOTLINE
 212-763-0596**

EVERY LIFE IS WORTH SAVING!

**THANKS FOR READING
 OUR NEWSLETTER, WE
 HOPE YOU ENJOY IT!**

**THE 3RD STREET BEAT
 IS ACCEPTING SUBMISSIONS!**

THE RECOVERY CENTER
 212-533-8400 x5144 for Intake
 8 East 3rd Street
 Outpatient Substance Use Treatment Program