



# 3RD STREET BEAT

PRODUCED BY CLIENTS OF THE RECOVERY CENTER

8 EAST 3RD STREET 10003

#60 MAY 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>

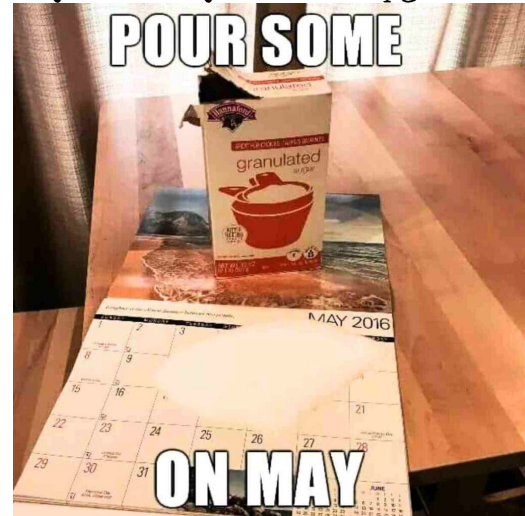
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@[recoverycenternyc](https://www.instagram.com/recoverycenternyc)



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When May sandal weather hits and you haven't had time for a pedicure.





Goodbye Butterflies!







# **Talent Show!!**

## **Reading, Singing, Sharing, Playing, and Drumming Galore**

Thank you everyone for performing and attending! <sup>4</sup>

**By Paul F**

## **Looking Thru the Window**

**Each step we take is a journey.  
A journey to self-discovery.  
Although I'm a slave to the past  
Each day I'm given I try to set myself free.  
Every action that occurs is because of the  
choices we make.  
What kills me is the what ifs  
What if I went right instead of left?  
What if I didn't pick up that bottle?  
Or pill?  
It's the choices we make that define who  
we are.**

**By Paul F**

## **Three things I'm grateful for**

- 1) Another day**
- 2) My sister, my mom**
- 3) My beautiful girlfriend Helen.**

**I am grateful for the 50 yrs I've been  
given. The highs and lows. The self loving  
the self medicating**

**For the days I thought it was over**

**For the days I was Blessed.**

**Even for the days that made no sense.**

**I'm grateful for who I am now  
as opposed to who I was then.**

**Paul F.**

**The time I felt like I belonged was in the army. I learned self control team work relying on my fellow soldiers my brothers. Fighting for a cause, feeling like I was a part of something bigger than me. Having a sense of purpose of pride I survived what I did because of my training and because of my brothers. My one regret is that I didn't stay in the army.**

# Taking Control

If the evil forces can not distract you, it will try to discourage you. If I want peace from drugs and alcohol we're going to have to take it!! Drug and alcohol free will not come easy, you have to take control. When we can control our mind we will control our world. GOD can speak to you through people. Some principles to remind myself to live by, is I have to come to understand getting high with all types of individuals is me looking for love or acceptance in all the wrong people or places, when the love and acceptance is right in front of me all the time GOD!! We don't need GOD's approval because GOD has already approved us.

Terrell W.



WE CANNOT JUDGE  
A BOOK BY ITS  
COVER BECAUSE WE  
ARE ALL BOOKS AND  
WE ALL HAVE A COVER

## Remain Grounded

Today I continue to remain grounded and persistent toward my faith in my higher power to continue to bring blessings toward me to have faith that he will deliver me from all negativity, and bring everything that is a positive and that is nurturing for my body, mind, and soul. No matter how bad my day may start just remember that it only will be like that for a moment and I will be ok just move out the way and Let GO AND Let GOD. This too shall pass I will remain grounded in my Lord and Savior.

## **Dantes lost in addiction**

**I've learned a couple things about  
recovery or discovery the word  
powerless. Just mean we lost some  
sought of control I also found out  
everything we deal with is inward  
your own voice your own head we  
started our own monster and  
don't know how to control it the  
more you feed the worst become  
allow a power greater ourselves is  
the answer  
My word of today:**

**Ambition**



Today

I'm finally  
taking control of my life as well really  
trying to be more responsible.

Presently,

I'm dealing  
with "emotional fallout" which is a direct  
result of my eleven year relationship  
officially ending on February 3, 2025  
It's been a major turning point for me  
on so many levels.

At the moment despite everything

I feel incredibly strong.

I'd like you the reader to understand.

Always be  
true to yourself

David T.

MARY OLIVER

THE JOURNEY

GOD GIVES AT OFFERS SAVING TO  
ALL

YET ONLY A FEW WILL RECEIVE  
AND BE SAVED  
ONLY A REMNANT

SPEAKING ON THE ENDING IN  
BRIEF, IT SOUNDS LIKE SHE CAME  
TO A PLETHORA  
AND SOME ANSWERS TO SOME  
REALITY CHECK QUESTIONS!

KJH

# 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)	<u>9:30am</u> Open Discussion (Nikolay)
10:05 A.M.	Health & Wellness (Katie)	Anger Management (Nikolay)	Values (Nikolay)	Spanish Speaking Group (Aida)	Anxiety Busters (Karin)	<u>10:30am</u> Peer Group (Robert)
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)	Peer Group (Robert)	Free Time
5:15 P.M.	Road to Recovery (Brian)	Preventing Recurrence (Aida)	No group	Substance Use Education (Angela)	<u>TRC Hours of Operation</u> 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**

**212-533-8400 ext 5136 or 5137**

**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