



Coloring by Steven M.

3RD STREET BEAT

PRODUCED BY CLIENTS OF THE RECOVERY CENTER

8 EAST 3RD STREET 10003

#61 JUNE 2025

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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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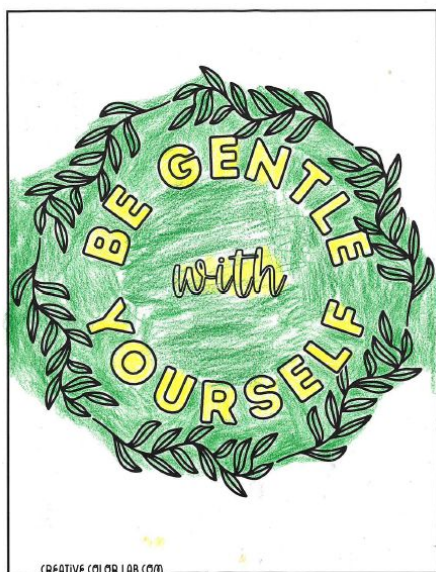


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Doodle Art Alley®





Bird Seed Donuts for the Garden





Tie Dye!



GARDEN FUN





Aquarium Day on Coney Island!







Edward

*God wanted to start over so he picked a lady name
Martha to fix the world before people die*

The Seed

People sometimes when bad things happen to them we blame Jesus Christ for our sin, What can't and shouldn't because Jesus Christ did not sin. (what can wash away my sin nothing but the blood of Jesus). The seed (me, Terrell) must be placed on good ground Mark 4:8, that is now I feel about the horticulture at TRC, Second Chance. They are the ground and I'm the seed, that fell on good ground and yield a crop that spring up, increased and produce some thirty fold, some sixty and some a hundred. I must bare good fruit.

This parable uses the image of a sower scattering seed to represent Jesus' teaching about the kingdom of GOD and how people receive those teachings. The different types of soil the seed falls on symbolize the varied ways people respond to the message of the Gospel.

My story is about being caught in addiction. In the beginning I thought everything was outside of me. I once thought I was being controlled by some force that told me when to use when not to use. As I got more into Addiction, I found out that was a bunch of crap! I found out everything being with me and inside me I also found out where the true enemy was within who knows me better than anyone. I was staring at him from a dark window he looks like me smiles when I smile laughs when I laugh He also cried when I cried that person lives inside of me full of self doubt full of self hate and self worth. This they would all say what comes out of flesh it could be positive or negative the dark side of addiction where we are very hardless where addiction controls their whole life where the spirit doesn't even exist anymore than I being look over my life since I was a child things mother always taught all discipline I've always loved structure. It's separate me from the ugly the good and what I think is good for now I know what's inside of me and how to control it once I know where all the devices are they become less of a device if you don't want them to exist no longer I thank God for that he does not do everything this way I smile this way always because nothing can control only if you allow it!

By Y.H.

Life in the Shelter by Darryl A.

I'm back in the program TRC and Project Renewal. I took a little vacation for about two to three months. I got to get my ID documents square away. I lost my wallet about a year ago so I got to get my birth certificate, social security card, New York City Picture ID, New York State ID. So I got to have four important IT document to get my own crib house 1 bedroom or studio. I don't want no SRO that a single room occupy you got to share a kitchen or bathroom that is a problem you got to clean after yourself you cannot be nasty or unsanitary. So the guys at East Williamsburg that East Williamsburg Men's Shelter in Brooklyn are pretty cool. I get to know the guys eating breakfast in the morning, lunch in the afternoon, dinner in the evening at 8:00pm when we sign for our beds we eat again for the last meal of the night. We share at the shelter so everybody get along. You got to deal with different personality and attitude. God didn't make every-body the same so God bless the city New York City, the country the United States and the world.

Thank you
Darryl

Life in the Shelter by Darryl A

I love the people at TRC and Project Renewal in 8 avenue and East 3rd Street in Manhattan and the Bowery section on the Lower East Side. Is connect to the shelter I'm staying at in East Williamsburg Section in Brooklyn so I know people staff Clients, from both places so I know a lot of people from both spots sides so it is fun we go on trips Baseball, bowling, the museum, movies so I got to get back in the groove so life been good to me. Project Renewal and TRC save my life. Since 2021 four years we are in 2025 so I got to get my own place a studio 1 bedroom so SRO you will have problem so that end of my story so God bless the city New York City and country United States and the World

Thank you
Darryl A.

Just Say No!

In the midst of addiction I sought out acceptance by saying the word yes more often than saying no. With the abuse of substances and the life led from chasing one's drug of choice, comes a feeling of undeserving due to guilt, shame, and embarrassment. Now as a long time drug abuser I feel less than, causing me to settle rather than pursue real friends. This feeling of being less than or low down dirty and ashamed can cause the need to say yes more often than needed in order to be wanted and accepted by others. In recovery saying no when absolutely necessary can be self-empowering. I believe it can also show who is really supportive of self and recovery. Being accepted for saying no and not agreeing with everything is an important part of recovery. It can affect many aspects of one's life. Would you agree?

Start saying no and see who sticks around

Herstan S.

Seeking Companionship

Immediately after quitting substances a voice is left deep within. From experience with my own journey, an intimate relationship is sought and yearned for. This can be a problematic situation because it is only a temporary fix. To be it's like substituting one drug for another, once the initial wounds of addiction or substance abuse are bandaged the relationship has no sustenance or anything to stand on which can lead to a partner feeling not needed or undervalued. My advice to those seeking to fix a void by being valued or of need, build an intimate relationship with yourself first as for seeking acceptance and value elsewhere can be a quick fix. Recovery is a marathon not a sprint when I rush into things due to an impulsive urge it may be difficult to cope with disappointments that can happen in a companionship I initially sought out validation and value from. My recommendation is to find value within self first for a good amount of time as to settle for a companion that seems supportive just want to feel needed.

-Herstan S.

Ode 2 Teachers

**Ode to teachers
responsibility to educate
to pass on and influence language
smarter than your average bear
always underestimated, always
underappreciated. Never giving a fair wage.
the first day of school
the last day of school
storing knowledge
sharing knowledge
alas the keepers of wisdom
and big red apples**

MATTER IS THE MINIMUM, AND MINIMUM
IS THE MINORITY...

AND MINORITY IS THE MINI-ME IN THE
EYESIGHT OF THE POLITICAL MAJORITY
COLLECTIVE
ACTUAL OR METAPHORIC

-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