

# The CenterPointe Chronicles

Summer 2010

## Ojibwa Prayer

Oh Great Spirit, whose voice I hear in the winds and whose breath gives life to everyone, hear me. I come to you as one of your many children; I am weak...I am small...I need your wisdom and your strength.

Let me walk in beauty and make my eyes ever behold the red and purple sunsets.

Make my hands respect the things you have made, and make my ears sharp so I may hear your voice.

Make me wise, so that I may understand what you have taught my people and the lessons you have hidden in each leaf and each rock.

I ask for wisdom and strength, not to be superior to my brothers, but to be able to fight my greatest enemy, myself. Make me ever ready to come before you with clean hands and a straight eye.

So as life fades away as a fading sunset, my spirit may come to you without shame.

~Submitted by Paula M.



## Thank You

I would like to say thank you, CenterPointe, for giving me my life back. I truly mean this from my heart. Not only have you taught me how to live a clean and sober life, you have taught me how to live. For these things and more, thank you CenterPointe.

~Anonymous

## Tom Petty, Up Close

Tom Petty is a multi-instrumental singer, songwriter who was born on October 20, 1950. He is the front man of Tom Petty and the Heartbreakers from back when they started out with the old name, Mud Flaps. Tom was the founding member of the late 1980s group Traveling Wilburys. Tom Petty is a solo artist whose songs remain heavily played on classic rock radio. In the early years, Tom Petty was interested in Rock and Roll. His music-making began at age 10 when he met Elvis Presley in the summer of

'61. I heard somewhere that Tom traded his Wham-O sling shot for a box of Elvis 45s.

In 2006, Petty said he knew he wanted to be in a Band when he saw the Beatles on the Ed Sullivan Show. Tom Petty also overcame a difficult relationship with his father who found it hard to accept that his son was a mild-mannered kid who was interested in the arts, and who had subjected him to verbal and physical abuse on a regular basis.

My thoughts about Tom Petty is that he is one of my favorite artists; his music has been around since 1976 and has had sold out concerts. So, buy your tickets because in June he'll be playing at the Quest Center. I was going to be one of those people, but I have to take care of me. So, if you're one of those people, have fun and think of me!

~Dean



## Favorite Holiday

**Les** – 4<sup>th</sup> of July: of the boom and bling!

**Anon.** – July 4: of family and fireworks

**Shelly** – Christmas: of family and kindness to each other

**Joe** – New Years: you get to star fresh

**Jake** – Halloween reminds me of good times as a kid

**Rachel** – Halloween: I love dressing up as someone else

**Jed** – Thanksgiving: I love to cook dinner

**Cami** – Christmas: Jesus, mood, music, festive, decorations

**Cheryl** – Christmas: giving & receiving gifts, seeing family

**Dean** – July 4: colors, BBQ, family

**Steven** – 4<sup>th</sup> of July because I'm a pyromaniac, I guess

**Heather** – Christmas: family

**Dave** – Christmas: I get presents

**Matt** – Christmas: the presents

**Ashley** – July 4: good fireworks show

**Cat** – July 4: summer, friends and fireworks

**Mike** – July 4: grill-outs and childhood memories

~Shelly



## Battles

Fighting the battles that my heart won't let me give into. Battles unseen to the naked eye, but, to the higher conscience, are all drawn out like the stars.

Love is stronger than pride. My unfaltering belief in peace, love and understanding. When I look around I believe in what I see and what I don't see so clearly but what the spiritual realm gives me a glimpse of. Heaven is here on Earth. I've seen spirits, I've met angels, touched creations beautiful and wondrous. We all have power to create life and to take it away. The world is our church. If we all had peace and understanding this could surly be heaven here on Earth. I see rapid motion of change happening yet, so slow. I see other realms with motion, energy and time. Be precise and exact on what you hand over to the higher self because this life doesn't last forever and its like you're fitting together shattered fragments of beautiful stained glass, and you can easily get lost in the beautiful stained glass that's been torn down only to be rebuilt on concrete. Be aware of the intruders, they may try to misuse you, but your stained glass is only what's important

to you. Putting it back together one piece at a time. The power of the mind is stronger than one may think. And all the angles weep and we play our harps and sing knowing this will soon succumb to peace full circle. Love, hope, faith, family. This will be solved, as a matter of fact, this time of suffering will be forgotten like a dream. And what is and was right, will be; then all the angels, prophets and Hebrews will rejoice together and celebrate and know that there is a heaven on Earth. And all the Gods gather their children and the lambs of God will be blessed forever immortal.

~Tanya

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## Favorite Vegetable

**Steven** – Tomato

**Heather** – Green Beans

**Dean** – Green Beans

**Cami** – Asparagus

**Rachel** – Corn

**Jake** – Corn

**Joe** – All

**Shelly** – Frozen peas, corn, carrots and broccoli

**Rick** – Tomato

**Les** – Cauliflower

**Mike** – Sweet peas

**Cat** – Asparagus

**Ashley** – Corn

**Jed** – Snow Peas, mushrooms, red cabbage

**Dave** – Corn on the cob

**Matt** – Broccoli ~Jed



## An Interview with Catherine Withey, Recreation Therapist at Adult Res.

**DR** – How long have you been At CenterPointe?

**CW** – I started a few days before Christmas in 2005, so 4½ years.

**DR** – Did you go to College?

**CW** – Yes. I graduated in 2005 with a Bachelors of Science in Rec. Therapy and am also Certified in Rec Therapy

**DR** – Are you married? Any kids?

**CW** – Nope. Neither married nor have kids. The closest thing I have to a child is my cat, Billy Bob 😊

**DR** - Where are you from?

**CW** – I was born in raised in west Michigan about 30 minutes from the lake. That is also where I went to college.

**DR** – What got you to pursue your career?

**CW** – I was originally taking pre pharmacy classes intending to become a Pharmacist; however I came to realize I just don't love chemistry that much. I've always wanted to do something in the health field where I can help others and Recreation Therapy is a fun way of doing just that.

**DR** – What is your most embarrassing moment?

**CW** – It involves me and a friend hiking in Wilderness Park, having to go to the bathroom with great urgency, and 2 guys on mountain bikes that happen to pass me at just that moment. Sigh. (In my defense, we were hiking for about 2 hours with no sign of anybody. I thought I was safe.)

**DR** – What is your favorite music?

**CW** – I enjoy a variety of music including techno, world music, ambient, classical, rock and indie.

**DR** – Do you like animals? Do you have any pets?

**CW** – Yes, I have an appreciation for all living things great and small. We've always had cats in the house ever since I was little, most of which were strays we took in. I've had Billy Bob for about 7 years now and he's pretty much the best cat ever.

**DR** – What is your ideal day like?

**CW** – I'd say about 83° and sunny with just a light breeze and a few puffy clouds. The day would be filled with fun, friends, ice cream and a bunch of non-obligatory activities!

**DR** – What are 3 things you'd like to do before you die?

**CW** – Only three? I'd like to take a cross country bike tour, become a savvy world traveler and drive an 18 wheeler (just for fun).

**DR** – What TV/movie character best describes your life?

**CW** – Well, I don't watch a lot of TV or movies, but I was tickled by one friend who compared me to the Lorax in the Dr. Seuss book.

~Interview by Dave



## Favorite Ice Cream Flavor

**Jed** – Chocolate Chip  
Cookie Dough

**Cat** – Cookie Dough

**Anon.** – Butter Pecan

**Anon.** – Cookie Dough

**Heather** – Peanut Butter  
Chocolate

**Rachel** – Rocky Road

**Joe** – All kinds

**Dean** – Chocolate

**Scott** – I don't like it

**Bryn** – Chocolate

**Dave** – Chocolate Chip

**Lesla** – Ben & Jerry's Bunny  
Tracks

**Shelly** – Brownie

**Steven** – Neapolitan

**Bianca** – Rocky Road

**Nikki** – Cookie Dough

**Tanya** – Strawberry Cheese  
Cake

**Cami** – Raspberry Sherbet

**Cheryl** – Chocolate

**Jake** – Rocky Road

**Matt** – Chocolate

**Mike** – Chocolate

**Ashley** – Cookie Dough

~Anonymous





## Darkest Before Dawn

It's darkest before dawn but life goes on. I'm walkin' in the light feeling like a phenomenon. Spillin' my insight what I believe to be right and wrong. This beast inside won't ever leave me alone. As long as God's by my side I'm strong, rolling like a stone. It took me near death just to realize that I'm born. I took God's hand, and he lead me out of the storm.

So.  
I take this second chance as a sign that he needs me. Dancin' with the Devil you know it feels like a freebee. Livin' this life that I was livin' sure as hell aint' easy. Addicts erratic behavior got us acting sleezy. When you have this place just call if you need me. I'll be there by your side if you need to go to a meeting. Just keep a sober mind, I'll make sure you're still breathin' Take it one day at a time! Give it to a God you believe in!

~Steven



## RUNNING

A lot was going through my head and it was hard to gather my thoughts. I didn't want to be here at all. I just felt weighed down and stressed out. I just wanted to be home and close to my family and people who care, but when I came back I found out the people here care about me just as much.

~J.N.



## Favorite Song

**Shelly** – “Heaven” Eric Clapton  
**Lesa** – “Not Afraid” Eminem  
**Cami** – “Strength, Courage and Wisdom” India Arie  
**Dave** – “Turn the Page” Bob Seger  
**Jed** – “While We Cry” Kenny Wayne Shepherd  
**Steven** – “Comfortably Numb” Pink Floyd  
**Tanya** – “32 Flavors” Ani DiFranco  
**Heather** – “Gotta Survive” Mase  
**Anon.** – “Stairway to Heaven” Led Zeppelin  
**Rachel** – “Sandstorm” Darude  
**Anon.** – “Voodoo” Godsmack  
**Dean** – “Night Prowler” AC/DC  
**Jake** – “Cecelia” Simon and Garfunkle

**Matt** – “Knockin on Heaven’s Door” Bob Dylan  
**Julie** – “Hero” Mariah Carey  
**Ashley** – “All Summer Long” Kid Rock  
**Amanda** – “Hotel California” The Eagles  
**Bryn** – “Summer Breeze” Seals and Croft  
**Cat** – “Cobalt” Øystein Sæviag  
**Danielle** – Sublime  
**DJ** – “Black Balloon” Monster Magnet  
**Steph** – “Fire on the Mountain” Asa & “Heartbeat” Nneka

~Heather

## Remember, But Let God Have It

Guilt  
Pain  
Shame  
Blame  
These feelings overwhelm me  
My fault I now see  
What kind of person can I be?  
I don't want to cry anymore  
My heart aches, my body is sore

Working on my life  
I've come to believe  
My Higher Power  
Believes in me

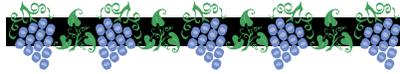
Six months later  
I may not ever be cured  
But my counselors have helped me find my inner core  
I am a good person, of this I'm sure.  
Thanks CenterPointe

~Shelly

## Do You Live Your Dash

I'm speaking of a woman  
who is our mother  
I am referring to the dates  
from the beginning to the  
day she went with our  
father into heaven  
So when she spoke to each  
of us that day one by one  
She said to me what  
matters most of all was the  
dash between those years  
For that represents all the  
time that she spent alive on  
earth and now all those  
who love her know what  
the little line is worth  
For it matters not how  
much we have maybe said  
or did wrong. What  
matters is how we live and  
how we show how much  
we really love each other  
So we think about this long  
and hard. Are there things  
you would like to change?  
For you never know how  
much time is still to be  
rearranged. And be less  
quick to anger and show  
appreciation more and love  
the people in our lives like  
we have never loved before.  
If we treat each other with  
respect and more often  
wear a smile remembering  
that this special dash might  
only last a little while.  
So when your eulogy's  
being read, with your life's  
actions to rehash. Would  
you be proud of everything  
they say about how you  
spend your dash?!

~Julie (Inspired by a  
poem by Linda Ellis)



## If You Were a Fruit, Which Would You Be?

**Lesia** – Kiwi; it's a bit abrasive  
on the outside, but bright and  
exotic on the inside  
**Anon.** – Banana; they have  
good form  
**Shelly** – Tomato; they're  
plump, juicy & make people  
smile  
**Joe** – Orange; they're bright  
**Jake** – Red Apple; common  
and plain  
**Rachel** – Strawberry; nice &  
sweet, and dipped in sugar  
even sweeter!  
**Jed** – Kiwi; sweet on the inside,  
fuzzy on the outside  
**Cami** – Coconut; live in the  
tropics for free  
**Cheryl** – Raspberries; I love  
them  
**Dean** – Strawberry; they're  
sweet  
**Heather** – Watermelon  
**Steven** – Star fruit; I'm unique  
**Mike** – Pineapple; tasty & juicy  
**Cat** – Apple; sweet, refreshing,  
healthy & easy to take  
wherever you go  
**Ashley** – Strawberry; taste  
good on ice cream  
**Dave** – Banana; playful  
**Nikki** – Pineapple; sweet &  
exotic  
**Teresa** – Pineapple; tough skin  
**Tanya** – Pomegranate; lots of  
seed, takes a long time to eat  
**DJ** – Kiwi; abnormal, off color,  
but sweet inside  
**Richard** – Honeydew; I hear  
"honey do" a lot  
**MaryJane** – Blueberry; low  
sugar and full of antioxidants  
**Matt** – Kiwi; sweet inside  
**Stephanie** – Cumquat; they're  
weird  
**Dave T.** – Crabapple; they  
make most people sick to their  
stomach

**Mary H.** – Peach; warm &  
fuzzy with a hard core  
**Ruth** – Strawberry; sweet,  
juicy & grows wild  
**Tawni** – Orange; they're  
bright  
**Anon.** – Peach; I love them  
**Bianca** – Strawberry; sweet,  
hard and pretty  
**Bryn** – Watermelon; they're  
good  
**Daniel** – Star fruit; shiny &  
nicely packaged, but nobody  
buys them  
**Amanda** – Strawberries; lots of  
seeds & I have lots of moods  
**Katie** – Banana; long and  
yellow  
**Chiemmy** – Strawberry; taste  
good  
**Julie** – Bananas; I like them  
**Phil** – Orange; I roll really  
fast  
**Nick** – Peach; that's the fruit  
that Mary said & I'm a brown  
nosier

~Lesia



## Time

Yesterday's breath is gone  
Never to be here again  
The time I take to write to  
you is time that's gone from  
me, too

So, use this time with all your  
heart  
Don't throw it away

Work it, day one, start

'Cause one day time will  
Cause you to part

The love you find here  
Keep it close to your heart

Do this, you'll live  
Treat yourself right  
Keep CenterPointes lessons  
Hold on tight

When you're tempted,  
Fight the fight  
Your strength and love  
Is for you to chose right

~Shelly



## HERO

A Hero to most is a  
fairytale thing  
So unbelievable most don't  
believe.  
But lucky for me  
I have gotten to see  
A HERO defined only by  
me.

A man so strong  
To lift the weight from my  
shoulders so I can breathe.

A man so courageous  
As to walk down a dark  
path with my hand in his

A man so fearless  
That only he can comfort  
my biggest fears.

A man, who from the  
beginning

Said yes when everything  
else said no.

A man, who appeared  
When I thought I was all  
alone.

A man with a heart so  
warm  
That with only his kiss I was  
brought back to life.

A man who can brighten  
Any day with his smile.

A man like no other  
My world he soon became.  
He was unexpected  
A gift he was meant to be.

An angel undercover  
A man like no other.

He became an important  
piece in my life's puzzle.  
He opened my life to a  
belief I never thought was  
real.

I never believed in  
fairytale  
Till the day you walked in.

For my Hero has come  
My HERO defined only by  
me.

~Rachel



LOVE



~Artwork by Bianca

## Departure

I'm pissed at the Disease.  
Three, well almost 3 left this  
weekend. It's the disease  
calling 'cause it's over petty  
shit blown out of proportion.

I'm pissed at the Disease  
'cause they have no idea what  
is really happening. All they  
know is they have something  
or someone to blame, hurt  
feelings, something to run  
away from. The Disease  
smiles and waits for them to  
run right back into it's arms  
for comfort, for a bit, back to  
hell if they live.

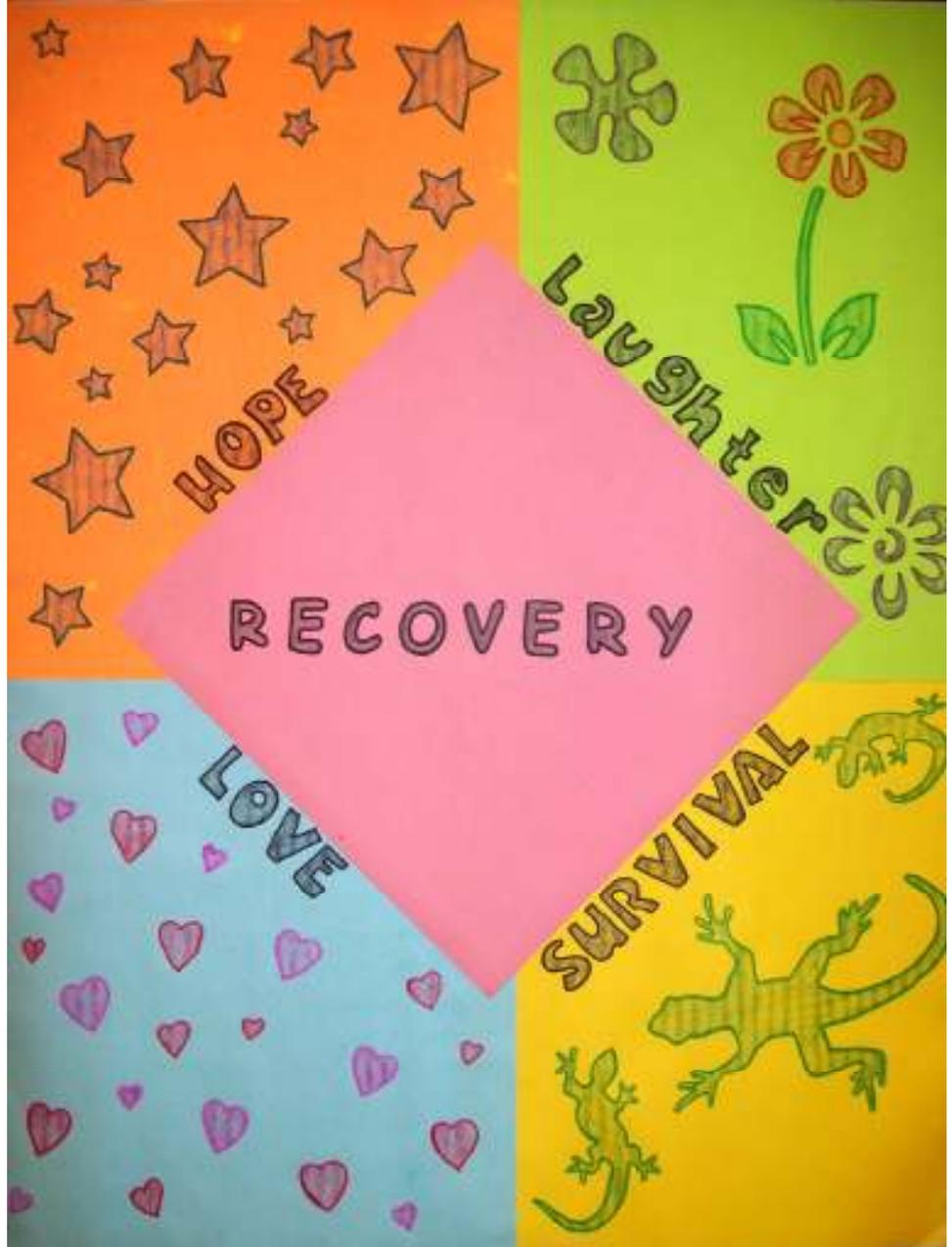
I'm pissed at the Disease as it  
is a subtle foe that waits for  
my friends weak moments, a  
crisis of some sort and in It  
steps, treatment stops short.

~Cami

## Pointes to Ponder

1. Why does the sun lighten our hair, but darken our skin?
2. Why do they call a #2 pencil the most popular?
3. If corn oil is made from corn, and vegetable oil is made from vegetables, then what is baby oil made from?
4. Why don't sheep shrink when it rains?
5. Why are they called "apartments" when they are all stuck together?
6. How come we choose from just two people for president, and 50 for miss America?
7. Why doesn't Tarzan have a beard?
8. How is it that we put a man on the moon before we decided it would be a good idea to put wheels on a suitcase?
9. Why is there a light in the refrigerator but not in the freezer?
10. If electricity comes from electron then does morality come from morons?
11. Why is it called a TV set when you only get one?
12. Why do toasters have a setting so high that it burns bread beyond the point of being edible?
13. Why do people say they "slept like a baby" when babies normally wake up every two hours?
14. Do Lipton employees take coffee breaks?

~Submitted by Lesa



~ Artwork by Heather

The Following Passage is  
Taken From *Daily Affirmations* by Rokelle  
Lerner.

Today I'm glad to be alive, I'm thankful I was born. Every day now, in recovery, I can celebrate my existence. I have a purpose. I am important. I have a place in my community. I surround myself with people who care. My Higher Power will continually guide me and make me aware of my right to

be here now. I have a mission in this life, and I take daily steps to complete this mission. My presence is essential, my presence is felt. It is difficult to be thankful when I frown upon painful events and continually feel affected by their outcome. I am responsible only for my part in life's daily tasks, I can continue to make new choices and change my path to grow in positive directions. I am important! My ideas count, my feelings count, and I am needed! I will continually celebrate my existence. 🌸🌸🌸🌸🌸



# Word Search

By Heather

N	O	I	T	N	E	V	E	R	P	E	S	P	A	L	E	R	L	L
W	M	G	I	L	P	Q	D	E	T	T	A	S	R	N	C	R	G	E
P	V	I	N	R	O	S	E	D	R	R	N	E	T	O	Y	E	V	I
U	I	A	T	F	H	Y	T	N	A	O	O	I	S	I	P	L	A	S
T	L	B	E	Z	I	P	N	I	U	P	I	R	S	T	F	A	S	U
Q	S	C	R	P	Y	A	I	H	M	P	T	A	I	C	B	T	R	R
K	L	Y	V	U	T	R	O	S	A	U	A	D	P	I	U	I	E	E
M	L	T	E	V	E	E	P	E	S	S	T	N	Q	D	D	O	I	Q
S	I	I	N	A	I	H	R	L	H	F	I	U	N	D	G	N	R	C
U	K	L	T	B	R	T	E	F	T	Y	L	O	U	A	E	S	R	M
R	S	A	I	S	B	P	T	T	G	R	I	B	T	S	T	H	A	E
V	G	U	O	T	O	O	N	E	N	E	B	F	R	T	I	I	B	E
I	N	T	N	I	S	E	E	S	E	V	A	A	I	R	N	P	E	T
V	I	I	G	N	L	V	C	T	R	O	H	M	T	E	G	S	G	I
A	P	R	S	E	G	O	W	E	T	C	E	I	I	S	Q	M	N	N
L	O	I	Y	N	W	L	B	E	S	E	R	L	O	S	J	A	A	G
Q	C	P	F	C	D	C	L	M	C	R	N	Y	N	S	X	A	H	S
I	G	S	S	E	N	L	L	I	L	A	T	N	E	M	E	P	C	W
U	Z	C	L	E	S	U	B	A	E	C	N	A	T	S	B	U	S	T

- |            |                |              |                    |              |                 |
|------------|----------------|--------------|--------------------|--------------|-----------------|
| Abstinence | CenterPointe   | Intervention | Nutrition          | Self-Esteem  | Substance Abuse |
| Addiction  | Change         | Leisure      | Recovery           | Sobriety     | Support         |
| Barriers   | Coping Skills  | Love         | Rehabilitation     | Spirituality | Survival        |
| Boundaries | Family         | Meetings     | Relapse Prevention | Strengths    | Therapy         |
| Budgeting  | Mental Illness | Hope         | Relationships      | Stress       | Trauma          |

## Personality Disorder Word Scramble by Heather

- Dleorreibn \_\_\_\_\_
- Lotacniasia \_\_\_\_\_
- Lsoypctzhia \_\_\_\_\_
- Hzisicod \_\_\_\_\_
- Dorpniaa \_\_\_\_\_
- Ihsoiitnrc \_\_\_\_\_
- Tsrincasisic \_\_\_\_\_
- Aiaodvnt \_\_\_\_\_
- Tedneepdn \_\_\_\_\_
- Eisosebsv-Mpcsvoulie \_\_\_\_\_
- Aerlgne \_\_\_\_\_

Answers: 1. Borderline, 2. Antisocial, 3. Schizotypal, 4. Schizoid, 5. Paranoid, 6. Histrionic, 7. Narcissistic, 8. Avoidant, 9. Dependant, 10. Obsessive-Compulsive, 11. General