

March 2019

Noojimo'iwewin, We Heal

Volume 1, Issue 6

Encouragement Everyone Matters!



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Together We Heal

Our community is in need of healing. Recovery from drugs, alcohol are possible and people are making effort to recover EVERYDAY! This newsletter will help us stay connected, promote healthy lifestyles, inform community on events, and encourage those still struggling.

Please come visit us at the Noojimo'iwewin Center! The Noojimo'iwewin (We Heal) Center is a safe and comfortable place for people to come to socialize, get support in developing and maintaining

recovery, and wellness in a welcoming, accepting atmosphere.

Services provided:

- ◇ Socialization
- ◇ Peer support
- ◇ Cultural Activities
- ◇ Monthly Sober Feasts/Meals
- ◇ Recreation
- ◇ Groups/Talking Circles
- ◇ Job Coaching/Life Skills
- ◇ Helping Finding Medical/Dental Services
- ◇ Help finding Housing

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"What the caterpillar calls the end of the
world, the master calls a butterfly."

~ Richard Bach



Noojimo'iwewin Center Activities Onaabani-Giizis ~ March 2019

Crust on the Snow (Broken Snowshoe) Moon



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Closed	Open 8 am-8 pm	Open 8am-4:30pm	Open 8 am-8 pm	Open 8am-4:30pm	Open 8 am-8 pm	Open 10 am –6:30pm
AA = Alcoholics Anonymous VRNA= Vocational Rehab for Native Americans 37450 Water Tower Rd, Red Cliff Call for more information: 715-779-3508					1 AA Meeting 6:00 pm	2 Family Games Age 0-12 with parent 1-4pm
3 Closed  Aagimose He walks on snowshoes. Closed	4 Sharing Circle 5:00 –7:00pm	5 Embroidery Class 1 –4pm	6 VRNA 1:00 –3:00pm Wellbriety 6:00 –8:00pm	7 NA Meeting 11:00 am –12:00pm Sewing Class 1 –4pm	8 AA Meeting 6:00 pm	9 Movies 4 –6:30pm
10 Aagimose He walks on snowshoes. Closed	11 Sharing Circle 5:00 –7:00pm	12 Beadwork 1 –4pm	13 VRNA 1:00 –3:00pm Wellbriety 6:00 –8:00pm	14 NA Meeting Breakfast For Dinner Sobriety Potluck 5:00pm	15 AA Meeting 6:00 pm	16 Teen Games Age 13 –18 1:00 –4:00pm
17 Closed	18 Sharing Circle 5:00 –7:00pm	19 Beadwork 1 –4pm	20 VRNA 1:00 –3:00pm Wellbriety 6:00 –8:00pm	21 NA Meeting 11:00 am –12:00pm Knitting Class 1 –4pm	22 AA Meeting 6:00 pm	23 Cribbage 1 –4pm
24 Closed	25 Sharing Circle 5:00 –7:00pm	26 Cooking Class 11–3pm	27 VRNA 1:00 –3:00pm Wellbriety 6:00 –8:00pm	28 NA Meeting 11:00 am –12:00pm Knitting Class 1 –4pm	29 AA Meeting 6:00 pm	30 Movies 4–6:30pm
31 Closed						

Groups/Meetings Available

Sharing Circle- Mondays 5-7pm: is an opportunity to share in a confidential and safe environment. We open the circle with smudging ceremony and prayer.

We usually have a topic but open the circle to individuals an opportunity to share from their hearts. Basic rules are no cross talk and when the person is speaking, they hold a sacred item, feather, stone, talking stick and the participants listen without judgement or feedback.

Wellbriety Wednesdays 6-8pms- The Wellbriety Movement is an interconnected web spreading across our Native Nations carrying the message of cultural knowledge about recovery for individuals, families and communities.

The web is a live entity that was born out of the work that White Bison created after the Elders told about a healing time that has come. We start with smudging and a prayer, read the daily meditation, then read from the White Bison book, and choose a topic to discuss.

Alcoholics Anonymous Fridays 6pm-

OPEN meeting- Topic Meeting

Narcotics Anonymous Tuesdays 11am-12pm-

OPEN meeting- Topic meeting

Yummy Recipe! By Cassie McCrow

Chicken Jambalaya

Here is a healthy way to spice up an
End of Winter supper!

Ingredients

- 3/4 pound boneless skinless chicken breasts, cubed
- 3 cups reduced-sodium chicken broth
- 1-1/2 cups uncooked brown or white rice
- 4 ounces reduced-fat smoked turkey sausage, chicken sausage or regular pork sausage (drain the fat), diced
- 1/2 cup thinly sliced celery with leaves
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 2 to 3 teaspoons Cajun or Creole seasoning
- 1 to 2 garlic cloves, minced
- 1/8 teaspoon hot pepper sauce
- 1 bay leaf
- 1 can (14-1/2 ounces) no-salt-added diced tomatoes, undrained
- Chopped green onions, optional



Directions

1. In a large skillet lightly coated with cooking spray, sauté chicken for 2-3 minutes or until chicken is no longer pink.
2. Stir in the next 10 ingredients. Bring to a boil. Reduce heat; cover and simmer for 50-60 minutes or until heated through.
3. Stir in tomatoes; cover and simmer 10 minutes longer or until liquid is absorbed and rice is tender. Remove from the heat; let stand for 5 minutes. Discard bay leaf. Serve with green onions if desired.

Editor's Note

The following spices may be substituted for 1 teaspoon Creole seasoning: 1/4 teaspoon each salt, garlic powder and paprika; and a pinch each of dried thyme, ground cumin and cayenne pepper.

Nutrition Facts

1 cup: 285 calories, 4g fat (1g saturated fat), 43mg cholesterol, 654mg sodium, 41g carbohydrate (4g sugars, 4g fiber), 21g protein. Diabetic Exchanges: 2-1/2 starch, 2 lean meat.

Yum

Be Positive! By Cassie McCrow

A Positive Outlook Can Help Your Recovery!

Sometimes life can be overwhelming, especially in early recovery, and it can be easy to focus on all the challenges or negative things that are in your life. It can take a real effort to look at the positives (but there always are some). Acknowledging things we are grateful for can boost our positivity and help us through the hard times, relieve stress, improve our mood, and our mental and physical health.



Here are some tips to maintain a positive attitude of gratitude:

- Keep a journal or put a piece of paper in a jar every day. Start writing down things you are grateful for every day. It may be hard to do at first – it could be as small as a good, hot cup of coffee or a smile from someone. Look at how your life is changing since beginning your recovery journey and what is going right now. After a period of time, you will be able to look back and see that there have been many things you have been grateful for.
- Keep positive company. The people you spend time with can make a big difference in how you see the world. Chronic complainers can bring us down as we become what we are surrounded by. Try to spend time with people who are generally in good spirits, can laugh and joke and who don't dwell on the

negatives. It is good to acknowledge our challenges but we don't need to spend a lot of time on them.

- Saying "Miigwech!" (Thank You!) is good medicine. Just saying that word lets good energy flow through you and out to others. You will feel better and so will they!
- Help others. There are always opportunities to be helpful or kind to others. Giving to them can help you to see there is a lot you can be thankful for and their gratitude will help you feel good about yourself.

Some of the things you may be grateful for that have to do with your sobriety.

These might be:

- Not having a hangover this morning
- Saving money because you are not buying alcohol or drugs
- Having a clearer mind and memory
- Healthier relationships
- More control over your life because you are not worrying about the details of using
- Improved physical and mental health

While having a negative attitude can increase the risk of relapse, having a positive attitude will increase your aptitude for recovery and your resilience. You will be able to take life's small setbacks more in stride and work toward your goals more effectively. This positivity will affect the people you spend time with in a good way too!

Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.

Melody Beattie

Izhi'idiwinan: Encouragement By: Sonia Reyes-Buffalo

I have said times before, "the encourager needs encouragement." This statement is the beginning of a ripple effect that can go on for miles and miles and miles, to infinity. As encouragement has become quite a rare value amongst people, the need becomes greater. The most encouragement we give is to our children which is so desperately needed in this day of age. I find it rare to hear someone say hey, "I see you are doing a fabulous job today. Thank you for what you do for our community." Or, "I know this may be a difficult time for you to go through but know that my family is praying for you." As, social media is a huge way to connect with most people and usually all the encouragement is done online, I would love to see more people building up others in person. There is something about, a one on one conversation, face to face that makes things true and genuine.

Encouragement goes a long way and is a gift from the Creator to our brothers, sisters, families, co-workers, and random people. When we find joy in encouraging others, we then see the outcomes of constant encouragement, and then we begin to make it priority in our lives. Making encouragement an honest priority in our lives can start a beautiful process of healing, comfort, and peace.

Encouragement isn't always the words we say, it can be a form of actions also. When I think of encouragement in action I see people going out of their ways to help someone in need. I see people from the United States going all the way to the streets of India to find help for the orphans who are left abandoned. I see an arm wrapping around a friend who just lost their son, or a tear shed with someone who is feeling like there is no hope left. Encouragement has many faces and it

takes little effort to make it apart of our daily lives.

I remember when I was in the middle of my drug use, one person came up to me and hugged me. I haven't felt a hug in probably almost a year. The human contact was so deeply moving, I instantly felt completely convicted with shame of my own actions. Even though their hug was exactly what I needed at that exact moment, it changed my mind about the hole I was digging for myself. It made me feel as if I mattered to someone. No words were exchanged. The silence of that hug was what kept me going and fighting for my life.



A true encourager sees the problem in someone as potential to give them a chance. Reaching out to those who are struggling should be a second nature for us. We know this world is full of corruption and hate, and someone who is struggling obviously has seen a lot of turned backs. Burnt bridges often turn into bitterness and resentment, and later turn into expectancies. Its hard to trust a person especially if their record shows guilty. But as a true encourager, we don't look at the outward appearance, we search much deeper and do our very best to pull out the best in others no matter their circumstances. All humans deserve a basic respect; the Creator has given them a spirit that is of His own. The very life source of any living thing is connected to the one who created it, which in affect makes us all related and connected to each other. That my friend is the underlying reason why people ought to encourage.

Continued...

Izhi'idiwinan: Encouragement By: Sonia Reyes-Buffalo

This thought brings me to scripture, **1 Thessalonians 5:14-15** says, *"14 We appeal to you, dear brothers and sisters, to instruct those who are not in their place of battle. Be skilled at gently encouraging those who feel themselves inadequate. Be faithful to stand your ground. Help the weak to stand again. Be quick to demonstrate patience with everyone. 15 Resist revenge, and make sure that no one pays back evil in place of evil but always pursue doing what is beautiful to one another and to all the unbelievers."*

Believer or unbeliever, these are great words to live by. I love how this scripture used the word gentle. Being gentle with someone one who feels inadequate is such a positive thing for them to experience. When those who are feeling weak, our strength sometimes is needed to help others stand on their feet. Another tricky skill we as encouragers must have is PATIENCE! It is always difficult when we step into other's problems, as emotions fly showing mercy and patience is key to really being an effective helper. The last thing this scripture explains is resisting revenge. Sometimes when we find out so and so beat up his wife again we can get angry and upset

wanting to do things in revenge. Here it says, "make sure that no one pays back evil in the place of evil.." When our loved one gets hurt we automatically want to hurt the ones who hurt them. Instead if we always pursued what was right and beautiful, instead of a negative chain reaction we would be able to start a positive one. It takes a forgiving heart to be able to accomplish this last part, as we know unforgiveness opens the door to bitterness and resentment.

So, as we go about our days and think about the types of encouragement we like and need to get us through the day, let us start to think about practical ways we can serve and encourage others around us. Give from the overflow of your heart, lead others to work and care for each other with zeal and passion, and have mercy on those who are struggling, draw them close to you and show them love. Each one of us has an essential role in making our community a better place. And through encouragement and encouraging others we will see a beautiful change take place. You are amazing and wonderfully created!



Noojimo'iwewin (We Heal) Center “Breakfast for Dinner” Sobriety Potluck!

*New Day!
Same Time!*



*Everyone
is welcome!*

**Thursday March 14th
at 5:00pm**

37450 Water Tower Rd. Red Cliff

For more info please call:

715-779-3508



Stop Human Sex Trafficking



- Butch and Jean Fitzpatrick, from SHAREDHOPE International are coming to share the dangers and realities of Human Sex Trafficking.
- Butch and Jean as a TEAM travel to raise AWARENESS about the horrific act of modern day slavery.
- Come join us for their presentation on how to be proactive and how to prevent exploitation!
- The material presented is appropriate for mixed-gender adults and children older than the age of 12.
- Light Dinner will be provided

**When: March 12,
2019**

**Where: Red Cliff
Community Health
Center**

**Front Conference
Room**

Time: 5:00pm

**Any Questions please call Sonia Reyes-Buffalo
715.779.3707 Ext. 2452**



The Noojimo'iwewin (We Heal) Center



**Self-Esteem
Building**

**Mutual
Support**

**Helping
Others**

**Sharing
Circle**

**Positive Role
Modeling**

Self Care

**with
Midge Montano**

**Time
Management**

Spirituality

Acceptance



Monday Evenings 5:00 – 7:00pm

37450 Water Tower Rd, Red Cliff

Please call Midge at 715-779-3707 Ext. 2321 for more information

The Noojímo'iwewín (We Heal) Center

Wellbriety Meeting

Wednesday Evenings

6:00 – 7:30pm

Everyone is Welcome!

A Native American 12 Step Program

Wellbriety Means:

- **Sober lifestyles**
- **Wellness—balance (mental, physical, spiritual, emotional)**
- **Connected to principles, values, and Natural Laws**
- **Walking the Red Road**
- **Creating a “Healing Forest” in our community**



37450 Water Tower Rd, Red Cliff
For more information, please call Cassie at
715-779-3508 or 715-779-3707 Ext. 2450





NARCOTICS ANONONYMOUS

WHERE: Noojimo'iwewin

37450 Water Tower Rd.

Bayfield, WI 54814

WHEN: Every Thursday morning

11am-12pm

Rides may be provided on a needs basis, Red Cliff area only.

Call (715)779-3707 Ext. 2452

You are NOT alone!



COME JOIN US! ALCOHOLICS ANONYMOUS @ THE NOOJIMO'IWEWIN DROP IN CENTER!

EVERY FRIDAY, 6PM
37450 WATER TOWER RD.
REDCLIFF, WISCONSIN

Join us for coffee and AA fellowship!

CONTACT: Sonia Reyes-Buffalo 715.779.3508 EXT.2452

Mishomis Wellness Center Calendar

RED CLIFF MISHOMIS WELLNESS

MARCH 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 Building Strengths Grp 1-3 CCS MTG. 4:30 p.m. Greif Sharing 6-8	7	8	9
10 Daylight Saving Time Turn Clocks Ahead	11	12 Relapse Prevention Grp. 10-12	13 Building Strengths Grp 1-3	14 BHS Student 9-12	15	16
17 	18	19 Relapse Prevention Grp. 10-12	20 Building Strengths Grp 1-3 Full Moon Ceremony 5-?	21	22	23
24	25	26 Relapse Prevention Grp. 10-12	27 Building Strengths Grp 1-3 Greif Sharing 6-8	28 BHS Students 9-12	29	30

Mishomis Wellness Center is Open Monday through Friday 8:00am-4:30pm

If you want to be apart of any group or activity please call ahead of time

(715)779-3741

How can we help?

Here at the Noojimo'iwewin Center we want to be available to help you with your needs and find the resources you need to sustain sobriety and a healthy lifestyle.

REASONS WE ARE HERE

- When you get out of the hospital, treatment, halfway house, or jail, our door is open.
 - We have been there and we can relate.
 - Peer to Peer recovery works!
- To help recovering addicts and alcoholics feel at home and feel safe.
 - We are available when others are not.
- To help those in recovery re-engage and get involved with our community and help the next alcoholic or addict get recovery.
- When you don't have anything to do come and be here, we have great things to keep you busy!
 - Build new relationships/friends!
- We want to show you life can still be fun without drugs and alcohol!
- We want our community to volunteer and let us help you keep motivated and on track!
- You are valued and loved here, we also need your help creating something beautiful.
 - We have 12-Step and recovery groups available!

Noojimo'iwewin *We Heal*

If you have any questions or concerns please
call us at (715)779-3707

Cassie McCrow – Ext. 2450

cmccrow@redcliffhealth.org

Midge Montano– Ext. 2321

imontano@redcliffhealth.org

Sonia Reyes-Buffalo– Ext. 2452

sreyesbuffalo@redcliff.org

Or call the Noojimo'wewin Directly at
(715)779-3508

37450 Water Tower Rd.

Red Cliff, WI 54814