



HEARTLIFE MINISTRIES

Meeting Notes: **HLM ROSC Meeting Notes**

Date: November 28, 2023

Time: 1:30 pm

Location: Zoom

Minutes Dictate By: Jada Anthony

Attendance: 20

Kristen Dean- HLM Recovery

Jada Anthony- HLM Recovery

Ben Rudolph- Tech for Region 2

Angela Mclellan- Will County Health Dept.

Kyle Leak- New Guest

Erick Williams- New Guest

Danny Sourbis - Dupage ROSC

Maria Crawford- Founder of Heartlife

Allison Thomas- Rosecrance

Kathleen Burke- Will County Health Dept

Diamond Hargrove- New Guest

Tarcia Leak- HLM Recovery

Jarrett Burton- Dupage ROSC

Marianne Bithos- NAMI

Joseph- New guest

Anita Clemmons- New guest

Michael Cooper- New guest

Nadege Thomas- Council member HLM

Cynthia- New guest

Ruby Powell- Council member HLM

Agenda:

1. Welcome
2. Introductions
3. IceBreaker- What can be done to bridge the gap in the youth?
4. Upcoming Events in the Community
5. Highlights from State
6. Ben Rudolph
7. Close

Meeting Minutes

Maria Crawford set the tone for our meeting with a poignant prayer, expressing gratitude and marking the beginning of this festive season. Kristen Dean, our capable program manager, then detailed the exciting events on the horizon, notably highlighting the Show Up Recovery Holiday Council Meeting scheduled for December 19th at 6:30. We hope all can attend this insightful council meeting, in which we will have a mens panel to discuss men's mental health, and how we can help in honor of our nephew we lost two years ago by suicide.

An insightful icebreaker question was posed to the audience, sparking a rich discussion on connecting with the youth. The responses, including the importance of showing up, actively listening, and fostering understanding rather than expecting it, reflected a collective commitment to building meaningful connections. Allison Thomas shared about a youth center in Orland called The Bridge, a place the youth can attend with activities, really just discussing to meet them where they are at.

The meeting seamlessly transitioned to our esteemed speaker, Ben, who courageously shared his transformative journey. At the age of 44, he found solace in embracing Christ, breaking free from years of feeling like an outsider. Ben candidly revealed that his insecurities led him down a tumultuous path of substance use from age 14 to 44, navigating various roles such as college student, musician, and bartender.

Ben's turning point came when he recognized that recovery wasn't just about cessation but about filling a void within himself. Seeking refuge in Alcoholics Anonymous (AA), he discovered a profound sense of purpose. His concluding words resonated deeply, reminding us that everyone is on a journey of recovery, advocating for a life of simplicity, spirituality, kindness, and generosity—a path that ultimately brings fulfillment.

The meeting encapsulated a blend of heartfelt moments, valuable insights, and a powerful message of hope and resilience. It served as a testament to the strength found in sharing our stories and supporting one another on our respective paths to recovery and personal growth.

Welcome and Prayer: Neesha Stringfellow and Alice Crawford

Upcoming Events: Kristen Dean

Introduction: Ben Rudolph

Closing Prayer: Alice Crawford