



LIV LOVES LIFE

*The latest news and updates from the Livingston County
ROSC and our partners...*



LIVINGSTON ROSC HELPS LOCAL TOY DRIVE HAPPEN

*Livingston ROSC Partners with Salvation Army &
Local Businesses for 2024 Holiday Toy Drive*

We often have meetings where a lot is said, but it's hard to remember what was accomplished or if any tangible next steps were decided. However, the value of meetings is you never know when somebody will say something that *does* help make a difference. We believe that is the case with the recent Livingston ROSC Council meeting from October. During a routine request for 'Agency Updates', one of the council members from Salvation Army mentioned their agency could use assistance with the annual holiday toy drive in Livingston County.

Almost immediately after that meeting, the Liv ROSC core team quickly met and mobilized to begin planning how the Livingston ROSC could provide additional support and capacity to the Toy Drive. It is a new activity to central Illinois ROSC coalitions, so the team decided to replicate the process used by the McLean County ROSC for its highly successful Professional Clothing Drive last year. This included getting the word out and determining local dropoff/pickup sites.

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TOY DRIVE CONT'D

Livingston ROSC, Salvation Army, Chamber of Commerce, and Heller Motors Team Up for Toys!

...John Schneider began talking to local organizations about whether they would like to join our effort to help pull off the 2023 Holiday Toy Drive. We're happy to report local business Heller Motors, along with the Chamber of Commerce and Caterpillar (staff only), were interested in partnering up. Drop-off boxes for new/sealed/unwrapped gifts can be found at Heller Motors (below) and the Chamber of Commerce. John picks up new toys from above sites every Friday through December 8th.

It's only a matter of days until the drive concludes. Bob from Heller Motors in Pontiac says "Help us fill the truck with toys for the Salvation Army's toy drive". Contact LivingstonCountyROSC@gmail.com for more information.



FIND US ON SOCIAL MEDIA

-  [Livingston County Recovers: A ROSC-Community](#)
-  [Livingston.County.ROSC](#)
-  [Livingston County ROSC](#)
-  LivingstonCountyROSC@gmail.com

The Liv-ROSC is pleased to partner with Heller Motors in Pontiac for this Toy Drive.



Staying Centered in Recovery Through the Holidays:

It's no secret revelation by now that the holidays can be stressful for many, but also offer a powerful opportunity for spiritual growth by sharing fellowship and joy with others. Stressful and uncomfortable situations offer chance to evolve our recovery if we learn to walk through them with grace and gratitude. The uncomfortable will become comfortable with practice.

Tips for Staying Sober Through Holidays:

- 1. Have Sober Strategies in Place:** Have a plan to protect sobriety; go to a meeting before or after event, connect with sponsor or peers, know where exits are, have own transportation, bookend event with phone calls, empower self to limit your time in stressful situations.
- 2. Adjust Your Attitude:** Talk to some with lived experience or counselor about emotions and expectations wrapped up in holidays. Remember, you're not alone in feeling stressed about holidays. Be forgiving of yourself and others. Be wary of relapse after the holidays.
- 3. Be of Service:** Connecting with others in this way can be a new experience that takes courage. You have already demonstrated the capacity for tremendous courage and change. Look for ways to be of service to others. Offer to help clean up or assist to stay busy.
- 4. Be Mindful of Thoughts:** Watch for rationalizations creeping in, like "I guess I can handle alcohol on special occasions" or "it's only once a year" or "maybe I can control it since it's been a while". Tell someone ASAP if this happens. Checking our motives is always wise.
- 5. Avoid Known Risks:** If you know an aunt will grill you about "rehab" or a cousin will fix you a stiff drink, then stay away. If a gathering is all about drinking, then avoid just politely decline this year. Don't try to 'Solder Through' risky situations. Don't argue with your gut feeling if it's raising red flags.



See Page 6 for a list of Local Support Groups and 12-step Fellowship/Meetings on Christmas and New Years.



The holidays are a great time to practice Gratitude, but here are some simple ideas we can practice everyday:

- 1. Make a list of what you have rather than what you want** (see p. 5): Count your blessings and record how it makes you feel to have these things in your life.
- 2. Write a Thank You Letter or Card:** The act of saying thank you can help you better appreciate the gifts you receive.
- 3. Pray or Meditate:** Both help to cultivate gratitude and perspective.
- 4. Practice Random Acts of Kindness:** The holiday season is a wonderful time to help others who are less fortunate. Volunteering, donating canned goods and toys, or baking cookies for a neighbor are simple and easy ways to show others that you care.
- 5. Focus on Your Health/Wellness:** Take time to be thankful for what your health allows you to do and not how it may be limiting.



WHAT IS A ROSC?



ROSC stands for Recovery-Oriented Systems of Care. The Livingston County ROSC is a community coalition of SUD/MH professionals, PLEs (people with lived recovery experience), family members and allies, community volunteers, and others. We work together to bring new and holistic recovery supports and services to the community. The ROSC is not a recovery program, but rather, it provides a progressive framework for looking at recovery, realizing that healthy recovery involves more than going to 'treatment and meetings'. We greatly support those cornerstones of recovery but also believe recovery should happen in the community, including all its myriad resources and service offerings across different agencies, non-profits, and the existing recovery community. ROSC is funded through state grants.

Chestnut serves as a lead agency, but the overall goal is for the Livingston County recovery community to absorb and manage it. This is one reason why collaboration between ROSC and the community is crucial.

The ROSC seeks to align ideas and resources to provide widespread and 'out of the box' recovery services and supports. These services are determined based on community needs analyses, focus groups, PLE interviews, and monthly ROSC council meetings. Everyone has an equal voice in our meetings and we rely on our council members to help steer the future direction of the Livingston County ROSC.

Monthly ROSC Council Meetings: We meet on the 1st Thursday of every month at Noon (12-1p) via Zoom.

Zoom ID: 919 2567 0666 Passcode: 972489

Livingston County ROSC

GOT SERVICE? JOIN OUR COALITION OF VOLUNTEERS TODAY

The ROSC is for anyone who is interested in supporting recovery from Substance Use and Mental Health Disorders. There are no sobriety requirements, no membership restrictions, and you don't need to be in recovery or work in the field to participate. We will take one and all, and your level of participation is up to you. Come check us out and help make a difference in our community.

JOIN NOW
For Free

Contact Us to Get Involved:

- 📞 309-825-6026 (John S.)
- 📧 LivingstonCountyROSC@gmail.com

Check out our [Virtual Resource App](#) Web Page by scanning QR Code:

- Local Support Groups
- Livingston ROSC Literature
- Free Local Services & Training
- Upcoming Recovery Events
- Much More!

RECOVERY CORNER: GRATITUDE

In this issue's Recovery Corner, we look at the timely topic of Gratitude, and how it is the key to finding a path to one's Higher Power

In practicing recovery (especially early on), chances are, we were focusing on all the misery in our lives—the things that life had inflicted on us, and the things that we had inflicted on ourselves. But now that we discovered recovery, we have to change our thinking patterns if we want to change our drinking or using patterns.

When I first came into recovery, my sponsor told me (among other things) to carry a notebook and write down 10 things I was grateful for, and then add three things to that list every day. I thought at the time it was silly but I followed his directions because I was convinced I had to practice absolute surrender, open-mindedness, and willingness. I began to realize that God was already presenting himself in throughout my journey, and had been doing so for my entire lifetime. A new pair of glasses showed me a higher power was protecting me all along.

Why else did I write a gratitude list? Because I didn't want to be miserable, and if being grateful was the solution, then that's what I would do. Most importantly, a grateful heart doesn't drink because it doesn't feel *the need* to do so. I learned very quickly that the struggle stops when gratitude begins. A simple gratitude list reminds me that God is *not* picking on me. To simplify the experience, gratitude became the path to finding God for me. As it says in one of the stories in the A.A. Big Book: "I pray I never forget to be grateful".

Holiday Gratitude List



Rather than write a Gift List for Santa, today I'll spend a moment to list the gifts I already have...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____




One Goal for Today: _____

LivingstonCountyROSC@gmail.com

Progressive Gratitude



"Gratitude should go forward, rather than backward" - As Bill Sees It p. 29

I am very grateful that my Higher Power has given me a second chance to live a worthwhile life. Through Recovery, I have been restored to sanity. The promises are being fulfilled in my life. I am grateful to be free from the slavery of alcohol. I am grateful for peace of mind and the opportunity to grow, but my gratitude should *forward* rather than backward. I cannot stay sober on yesterday's meetings or past 12-step calls; I need to put my gratitude **into action** today. Our founders said our gratitude can be best show by carrying the message to others. Without action, my gratitude is just a pleasant emotion. I need to put it into action by working Step 12, by carrying the message and practicing the principles in all my affairs. I am grateful for the chance to carry the message today!

- Daily Reflections p. 154 (May 25)

**Holiday Meetings,
Fellowship & Service**



CR Returns to Pontiac!



Every Thursday at 6:30pm

Pontiac Bible Church

1611 W. Reynolds (Rt. 116); Pontiac,
IL 815-419-6137

*Looking for Fellowship & Like-Minded
Support on the Holidays? Check out
these local meetings, events and
service opportunities over the Holidays:*

12/24 @ 5:30p Christmas Eve

12/25 @ 9:00a & 5:30p

Pontiac Alano Club

640 E. Indiana Ave. Pontiac

12/24: Christmas Eve

Midnight Gratitude Meeting

Cedar Lake Fellowship

401 E. Empire

Bloomington, IL



12/25 @ 6p Celebrate Recovery

Grace Community Church

1634 State Rt 23; Streator, IL

BNAA 2023
NEW YEAR'S EVE CELEBRATION
GET CONNECTED
 SUNDAY, DECEMBER 31ST
 MILLER PARK PAVILION

SALAD BAR • STEAK • BAKED POTATO BAR

MUSIC! DJ! DANCING!
 SERENITY STOCK! SILENT AUCTION!
 SOBRIETY COUNTDOWN!

... AND OTHER SURPRISES!

DOORS OPEN AT 6:00 PM
 DINNER AT 6:30 PM

TICKETS
 \$20 IN ADVANCE
 \$25 AT THE DOOR

HOSTED BY AA MEMBERS LIKE YOU! FROM VARIOUS BNAA HOME GROUPS

Call or [email](#)

[BNAA](#) Intergroup

309-828-7092 to

request

transportation