



BOUNCE BACK 2 LIFE RECOVERY NETWORK

BB2L February 2024 ROSC MEETING

Call to Order by Apostle Carl White:

Date: Feb 21, 2024

Time: 9:30 am – 11:00 am

Location: True Vine MB Church, 14324 Marshfield, Dixmoor, IL

Attendance: Attached

MEETING AGENDA

Introduction of Agencies/ Attendees- Apostle Carl White

Moderator- Apostle Carl White

Why ROSC is important..... Pastor William Fleshman

Introductions - Pastor William Fleshman

Speaker- Pastor Steve Jones

[Grief Sharing](#)

Questions & Answer

Join the ROSC Movement..... Apostle Carl White Jr.

MOUs.....William Jenkins

Announcements & Upcoming Events

Complete our Survey

Next Meeting Date March 20, 2024

Lights of Zion Ministries, 11636 S. Halsted, Chicago, 60628



Meeting Minutes - BB2L ROSC Council

Date: [February 21, 2024] *Time:* 9:30 am *Location:* 14324 Marshfield, Dixmoor, IL

Call to Order:

- The meeting was called to order by Apostle Carl White.

Attendance Registration:

- Attendees were requested to sign in if they had not already registered.

Welcome and Introductions:

- Pastor Fleshman welcomed all attendees, introducing the purpose of the discussion.
- Pastor Fleshman invited each attendee to provide a brief introduction, highlighting their roles within the BB2L ROSC Council.

Pastor William Fleshman gave a quick overview of the importance of ROSC Councils

Introduction of Pastor Steve Jones:

Summary of Grief Sharing:

Pastor Jones shared with the group that group grief counseling helps reduce depression symptoms in people after losing a loved one. Group grief therapy, available in-person and online, helps you build connections with others who are grieving and might positively impact your mental health. People often enter a period of grief after losing a loved one, but everyone experiences grief differently. You might feel intense anger, fear, or sadness. Losing a loved one is often a traumatic experience, and grief can be long-lasting. The goal of group grief counseling is to reduce the mental and physical effects of grief to help you move forward. Hearing about others' experiences can give you an idea of how long it takes and how disruptive it can be. He emphasized that you may feel hopeful if you see others in later time frames of their grief function in ways that seem unfathomable after you lose someone. Many people are not comfortable sharing their feelings with family and friends. A grief support group may provide an outlet if you desire to talk to others but do not know where to go. Pastor Jones stated the grieving process can feel lonely. It might help to see that others are going through similar life changes as you are, though differently.

Participant Opinions and Testimonies:

- Several opinions were shared regarding the powerful and helpful nature of the presentation to various agencies and stakeholders.
- Multiple attendees shared their experiences with grief sharing and how it helped them on their healing journey.

Apostle Carl White Jr.:

- Invited people to become members of BB2L, highlighting the benefits of networking within the Recovery Community.

William Jenkins:

- Introduced MOUs and underscored the importance of becoming a member.

Upcoming Events:

- BB2L Podcast, ROSC Networking Event.
- BB2L Media Blast for March, April, and May, with each member requested to submit videos and pictures of all events.
- Each person was asked to complete the online survey.

Meeting Adjourned:The meeting was adjourned by Apostle Carl White at 11:00 am.

