



BOUNCE BACK 2 LIFE RECOVERY NETWORK

BB2L NOVEMBER 2024 ROSC MEETING

Call to Order by [Name]

Date: November 20, 2024

Time: 9:30 am – 11:00 am

Location: Victory Christian International Ministries Park Forest, IL

Attendance: Attached

MEETING AGENDA

Introduction of Agencies/ Attendees- [Name]

Moderator- Apostle Carl White

Why ROSC is important..... Araina Mickens

Introductions - Araina Mickens

Speaker- Pastor William Jenkins "Gratitude In Recovery"

Questions & Answer

Join the ROSC Movement..... Pastor Steve Jones

MOUs.....Pastor Steve Jones

Announcements & Upcoming Events

Complete our Survey

Next Meeting Date: December 18, 2024

Location: Zoom

RECOVERY NETWORK

BOUNCE BACK 2 LIFE



Meeting Minutes - BB2L ROSC Council

Date: [November 20, 2024] Time: 9:30 am Location: Victory International Ministries

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:

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

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Councils Summary of ?YmGdYU_Yf:

Pastor Jenkins started off with a quote, "Without gratitude, life is endless work with no real meaning and no detectable results."

We were told with gratitude, you can sense how far you've come and where you might go next. Your energy tank refills. You feel a deep sense of pride and accomplishment for all your hard work and good intentions, and you look for opportunities to connect with people, the world, the moment. In early recovery, you're still in the discovery phase: You don't understand everything about yourself or your substance use, coping mechanisms and relationship patterns. So you need to be patient and kind with yourself while you gradually learn about "the exact nature of your wrongs," and how to be present, happy and connected in recovery.

In early recovery and beyond, gratitude will help you: Motivate yourself to change,

Decommission negative mindsets, Think and act positively, Overcome feelings of pity and entitlement, Regulate emotions, Build a support network. One of the most powerful statements Pastor Jenkins said was, "gratitude and anxiety can't coexist". Take a moment each day to express your gratitude. Some people have compiled thousands of entries in an ongoing gratitude list. Even the most painful lessons can have beautiful finishes, able to detect the smallest and earliest signs of a potential relapse. Then we can address the issues as they arise and find a healthy way forward.

Pastor Steve Jones:

- Invited people to become members of BB2L, highlighting the benefits of networking within the Recovery Community.
- Introduced MOUs and underscored the importance of becoming a member.

Upcoming Events:

- BB2L December Meeting, December 18, 2024.

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