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Oxford Tri-Star

Oxford House of TN Newsletter



Fast Facts

As of November 2025:

- **Men: 107 Houses, 852 Beds (3 Houses for men/children)**
- **Women: 70 Houses, 548 Beds (21 Houses for women/children)**
- **1,400 Total Beds**

Fall has a way of bringing people together. In Oxford House, that togetherness shows up in shared meals, late-night talks, and the simple comfort of knowing you're not walking this path alone. Recovery is our common bond. It ties every member of this community together. But it's the day-to-day moments like the laughter, the learning, and the rebuilding, that makes us feel like family. As we move through this season of change, we celebrate the strength it takes to let go of what no longer serves us, the courage to start again, and the beauty of supporting one another through every stage of the journey. The Fall is an easy reminder that change can be beautiful and growth is always worth the effort. Here's to supporting each other through every high, every low, and every fresh start.

Giving Back by David Morris - Nashville, Tennessee

When many of us move into an Oxford House, gratitude isn't something we often think about. We're usually at a spiritual low when we first move in. As we start to work our programs of recovery, we begin to realize how special our individual houses are and how important it is to give back to our community. It's endlessly inspiring when I see Oxford Houses come together and organize events. Recently, we had the opportunity to volunteer at the Nashville Rescue Mission. The ladies at Oxford House Karuna do so on a regular basis, and they lead the way on making this possible. It's important to find gratitude in our daily lives for the gifts we've been given and to volunteer our time and efforts towards helping others who might not have found the gift of desperation yet. If we show them what we have found by living in an Oxford House, maybe one day they will give us a call and we can welcome them home. We keep what we have by giving it away. Nothing fuels the soul more!

"The meaning of life is to find your gift. The purpose of life is to give it away."

- Pablo Picasso



OHI Outreach Worker, David Morris, alongside Oxford House members at the Nashville rescue mission.



A Testament to Growth, Grit, and Heart

By Lakeisha Starks - Cookeville, TN

Over the past few months, Oxford House Chapter 26 in Cookeville has continued to shine as a true example of unity and purpose. What began as a handful of houses committed to recovery and accountability has now flourished into a thriving network of homes built on compassion, peer-support, and service. The opening of Oxford House Surgo will mark the seventh Oxford House in Cookeville in just over two and a half years. This incredible milestone is a reflection of the determination and teamwork that defines Chapter 26.

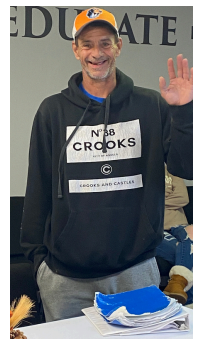
But growth for Chapter 26 goes far beyond numbers. This chapter has shown what it means to hold together through adversity, facing challenges head-on and coming out stronger each time. Their heart for fundraising has allowed them to support stabilization and expansion efforts across the region — proving that when a community shares a mission, there's no obstacle too great to overcome.

Rooted deeply in Tradition One, Chapter 26 continues to innovate by finding new ways to bring recovery to life inside each home. Members are working collectively to make sure that the newcomer is not only recognized as the most important person in the house, but that they truly feel like it. Through mentorship, fellowship, and daily accountability, Chapter 26 is setting the bar for what Oxford House recovery should look like: supportive, peer-structured, and full of heart.

(Left) Chapter 26 members and OHI Outreach, Lakeisha Starks, engaging in fundraising and fellowship.

A Welcoming Atmosphere

Chapter 26's Thanksgiving Unity Dinner was a beautiful celebration of resilience, fellowship, and the growing strength of the Cookeville membership. The room was filled with genuine warmth as everyone came together to share food, laughter, and a sense of belonging that continues to define this chapter. Members showed incredible unity and support for one another, creating an atmosphere where new faces felt immediately welcomed. One of our newcomers, David C., expressed how much the event meant to him and how truly embraced he felt by the group. The evening illustrated a community that stands together, uplifts one another, and continues to grow stronger with every gathering.



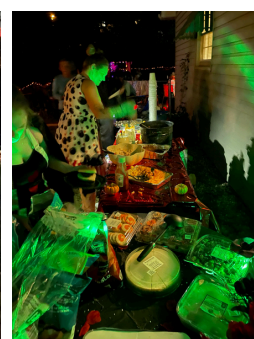
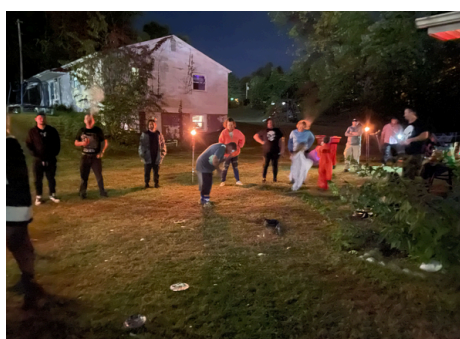
Fall Fun: Spooky Vibes & Fundraiser Pies

By Sarah Harris

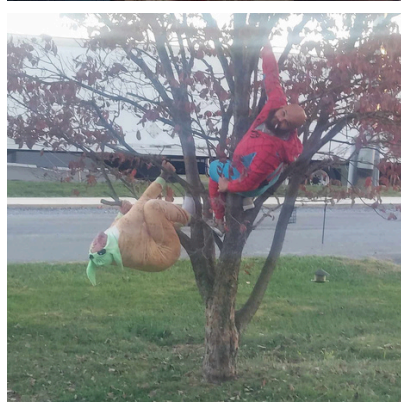
Oxford House's emphasis on fun is one of the many reasons it worked for this broken addict. Whenever I have an opportunity to speak about Oxford House, I always stress to listeners how important fun is. We didn't get sober to be even more miserable. Each one of my relapses shared something in common - I justified using by telling myself "I deserve a break." Sobriety felt mundane. I was living to work, working to live, unable to find enjoyment in my strict routine of simply making ends meet. There was no break in the cycle. I felt imprisoned by sobriety. That's what made it so easy to convince myself getting high, just one more time, would be better.

Having fun in recovery was a game-changer. I now know fun existed in my relapse days, I was just to 'fatally hip' and 'terminally cool' to realize it back then. Oxford House made it obvious. With so many events continuously broadcasted by a community so huge, fun is inescapable. Having fun in recovery leads to gratitude. Gratitude leads to long-term abstinence. Long-term abstinence leads to a successful, valuable life. "A life beyond your wildest dreams" is what was promised to me. Today I have that.

Take a look at some of the fun the Johnson City Oxford Houses had this Halloween:



From pumpkin carving, to taco bars & costume contests, Johnson City did it all! For the low price of \$5, OHI staff and chapter chairs will happily get pied to raise some funds!



50th Anniversary World Convention: “Count Blessings, Not Grievances”



The Oxford House World Convention never disappoints. This year was extra special. “Count Blessing, Not Grievances.” This short but profound message was the last email OHI staff received from the late CEO and Oxford House Co-Founder, Paul Molloy. To celebrate 50 years of Oxford House, this message became the theme of the whole convention. Panels this year included topics such as:

- Parenting in Recovery
- Rebuilding Relationships in Recovery
- Leading with Purpose
- The Opioid & Stimulus Crisis: MAR and Overdose Awareness
- Balancing Recovery and Education
- Financial Wellness in Recovery
- & much more!

There were numerous guest speakers and experts who delivered powerful messages. Attendees were grateful to hear speakers such as Corrie Vilsaint, Ph.D, The Honorable Judge Kenneth M. Stoner, and John M. Majer, Ph.D, among many others.

Here’s what Oxford House members in Tennessee are saying:

Amy - Kingsport, TN: I was truly blessed to be able to attend. I finally found the place I belong. I’m looking forward to raising my newborn son in an Oxford House. I’ve learned that I want to be a part of the outreach team. I didn’t really, truly know how amazing they really are until I attended World. I enjoyed listening to how Oxford House was built. I plan on bringing a better version of myself. And no matter what, I’m always going to go that extra mile for a newcomer or someone still in the streets. I’m truly blessed to be a part of such a big family. I thank God for each and everyone one of you can’t wait to go to state and to start making a difference outside of just my House.

MJ - Johnson City, TN: This is my second World Convention. It was even more amazing than the last one. I learned a lot and continue to learn everyday. I’m so thankful for the friends and family I have in Oxford House and the new ones I make everyday. I will continue to be of service to my Oxford Family and I love everyone of you guys.

World Convention (Continued)

Eric - Nashville, TN: This was my first World Convention and I'm forever grateful for this wonderful opportunity to meet new people, see old friends, and make memories. It was very educational, I learned so much and had so much fun. I love you all so much. I love what Oxford House stands for and what it does for us all. I'm very honored to have been included in this trip. #OXFORDLUV

Kara - Jackson, TN: This was my 4th convention. I love the electricity and the love we emanate during these gatherings. There's nothing like feeling like you belong to something so immense and meaningful. My favorite part has been hearing all the heart-warming stories of inclusion and belonging - finding love in the darkest moments of their lives when they didn't think anyone ever would or could love them.

Becca - Madison, TN: The convention was an experience I'll never forget. The friendships I made as well as the friendships I was able to grow stronger made my cup filled to the tippy top. My favorite panel was the Making OH a Safe Space as well as the mental health panel. I can't wait to put my self care first so that way my mental battery can always be full so I can be the best me I can be while enjoying my recovery and helping others enjoy theirs too. I can't wait to go to the next convention!

Jeremy - Jackson, TN: This was my second World Convention, and there is nothing like the love and excitement getting to see other members from other states - sharing our experience strength and hope, our knowledge, and our love with one another. My favorite panel was living the nine traditions I cannot wait to share this information with not only my chapter, but with my city so that our houses can continue to reach out into the community and show others what it is like when we find a new way of life.



OXFORD HOUSE
50TH
ANNIVERSARY
1975 - 2025



MOBILIZE RECOVERY DAY OF SERVICE

Oxford House has partnered with Mobilize Recovery for its Day of Service since it first launched in 2023. According to their website, **“The Mobilize Recovery Day of Service is a vibrant network of community-driven events taking place across the country during September and October. These events unite people in recovery and their allies to create lasting, positive change in their neighborhoods. Substance use and mental health challenges touch every family and individual, often leaving deep impacts. But we’ve also witnessed the transformative power of recovery. While every recovery journey is unique, three pillars remain constant: Community. Collaboration. Connection.”** (recoverydayofservice.org)

Oxford Houses in Tennessee banded together to host over a dozen events across the state. From school supply drives, to distributing socks to persons unhoused, OHTN didn’t miss an opportunity to give back!



This is Aaron's second time in Oxford House. The first time, Aaron stayed for 2 years. He moved on and did well until circumstance caused him to move back in to ensure his continued sobriety. Aaron served as Chapter 2 Chairperson from March 2024 until he helped spearhead the formation of a new chapter in January, 2025. He currently sits as Chairperson and helps educate and lead Chapter 27. Aaron was a valuable core member in opening Oxford House Elmore and again made himself available to be a core member for the newest house in Memphis, Elysian Manor. In his service to Oxford House Aaron helps other chapters as well. He sets the example of what a member of Oxford House can do to give back and be of service. He spends his days working for a tech company, and makes music on the weekends. He is an active member of the Shelby County Drug Court Alumni Association and is currently living his best life. Aaron's favorite quote sums up his recovery: “it's not who you are underneath, but what you do that defines you” ... in case you're wondering... that quote comes from Batman.

Member Spotlight **Aaron Renfro - Memphis, TN**



Aaron alongside OHI Staff Geremy receiving a certificate of excellence at the 2020 OHTN Convention.



Save the Dates

Oxford House of Tennessee will be returning to the Embassy Resort in Gatlinburg for the 2026 State Convention. This year, the convention will be extended by an extra day, allowing Oxford House members to enjoy the amenities, while spacing out the educational panels and presentations.

Save the dates: May 14th - May 17th

Home for the Holidays

As the holiday season settles in, Oxford House communities across the country find themselves reflecting on what family truly means. For many residents, this time of year can stir up complex emotions - nostalgia, grief, gratitude, and hope all at once. When traditional family ties are strained, distant, or no longer safe, the season can feel suffocating for those who are still rebuilding their lives. Yet Oxford House offers something profoundly meaningful: a place where family is chosen, nurtured, and strengthened one day at a time. Your housemates become the people who understand your journey best. The support you give one another is a living example of recovery in action and the power of shared experience. In an Oxford House, family isn't defined by bloodlines - it's defined by commitment, honesty, and compassion.

When you don't have a traditional family gathering to attend, your Oxford House has the chance to create new traditions that feel just as meaningful. Something as simple as planning a house meal, cooking together, or decorating the common areas can turn this season into a shared celebration. These activities remind everyone that community is built through intention.

The holidays can also be a time for sharing stories, laughter, and memories of how far each resident has come in their recovery. Engaging in these shared experiences strengthens trust, eases loneliness, and builds a sense of belonging. Even for members who have difficult histories around the holidays, creating new positive moments can help rewrite old emotional patterns.



Expansion



**OH Aligned
Opened Sep 2025
for men
Knoxville, TN**

**OH Tidus
Opened Sep 2025
for men
Johnson City, TN**



**OH Golden
Opened Sep 2025
for women
Knoxville, TN**



**OH Auron
Opened Oct 2025
for men
Johnson City, TN**



**OH Elysian Manor
Opened Nov 2025
for men
Cordova, TN**