

# The OXFORD TRI-STAR

Winter '23-'24



May your winter be cozy and bright

Newsletter by Sarah Harris

Oxford House of Tennessee began the winter season strong and unified. As of November, there were 150 Houses in TN, home to over 1,000 men and women in recovery. As we grow into the new year, we reflect on 2023 with gratitude. This year, we added more than 20 new Oxford Houses to the state and opened Houses in new areas, Cookeville & Murfreesboro. Everything accomplished this year is owed to the spirit of unity and teamwork. We are grateful for our landlords and TDMHSAS for the unwavering support.



(Above) Oxford House Nye in Madison, TN celebrates Christmas in their home as a family. (Below) OHTN gathered in Memphis for a State Association Meeting followed by a festive party.



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# Unity in Oxford Houses of Tennessee



## Annual State Workshop: Camping in Erwin, TN



Members from Oxford Houses across Tennessee came together for the 2nd Annual Camping Retreat in Erwin. Food, fun and fellowship consumed the campground. Alumni and current members shared experience, strength and hope with each other. During down-time, members enjoyed amenities offered by the campground and the planning committee. (Top) Members floated in tubes down the Nolichucky River. (Middle) Breakfast and lunch are served! (Bottom) Fellowship around the campfire. (Photography by Michael Howard, SC)



# Holiday in Memphis

# Unity in Oxford Houses of Tennessee



Staff, alumni, and members of Oxford Houses met weekly to plan and execute an unforgettable holiday party. Dec. 8 – Dec. 10 OHTN rented a massive house in Memphis to host a fun, safe and sober event.

“I had a blast! I’m so grateful I got to go. Loved meeting all you wonderful people!!” – Jamie H.

“I love y’all so much and had a great weekend. I’m so happy to have all these recovery rockstars in my life!” –Melissa W.

“We had a blast. Can’t wait to see you guys again in March.” –Amara M.



(Above) The 12bd 7ba Memphis Mansion. (Top left) OHTNSA officers preparing for a meeting. (Middle left) OHTN members taking photos with the tree. (Bottom left) Special guest Santa visited the OH kids and the Grinch visited their parents!!



# Expansion



Oxford House Elmore  
Open November, 23  
Memphis, TN  
Home to 7 men

Oxford House Hamilton Place  
Open November, 23  
Chattanooga, TN  
Home to 9 men and 3 kiddos



Oxford House Renatus  
Open December, 23  
Memphis TN  
Home to 7 men

Oxford House Legacies  
Open December, 23  
Johnson City, TN  
Home to 8 men





# Expansion

Oxford House Renacide  
Open November, 23  
Knoxville, TN  
Home to 10 women



Oxford House Vittoria  
Opening January, 24  
Johnson City, TN  
Home to 9 women

Oxford House Crowne Pointe  
Opening January, 24  
Murfreesboro, TN  
Home to 9 men



Oxford House Wintergreen  
Opening January, 24  
Knoxville, TN  
Home to 9 men

# Oxford House - Giving Back



## "Giving Hope"

By Jonathan Velazquez



RIFA is a store in Jackson, TN. It's a non profit organization that sells things - kind of like a Goodwill. They have a soup kitchen that they feed the homeless in. There are volunteers that come regularly to lend a hand. Luckily, for Oxford House, we get the privilege of helping out every month. We have a rotating schedule of all our Houses to volunteer. We supply the food ourselves.. We are honored to share our stories while we're there in an effort to give hope. We stay til everyone has gotten a chance eat. We eat and converse with them. This is a very heart-warming experience - to be able to feed the homeless in our town and to give back to the community instead of taking away from it. It's an eye opener for alot of us because that could be us at any point. The cold winters hit hard in our area. Giving them warm food to eat hopefully makes their day just a little better. It's a very great rewarding experience and we love being able to do these things for RIFA and for the community.



(Above) Members of Oxford Houses in Jackson at RIFA.  
(Below) Jonathan and a couple of his peers at RIFA.



# Oxford House - Giving Back



13 Tornadoes struck Middle TN on 12/09/23 affecting Oxford Houses in Clarksville and Madison. Members in nearly 20 Houses went without power. We thank God that no members were injured in the wake of the disaster that claimed the lives of 6.

## The Tornadoes Across Middle Tennessee



Going without power when you've grown accustomed to the gifts of sobriety is uncomfortable. For many of us, we used to be homeless and hungry. The luxury of a warm bed, food in the fridge, and paid light bills was once an unobtainable dream. With reality setting in, and hearts full of gratitude, Oxford House members in Clarksville quickly took action. Debris cluttered many of the neighborhoods where the Houses are located. As good neighbors, with their recoveries built on the foundation of service work, members of the Houses hit the streets in an effort to help their fellow humans whom may have lost more than their electricity. (Above) Photos of damage by The Tennessean. (Left) Photos of Oxford House members lending a hand in the clean up efforts. by Jason Goodman, OHTNSA Treasurer

# Oxford House - Giving Back



## “Adopting Angels”

By Amara Morgan



Chapter 12 began discussing ways we could give back to the community for the Christmas season. We agreed to help the children in our region by adopting angels from the Salvation Army. (“Every child deserves to experience the joy of Christmas morning. The Salvation Army Angel Tree program helps provide Christmas gifts for hundreds of thousands of children around the country each year.” – SA) Initially, Chapter 12 was going to adopt 2 angels; a boy and a girl. Quickly, everyone was on board. We ended up adopting 22 angels! On 12/04 we delivered the gifts for our 22 angels. We are grateful we were able to give Christmas to these children. We hope to make this a tradition within our chapter.





# Member Spotlight



I live in Oxford House Dreamscape. I'm currently the House President and Chapter 7 Chairperson.

I've gained a lot from living in an Oxford House. I grow closer to God every day. I love watching His miracles unfold in my life and the lives of the women in my House. I've gained my self-esteem back and I've had a happy and healthy environment to do that in. I've also gained a network of people that push and motivate me. Today, I work, save money and accomplish goals. I'm living a life I used to dream about.

Since getting sober, I've learned about my addiction. I give back by sharing my experience, strength and hope with other addicts. I'm now the mother, daughter and friend that God intended me to be.

My advice to the Newcomer:  
Stick with it. There is no limit to the room for personal growth and gain while living in an Oxford House. Get involved and do service work; no matter how big or small. Service builds you up internally.

My goals:  
Short term: Continue to be a great employee, keep working AA, stay positive, be consistent for my family.  
Long term: Work for Oxford House, start some type of prison recovery, go on a tropical vacation!

## Tina Crutchfield Memphis

