

Summer 23

THE OXFORD TRI-STAR



Roaring Recovery

Oxford Houses in Tennessee kicked off the season with our State Convention in Gatlinburg. The event was an educational, fun-filled get together with a 1920s twist. Oxford Houses celebrated their 20 year anniversary in the Volunteer State.





Convention Pre-Game

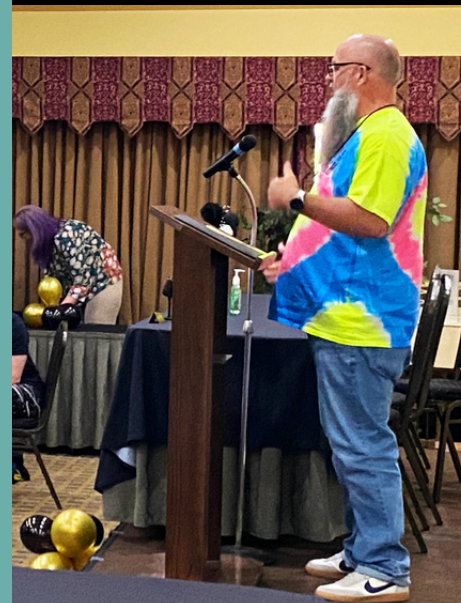
Prior to the start of the convention, members from the Oxford Houses in Tennessee participated in a Gatlinburg tradition; The Scavenger Hunt! Members were randomly assigned different team numbers and raced across the Gatlinburg strip with a list of clues. Each clue led members to different landmarks and locations where they had to stop and take group photos. Here are some of the moments they captured.



"A good education is the foundation for a better future."

Oxford House members in Tennessee had the privilege of attending amazing and educational presentations. We were honored to have some guest speakers travel in from across the state and even over state lines to share important information with the attendees. Some of the presentations included this year were:

- Oxford House in Tennessee (presented by Linda McCorkle, Director of Treatment and Recovery Services in TN)
- Lifeliners in Tennessee (presented by Jeremiah Lovelady, TDMHSAS Lifeliner, Johnson City)
- Fire Safety in Oxford Houses (presented by Lisa Londono, OHI Regional Manager, SC)
- Welcoming the New Member (presented by Bear Jerrells, OHI NC)
- MAR and Oxford House (presented by Casey Burley, OHI Training and Education Coordinator, TX)



A moment of silence

Memorial Table



A table was set up to celebrate the lives of those we lost this year; the majority of which had lost their battles with addiction. In 2021, Tennessee had the 2nd highest overdose mortality rate in the US, with 3,813 overdose deaths (56.6/100,000), according to the CDC. If you live in TN, resources are available to combat overdose deaths. TDMHSAS offers ROPS, Regional Overdose Prevention Specialists, across the state. ROPS are a point of contact for training

and education on opioid overdose and for overdose prevention through the distribution of naloxone. October 2017 through March 2023, the ROPS distributed more than 450,000 units of naloxone, and TDMHSAS has documented at least 60,000 lives saved because of naloxone distributed during that time. Because of stigma and other factors, the department believes the actual number of lives saved is much higher.

WOMEN'S EMPOWERMENT

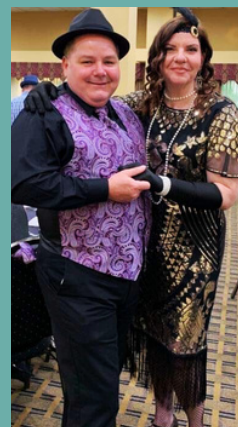
This year, the women in Oxford Houses of TN had the honor of attending a women-only luncheon. Members gathered to eat lunch and enjoy each others company, while making God boxes and avidly listening to a guest speaker. Lori Holtzclaw, Director of Field Services, OHI, shared her experience, strength and hope with our members. The room was filled with gratitude and inspiration.



Costume Contest

Costume contest winners (left) took home cash prizes of 2 and 1 weeks EES, respectively.

"Recovery IS POSSIBLE! Winning 1st place wasn't just about winning for me. It was way more personal. For me, it was celebration of growth, belief in myself and feeling confident in the woman I am today."
-Jennifer H.

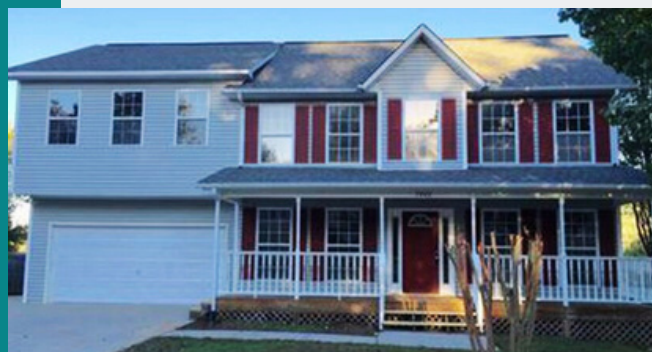




EXPANSION

New Houses

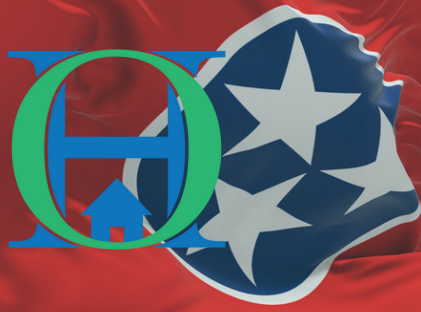
**Oxford House Ferrous
Opened 07/23 For 7
men in Knoxville, TN**



**Oxford House Ohana
Manor Opened 07/23
For 8 men & children
in Jackson, TN**

**Oxford House Forest
Highland Opened
06/23 For 8 men in
Hixson, TN**





EXPANSION

New Houses

**Oxford House Koi Opened 06/23
For 8 women & children in
Cookeville, TN**



**Oxford House Gregory Trail
Opened 07/23 For 8 women in
Chattanooga, TN**

**Oxford House Zulu
Opened 07/23 For 7 men in
Clarksville, TN**



**Oxford House Samurai
Opened 06/23 For 8 men in
Cookeville, TN**

Member Spotlight

Daniel Bedwell Nashville

I live at Oxford House Port in Chapter 14. I'm the House President and Chapter Vice Chairperson. I've gained a lot since moving into and Oxford House. I've gained responsibility, self-pride, a sense of worth and discipline. Most importantly, I've gained supportive friendships; people that support my sobriety. My life has changed drastically since I got sober. I never knew how beautiful the sober side of addiction is.

I've held down a great job and I've grown as a person. I got to be a part of restarting an Oxford House from scratch. It has opened my eyes to a lot of things I'm grateful for.

My advice to the newcomer:

Choose a great support system. Go to meetings, build relationships and get a sponsor. Don't future trip. Enjoy this moment and be grateful for another day.

My goal for this year:

Help stabilize Oxford House Port and begin working on my longterm goals. Within 5 years, I want to open a rehab for athletes.



Member Spotlight

Antonio Doval Murfreesboro

I live at Oxford House Fortress in Chapter 25. I'm the House Secretary. Before Oxford and before recovery I was a taker. My life consisted of me and only me. I neglected everything & everyone around me. I ended up going to "the bitter ends" mentioned in my fellowship's literature. After years of doing the same thing I decided to get clean and find a new way to live. My life has changed so much since I made this decision. I've been at a job now for a year which is wild. My family welcomes me without having to question whether something will be missing when I leave. I've become a great father. The man I am today compared to who I was 18 months ago is mind-blowing. The internal changes have been the best for me.

My advice to the newcomer:

Stick to the basics. Find a home group, find a sponsor and read 30 minutes of literature every day. Change doesn't happen over night.

My goal for this year:

Strengthen my relationship with my higher power and remember that my recovery comes first.



Member Spotlight

Brandy Ball Knoxville

I live at Oxford House New Karma. I'm the HSR for my House, the Chairperson for Chapter 17, and the Secretary for the State Association. My life before Oxford House was chaotic. I'd stay clean for a few months here and there, and then I'd relapse. Since getting here my life has changed in so many ways. My youngest daughter found me on Facebook and we've been working on our relationship. How to be patient is something I'm learning.

My advice to the newcomer:

Get involved. We have an amazing support network of men and women who all have the same goal. We're all willing to help anyone who needs help.

My goal for this year:

I'm working on myself. I'd like to open a new House. And I want to stay involved with Oxford House on Chapter and State levels as much as possible. I love the State Meetings and getting to know everyone. Maybe OHI is in my future, who knows!



Upcoming Events

2024 IN ORLANDO NEEDS YOUR HELP!

WORLD CONVENTION THEME CONTEST

Step 1: Individuals come up with a theme.

Step 2: States choose their top three.

Step 3: OHI selects the finalists.

Step 4: Convention attendees vote on the winner.

*Themes must be professional and recovery-centered.

AUGUST 1 DEADLINE

State submissions to OHI



Upcoming Events





Field Day Fundraiser

SATURDAY, AUGUST 12
Roger's Park, Pavilion 2
1115 Hunt St, Murfreesboro
12P-5P

**FOOD, GAMES, RAFFLE
MUSIC & MORE!**

50/50 RAFFLE TICKETS FOR SALE
NOW. (\$2/EA) 50% OF THE MONEY
COLLECTED SUPPORTS OXFORD
HOUSE TN CHAPTER 25. 50%
GOES TO RAFFLE WINNER!

CASH APP \$OXFORD25
\$10 SUGGESTED DONATION

Please contact Antonio D for more
information, raffle tickets and to RSVP!
(629) 252-4047

Upcoming Events

SAVE THE DATE

FIFTH ANNUAL

UNITY ON
THE BRIDGE

MONDAY

SEP 4, 2023

9AM COOLIDGE PARK

8AM VENDORS SET UP



[Unity on the Bridge, Chattanooga TN](#)



for more information, please call

Marty Walker -(985) 265-2991