

FALL '20

# OXFORD HOUSE

TEXAS NEWSLETTER



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**DISTANCED  
BUT NOT  
DISCONNECTED**



## AUSTIN

The Austin/Wilco area is enjoying a frenzy of Chapter level reorganization of its Housing Services Committees. The committees are meeting, planning and unifying for the greater good of the area. Chapter 37 is hosting a virtual fundraiser that has generated a lot of excitement. The funds raised will assist Williamson County's first women and children's house opening December 1, 2020. The Interchapter ATX Reentry Committee continues to offer and award scholarships to applicants coming out of institutions in need of a financial boost for success as new Oxford House residents. And finally - we had a record breaking turn out to Casey Longan's Narcan & MAT/MAR training via Zoom. Fifty-seven members participated in this educational and life-saving training!



## BRYAN / COLLEGE STATION

One of the 3 houses in the area, Clearwood, has changed its charter to a much needed women and children's house. Oxford House Pasler, which struggled for vacancies during the summer has bounced back thanks to the support from the South Region and is doing extremely well. The men's house, Avondale, is maintaining and could use some newcomers to fill its vacancies. This temporary downtime has not dampened these guys' spirits.

**OXFORD HOUSE  
ATX REENTRY COMMITTEE**  
REGULAR MONTHLY MEETING  
NOVEMBER 7, 2020 AT 7PM  
ZOOM MEETING ID: 921 6036 9806  
PASSWORD 171107

*Ballin' In Fall Y'all!*  
*O.H. Chapter 37 Fundraiser!*

Help support chapter 37 expansion by joining our raffle for chances to WIN!  
Big Screen TV! \$500 Tattoo by Austin Lee! A home Total Gym!  
Vape/Juices! Gym Memberships!  
... and Soo much more!!

Check out our event page for more info:  
Visit: <https://fb.me/e/2WIAHtoPj>

FACEBOOK LIVE COMEDY SHOW  
& RAFFLE DRAWING:  
NOVEMBER 24TH 7PM-8PM

To Purchase Tickets or Donations  
Contact: Kat W. 903-445-8964

GET YOUR TICKETS VIA VENMO!!!  
@OXFORD-HOUSE  
BE SURE TO INCLUDE YOUR PHONE #

**\$1/1 TICKET • \$5/6 TICKETS  
\$20/25 TICKETS**

**AUSTIN GOES BOWLING**





# NALOXONE SAVES LIVES.



## SCHEDULE YOUR NARCAN TRAINING TODAY!

The only thing  
Naloxone enables is  
breathing.

Every house and chapter needs reoccurring training on the subjects of Opioid Overdose reversal and Medication-Assisted Recovery. Contact Casey Longan to setup your training!

Need overdose prevention? MAR and Narcan training?

[casey.longan@oxfordhouse.org](mailto:casey.longan@oxfordhouse.org)



## NARCAN UPDATE FROM CASEY

Please make sure to check the expiration date on the NARCAN, if you are in need of more please reach out to me and I will make sure you get new ones. Don't throw the expired NARCAN away. Also remember to show newcomers the video on how to use NARCAN through YouTube until a training is set up with me. <https://youtu.be/tGdUFMrCRh4>

I have noticed or heard of areas wanting to form committees to do the training that I do. While I applaud the effort, this is what I'm here for and this is my position with Oxford House, Inc. If you have questions regarding this, please feel free to reach out to me. My phone number is **254-423-9718**.

Overall with the state of things in the world right now, we need to pay closer attention to members in the houses. We need to make sure we are checking in with one another. There are people who are really struggling right now and this can happen in different forms. Overdoses have been increasing since COVID-19 and we need to be prepared and ready in case of this.

I'd like to say how much I appreciate the members who have participated in the trainings. There have been well over 1,100 members trained in overdose prevention/MAR education. It's amazing to see how many people have been through training and to know that lives have been saved because of NARCAN and education. **Let's continue working together to save lives, people need us.** If your area/house is in need of training or a refresher, please reach out.

### CORPUS CHRISTI

Corpus Christi is still staying strong as we head into the holiday season. We are looking forward to the opening of Oxford House Hatchling for women and children on Dec 1st.

As we know the holidays can be rough for a lot of our brothers and sisters, staying safe and finding ways to still celebrate will be our priority. This community prides itself on love for one another and doing our part saving lives in the Coastal Bend. #OHCC



Oxford House Gabriel



## DALLAS

Oxford Houses in Dallas continue to find innovative ways to show love and unity in ways that are safe and fun!

2 New Houses Opened:

1. OH Apollo in

Richardson, TX for 7 women

2. OH Arbor Trail in

Garland, TX for 7 women (2 mommy and me spots)

The East Dallas chapters have experienced growth with the opening of a new women and children's house and the imminent opening of a woman's house. Leadership in the Dallas chapters have really stepped up to the plate in helping guide and train houses in replicating the Oxford House Model.

## TYLER/LONGVIEW

East Texas is experiencing change while receiving guidance from the Regional Association.

The women's house in Longview is filling up. Both houses in Longview have done a great job with reaching out to the community and making the Oxford House's presence known.









## F O R T   W O R T H

The Fort Worth Reentry Committee created their first T-shirt!

Expansion process in the Fort Worth area is well on its way. Here we grow!

House unity dinners and keeping it safe and conducting our meetings via Zoom

(Reentry meeting featured here!)

## W A C O

Chapter 33 in Waco is looking to open a new house! The chapter has voted to set up their own start up loan, and chapter officers are touring properties.

The members of Waco Oxford Houses are also finding safe ways to demonstrate unity!





## HOUSTON

Houston has made major changes over the last couple of months. In spite of COVID 19, the city has managed to keep vacancies low. We have only 19 vacancies city-wide! As we look forward toward much needed expansion, Chapter 7 is vying to open a new women's house soon.

Chapter officers and residents rallied together to successfully open a new house in Chapter 6. The rally continued as the community worked together to repair and close a house in chapter 7. Overall, the city is doing really well.



## SAN ANTONIO

In San Antonio we've been busy! We're not letting COVID-19 stop the expansion efforts.

Chapter 8 is proud to announce the opening of OH Redención on October 1st . It's a beautiful 8 woman home that used to hold the nuns that worked at St Mary's University right up the road.

Chapter 30 worked hard to get OH Trouville ready for their November 1st opening. This gorgeous home will serve as the first women and children's home in Guadalupe County!

San Antonio residents were also able to have some fun for Halloween. OH Amity opened their home (safely of course) for the annual Halloween party. In true Texas fashion, brisket and ribs were smoked and served to guests. The residents dressed up in their finest scary costumes and enjoyed a night of fellowship and unity. OH Sunflower, a women and children's home that has struggled due to COVID, baked and sold pies to help supplement their income. Hustle and creativity go a long way in these tough times!



Oxford House Trouville  
472 Willow Arch, New Braunfels, Texas 78130  
830-627-4447





## UPDATE FROM THE DFW ALUMNI

by Julie Williams

COVID has put everyone's plans to a stop these past few months. Fortunately for us, it will never put a stop to Tradition #9! Since the start of the pandemic, we have continued to grow our numbers and put forth effort to show our Oxford brothers and sisters we are still here for them. Unfortunately, some of those plans included our Texas State Retreat and the World Convention.

We managed to do most of this virtually and delivered to our winners while social distancing, of course! We were able to bless two members with Smart TV's and another with a gift card and t-shirt, while also raising money.





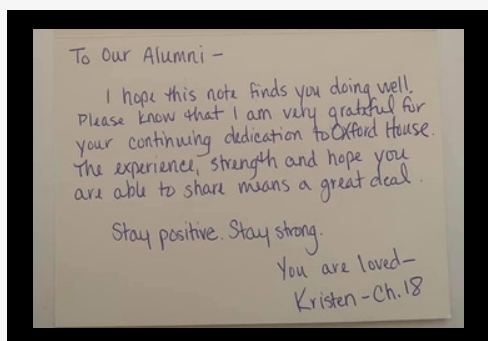
Not only have we been able to fundraise, but we have continued to do our Alumni Award to the surrounding areas. Our first stop was Lubbock Texas.

Where the resident's applications were so good, we could not just pick two and voted to help three residents with two weeks of their EES. Currently, we have opened the application page to our residents in Sherman and will be voting on those two winners soon.

As you can see, we are attempting to stay unified across the North Region with the Alumni and residents within these areas. We have been able to welcome several members from our Fort Worth locations and even have a member out in Waco. Who just so happens to be our new Regional Alumni Chair.

Staying unified does not just mean we are staying in touch with the members and Alumni outside of DFW. We wanted to ensure we are showing up in all the areas of Oxford as well. A few months back, we decided to add two Re-Entry chairs so we can stay in the loop.

Not only do we want to assist the residents that are currently in Oxford House, we also want to assist in getting new residents in. We have made sure to contribute with our presence and financially to them as well.



We've certainly taken this time to reach out and see where we are needed. This long moment of pause from the chaos we call Oxford House, has given us some time to look at the things we've been missing.

We've been able to connect more as Zoom has become the new norm and be readily available. We hope to keep this momentum going even once everything is back to normal.

## MEMBER SPOTLIGHT: SARAH ANDERSON



*What was your life like before Oxford House?*

As I like to call it: "OOC."  
Out Of Control!

*What is your sobriety birthday, and when did you move into Oxford House?*

Both are January 27, 2020.

*How has Oxford House been beneficial in your life?*

Oxford House has definitely changed my life and helped me learn to grow up again.

*What is your advice for the newcomer?*

My advice for the newcomer would be to just give it a chance, find a higher power greater than the addiction, definitely get a sponsor to start working the steps, be willing to take some suggestions and get involved in Oxford House! It works. It REALLY DOES!

# MEMBER SPOTLIGHT: FAITH AYERS

## *What was your life like before Oxford House?*

In my addiction, I suffered in isolation. I was lonely, ashamed, paralyzed by fear and financially ruined as a result of my alcohol use. I was paralyzed by that shame and fear. I had worn my family and friends out when they only wanted to help and see me well and thriving again.

## *What is your sobriety birthday, and when did you move into Oxford House?*

June 5, 2020 is my sobriety date and I moved in to Oxford House Bellus on July 17, 2020.

## *How has Oxford House been beneficial in your life?*

One of the best things I did was to surrender and go into short term inpatient treatment. After a month there and with a clear head, I knew I needed to make a life change and that I needed the support of a sober community to do it. Oxford House was recommended to me by my therapist and it has changed my life. What I have found is not only a home but a big and brave sober community that has been my rock, my sounding board, and an extension of my family. I have lived in my Oxford House (Bellus) for over three months. Living with peers that are truly working their recovery programs, and who hold me accountable, has given me strength, courage and discipline in leading a sober, healthy and full life. With the support of my Oxford House family, I have taken the leap into a new vocation and am back in college to pursue licensure as a chemical dependency counselor and social worker. I have purpose and excitement for my life and what the future holds. My life has gone from one of isolation to one filled with friends and a sober community that I will have for life.

## *What is your advice for the newcomer?*

I encourage the newcomer to be brave and to try a new thing. I encourage you to do yourself a solid, and surround yourself with people who understand exactly where you are and can walk with you and offer wisdom as you strive to lead a self-directed, sober life. Oxford House has a place for you; and you will be all the better for having made it a part of your recovery.



# MEMBER SPOTLIGHT: KATHARINE WARREN



*What was your life like before Oxford House?*

To be honest, it was definitely not good. I was depressed and the drugs and alcohol were not helping. I couldn't function anymore, and had given up on life.

*What is your sobriety birthday, and when did you move into Oxford House?*

I released drugs and alcohol on November 25th, 2019. I moved in to Oxford House Janus on February 12, 2020.

*How has Oxford House been beneficial in your life?*

Oxford House has saved my life! I knew when I got out of treatment, I wouldn't be able to do this alone. So I packed up a truckload of my belongings, gave the rest away, and got my ass here to Austin where I knew I could find the support I needed within Oxford House.

*What is your advice for the newcomer?*

Just give it a try! Sometimes it is inconvenient coming out of our comfort zone, but well worth it. I have grown so much since I came in to Oxford House, and it is all because I was so willing to do whatever it took to change my life. Oxford House works if you let it.



# MEMBER SPOTLIGHT: LUCAS LYONS

*What was your life like before Oxford House?*

My life was total chaos, unstructured, unmanageable and a shit show.

*What is your sobriety birthday, and when did you move into Oxford House?*

My sober birthday is April 12, 2018 and I moved into Oxford House on April 13, 2018.



*How has Oxford House been beneficial in your life?*

It helped me rebuild relationships and taught me how to live and love myself again. The leadership qualities I have obtained since being a member of Oxford House has helped me become a productive member of society. I have accountability in my life today and a whole community who loves me and I love them.

*What is your advice for the newcomer?*

My advice for the newcomer would be to stay. Don't be afraid to ask questions of the seasoned members in the house.

# MEMBER SPOTLIGHT: BUCKY LOBSTEIN



*What was your life like before Oxford House?*

Before I moved to Oxford House, I was a lost person. I was new to living life sober and free. I had not lost everything. However I had lost my way. I was ordered to be in a sober living for a minimum of 30 days by the great state of Texas.

With no intention of being in Oxford House more than 90 days, my journey began. I had lots of fear. I was unhappy, stressed and knew better than most everyone around me. (or so I thought)

*What is your sobriety birthday, and when did you move into Oxford House?*

I have been clean and sober since February 23, 2019. Oxford House has played a role in my sobriety since February 4, 2020. For that I am extremely grateful.

*How has Oxford House been beneficial in your life?*

Oxford House has given me so many opportunities. I will begin with the fact that Oxford House gave me a safe place to call home as I re-entered the world. I have a newfound "Family". The facts are that Oxford House has offered me accountability, safety, new associations, the ability to grow in sobriety, the appreciation of service work, as well as many other opportunities.

I cannot explain all the ways that Oxford House keeps me sober each day. I can honestly say that I am a part of something so great by being an Oxford House member. I want to thank all of you for allowing me to of service.

*What is your advice for the newcomer?*

My advice to anyone new to the Oxford House Family is simple.....If you can keep an open mind and an open heart Oxford House can offer you more than anyone can ever explain to you. Remember that you mean as much to Oxford House as Oxford House means to you. Use your voice to make sure you get the most out of your new found life. I know that once I began being of service to my Oxford House Family my life began to change for the better. Never believe that you have nothing to offer. Each and every person on Earth have a purpose. We may not understand why we are put in places and/or situations but if we do the best we can to do the next right thing we just may help our fellows.

## MEMBER SPOTLIGHT: RACHEL MELNYCHENKO



*What was your life like before Oxford House?*

Before moving to Oxford House, life was full of chaos and uncertainty. I had decided to go to treatment after hitting rock bottom and being homeless, and had no idea where to go or what the next right step was.

*What is your sobriety birthday, and when did you move into Oxford House?*

My sobriety date is 8/2/2019 and moved into Oxford House 9/10/19 after treatment.

*How has Oxford House been beneficial in your life?*

Oxford House gave me a place to go when I thought I had nowhere, and it gave me a support system that I am so thankful for and has been so essential in my recovery.

*What is your advice for the newcomer?*

Get involved! The second you walk in the door you have a voice in the house, in your chapter, and in Oxford House as a whole. Staying involved in what's going on in your house and chapter is so beneficial and you can learn so much through chapter service work when you feel up to taking on that role!

In my experience, moving into a house of strangers was terrifying, and if that's the case for you, don't let it hold you back! I was amazed at how quickly my housemates became my family, and I've learned and grown so much because of them. You get what you give, and it's all what you make it!

# MEMBER SPOTLIGHT: DARRELL CAGLE

*What was your life like before Oxford House?*

I have struggled all my life with addiction. In and out of jails, living on the streets and in and out of rehabs.

Losing everything time and time again. Broken relationships and also almost losing my life in the process.

*What is your sobriety birthday, and when did you move into Oxford House?*

On January 15th, I decided I couldn't do this alone. After getting out of the hospital from a drug overdose, I decided to check myself into Cenikor here in Waco.

From there, I was given the opportunity to interview at one of the Oxford Houses, where I was accepted on February 20th. What I can say about Oxford House is that it was a blessing from God.

*How has Oxford House been beneficial in your life?*

Oxford House has given me a new start in life. Living in a place where I'm not alone, I have brothers that are there for me to hold me accountable. But they're much more, they are my family.

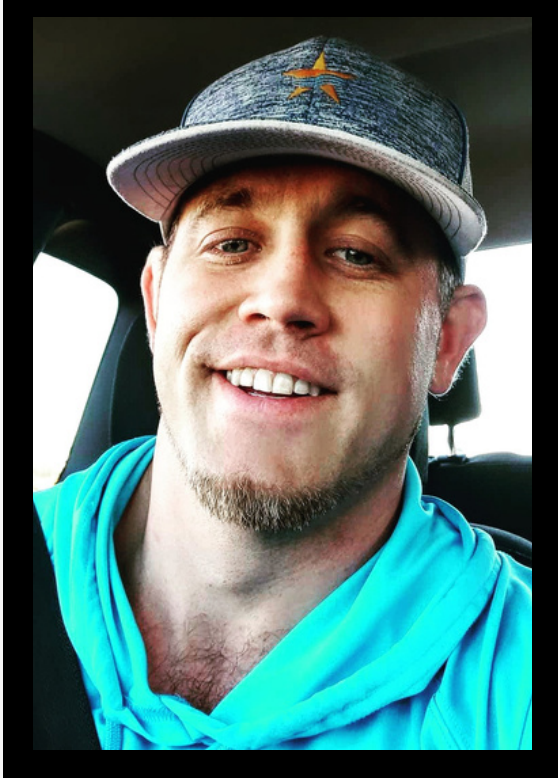
I have been able to get my life back on track because of Oxford. Not only that, I now serve as the Chapter 33 chair where I am able to give back, helping others in their recovery in Oxford House and in the community.

*What is your advice for the newcomer?*

Just remember your life matters and you're in the right place. You didn't make it this far by accident. God has a plan and a purpose for your life, and he has given you Oxford House to get you there. In God's Strength and Love, Darrell.



## MEMBER SPOTLIGHT: KYLE HARBEN



*What was your life like before Oxford House?*

I've spent the last 15 years battling addiction. The last 4 years I have been in and out of treatment centers, sober living and other less desirable places.

*What is your sobriety birthday, and when did you move into Oxford House?*

My sobriety date is 7/26/20 and my move-in date is 7/30/20.

*How has Oxford House been beneficial in your life?*

It has given me structure and accountability. It has also given me the opportunity to be of service and help other addicts.

*What is your advice for the newcomer?*

Get involved as soon as you move in. Find a sponsor if you don't already have one, and work the 12 steps like your life depends on it, because it does!

# MEMBER SPOTLIGHT: MERIDITH WEEMS



*What was your life like before Oxford House?*

My life before Oxford House was lonely, hopeless and uncertain. I never knew where I was going to sleep or if I would wake up once I found a place to lay my head. I was in and out of the hospital regularly from drug overdoses and liver failure; I had pretty much given up on living.

*What is your sobriety birthday, and when did you move into Oxford House?*

I moved into Oxford House on June 29th, 2019 and unfortunately, I relapsed in February of 2020 which would be a very sad ending. However because of the tools I gained and the friends I made in Oxford House I was only gone for 2 weeks. My new sobriety date is March 2nd, 2020 and I owe it all to the people at Oxford House and my Higher Power.

*How has Oxford House been beneficial in your life?*

Oxford House has given me LIFE. I have the tools that I need to succeed. I have learned to be accountable to people who care about me. I have learned how to hold those around me accountable with love.

I have friends that I can count on, who are there when I need them. I am available when needed. I have purpose, hope and I am never alone. Most of all because of Oxford House I want to LIVE.

*What is your advice for the newcomer?*

My advice to the newcomer would be to get involved, accept the love even though it seems weird. Spend time with your housemates, they are your lifeline. If you struggle with trusting people pick one and just TRUST. Eventually it will get easier and before long you have a whole support system. YOU ARE NOT ALONE... STAY!