

I remember a time when a holiday weekend meant abusive things. I spent money I didn't have "because it was a holiday". I ate food my body did not need "because it was a holiday"; I drank alcohol that I shouldn't have "because it was a holiday". I made nasty sarcastic comments to get attention and be funny and witty. It was all about me. To me, it was only a celebration if I did things that brought to my life death, pain for others and destruction. I ignored the consequences and continued to feed the obsession of doing what I had always done even though it was harming me. (And those I love) It was all I knew. Well, is that true? Or did I belittle and make jokes about others who weren't having fun the way I was? It took many years of obsessive destructive behavior before I hit my bottom and sought a different way of living. For the first few years celebrations without spending, excessive food or alcohol felt like I was missing something. That's because just because I stopped acting in an unhealthy way did not mean I knew a healthy way of celebrating the holidays.

First I had to stop numbing myself out and escaping reality before I could find new people, new traditions, and new ways of living life filled with joy, passion and purpose. I had to eliminate from my life the people, places and things that were stealing my joy and hope. I had to admit there was a problem and the problem was me. Allowing God, recovery friends and healthy family members to help me heal from past hurts and embrace future dreams has allowed the holiday and the every day, to be about living the life God intended for me.

Our hope for each of you is that this holiday weekend is safe. Our hope for you is that you are a source of encouragement, joy and hope for someone else. Our hope for you is that you are a blessing. If you have extra time off I hope you will spend it by making a memory with someone you love. It only takes a few moments to say the words that could change someone else's life. I hope you will do it today. A funeral is not the very best place to speak the truth about what someone means to you. Tell them now.

I usually invest at least one page of the newsletter to

recovery topics. There is an on line recovery program called The Recovery Group and today's questions were good ones that I thought I would share with you.

Do you carry today, resentments because you feel you have been victimized by others?

Why is clearing ourselves of resentments important to our recovery?

How can you take an action that allows God to use you in a situation that is troubling you?

Lord, make me a channel of thy peace, that where there is hatred, I may bring love-that where there is wrong, I may bring the spirit of forgiveness-that where there is discord I may bring harmony-that where there is despair-I may bring hope-that where there are shadows, I may bring light-that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort, than to be comforted-to understand than to be understood-to love than to be loved. For it is by self forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal life.

Reliable Cleaning Service was blessed with a lot of exciting job opportunities this

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summer and we were able to provide an income for people in need. It was a blessing that I hope you will join me in praising God for. We had the honor of serving outside our community, we were able to do major projects at MLK and IPFW at the same time. It has been a huge growth opportunity for Scott, CJ and I as we accomplished more with our management staff of three than we normally handled with a full time staff of 7 in the past. Everyone pulled together, worked hard and dug out those corners. It was a pleasure to clean with the crews on all the major projects this summer and we are proud of each of you. It was refreshing for me to get out of the office and make a difference in facilities that were so thankful for our efforts. What we do matters. We make it possible for our customer to take care of their customers. We make a building shine! **The first morning on the job site I shared with the employees that I want them to see something different about**

us. I want them to notice that we conduct ourselves with honesty and integrity. That we take pride in who we are, whose we are and what

we do. We have a purpose and a passion for what we do and I must say, with no exception, the people I have worked with on the job site this summer have done just that.

Let's think about integrity for a moment.

Do you give your customer 100% of your effort?

Do you exaggerate? That's lying.

Are you self focused?

Do you hide things from people?

Do you speed until you see a police officer and then obey the law?

Do you only obey the law if you fear being caught?

Do you refrain from gossip, both speaking it and listening to it?

Are you honest with your finances and tithing?

The worse thing for me to hear on a job site is for someone to say to me "they straightened up when they heard the boss was coming". I don't want to ever shame

or fear someone into doing their best. It should come from within. A few months ago I mentioned that a customer asked me if a check list would help their cleaner do a better job. My reply, no. A good cleaner is a good cleaner, always. Our employees know what they are supposed to do. If they can ignore the voice inside them and not do a good job, they can ignore the check list. They know. We all know when we are cutting corners. We also know when we did our very best.

Reliable Cleaning Service strives to be the very best cleaning company in this area. We chose you to be on our team.

One more quick story, to those of you who went to White Castle with me during one of the projects...can you believe they don't have onion chips at that location? What...she shrieked...no onion chips???

Karen