



June 2019 Newsletter

Dear Friends,

It's June... that means summertime! We are halfway through 2019 already! PAL started off 2019 with a bang with about 30 meetings starting in less than a couple months. Jump ahead to April, and we were on our way to Kentucky for the first PAL Midwest conference and banquet. We had over 250 people from 11 states show up to celebrate PAL, learn some new things and overall share the blessing of hope. I can say that we continue to be amazed at the never-ending dedication of volunteers and how many people want to give back to PAL for how it helped them through arguably the toughest times in their lives. I met so many people that shared their journey renewing the enthusiasm needed to continue with our vision to bring PAL meetings wherever they are needed.

If you are curious as to what's happening here at the PAL office, we are excited that we are able to bring on a full time Communications Director. Dinah Brooks comes to PAL with a long history of marketing, communications and other skills. She has been doing some free-lance work for us but now we can truly put our efforts in to expanding awareness and supporting our existing groups as well as help reach new communities. We are working now to leverage media and marketing to help spread the word about PAL meetings and hopefully move us from being a best kept secret, to a readily available resource people can turn to as a line of defense in this nationwide drug crisis.

Speaking of amazing volunteers, we have more and more opportunities if you are looking to help. In this newsletter you will find a call to help for our upcoming 5th annual PAL banquet in October in Phoenix Arizona. Also, if you have some skills you think PAL could use, don't hesitate to contact us and let us know. Furthermore, I want to take this opportunity to say thank you to three individuals that just rotated off the board of directors. Chris and Mark Wight from Utah, and Tom Gwinn are all founding board members of PAL and have served PAL unselfishly for the past 4 years and we certainly owe them a tremendous amount of gratitude. The good news is they continue to volunteer, facilitate meetings and will be a part of our newly forming advisory board. Next month, I will share with you about our newest board members that bring their energy and expertise to PAL's board. We look forward to their service.

We hope you find our blogs helpful and useful to you. They are found in this newsletter, but you can always send the bloggers a note on the website and ask them to address any topic you like. We further want to thank our PAL grandmother that sent in her testimonial, also found below, what an amazing story of hope. We are always interested in how PAL has helped, so please don't hesitate to send us your story, you can just reply to this email. We truly look forward to hearing from you.

I was at church this past week and the pastor talked about the importance of making a gratitude list, and how they have shown scientifically this will help you in many ways, spiritually, emotionally, and physically. So, I'm following directions and putting all of you on my gratitude list. I am so grateful for the PAL family and for all of you supporting one another, bringing hope in seemingly hopeless situations.

God Bless,

Kim Humphrey
PAL Executive Director