

Dear Friends,

*"I really appreciated you asking me to speak and felt honored to do so.
Thank you for helping my mom which in turn helped save my life"*

I am certain that PAL works! I received this note from a young woman who has about three years in recovery. Her mom attended PAL and she came to speak as a guest speaker at our PAL meeting last week.

It's hard to believe myself, but my wife and I celebrated seven years as PAL facilitators this past month. Someone asked us how long we would continue to facilitate. That's a great question, but, as long as we receive notes like this and we witness the changes in the lives of parents and families, we are excited to be a part of PAL. I pray all our meetings are a source of hope and strength for those who attend.

This month we have a new blogger that will hopefully join our crew of great contributors. Ashley is a substance abuse counselor and has been helping families in the Arizona area for some time now. She has a unique perspective on helping parents and others navigate this disease of addiction. In addition, PAL has been featured on Family Life Radio with a Public Service Announcement for the past week and we are so thankful people are finding our meetings through these radio spots. We are also aggressively using Facebook to help advertise our meetings and to get as much exposure to the issue of addiction as we can.

I also want to introduce to you Joseph "Joey" Landin as one of our newest PAL board members. Joey is a great friend to PAL. He owns an automotive repair shop in the Phoenix area, is married with a young daughter and he operates a 62- bed sober living community. Joey brings a unique perspective to PAL. His mother was one of the first people to attend PAL many years ago and he credits her changes as a major part of his recovery. Joey has been an advocate for professionalizing sober living and he is involved in a variety of activities, including a prison program to help individuals in prison with recovery.

Also starting in June, all our meetings should be participating in our annual pay it forward ***Share the Blessing*** campaign to allow meetings to collect donations to help expand PAL. This year we changed things up and are allowing meetings to use up to 1/3 of the proceeds to invest back in their own meetings. Your facilitator has all the details and we thank you for your participation in that. We are also looking ahead to our annual banquet in Phoenix on October 26th this year. Please save the date and make plans to join us for this amazing event where we hope to see 500 friends getting together to celebrate PAL!

We are always looking to hear from you about how PAL has brought you hope. Send us your stories and let us know if we can share them with others! Please know that we pray for those struggling and are blessed to have so many volunteers that give of their time and energy to walk alongside others in this journey.

God Bless,

Kim Humphrey
PAL Executive Director