

HOPE NEWSLETTER CLUB

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NUEVA LUZ

Members Visit Arizona State Museum

Members enjoyed one of several community outings voted on to experience first hand the diversity of cultures and peoples that make up Tucson's rich population.

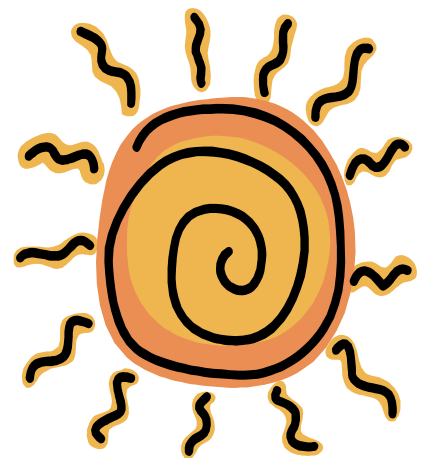
"*Paths of Life*," a permanent exhibit on the campus of the University of Arizona, takes an innovative look at ten American Indian cultures of Arizona and northwest Mexico: the Seri, Tarahumara, Yaqui, O'odham, Colorado River Yumans, Southern Paiute, Pai, Apache, Hopi and Navajo. For each group, a theme of special cultural relevance is traced through a look at their Origins, History, and Life in modern times.



Members pose in front of "Paths of Life" exhibit at the Arizona State Museum located on the campus of the University of Arizona.

Newsletter Club Makes It's Debut

New to the Nueva Luz Program will be the introduction of our Newsletter Club. Brought on by member interest, "roving reporters" will bring together wellness and recovery stories from the Nueva Luz members, from the community and nationally. The newsletter committee is open to anyone interested in using their talents and skills on this monthly activity.



Question of the Month

What do you do for your Recovery?

Member answers on the back....

What do you do for your Recovery?

Mike S.

I like to exercise and eat a good diet. I don't let peer pressure affect me...

Ruben R.

I like to play sports. I keep my Dr's and case manager appointments and take my medication.....

Mike M.

I like to come to HOPE and attend groups. I like to listen to music and crush aluminum cans.....

Novalene R.

I like to socialize and hang out with friends. I like to go to groups at HOPE...

Victor P.

I like to do karaoke at HOPE. I like volunteering and helping out at the program...

Paul G.

I like to meditate and read books. I also come to HOPE for groups...

The Butterfly Man

By Paul G.

*Shards of colored glass
In a back alley street,
Spiders and ants
Walkin' round my feet,
Last night I laid awake
In the freezin' cold,
I'm gettin' real sick,
I'm feelin' real old.*

*I look down the alley
and see some stranger
walkin' towards me,
He says, "I remember you."
"Do you remember me?"*

*He hands me a shirt
with a butterfly sewn on it.
Then he pulls out an old guitar
And says "It's yours! Don't pawn it!"*

*"Thank you, man," I told him.
As I smiled through my tears,
He said "Play me a song. There's
nobody but us here."*

*So I played him a song
I remembered from a long time ago,
and as I played it
It seemed to hold new meaning,
I sang it real slow.*

*With love in his eyes
He shook my hand,
He said "See, you had it in you all the
while."*

"You're a butterfly man."

*Now these days I feel a new elation,
No more rot gut wine!
No more mindless desecration!*

*When I play a song
It's like my heart can see
I can sooth the savage beasts
I can feel the harmony!*

*We can walk through this craziness
With our heads held up high
When you got love in your heart
You can spread your wings and fly!*