

You must be the change you wish to see in the world. -Mahatma Gandhi

My message to the recovering brothers of Hampton Annex would be... ***Always stay focused on the goal to remain true to your recovery and its principals . . . and never allow anything or anyone to affect your mood, method, image and/or mission! Thanks for letting me share.***
Sincerely, Fellow Brother-in-Recovery & Alumni of Stepping Stones TC (VPRJ) . . . {6-months FREE}

*Lord, make me an instrument of Thy peace . . .
where there is hatred—let me sow Love;
where there is injury—Pardon;
where there is doubt—Faith;
where there is despair—Hope;
where there is darkness—Light; and
where there is sadness—Joy.*

*O Divine Master,
grant that I may not so much seek to be consoled, as to console;
to be understood, as to understand;
to be loved, as to Love.*

*For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we awaken to eternal life. ~Amen*

St. Francis of Assisi - 13th century

2 Positive Radio Stations (in Hampton, VA) GREAT for Recovery:



Affiliates - WYCS 91.5 FM

The Oasis Network is an inter-denominational ministry based out of Tulsa, Oklahoma with a partner station in Yorktown/Hampton, VA.

Thanks for letting me share, *Janis Omide, MS, CSAC* ~ CounselingOnAShoestring.net
~ **Be Gentle With Yourself** ~