

“Have you seen a Miracle?” Kathryn F - 3 Years Sober!

In October of 2023 our ROC Staff Member Kathryn Fleming successfully completed her state requirements (Oregon Health Authority) and obtained her certification as an approved Peer Support Specialist with the State of Oregon. Since that time, Kathryn has been a valuable team member to our ROC Clients' and their families.



Last week we at the ROC wanted to acknowledge her dedication and awarded Kathryn this years 2024 “Fanning the Flame of Faith” Award. This award is given to those to live according to 2 Timothy 1:6 *“For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands.”*

We sat down with Kathryn to talk about her own story of recovery.

ROC: Thank you for taking time to speak with us today. So tell us Kathryn, how much clean time are you celebrating and how did you get started using drugs and why?

KATHRYN: I am celebrating 8 years clean from Meth and on October 2, 2021 reached 3 years sober from alcohol. My lifestyle in addiction I learned at an early age as my Parents along with my family were alcoholics. So this is all I knew. However, I remember I was 21 living in Cottonwood, California feeling lonely and isolated. I had no social connection but I soon found out when I began to drink I developed many friends and I felt for the first time that I was able to fit in .

ROC: Some say that the life of an addict is life and death, and sometimes living a life of ROC Bottom --have you ever experienced this?

KATHRYN: I sure have, in fact it was in the fall of September of 2020 when a fire swept through the Rogue Valley and many in the Phoenix, Oregon area lost their homes. I was one of those homeowners and soon began feeling hopeless and helpless. It was then I had no desire to live and all I wanted to do was drink. My life was a complete disaster and I had no idea on how I would even begin to start over.



ROC: What made you seek out a recovery program?

KATHRYN: I knew that I needed help when I could no longer control my drinking and was to the point of wanting to hurt myself and my girls. I knew that I could not do this on my own and I was searching for an organization that would increase my faith in Christ as I desire to be free from my addictive lifestyle. I knew I could not do it myself anymore. So I decided to ask for help. I reached out to Doug at the ROC who soon provided me a counselor at no cost to me or my family. I was told that the ROC has sponsors that could help cover my cost for treatment. I also felt that for the first time I belong as they made me feel like family.


ROC: What have you learned about being in recovery and what advice would you give to others thinking about starting a recovery program?

KATHRYN: I have learned so much about my addictions and how to find the root of the issues that were causing me to want to drink and use. I am learning how to take the steps to stay sober. Getting into a recovery program was the best decision I have made for myself. Not only did I get a lot of support I got to learn about myself and get my life back. We all deserve to be happy and blessed. I also now have an opportunity to volunteer at the ROC so I can help someone else along their own path to recovery.

ROC: One last question, what has Christ done in your life and what has changed for you today since making that decision in getting into a recovery program?

KATHRYN: Christ has not only shown me that I am loved and forgiven, but that my life has value and that HE has an Amazing plan for my life. He is opening doors and blessing me everyday. I no longer want to live life my way, but live the life that God wants me to live.

(Please detach this portion and return it with your charitable giving documentation.)



MY PLEDGE: ROC SOLID Project

(Supporting the VISION of the ROC Recovery Center)

“I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!” Matthew 25:40

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____


Email: _____

My Total Pledge is \$ _____ and I plan to give it as:

\$ _____ One Time Donation \$ _____ Weekly \$ _____ Monthly

“Giving Today Builds HOPE for Tomorrow”

Thank you for your support!



Make checks payable to ROC Recovery Center and mail to: ROC Recovery Center, P.O. Box 1133, Medford, OR 97501-Contributions are tax-deductible and are under the control and administration of the ROC. Tax I.D.# 83-2588884 / Phone: 541-200-3000.

HAPPY 6TH ANNIVERSARY ROC RECOVERY CENTER

On December 3, 2024 the ROC Recovery Center celebrated our 6 year anniversary since opening our doors. Since that time we have gone through many changes, but yet one aspect of what we do at the ROC has stayed consistent. We continue to offer HOPE and HEALING to men, women and youth who take that “Strong & Courageous” step through our doors asking for help.

With your help along with your prayerful and financial support we have seen the following:

- ◆ 435 Walk Ins and Scheduled Appointments
- ◆ 284 Clients / Outpatient Treatment Services
- ◆ 83% Successful Program Completion



But as awesome as that is, there is still more to do for us to do in our community and at the ROC Recovery Center. Please consider joining us with committing to the ROC with your pledge!

2024 ROC SOLID VISION PROJECT:

**Financial Stability / Bathrooms on Main Floor / Exterior Doorway
Front Lobby Security / Office Space Upgrade / New Kitchen Facility**



Thank you again for your support and together we are “Building New Life Upon the ROCK”

MAIN FLOOR BATHROOMS

INTERIOR MAIN FLOOR BATHROOMS - ADA APPROVED

- Includes: Framing, Insulation, Drywall, Painting, Floor Coverings, Interior Doors, Countertops, Sinks, Faucets, Rough In Plumbing, Toilets, Toilet Supplies, Partition Bathroom Stalls, Accessories, Light Fixtures, Deep Cabinets, Mirror and Bathroom Supplies
- Building Permits

ESTIMATED COST: \$ 25,000.00

Note: West Family Foundation Grant Award of \$ 10,000.00

Helping Hands International Home Mission's Project for 2024

Exterior Side Entrance Security Door Remodeling

EXTERIOR SIDE ENTRANCE SECURITY DOOR

- Demolition
- Exterior Security Door - Framing & Installation
- Masonry
- Framing - Drywall & Painting
- Floor Covering
- Building Permits

ESTIMATED COST: \$ 10,000.00

Office Walls, Doors & Windows Remodeling

INTERIOR OFFICE

- 7 Interior Office Walls - Framing, Electrical, Insulation, Drywall, Painting
- 2 Interior Office Doors - Interior & Pool Doors, Keylock
- 7 Interior Sliding Glass Windows and Mini Blinds
- Crown Molding, Door Trim and Baseboards
- Building Permits
- Volunteer Labor

ESTIMATED COST: \$ 20,000.00

Office Lobby Remodeling

INTERIOR LOBBY OFFICE

- Front Counter Slide Glass Security Windows
- Interior Security Double Doors
- Glass Partition Wall
- Interior Garden Pond
- Building Permits
- Volunteer Labor

ESTIMATED COST: \$ 15,000.00



“FACES OF COURAGE” VIDEO

Available on You Tube at <https://youtu.be/Cv5PsVVDGD0>

“And they remembered that God was their rock, and the high God their redeemer.” Psalms 78:35

A VERY MERRY CHRISTMAS and Happy New Year!

«FIRST NAME» «LAST NAME»
«or current resident»
«ADDRESS»
«CITY», «STATE», «ZIP»

Non-Profit Org.
U.S. Postage Paid
Medford, OR
Permit #213

ROC RECOVERY CENTER
305 SOUTH FIR STREET
MEDFORD, OR 97501