



NORTHERN PATH
Recovery Center

JULY NEWSLETTER

RED, WHITE, AND RECOVERY

Alumni Spotlight: Ben's Journey of Connection and Recovery

When Ben describes himself, he doesn't start with a job title or accomplishments. Instead, he shares a deeper identity:

"I believe my true identity is The Lighthouse of Adventures, and I am still learning what that means."

For Ben, being a lighthouse means helping others navigate both life's calm waters and its hidden challenges. His journey through recovery has shaped his desire to live authentically, stay connected, and offer hope to others.

Ben's recovery began after his secret drinking came to light in April 2026. Realizing he no longer wanted to carry his struggles alone, he reached out to Northern Path Recovery Center—a decision that changed the direction of his life. One belief has become central to his recovery:

"Connection is the opposite of addiction."

Since entering recovery, Ben has grown in intentionality, strengthened his relationships, found work that aligns with his strengths, and become more present with his family and himself. He stays grounded through music, time outdoors, reading, exercising, and everyday moments like cooking, working in the yard, and sharing a meaningful hug.

Looking back on his time at Northern Path, Ben says the relationships he built through group therapy, and community became the foundation of his recovery support system.



"The closer relationships I formed in real life at Northern Path are the foundation of my tribe in recovery."

He continues to find connection through the alumni community, where he has reconnected with friends, met new people, and found encouragement to keep moving forward.

"Stay in community. Stick around for a while—or longer than a while."

Today, Ben's message is one of gratitude, hope, and perseverance:

"You are never alone, even when it feels like you are."

Summer Fun, Great Food, and Lasting Connections at Our Grill & Chill Sober BBQ



Nothing says sobriety like good food, great friends, and plenty of laughter—and our **Grill & Chill Sober BBQ** delivered all of that and more!

Alumni, staff, and friends of our recovery community came together for an afternoon filled with fellowship, fun, and unforgettable memories. From sharing stories over a delicious meal to cheering each other on during slip-and-slide races and water balloon battles, the day was a celebration of everything that makes our alumni community so special.



One of the highlights of the event was hearing from our guest speakers, **Chris E. and Lyle**, who shared their experience, strength, and hope with honesty and heart. Their inspiring messages reminded us that recovery isn't just about overcoming challenges, it's about building a life filled with purpose, connection, and joy.

A huge thank-you goes out to our incredible kitchen staff and alumni volunteers **Hutch, Larry, and Videl**. Whether they were firing up the grill, serving food, or keeping everything running smoothly, their dedication and willingness to give back helped make the day a success.



Every conversation, laugh, and new connection is what makes our alumni events more than just gatherings are these opportunities to strengthen our recovery family and remind one another that none of us walks this journey alone.

91st Annual Founders Day 2026: A Journey to Recovery's Roots

Our alumni had the incredible opportunity to attend the **91st Annual Founders Day** in Akron, Ohio, where we gathered to honor the history of recovery and the fellowship that continues to change lives every day.

Together, we visited Dr. Bob's Home, stood in the living room where the first AA meeting was held, and reflected on the countless lives touched within those historic walls. One of the day's most meaningful moments came when our Alumni Ambassador, John, led our group in the Third Step Prayer from both AA and NA, reminding us of the unity and hope that connects us all.

We also paid our respects at the Smith family gravesite before visiting the historic Seiberling Estate, where Henrietta Seiberling introduced Dr. Bob Smith and Bill Wilson—an introduction that would forever change the course of recovery history.

The day concluded at the Founders Day celebration with the sobriety countdown, an inspiring speaker meeting, and thousands of people joining hands in a powerful moment of fellowship and gratitude.

Founders Day is a reminder that recovery is built on connection, service, and hope. We are grateful to everyone who shared this experience with us and look forward to carrying its inspiration with us throughout the year.



Celebrating Milestones of Hope and Recovery: Inspiration Ministries Victory Night



On the third Thursday of every month, we have the privilege of attending Inspiration Ministries' Victory Night, an evening dedicated to celebrating hope, perseverance, and transformed lives. Events like these remind us of the incredible journeys our alumni continue long after completing our program.

One of our alumni, LaQuandre, reached an exciting milestone by celebrating nine months of recovery and graduating into Inspiration Ministries' graduate program.



His testimony reflected the determination, resilience, and personal growth that have marked his journey. Witnessing his progress and celebrating alongside him was a meaningful reminder of the lasting impact of recovery and the power of continued support.

We were also honored to celebrate alumni Vanessa and Frankie as they received milestone recovery chips in recognition of their ongoing commitment to sobriety. These milestones represent far more than the passage of time—they are symbols of courage, perseverance, healing, and hope for the future.



Recovery is a journey, and every milestone deserves to be celebrated. We are incredibly proud of LaQuandre, Vanessa, and Frankie for their dedication and hard work. Their stories inspire our entire alumni community and serve as a powerful reminder that recovery is possible and that brighter days lie ahead.

Congratulations, LaQuandre, Vanessa, and Frankie! We look forward to celebrating many more milestones with you in the years to come.

Together We Thrive: Celebrating the Power of Connection

Our recent alumni meeting was a wonderful reminder of the strength that comes from staying connected. The evening was filled with laughter, reflection, and meaningful conversation as alumni came together to celebrate the bonds that continue to support our recovery journeys.

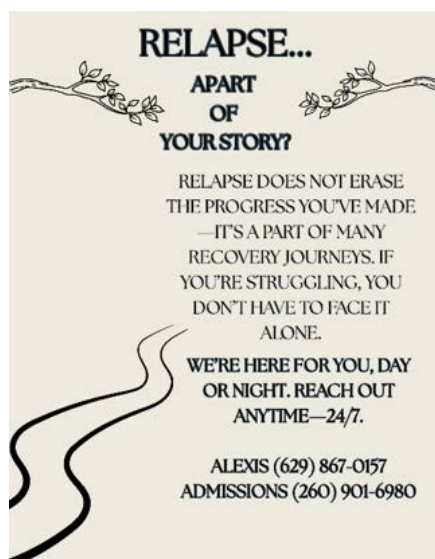
One of the highlights of the evening was reminiscing about our recent trip to Founders Day. Members shared favorite memories, reflected on the experience, and talked about hopes for returning next year. For many, visiting Akron felt like coming home—a place rich in history that serves as a powerful reminder of the origins of recovery and the hope it continues to inspire.



The meeting also sparked an important discussion about support and the many forms it takes in our daily lives. Alumni shared stories about the people, programs, and communities that help them remain connected and continue growing in recovery. Together, we explored the support we currently have, the support we still need, and the ways we can continue showing up for one another as a recovery community.

Thank you to everyone who attended and contributed to such an uplifting evening. Your openness, encouragement, and willingness to share made the gathering truly meaningful. Meetings like these remind us that recovery is strengthened through connection. By supporting one another, sharing our experiences, and building lasting relationships, we continue to create a community where hope thrives—one day at a time.

Relapse Is Not the End of Your Story



Recovery is a journey filled with growth, learning, and resilience. While every person's path is unique, many individuals encounter setbacks along the way. If relapse becomes part of someone's story, it does not erase the progress they have made or the strength they have shown to get where they are today.

Recovery is not defined by perfection—it's defined by perseverance. Every meeting attended, every healthy choice made, every day of sobriety, and every lesson learned continues to matter. Those experiences become part of the foundation that helps individuals find their way forward, even during difficult seasons.

One of the most important reminders we can offer each other as an alumni community is that no one has to face these challenges alone. Reaching out for help is not a sign of failure; it is an act of courage. Whether it's connecting with a sponsor, attending a meeting, calling a trusted friend, or contacting our alumni team, support is always within reach.

As alumni, we have the opportunity to create a community where honesty is welcomed, struggles can be shared without judgment, and hope is freely offered. Sometimes the most powerful thing we can do is simply answer the phone, listen, and remind someone that they are not alone.

If you or someone you know is struggling, please don't wait. Our team is here to help, day or night. Recovery is always possible, and every new day offers another opportunity to begin again.

Remember: A relapse may be part of your story, but it does not define your future. Hope remains, healing is possible, and your recovery journey is still worth fighting for—one day at a time.