

CSP Newsletter

Cumberland/ Perry Community Support Program: (717) 254-6060

Special Interest Articles:

- Spirituality
- Poem by Marsha S.
- Upcoming Events
- Support Groups

Cindy says Good-bye

As of January 31, 2010, I, Cindy McClucas-Herman will be resigning as Chairperson of CSP. I would like to take this time to express how much CSP has helped me in my journey of recovery. Also, how much I have learned and the great opportunities it has given me. I have been through a lot of changes with CSP, and it has been a real challenge at times. The challenges have taught me how to put my coping skills into action. I have come a long way in my recovery thanks to CSP. I also learned a lot about leadership and delegation. I want everyone to know how much I appreciated all the support. It is great seeing everyone pull together during activities and see everyone

supporting each other and expressing our voices at the C/P CSP meetings. I am resigning from the position of Chairperson of C/P CSP. I won't be the Chair of C/P CSP, but I am not going anywhere, I will still be involved in the activities, and I plan on being at the meetings. I want to be very supportive to the new Chairperson; I know how challenging it can be. I want to see CSP to continue to grow and expand, we have come so far.

With Love,
Cindy McClucas-Herman



SPIRITUALISM

Spiritual practices may take many forms, i.e. poetry, affirmation books, music and dance, yoga and organized religion. Although I have been involved in all of the above, I will focus on the latter because it provides an avenue to do things in a community. I am Catholic and when I get involved in Church activities, I do not disclose unless it comes naturally into the conversation.

Spirituality relates to the virtues of Faith, Hope and Love. Faith is why we are still here. We know and have heard often that Recovery involves Hope. To be loved by people is great, but to know God loves us can be the 'saving grace'. All of us are sometimes alone and we have to rely on our own resources to get through. For me, this is the time to pray and ask God to spiritually and mentally lighten the load.

More than a decade ago, Pope John Paul II wrote about people with disabilities as people with different abilities. This has been comforting to me. Currently, I am in a group of people who practice centering prayer. The group sits in silence before and after prayer and attempts to rest in the presence of God. This is very natural to me as I have a strong background in Yoga.

Another consumer and I have

approached the Bishop of our Diocese to have a brain storming session for Catholic consumers. He liked the idea and set the wheels in motion for this to take place in March of 2010. I am looking forward to this and I not only want to explore what the Church can do for us, but I want to know how we can best contribute.

Also, I am in the process of being professed in the Third Order Franciscans. It is a three year study program. We are bound to see God in all others. We try to sow love where there is hatred.

Seventeen years ago, I quit smoking using a 12 step program. Enormous numbers of people globally have broken addictions by submitting to a Higher Power. I do not understand atheism, but I try to see God in them.

Submitted by Kathy G.



Upcoming Meetings

CSP- Tuesday March 16, 2010 10 AM
Tuesday April 20, 2010 10 AM



Quarterly Evening Meeting

NAMI- Thursday March 18, 2010 7 PM
Thursday April 15, 2010 7 PM

Both CSP & NAMI Meetings are held @
S.T.A.R. – 253 Penrose Place
Carlisle, PA 17013

ROSI- Tuesday March 2, 201 10 AM @ Aurora Café
Tuesday April 6, 2010 10 AM @ Ship Dock

CSP Conference Committee Meetings:

March 9, 2010 10:30 AM @MHA in Marysville
March 23, 2010 10:30 AM @MHA in Marysville
April 13, 2010 10:30 AM @MHA in Marysville
April 27, 2010 10:30 AM @MHA in Marysville

CSP to hold Elections

There will be a posting that we are accepting nominations for the chair and secretary positions. Nominees will be interviewed, and will understand what the positions consist of.

These positions will complete the unfinished term. Chair will be until July 2011 and the secretary position is until July 2010. The person elected may run again, if they so wish, for the position when their term is complete. Nominations will be accepted until December 15th 2009. Elections will be held on January 19th 2010. The Chair will be elected first; therefore the chair nominee who is not elected may run for secretary if they choose to do so at that time.

Ship Dock

A Piece of Me

Consume your soul with troubles from the past,
Will only bring heartache that arrives surprisingly fast.

Awareness can bring up ugly issues,
Accept and learn, use a lot of tissues.

Break the silence,
Stopping the violence.

Grow prosperous and strong,
And most important
Try not to do anyone wrong.

LIVE WELL,
Break the chain.
Trust me you'll have
Everything to gain.

Hopes and Dreams,
Life without Nasty Screams.

Written by: Marsha Schaszberger
"Ship Dock"



Our Gratitude to Leah....

Publisher: Mental Health Association of the Capital Region (MHACR) with support from Ruth Woodlen, Executive Director

Editor: Katie Wilson

**Cumberland / Perry
Community Support
Program**

501 S Hanover St. 2nd Floor
Carlisle, PA 17013

Telephone: (717)254-6060

Email

cpcsp253@yahoo.com

Officers:

Chair: Cindy McClucas-Herman

Vice Chair: Katie Wilson

Secretary:

County Mental Health Office:

Annie Strite: 240-6320

Robin Tolan: 240-6320

**Drop In Centers Newsletter
Liaisons**

Aurora Dromgold:

Leah Clouser

Aurora Mechanicsburg:

Grant Hogan

New Visions Ship Dock:

Victoria Smith

NHS STAR:

Still Needed

The CSP executive committee would like to take this time, to thank Leah Clouser for the time she put into CSP as the secretary. We had the opportunity to see her skills blossom quite quickly. We really got to know Leah personally and not just as a committee member. Leah is a great, warm hearted person. We are sorry to see her go. The executive committee has always stood by each other, and encouraged each other to take care of ourselves first. We have the up most respect to Leah for doing just that. Thank you, Leah, for doing a great job.

The Executive Committee

Aurora Cyber Café Consumer Run

Fridays 6-10 PM

Upcoming Events for December

December 4th – Holiday Movie

December 11th - Epiphany
Holiday Show

December 18th – Chris Nelson

December 25th – Closed

January 1st - Closed

Enjoy Free WiFi, Beverages, & Desserts
Every Friday!

Donations are Appreciated

104 W. Main St- Mechanicsburg
(Across from JoJo's Pizza)

(717) 591-9598

www.auroraservices.org

C/P Community Support Program

501 S. Hanover St.
2nd Floor
Carlisle, PA 17013

PHONE:
(717) 254-6060

E-MAIL:
cpcsp253@yahoo.com

Cumberland/ Perry County
CSP

Meets every third Tuesday of
the month @10 AM
Meetings are held at
S.T.A.R.
253 Penrose Place
Carlisle, PA 17013

Support Groups

Double Trouble
1st & 3rd Tuesdays
7-8pm

Mechanicsburg Café' Aurora
104 W Main St
Mechanicsburg, PA

(Across from Jo's-Jo's Pizza)
Double Trouble is a support group
for individuals who are dually diagnosis
with a mental illness and an addiction.

NAMI Connections
4th Saturday of each month
10am-11:30
@

Sadler Health Center
100 N. Hanover St.
Carlisle, PA 17013
www.nami.org/connection

C/P CSP
501 S. Hanover St.
2nd Floor
Carlisle, PA 17013