



**FRIENDS OF
RECOVERY**
New York

**ONE COMMUNITY
ONE VOICE**

***19TH* ANNUAL FOR-NY
RECOVERY FINE ARTS FESTIVAL**

September 2022

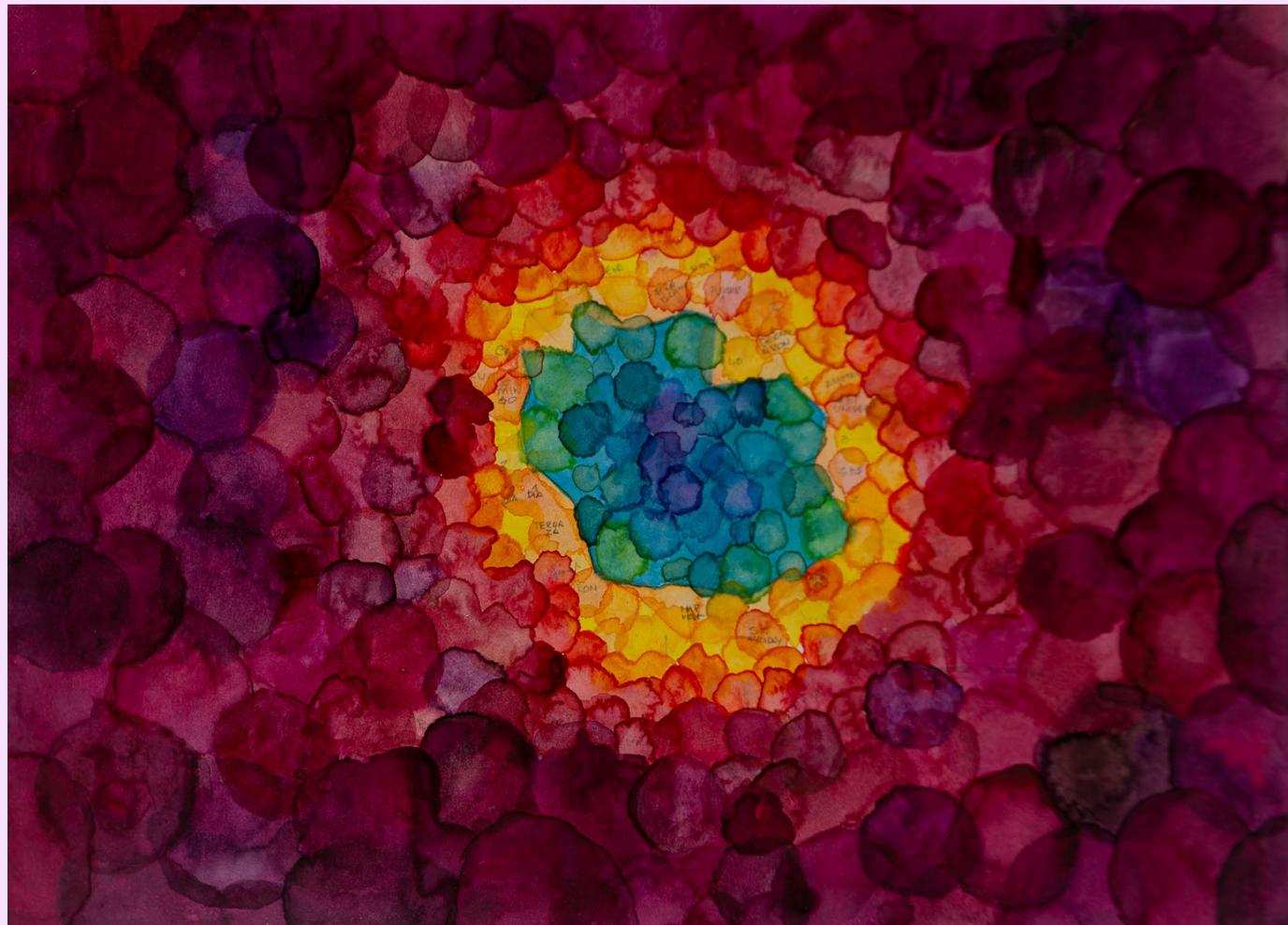


Painting

“Recovering” -Leonel Valle

This piece relates to my recovery because...

“This piece is the first of an ongoing series created about how my recovery is still changing my life and the life of all around me. I feel that when I recover we all recover.”



*“Sober and Proud”
-Brenda Thomas*

This piece relates to my recovery because...

“Years ago, when I first tried AA, I went to a meeting and I was impressed because the room was packed...”

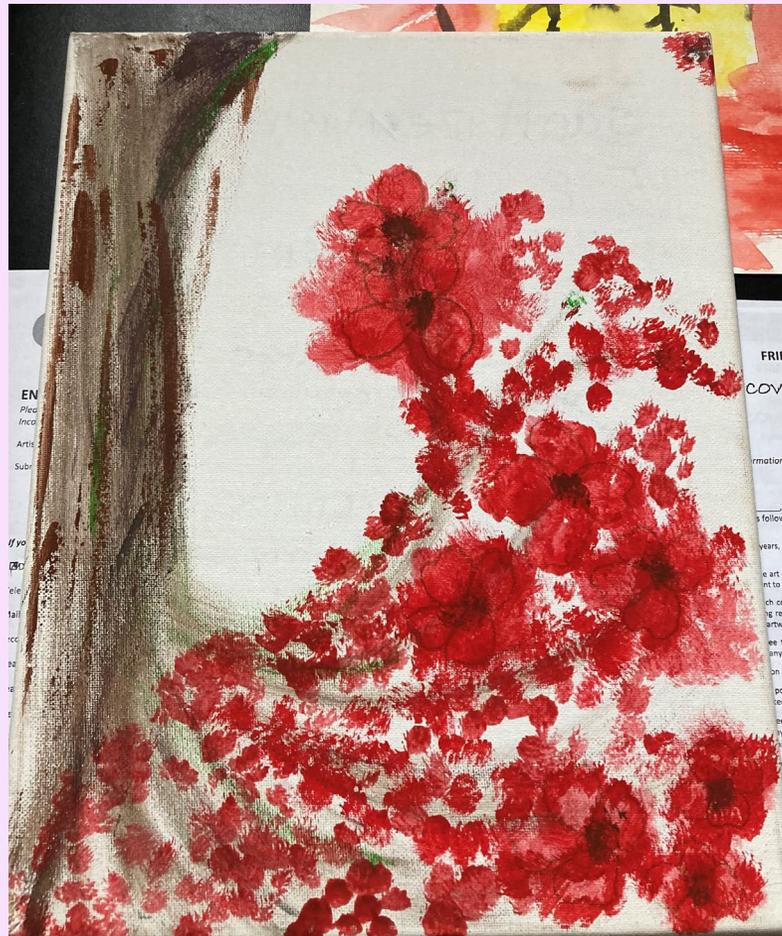




“Sun Light after my addiction storm” *-Vincent O’Donnell aka VanGogh*

This piece relates to my recovery because...

“Sunlight relates to the aspirations, desires of my sobriety. A light that reflects and shines bright within my heart and soul to stay in recovery.”





“Seeing Clearly Now”
-Brian Hunt

This piece relates to my recovery because...

“Being sober I can see myself leaving the darkness, and pieces of color show hope a brighter future coming together.”



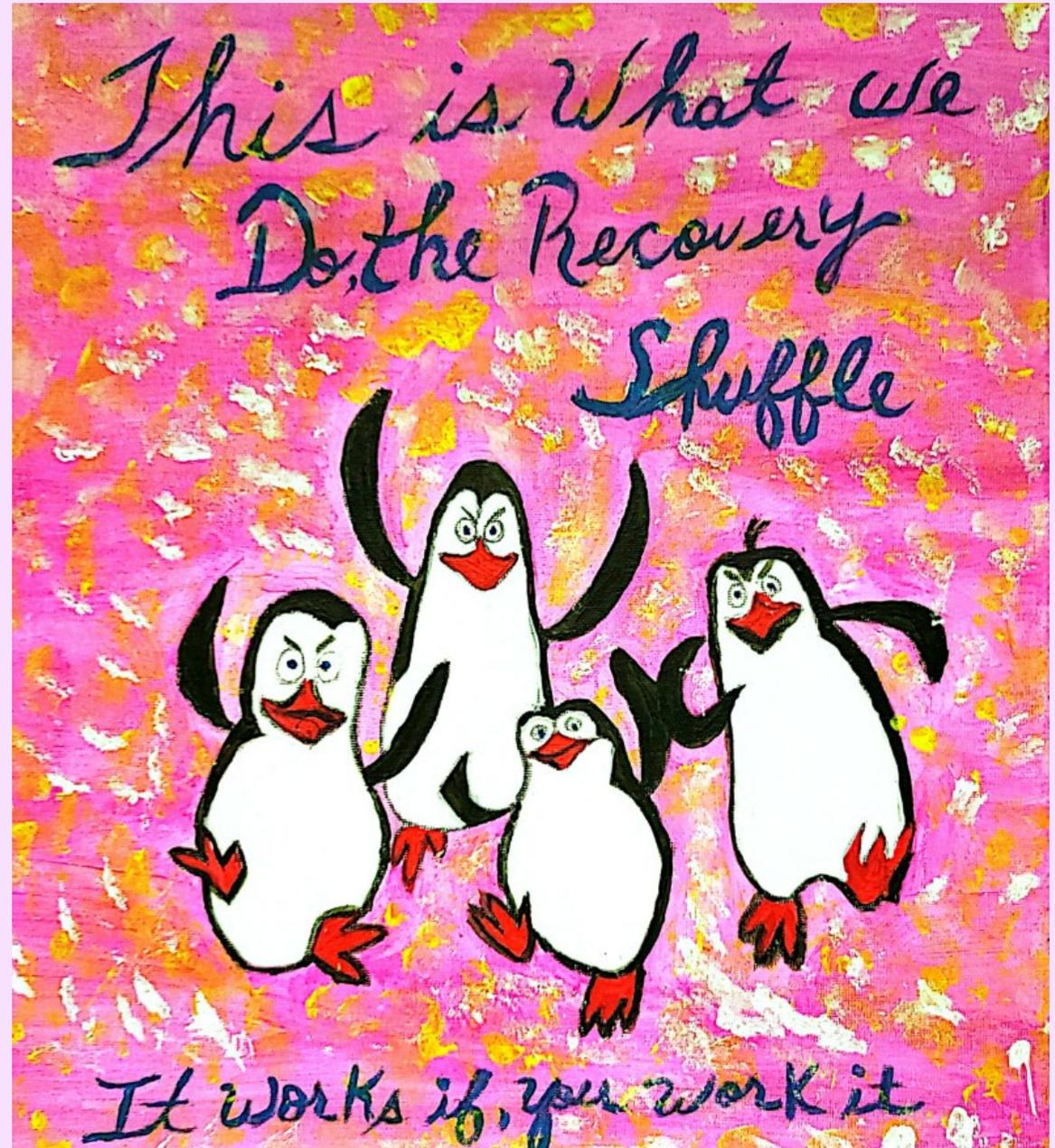
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*“Soul Recovery”
-Jacqueline Lopez*

This piece relates to my recovery
because...

“We are dancing with joy.”



“Powerless”
-Hassina Brodie

This piece relates to my
recovery because...

*“When “we” or “I”
don’t admit that
powerlessness “we” or
“I” can’t move into
acceptance.”*



*“Changing
Patterns”*

-Raquel Giambalvo

This piece relates to my recovery
because...

*“Walking the steps of
recovery”*



“Believe”
-Michelle Quentin

This piece relates to my recovery
because...

*“I believe we all can
recover- it’s the greatest
gift, blessing”*



“We Do Recover” -Andrea Andrade

This piece relates to my recovery because... In this series I have chosen to depict in green, the beginning of a journey. To keep it on the I, I always tried to seem as if I was in control as if my side was always green. Truth is, I felt like that image every day. Scared of change, yet terrified of staying the same. Life was no longer my cup of tea. I chose to heal. In purple, I embody the process of discovering who I was, what I was. Sometimes this is still in question, but I enjoy finding out now. The blue times mixed with the green made the purple as my emotions were scattered with red in pain, anger, sadness, confusion. How could I have let so much time pass, why? Through this time, I thought I had to forgive everyone else when in reality I had to learn how to forgive myself. Fight or flight, but you can't really run from you, and I was exhausted from fighting. So I gave in, I learned to ask for help. Finally, in bronze, is where recovery comes in. Not a perfect experience, but I can say it is a happy one. It is not gold, because that would be false advertisement, there will always be challenges. But after years of living in pain and being lost, I can honestly say that I stand by the truth of We Do Recover, and I am in awe of what others and myself are capable of When We All Recover.



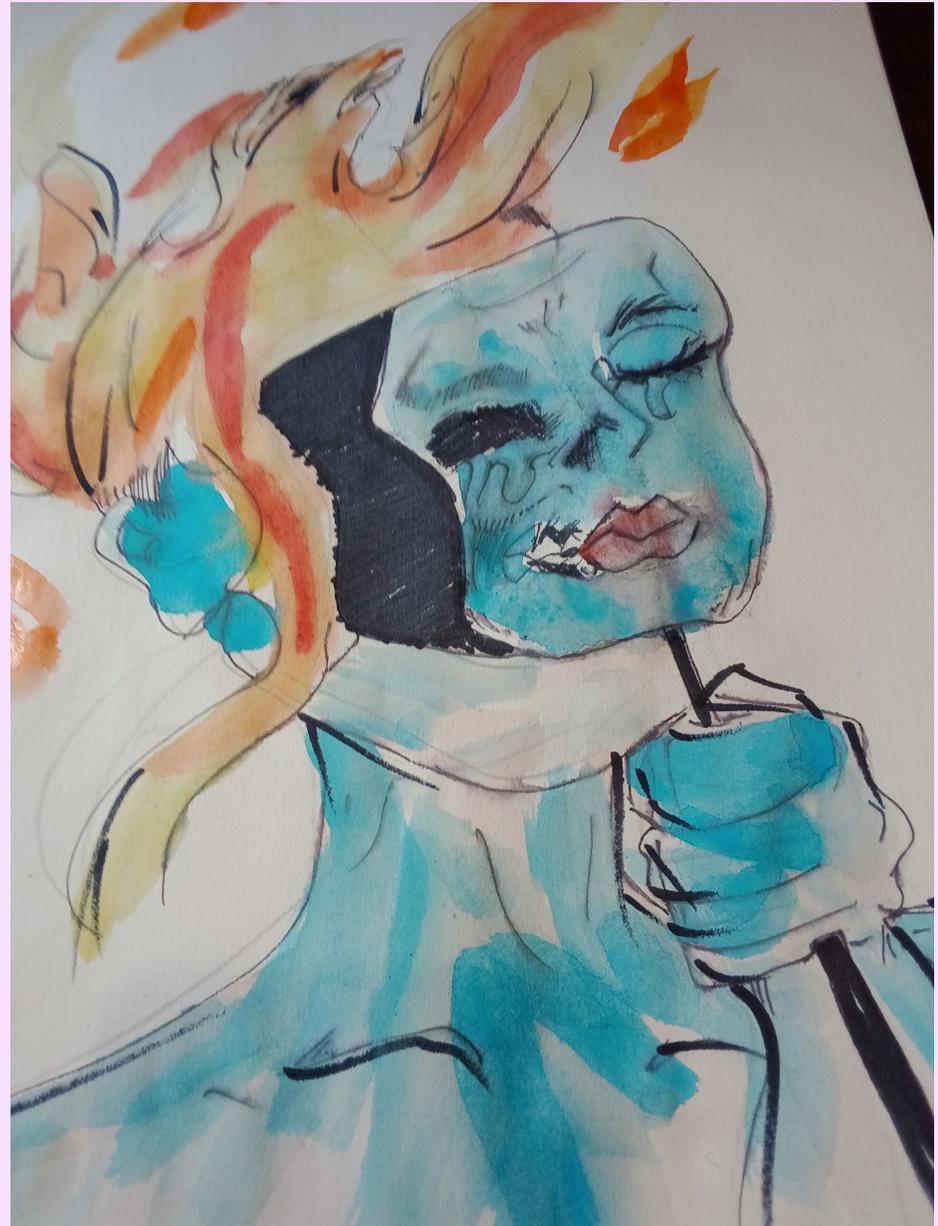
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*“Brand New Days”
-Brendon Ashley*

This piece relates to my recovery
because...

*“Its’ something that
someone told me in detox
that always stuck with me.
It has to do with not getting
in out own way and hurting
ourselves anymore.”*

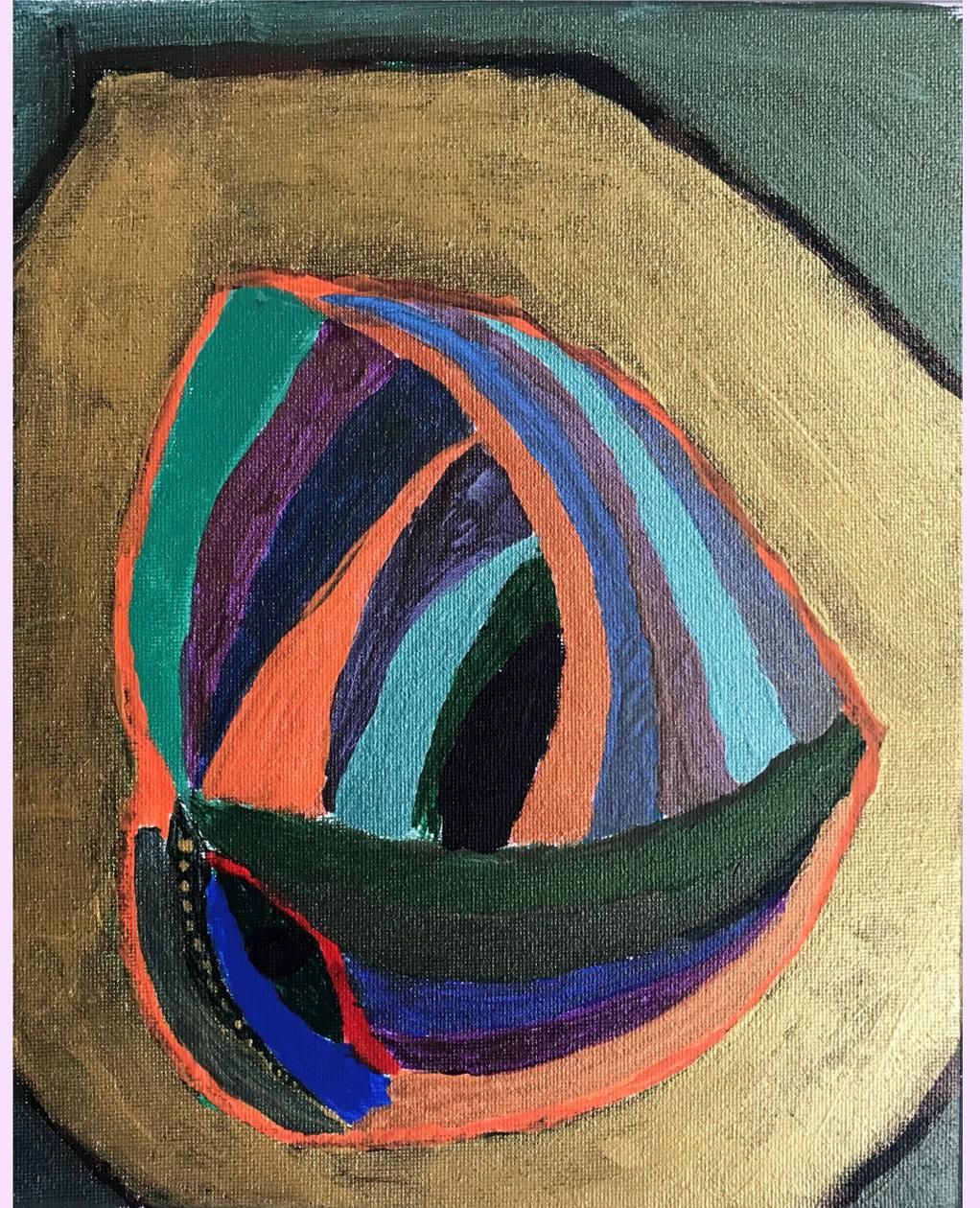


“The Process”

-Maurice Moore

This piece relates to my recovery because...

“When we all recover means making it out and being on the other side of the fence. Breaking out of my addiction to chaos. Life seems to be all over the place but the road tends to get brighter and you begin to see the greener pastures on the horizon.”



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“Serenity”
-Alonza Watt

This piece relates to my recovery because...

“When we all recover, means an environment of serenity and peace. Being surrounded by others that will encourage and uplift you to be the best self you can be.”



“Choices” -Julio Morant

This piece relates to my recovery because...

“When we all recover means starting a new. Being able to live with every experience and continue the search for better places. In recovery, you can appreciate what wasn’t noticed when the focus was money to get high. Pick a flower, have faith.”



“Everything I Promised You”
-Edgar Cruz

This piece relates to my
recovery because...

*“When we let go and let
God he fulfills his
promise. Put your life
into God’s hands and we
all recover.”*

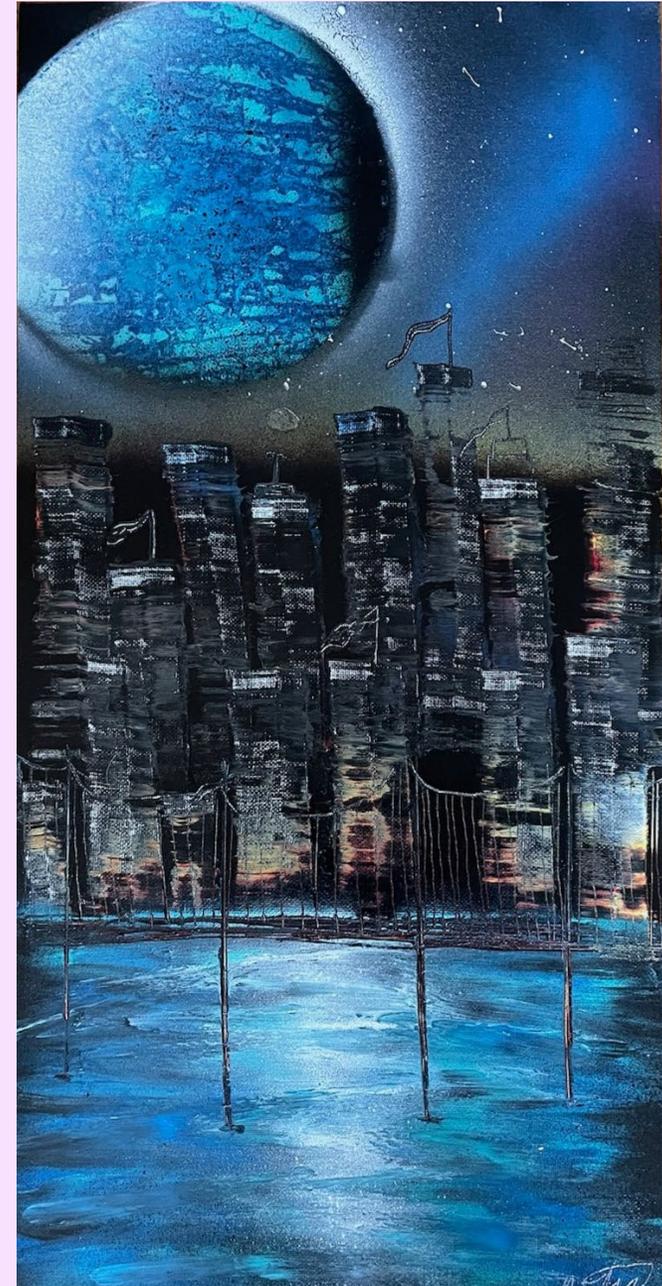




“Bridge Reflections” *-Bridget Tracey*

This piece relates to my recovery because...

“When we all recover, we cross bridges together, reflection becomes more beautiful, light overpowers dark, and we are no longer alone.”



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“Blossom’s of Recovery”
-Mirtha Noyola

This piece relates to my
recovery because...

*“The Art Group helps me
with having peace and avoid
negative feelings.”*





Drawing





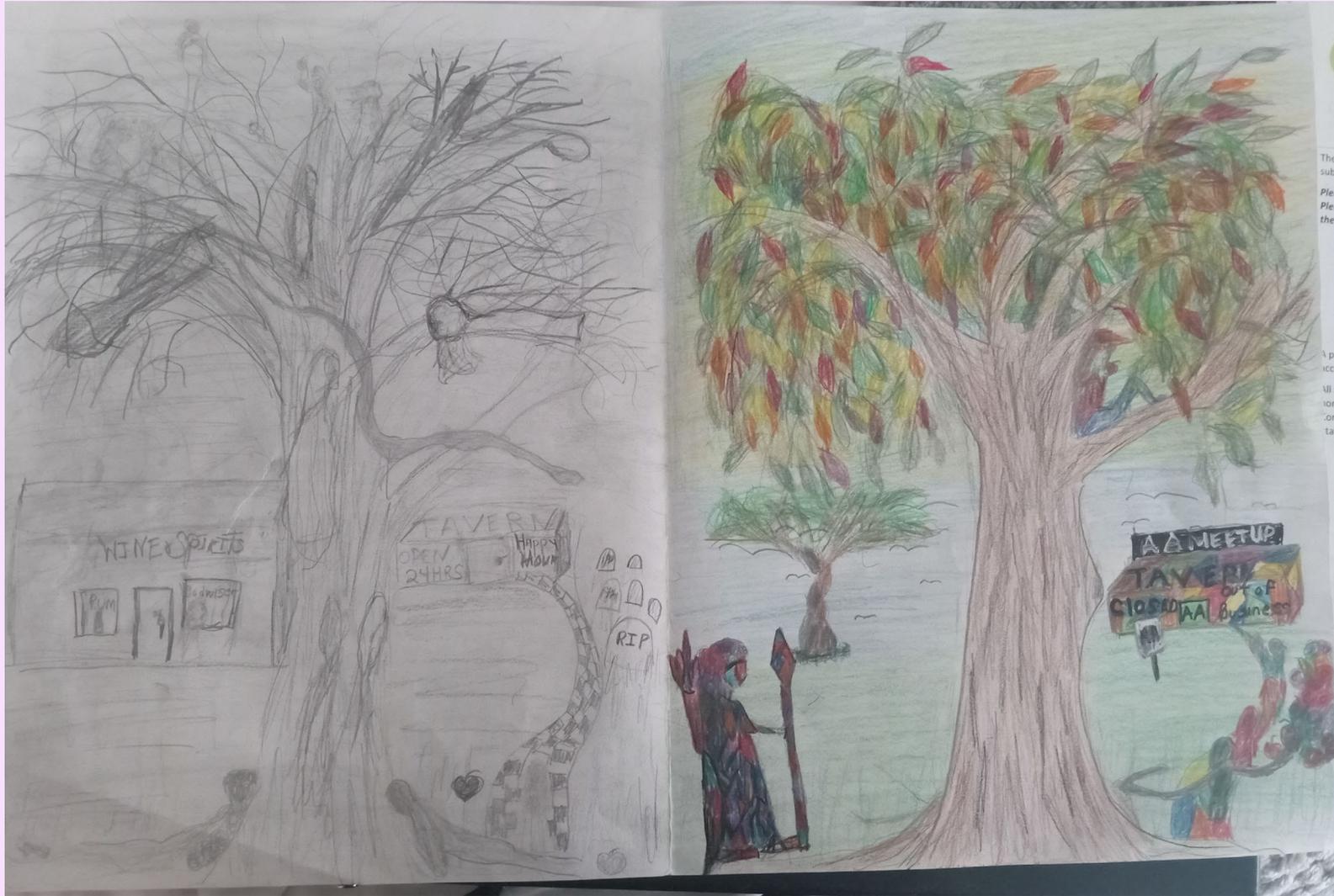
“When we recover”
-Leonel Valle

This piece relates to my recovery because...

“...Spirals are ever growing shapes that represent our growing relationship with recovery...”

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“The Warrior Within”

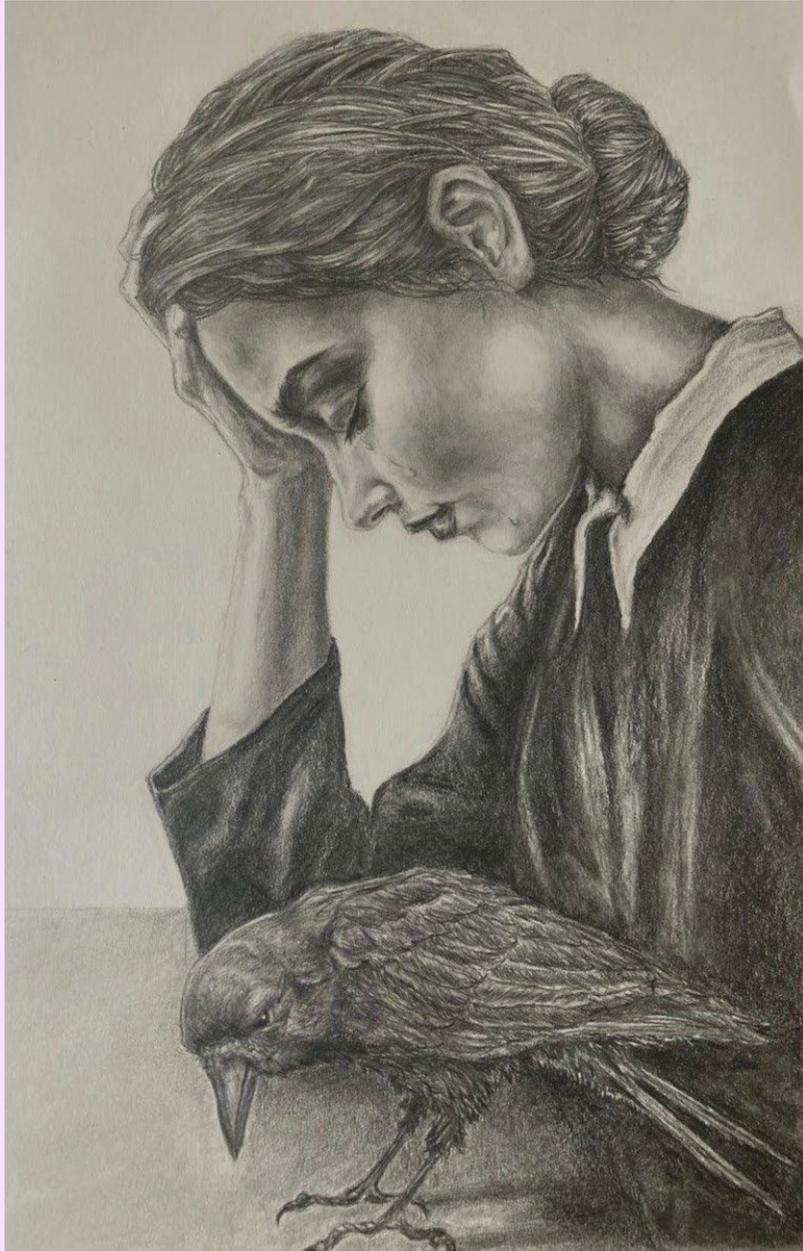
-Brenda Thomas

This piece relates to my recovery because...

“I have fought many battles with addiction, and lost, but I intend to win the war.”

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“In Memoriam”
-Kate Nagle

This piece relates to my recovery because...

“This piece is in honor of those I have lost along the road of my recovery.”





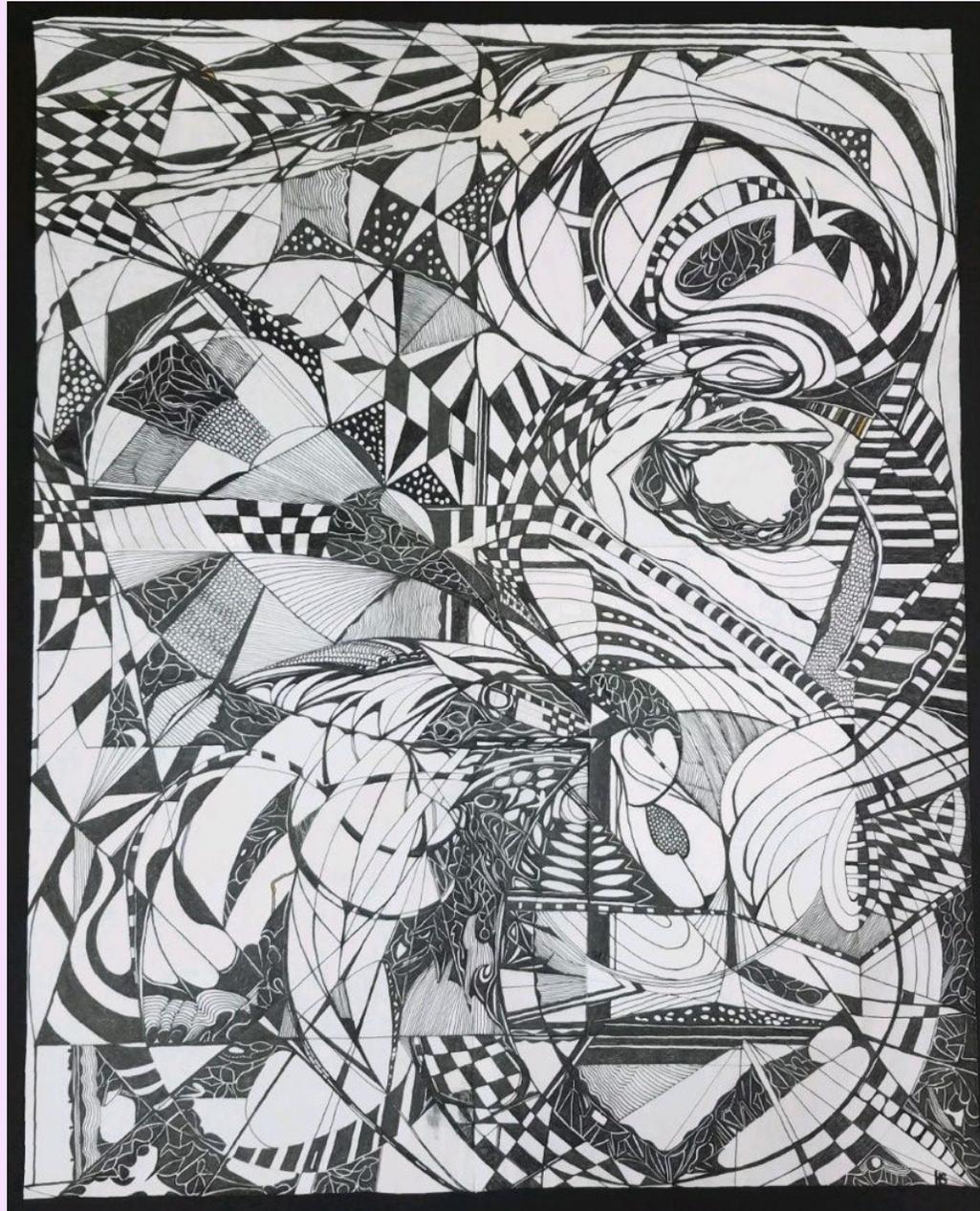
“Exit the Jungle”
-Christopher Zackiewicz

This piece relates to my recovery because...

“(Exit the Jungle) depicts a figure who has just emerged from a jungle of poisonous plants. The figure has lost a significant portion of their life trapped in this jungle.”

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*“When We All
Recover We Will
Know Our
Connectedness”
-Hannah Sherak*

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When We All Recover We Will Know Our Connectedness”

-Hannah Sherak

Doodles are to Art as: A. Snacks are to food., B. Whistles are to music., C. Naps are to sleep., D. Small talk is to conversation, E. All of the above., F. None of the above.

The only thing I know for sure is I never really had a choice: Not as a good little girl dismayed to displease her teachers with her messy margins. Not as a tween horrified by the similarities between her doodles and the spirals made by a serial killer as he faced trial in one of the first ever “Made for TV” movies. Not years later when colleagues frowned on my “inattention” at meetings.

In my defense, the doodles still make me do them. Textures, patterns, designs, motifs, all seeping through the crevices and cracks of my consciousness. Uninvited, encoded, inscrutable, divorced from feeling. But compulsive and compelling. Messages demanding out.

And finally getting all the attention they’d needed: This doodle piece started in January as an old, doodle-covered 3 x 5 index card that the art teacher at my Senior Living Facility happened to see, place on a sheet of 8 x 10 paper, and tell me to “frame.”

The “frame,” however, just turned into more doodles! I started to put together all the different textures I’d ever made — the webs, waves, lines, circles, spirals, and tiny, interlocking puzzle-like pieces.

*Suddenly I could see, know, and even **feel** what they’d always represented for me: My Auschwitz ancestors. Or rather, the detritus of my dead: Their hair, teeth, bones. (Their eye glasses, even.). Displayed separately at the memorial museum of Oswiecim, but jumbled together inside me, as my own teratoma.*

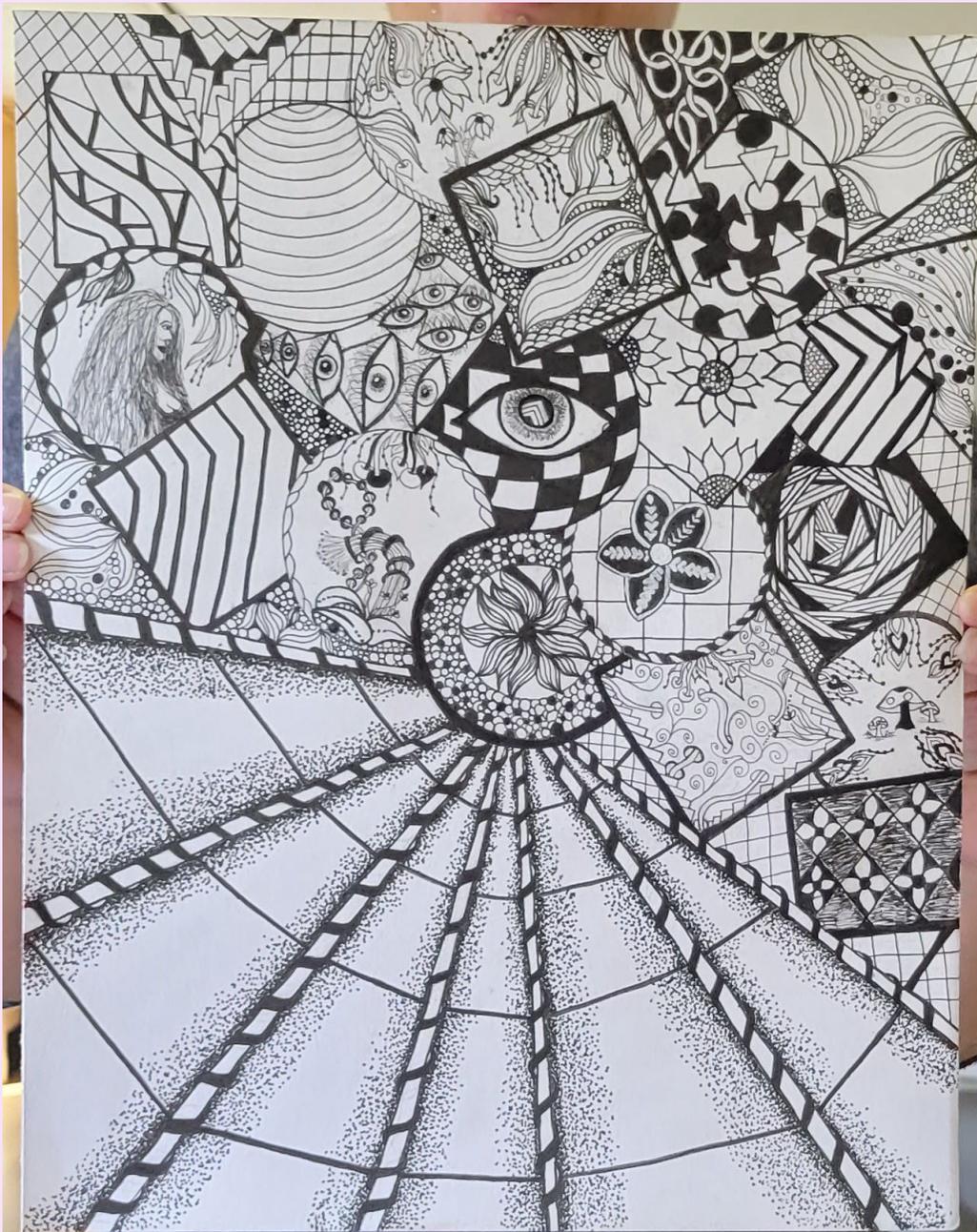
Meaning and feeling were restored. Step one in recovering from trauma, shame...and the addiction they so often spawn.

My work wasn’t done: At first, I just let the drawing grow; then I nurtured it, and lastly, but for the first time ever, I shaped it. Deliberately created conscious contours rather than letting the paper’s dimensions define them. Each addition was essential to balance, echo, match, highlight, offset, reverberate, and foreshadow the others. Each new section couldn’t detract from any other but had to hold its own and most important, contribute to the whole. I kept going until the piece reached its current 16 x 20” size (four 8x10 sheets), and I’d swapped out my original 3 x 5 design for its heir.

That’s when I noticed the change: I didn’t see hair, or teeth, or bones anymore. I didn’t feel despair. The shame I knew to be unreasonable but had dogged me as long as I could remember....Gone!

The piece had transformed, perhaps only in my mind’s eye, but nevertheless powerfully and palpably and emotionally. I saw a primordial soup filled with the raw materials of life. Later, I could almost smell soil made from rich, fertile compost. Past and present, dead and living, and all of life, connected, and present. With me as a part of it all!

When we heal from trauma, we regain our membership in the human race. And as we rejoin the rest of humanity, the substances and addictions that have overpowered us shrink to a manageable size. And we can overcome.



“Manifesting Our Best Life”

-Ashley Johnson

“In the process of creating this piece I first utilized the tools of my environment, such as: various shaped objects to outline each individual shape. Each shape holds its own vision. In recovery we must also use the tools in our environment in our new lives. Once we have properly shaped our new life, then we can manifest what we have envisioned our best life to be.

There are many aspects of life, each aspect on its own may look and seem very simple but when they are put all together and overlap, life then becomes very complex and gets easily messy. If all of these aspects are put together mindfully and carefully with the proper tools and knowledge then we can put it all together to build a beautiful life.”



“Dream”
-Kenneth Huggins

This piece relates to my recovery because...

“This is a dream I had and it reminds me that there is going to be someone that's going to help in my recovery.”



*“Stop Digging, Start Climbing”
-Brendon Ashley*

This piece relates to my recovery because...

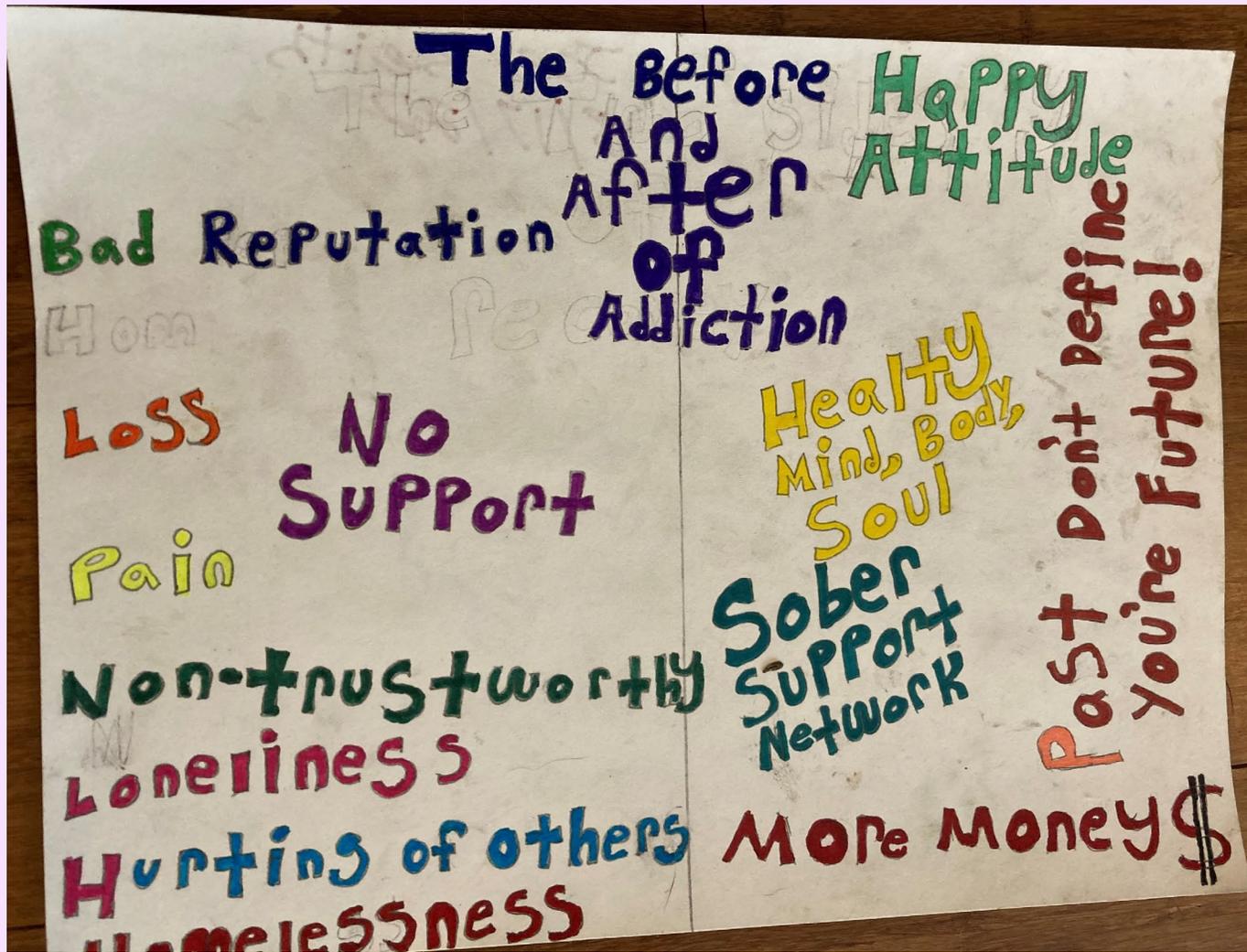
“It's something that someone told me in detox that always stuck with me. It has to do with not getting in our way and hurting ourselves anymore.”



“Colors”
-Joshua LaJone

This piece relates to my recovery because...

“I believe colors are a great way to express feelings.”



“Before and After of Addiction”

-Joseph P. Reith

This piece relates to my recovery because...

“It shows the struggles of addiction before and after addiction.”



“Never Forget Your Struggles...”
-Daniel Rios

This piece relates to my recovery because...

“Because I don't wanna forget my struggles and I have to be the light and brighten the right paths we all are the light and recovery is a life long journey.”



Mixed Media

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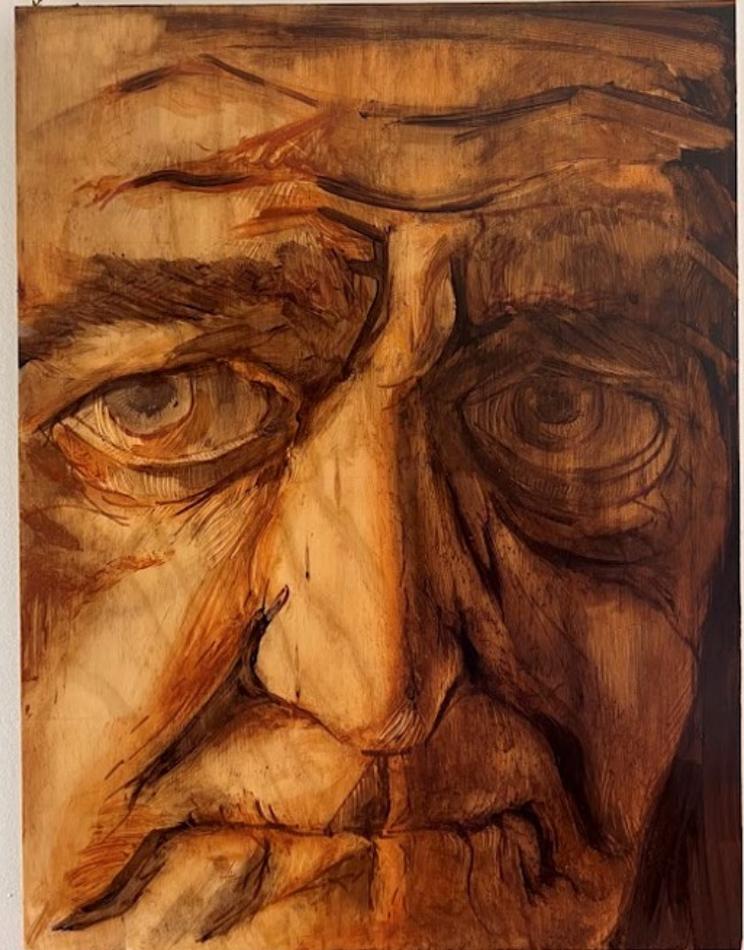
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“Sad Man”

-Kristyn Logan

This piece relates to my recovery because...

“Sad Man” is the embodiment of how my insides felt when I was in active addiction. The original photo was clipped out of an old National Geographic Bell Telephone Ad where the man depicted was disappointed, he could not reach his family, because he did not own a telephone. At the time I originally did this painting I was attending Hudson Valley Community College, failing school, and feeling utterly hopeless due to my inability to stop using. I eventually dropped out of school and sold the painting to buy more drugs. Years later, I realized how I missed “Sad Man” and how full of regret I felt for letting him go. So, I rummaged through countless National Geographic magazines to find the original Bell Telephone Ad to recreated “Sad Man” – now in recovery. Spring 2009 “Sad Man” was painted in acrylic on canvas, 10 years later he was recreated using wood stain on plywood. Now I am reenrolled in the Fine Arts program at Hudson Valley. I work as a peer advocate and everyday I walk into my office and see “Sad Man” hanging across from my desk where I’m reminded to never lose hope, never give up on following your dreams, and that beautiful things happen when we all recover.”



“Freedom”

-Cristie Praeger

This piece relates to my recovery because...

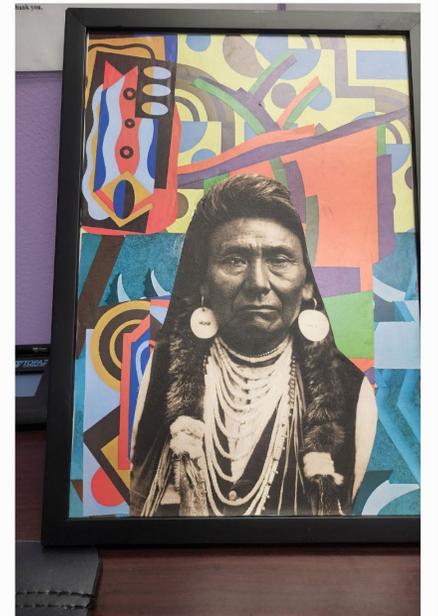
“This piece was created using bits of nature collected by my fellowship of sisters @ the Villa. Our favorite times together were spent outdoors telling our stories reflecting, laughing, and offering words of support to one another.”



*“American Indian –
Indonesian- Keith Herring”
-Charles McCray*

This piece relates to my recovery
because...

*“My art keeps the creative
juices flowing and off the
streets.”*



“My Testimony”

-Jennifer Vonlang

This piece relates to my recovery because...

“This is a song that reflects on my hardest of times through drug addiction and how faith in Jesus became my stability and solid rock on which I stand.”

<https://www.youtube.com/watch?v=MWGmW9A0aAQ>



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“Collected”

-Lydia Boruta

This piece relates to my recovery because...

“This piece is my "old" work selected and arranged in a "new" way. Separately done at different times as an artist in recovery. Collectively something new, using a new technique I learned in the Expressive Art Studio.”



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“Pieces of Me” -Amalia O’Kane

This piece relates to my recovery because...

“In my addiction I lost so many pieces of myself. Throughout this recovery process, I'm getting those pieces back. However, it takes hard work. If I remain consistent I'll be able to become a health, healthy, and even better version of my whole true self.”





“To new Beginnings” -Rosemary Mercado

This piece relates to my recovery because...

“This artwork portrays the theme of when we all recover because when choosing this image, the tree was bare and looked like it needed help, that's how it feels, when people are struggling, it feels empty, there is nobody. When you go into the road of recovery, there is hope and leaves start to grow, reminding you, you are not alone.”



Poetry





Find the complete 2022 Poetry Book
HERE

Video submission: Valaria Davis
“Beats of my life”

<https://youtu.be/DcJU70B5KI>



Music



“My Testimony”

-Jennifer Vonlang

This piece relates to my recovery because...

“This is a song that reflects on my hardest of times through drug addiction and how faith in Jesus became my stability and solid rock on which I stand.”

https://www.youtube.com/watch?v=2Xi2-iUbug0&list=PL-0TKaeiPEeLeOgnMb8mmFK_fm7MX6mYP&index=2



“Lágrima ” -Stephen Crouth

This piece relates to my recovery because...

“Lágrima was composed by Spanish guitarist, Francisco Tárrega, somewhere between late 1881 and early 1882. While performing in London, he became homesick and missed his family who were back in Spain. This inspired his writing of Lágrima, which means "teardrop" in Spanish.

In my active addiction, I felt lost, and in a place where I did not belong, and shed many tears. I longed for a better life but never dreamt it would ever become a reality. I have been in recovery five and a half years now, and it has truly felt like a homecoming. Having a fellowship to go to where addicts know the horrors of active addiction and stay clean by helping other addicts stay clean, has made me feel at home in my own skin. Like Tárrega, who upon his return from London married his sweetheart, I have found a new life of hope and love.”

<https://www.dropbox.com/s/s3dphf44fyh3574/lagrima.mov?dl=0>



“Torchbearers” -John Dillon

This piece relates to my recovery because...

“The song “TORCHBEARERS” is a collaboration between me and a group of creatives in early recovery who meet on Zoom every Wednesday evening to share and create. Many of the members are alumni of St. Christopher’s Treatment Center in Garrison NY. Here’s how the song came about:

At one of our meetings after some discussion, the topic emerged that recovery is like the ceremonial relaying of the Olympic flame from Olympia, Greece, to the site of the Olympic Games. From sponsor to sponsee, friend to friend, we pass the flame to the next, and we all recover.

As a group we brainstormed on the topic. Participants typed ideas, phrases and rhymes into the “chat.” A scribe typed some of the verbal conversation into the chat as well. At the end of the session I copied all of the content from the chat, took it home and over the next few weeks, honed the lyrics, wrote music and turned it into a song. I brought the song back to the group for feedback. After a few changes and we all agreed, I began the process of recording. I played all the instruments, and my wife Vivian Nesbitt and I performed the vocals.

WHEN WE ALL RECOVER

The very fact that this song is a collaboration of several people in various stages of recovery demonstrates how we can thrive individually and collectively when we all recover! The analogy of the torchbearer in the Olympic Relay exemplifies working together in the recovery process.”

https://www.youtube.com/watch?v=2Xi2-iUbug0&list=PL-OTKaeiPEeLeOgnMb8mmFK_fm7MX6mYP&index=2





Photography



“REPLENISH”
-Cinder Lyon

This piece relates to my recovery because...

“I think when we all recover we replenish our mind, body and spirit.”

“Untitled”
-William Walicki

This piece relates to my recovery because...

“Love is a universal message.”





*“When We All Recover”
-Oscar Ortiz*

This piece relates to my recovery because...

“When we all recover, we can face the world. The girl represents strength youth and fearlessness. The girl is a symbol of hope for all those who battle with addiction.”



“Despair”
-Michelle Quentin

This piece relates to my recovery because...

“This photograph was taken when I was deep in my gambling addiction on vacation - & all I wanted to do was gamble - and I couldn't - I was miserable & it's reflected in this image.”

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