

News & updates from **Rock Recovery**, a non-profit bringing hope and healing to those striving to overcome food addiction and exercise disorders.

“Once you choose hope, anything’s possible.” - Christopher Reeve

HOLIDAY GIVE IN PROGRESS!

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RockStars Features: [Elizabeth Porter](#) A Personal Story of Hope & Healing

RR: In your experience, what is the relationship between hope and eating disorders?

EP: In my years of struggling with an eating disorder, hope was difficult to come by and took much time. That hope may come and go many times. At times, it seems that hope is present but, unfortunately, there can be those peaks and valleys which make its persistence difficult. When hope becomes difficult and seems to disappear, I have had to stop and remind myself that I have come thus far. I have been able to pull myself out of those difficult holes when I did not think that I could and when the eating disorder seemed to be smothering me. Reminding myself of those times helps with bringing back that hope. I know that with my faith and learning from those past experiences that hope in recovery is possible. Recovery is a constant process and is different for everyone. Recovery is also not perfect, and that is important to remember.

RR: Is there any one thing in particular that gave you hope at a critical point in your recovery?

EP: I have had to learn that I cannot expect perfection in my recovery. Each time I came out of my many relapses throughout recovery, I saw the detrimental effects on my life and those that love me and swore that it would not happen again. It has been so hard to understand why this process has repeated itself over the years. Each time I believed I had things under control and was “recovered.” I think that what eventually gave me hope was when I realized that I had to let go of trying to control things and fix [them] on my own. I had to really realize that I needed to turn things over to God and truly believe that He will lead me towards healing. I had been trying to control, control and control, but I have hope now because I believe that God will continue to help me in my recovery and that I have done it in the past. I need only be persistent in continuing to give things over to Him, praying for the strength to do this even in the most difficult times. With this I found hope that I can persist in my efforts towards recovery and have faith that God will lead me to that point.

RR: What recommendations do you have for others who are feeling hopeless today?

EP: I would encourage those feeling helpless to be persistent and do not give up. I know this sounds easier said than done, because when you are in those difficult moments, all seems impossible. It is important to realize that you will not be perfect in recovery. You may have many falls, but that is okay. It is a continuous process. Continue to pray for guidance; pray for the ability to keep giving those struggles over to God and most of all believing that He will lead you to recovery. There are so many that have reached the point of healing, and we have to realize that with God or our higher power it is possible to reach a point of complete recovery.

Special thanks to Elia Pfaff for conducting this interview!

January Volunteer Orientation!

Date: Sunday, January 11

Time: 5:30PM to 7:00PM

Location: Cosi in Rosslyn, VA

An opportunity to meet other volunteers and to learn more about volunteer opportunities with Rock Recovery. Come enjoy free dinner or a hot cup of coffee while we talk about who we are, what we do, and how you can get involved.

Highlights

Idea Salon Spotlights the Power of Community

On November 21, Rock Recovery hosted its first “Idea Salon,” an opportunity for thoughtful individuals to discuss ways of communicating our message of hope and healing to the community. The result was a plethora of creative ideas and enthusiastic support for our cause. We are grateful for our participants: Alexis Adams-Shorter, Shefali Agloo, Candice Kaup, Kathleen MacDonald, Signy Roberts, and Brittany Willoughby. We’re also so thankful for those who made it happen: Denita Acker, Christine Dorman, Aimee Goodwin, Jen Driggers, Nayda Merida, and Polette Centellas.

Rock Recovery Blog Invites Community Comments!

As of this month, our director, Carylynn Larson, is blogging about Rock Recovery activities and potential initiatives. The purpose of the blog is to keep our community updated and, more importantly, to elicit feedback and comments on issues that we’re struggling with and ideas that we’re considering. Please join the blog: www.rockrecoveryinc.blogspot.com and contribute your comments.

Prayer Requests

Lord, please give us words and wisdom as we strive to communicate to those we are called to serve and those we strive to collaborate with. Infuse our hearts with deep compassion, understanding, humility and courage. Bring peace and sanity around holiday festivities. **AMEN!**