Session 34: My Community Connection Plan

PHASE 4 — LIVING FREE: PREVENTION AND PURPOSE (WEEKS 6–8) · WEEK 7 — STAYING CONNECTED

Date: _____ My craving today (0–10): _____ One word for my week: _____

After Phase 4 completion (Session 36); graduation is Session 60.

What we're learning

Programs end. Communities are how recovery continues. This session turns good intentions into logistics. You will name two communities — a recovery community and a support community you choose — each with a named human contact, a meeting time, a first-visit date, a ride, and a backup ride. “Find a group” fails. “First meeting, 10 a.m., with my named contact expecting me, riding with my named ride” succeeds. Phones come out briefly today to save contacts and set the date.

- A name and a time beat a category 'Find a group' fails. 'First meeting, 10 a.m., with _____ expecting me, riding with _____' succeeds. Every field of the plan follows this rule.
- Visit before Phase 4 completion (Session 36) The first visit is the hardest by a factor of ten; taking it while the program's support is still daily converts a cliff into a step.
- Absence must be noticeable Choose communities — and tell the contact — such that missing triggers a call. Being missed is a designed feature, not vanity.
- Two communities, two jobs The recovery community feeds vigilance, identification, and the chain-watch from Session 28; the support community feeds belonging, steadiness, and service (Session 32’s gift gets an address here). Most people need both kinds of support, and neither replaces the other.
- Many pathways, real choices — Recovery communities include 12-step meetings and non-12-step and secular options — SMART Recovery, LifeRing, Women for Sobriety, and secular meetings — all real choices. The support community is your choice. Plan the first four weeks of attendance, with a named contact, a first-visit date, a ride, and a backup ride.

Goals for this session

☐ I can name one specific recovery community and one support community I will attend weekly after Phase 4 completion (Session 36); graduation is Session 60, with meeting times and a ride plan

☐ I can identify a named contact person in each

☐ I can plan the first four weeks of attendance in the 90-day plan (Appendix D)

Check-in

What has actually kept you showing up to things in your life — a person expecting you, a role to fill, a ride arranged — and which of those can we build in on purpose?

Discussion — write your answers

Write what you would say out loud — and more, if it comes. There is no right-length answer; there is only an honest one.

1. Name your two communities — or, if genuinely undecided, name the two you will visit in the next two weeks and the decision date.

2. Who is your contact in each, and have they been told? If not, when exactly will you tell them?

3. What is your transportation answer for weeks one through four, and its backup?

4. What almost kept you from a community before (shame, an old face, a doctrine fight, a schedule) — and what is the plan for that specific obstacle?

Session 34 — Skill Practice

Connection Sprint: using the program's current local resource list (support groups, meetings, alumni gatherings, with times, contacts, language, and transport notes — maintained by the Program Director), each participant completes the Community section of Appendix D in the room. Phones may be used briefly to save contact numbers and set the first-visit date in their calendar. A missing field gets a dated step toward it, written in the room. Say the short version once to your partner, in your own words: 'I'm building my community plan.'

Complete the Community section of my 90-day plan in the table below — two communities, each with a named contact, a time, a first-visit date, a ride, and a backup ride.

Community	Named contact	Time	First-visit date	Ride / backup ride
Support community (participant's choice)				
Recovery community				

My takeaway

The one thing from this session I most need to remember — in my own words:

Homework — this week's application

☐ Make your first visit (or your decision visits) before Session 36 and report it in check-in. Introduce yourself to your named contact — 'I'm completing the New Day program and I'm building my community plan' is the whole script. Short version: 'I'm building my community plan.'

Space to do the homework and note how it went:

An optional Scripture handout for this session is available from your facilitator on request.