

Winter 2024

# Oxford Tri-Star

Oxford House of TN Newsletter

By Sarah Harris



## Fast Facts

As of December, 2024, there are 168 Oxford Houses in Tennessee.

- Men: 99 Houses, 768 Beds (3 Houses for men/children)
- Women: 69 Houses, 534 Beds (20 Houses for women/children)
- 1,302 Total Beds

With 2024 coming to its end, we look back on the past 12 months with gratitude. Thanks to the tireless work of our outreach team, and the willingness and dedication of our membership, Oxford House in Tennessee has grown significantly. 24 new Oxford Houses opened their doors across the Volunteer State this year. The impact these homes will have on the communities they serve is immeasurable. Safe, supportive, sober and affordable housing will always be in high demand. There will never be “enough” Oxford Houses. Traditions 3 states, “Oxford House is built on the premise of expanding in order to meet the needs of recovering alcoholics and drug addicts. This principle contrasts sharply with the principle of providing the alcoholic or drug addict with assistance for a limited time period in order to make room for a more recently recovering alcoholic or drug addict.” We’re excited to continue our growth and provision of housing to those seeking recovery in 2025.

## Full Hearts by David Morris

The holidays can be a struggle for those who are new to recovery. Many of us have estranged families and no place to go for the holidays. Remember, your Oxford House isn’t just a place to stay sober, but a place to come together as a family and bond over a meal or a game of cards. If your House hasn’t decorated for the holidays, I encourage you to dust off the Christmas tree in the closet and put it up! If not for yourself, then do it for the newcomers that are feeling lonely and isolated from their families. Oxford House Grata in Nashville cooked a Thanksgiving dinner and invited anyone from our Oxford Family to come over and have a meal with us. It was a wonderful afternoon of fellowship. We take great pride in where we live and we always remember to practice our First Tradition; providing rehabilitative support for our fellows who could be suffering in silence. Love one another and lift each other up. Happy Holidays from my Oxford House, to yours.



(Above) Oxford House Grata in Nashville opened its doors to celebrate Thanksgiving with their Oxford Family.

# Strength in Numbers

The 2024 Oxford House World Convention was an incredible experience our members will reminisce on for years to come. Approximately 100 members from Tennessee traveled to Orlando for this fun-filled, educational event.



"I love how no matter what city we go to, what state we go to, TN shows up and shows out!"

-Steven, Chattanooga

"My life was changed and I will never be the same. I truly appreciate you all. Oxford Luv!"

-Yolunda, Memphis

"I love being a part of this growing family."

-Bridgett, Chattanooga



(Above) (Top) Membership and staff from TN pose for a group photo at the Rosen Shingle Creek Hotel in Orlando. (Above) (Bottom Left) TN State Chairperson, Boris "Bobo," presenting Fun in Oxford House. (Above) (Bottom Right) Staff and State Officers at the formal banquet.

"Jackson members learned so much at The World Convention. Our Chapter Officers learned how to address conflicts in a House and how to help House when addressing accountability issues. They learned what roles a Chapter Officer should and shouldn't have. They also gained a deeper understanding of the Oxford House Traditions."

-Melody Gentry, OH



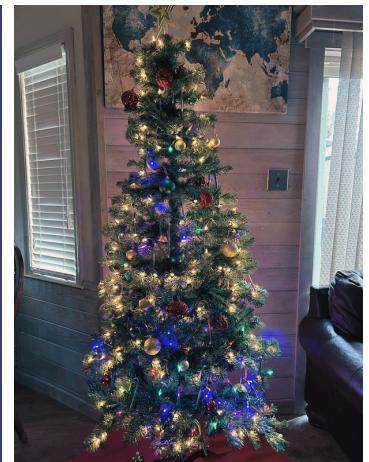
# Doing Something Right

By Jeremy Wilkerson - Memphis, TN

Memphis is doing well. We have experienced low vacancies lately which is a good sign that we are doing something right. We recently hosted a Friendsgiving at the lovely Oxford House Bella Grace. The House was filled with members enjoying food and each other's company. The meal was donated by Mr. and Mrs. Billy Posey. Oxford Houses in Memphis were extremely grateful for this gesture, and we hope to make it a new tradition in the years to come.

Memphis also recently welcomed into the family Oxford House Kallos; a beautiful home for 8 women serious about their recovery. We are happy to see our numbers grow and look forward to seeing the new members find recovery and flourish.

In January, we expect to see another new House to make its debut to our Memphis family. Oxford House Malta will open its doors on January 1st for 8 men who want to stay sober and be prosperous. This is an exciting new era for Memphis, as we will be venturing into a new area. We are excited to grow into Germantown and expect to be the best new neighbors! 2025 will be a great year and we are all excited to be a part of it.



(Left) New House flyer for Oxford House Kallos, an 8-woman home in Memphis. (Right) Oxford House Renuis has embraced the holiday season with a festive Christmas tree.

**Fast Fact:** Germantown is one of six municipalities adjacent to Memphis. It's approximately 17 miles between city centers.

# A Season of Merriment by Trish Woodall



Chattanooga is growing bigger by the day. We welcomed 8 men in recovery to Oxford House Sunset Valley on November 1st and 9 men to Oxford House Sherry Haven on December 15th. Oxford House has changed so many lives in Chattanooga and we're looking forward to it continuing to do so. With the holidays and colder weather moving in, it is so important to provide as many safe and supportive homes as possible.

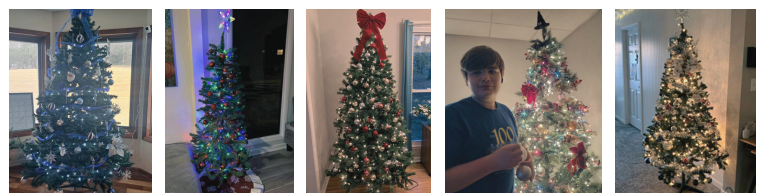
One of our recent endeavors this season has been a winter coat drive for children in need. Chattanooga also kicked off the holiday season with a holiday party open to the entire recovery community. We decorated the Suburban Club and asked each house to prepare a dish for this potluck-style event; to further share in the togetherness of the season. Together we can do things that we could never do alone.



## Home for the Holidays

The women at Oxford House Nye's experienced a disconnect with the holiday spirit. Feelings surfaced; feelings of guilt because of past choices, feelings of starting over and not being able to provide for the holidays. Through love and understanding, the decorations started to come together with laughter, conversation, loud music, and mothers making memories with their children. Sometimes it's hard, but in this home, the kids come first. We will make this Christmas one to remember. Santa is coming! -Vickie Carter, OHI

For many, Christmas is a time to reunite with family and friends, exchange gifts, and create lasting memories. Although we're faced with challenges in early recovery, it's still possible to find joy and gratitude while celebrating Christmas in an Oxford House. Create new traditions with your Oxford Family. Decorate the House together, set up a game night, or simply put on a movie. These are great ways you can experience the magic and unity of the holidays. My first Oxford Christmas I didn't have much, but I went to the store, bought a 6 pack of fuzzy socks and some cheap nail polish and wrapped them so everyone could have a gift under the tree. -Sarah Harris, OHI



# Gingerbread Oxford House

By Payton Osborne - Johnson City, TN

Oxford Houses in Johnson City participated in the 2024 Christmas Parade. The theme was Gingerbread Johnson City. Obviously, we had to create a Gingerbread Oxford House float! TN Chapter 3 seized the opportunity and executed the project flawlessly. The members' involvement in the parade was a testament to their unyielding commitment and passion. Their effort embodies their devotion to Tradition 8. "Those who have benefited from an Oxford House have acquired enthusiasm for the Oxford House concept."



Despite the freezing temperatures, several houses joined forces to ensure the float's timely completion. The teamwork and resilience displayed were a beacon of inspiration! On the day of the parade, the joy and excitement on the members' and Oxford kids' faces were a heartwarming sight. I am incredibly proud of everyone who contributed to this outstanding achievement.



## OHTN Website Update

In order to provide the best possible foundation for success, we have now added a Community Resource tab to our [oxfordhouse.tn.org](http://oxfordhouse.tn.org) website with resources specific to each of the counties that we currently serve.

One of the newest resources we have made known to our members is Day Labor. Our goal is that by provide and encourage our new members to utilize this resource (until such time as they secure Regular Employment) we will be providing them the foundation of a successful future.

It is our hope that by providing vital resources to our members that they can avoid some of the Relationship and Financial stressors which can often be detrimental to an individual's Personal Program of Recovery.

-Sammie Hartley, OHI

If your organization provides a resource that could benefit the men and women living in Oxford Houses, and you'd like us to share it, please email our Resource Coordinator, Vickie Carter:

[Vickie.Carter@OxfordHouse.org](mailto:Vickie.Carter@OxfordHouse.org)

# Amazing Transformation

By Jason Hill - Nashville, TN

I first heard about Oxford House in 2016 and became a member in 2017. When I interviewed at OH Madison Manor, I had no idea who I was or how to live. I was lost, scared, hurting, hopeless, angry and on the verge of giving up! My credit was so bad that I couldn't finance a pack of gum with \$2.00 down. I didn't know how to be a friend, what family was, how to love others or myself, how to be honest or HOW TO REALLY RECOVER. The Spirit of The Oxford House Model was so real in my house, my chapter, our State Association and all the members that it became my haven to find out who I really was and how to LIVE MY BEST LIFE. I found hope and a purpose. What I have accomplished so far and continue to accomplish is nothing short of a miracle and I am forever grateful to Oxford House. When I moved into OH Madison Manor, I was a victim of Spiritual Identity Theft and due to the Love, Accountability and Support of Oxford House and my willingness to learn a new way to live I can say my Identity has been found and is now protected if I maintain my Spiritual Condition.

## Since 2017:

- 1) I've learned how to love myself and others. Happiness has become a reality instead of a dream.
- 2) Oxford House in Tennessee has grown by almost 100 Houses (homes of hope) and has become a beacon of Hope/Stability/Accountability to all members; current, former and future.
- 3) The Oxford House Model/Success has NOT changed
- 4) the transformation in me and Our State is nothing short of Amazing and WE ARE NOT DONE YET!

We have a saying (OXFORDLUV) and its more than a saying its our motto. I am forever grateful for the Oxfordluv that was shown to me, and it is an honor to show Oxfordluv to any/all that I meet. Happy Holidays!

Oxford Luv



## Some of our Favorite Moments:



 OH Enchanted Opened April 2024 for Women & Children Johnson City, TN	 OH Nova Satus Opened Aug 2024 for women Cookeville, TN
 OH Sunsphere Opened April 2024 for Women Knoxville, TN	 OH Leia Opened Sept 2024 for women Johnson City, TN
 OH Grata Opened July 2024 for men Nashville, TN	 OH Eloise Opened July 2024 for women Bristol, TN
 OH Salaya Opened June 2024 for Women Nashville, TN	 OH Resurgent Opened June 2024 for Men Johnson City, TN
 OH Volunteer II Opened Sept 2024 for men Knoxville, TN	 OH Gravitas Opened June 2024 for Men Knoxville, TN

# Expansion



**OH Ashirwad  
Opened Oct 2024  
for women  
Jackson, TN**

**OH Innovation  
Opened Oct 2024  
for men  
Jackson, TN**



**OH New Vigilance  
Opened Nov 2024  
for men  
Johnson City, TN**



**OH Sunset Valley  
Opened Nov 2024  
for men  
Chattanooga, TN**



**OH Inservio  
Opened Dec 2024  
for men  
Cookeville, TN**