

# A Day at Peaceful Meadows Recovery Center



A typical day at Peaceful Meadows begins with everyone preparing for the day and coming downstairs to copy Bible verses at the dining room table in between going back to the nurse's station for daily vital checks. At 7:00, everyone heads out to the barn to feed the horses.

Back inside, morning devotions are led by the housefather out of the "Still Waters" devotional, followed by breakfast, usually around 7:30. After breakfast, everyone writes their daily thankful note and continues copying Bible verses till it's time for the morning walk at 8:30. After two times out the long lane and back, people are feeling quite awake and cheerful. Which is a good thing, because the walk is followed by a time of singing. The music rings throughout the dining area and back the halls, bringing smiles to the faces of staff working in other parts of the house. Occasionally they will call a friend or elderly person and sing for them over the phone to brighten their day.

Next, everyone goes downstairs to the basement project area to work on CAM projects. There is a variety of options, ranging from sewing dresses for clothing kits, cutting patches, sewing comforts tops, knotting comforts, or knitting beanies. The finished projects go to CAM for distribution. On Fridays, this time is also used to finish looking up and reflecting on the Bible verses that will be used in Bible study after lunch.

Snack is at 10:00. The activity from 10:15-12:00 varies on the day's schedule and rotates between study in workbooks (including "Lies Women Believe" or "8 Keys to Recovery from an Eating Disorder") or project time in the basement where residents work on a variety of crafts like macrame, sewing, knitting, scrapbooking, card making, and painting. As needed, they also refill the supply of macrame plant hangers and inspirational quote capsule jars to sell.

Lunch is at 12:00 pm. Conversations can get interesting, with the aid of "Gabby" the little jar kept on the table full of conversation starter questions. At every meal and snack, someone picks a paper out of the jar and reads the question. It is passed around the table and everyone takes a turn to answer.

After lunch, people head for their favorite throw and spot on the sofa for a nap, or to the table to work on a diamond painting project. This is called "quiet time." On Fridays, there is group Bible Study at 1:00 in the family room with a minister from a nearby church.

Quiet time ends at 2:00. They sing again and have a short project time until 3:00 snack time. From 3:15 – 4:15 is spent in workbooks or doing basement projects. 4:15 is time for the afternoon walk and feeding the horses. Once inside again, from 4:45-5:25 are phone calls (every resident gets 30 minutes a day of phone time) and basement projects until supper time at 5:30.

The evening is spent doing dishes (6 – 6:30), having devotions (6:30 – 7:00), phone calls (7:00-8:00), diamond art, showers, and evening snack. By 9:00 everyone is expected to be upstairs, in bed, ready for lights out! And... another day is done.

