



Spindletop Center

# BRIDGES OF HOPE

## PEER CONNECTIONS

EDITION | 2026



# FROM SURVIVAL TO TO PURPOSE

Authorpreneur Shelly Lee's journey of strength and hope; how she went from just surviving, to building, creating, and walking in alignment with the work she was always meant to do.

By: Coach Shelly Lee

### SCAN THE QR CODE

to support our Peer Support Services. View step-by-step instructions on the back.





## What is Peer Support?

Peer support in mental health refers to a form of support provided by individuals who have experienced similar mental health challenges or conditions. It involves creating a safe and supportive environment where people can share their experiences, gain understanding, and feel empowered to manage their mental health.

Peer support is a valuable resource for individuals with mental health challenges. It can complement professional treatment and provide a supportive network that promotes recovery and well-being.

VOLUME 2  
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# Contributor's Letter

## Unwrapping Grace Together

Dear Readers,

Welcome to this quarter's issue of *Beyond the Wrapper: Healing from the Inside Out*. I am so grateful you've chosen to spend this time with us as we explore the power of grace, hope, and holistic healing.

This magazine is about real life, about showing up, being honest, and embracing the journey of overcoming mental health challenges, substance use struggles, and life's many pressures.

I've walked through seasons when life felt overwhelming, when anxiety and depression weighed heavy, and the chains of past choices made me question my worth. There were moments when I felt trapped, wrapped tight in fear, guilt, and shame. I know the feeling of being hungry not just for food, but for peace, purpose, and freedom.

Through my lived experience, recovery, and faith, I've learned that healing begins the moment we unwrap the layers we carry. Grace is always present, it's unearned, waiting for us to receive it. My faith invited me to trust even when the path was unclear. And hope is what keeps us moving forward, even when our steps feel small.

In this issue, you'll find stories of peers who have faced mental health challenges, battled substance use, and found the courage to overcome. You'll discover practical tools for holistic wellness to nourish your mind, body, and spirit while embracing the hope that recovery is possible for every one of us.

Healing is not linear. It doesn't require perfection. But when we are honest with ourselves, open to community, and willing to receive grace, transformation becomes possible. Every layer we peel back fear, doubt, guilt is a step closer to the light inside us.

As you read this quarter, I hope you are reminded that no matter where you are in your journey, hope exists, healing is possible, and you are not alone. Together, let's unwrap grace and embrace the fullness of mental, emotional, and spiritual wellness.

With hope, faith, and courage,

**Andria Liedy**

# UNWRAPPING GRACE: FAITH AND HOLISTIC HEALING BEYOND THE WRAPPER

My discovering of the sweetness of spiritual and holistic wellness.

By Andria Liedy

## The Hunger Beneath the Surface

There is a quiet hunger many people carry, one that food can't fix and sleep alone won't cure. It's a hunger for peace in the middle of pressure, for purpose in seasons of uncertainty, and for healing that reaches deeper than the surface. We often try to satisfy it with productivity, distractions, or even perfection, yet the emptiness lingers.

Ironically, a simple candy bar offers a powerful truth.

The familiar phrase "You're not you when you're hungry" can impact more than physical hunger, it points to spiritual hunger. When our souls are deprived of grace, connection, and faith, it impacts our identity, our emotions, and the way we show up in the world.

This is where the journey of unwrapping grace begins.

## The Wrapper We Live In

Picture a fully wrapped Snickers bar, sealed tight, untouched, and intact. The wrapper represents the layers we accumulate over time: stress, trauma, fear, guilt, disappointment, doubt, and survival mode. These layers aren't signs of weakness; they are often evidence of endurance.

Yet many of us live our lives fully wrapped protecting ourselves so well that we unintentionally block access to nourishment. Grace, faith, and healing are present, but hidden behind the packaging of life's hardships.

We may believe healing is something we must earn or become "good enough" to receive. But grace doesn't work that way.

## Unwrapping Grace

Grace is unearned favor it is already there, waiting to be revealed. Faith is the act of trusting what we cannot yet see but deeply need. When we begin peeling back the layers gently, honestly, at our own pace we create space for holistic healing to begin.

Unwrapping grace doesn't mean ignoring pain. It means acknowledging it while believing healing is still possible. It's the moment we say, "I don't have to carry this alone anymore."

Healing starts not when life becomes perfect, but when we allow ourselves to receive what has been available all along.



## The Ingredients of Healing

Just as a Snickers bar is made of multiple ingredients working together, holistic healing is layered and interconnected.

- **Chocolate** – Sweetness (Joy & Gratitude): Joy doesn't deny hardship it coexists with it. Gratitude helps us recognize sweetness even in small moments, grounding us in hope.
- **Caramel** – Binding (Connection & Community): Healing sticks when we are connected. Relationships, accountability, and shared experiences bind us together and remind us we belong.
- **Nuts** – Strength (Resilience & Perseverance): Life requires grit. Strength is built through endurance, learning, and the courage to keep going even when it's hard.
- **Nougat** – Foundation (Faith): Faith is the base that holds everything together. It gives structure, meaning, and stability to our wellness journey.

No single ingredient stands alone and neither does true healing.

## Holistic Healing Beyond the Wrapper

Healing is not one-dimensional. It is mind, body, and spirit working in harmony. Like the layers of a Snickers bar, wellness is most effective when integrated not compartmentalized.

- **Mind:** Prayer, meditation, reflection, and positive affirmations help renew thought patterns and restore clarity.
- **Body:** Nutrition, movement, hydration, and rest are spiritual acts of stewardship, not indulgence.
- **Spirit:** Faith practices, forgiveness, and acceptance of grace restore alignment and inner peace.

Like the layers of a Snickers bar, wellness is most effective when integrated not compartmentalized.

## Practical Ways to Begin Unwrapping

Holistic healing doesn't require perfection just intention. Consider starting with one or two small steps:

- Practice daily gratitude journaling
- Set aside quiet time for prayer, devotion, or reflection
- Create a simple self-care routine using mindfulness, essential oils, or creative expression
- Engage in community for encouragement, accountability, and shared growth

Small steps, practiced consistently, lead to meaningful transformation.

### A Moment to Reflect

Imagine holding an unwrapped Snickers bar, light glowing from within. That light represents what’s inside you already present, already valuable, already worthy of care.

“True healing begins when we unwrap grace and taste the sweetness of faith.”

So ask yourself:

What layers do I need to peel back today?

Fear? Guilt? Stress? Old narratives that no longer serve you?

### An Invitation to Engage

In group settings, this message becomes even more powerful. Participants are invited to hold a Snickers bar and write down one “wrapper” they’re ready to remove. Some may choose to share. Others may simply sit with the moment. Both are sacred.

Healing happens in honesty and often, in community.

Grace does not rush you. Faith does not shame you. Healing does not demand you arrive whole, it meets you exactly where you are.

Thank you for taking the time to unwrap grace.

Light is already shining from within.



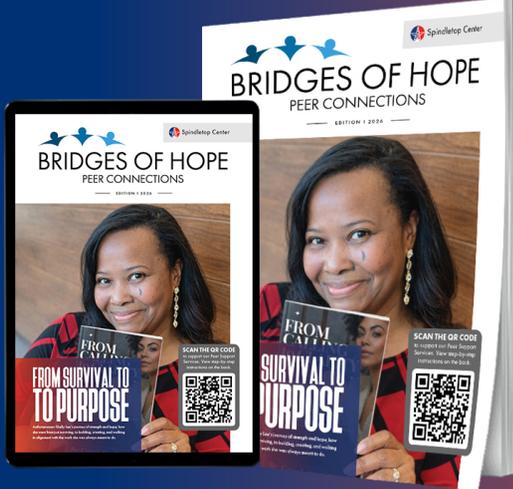
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# PEER VOICES

Peer Support in Practice: Serving from lived experience, creativity, empathy, & connection.



**Meet Yayaa Nevils, MHPS,**  
**RSPS - Peer Support Specialist:**  
**Advocate for Recovery, Creativity, &**  
**Connection**

My journey into peer support is rooted in lived experience with mental health challenges, neurodivergence, chronic illness, trauma, and recovery.

Like many, receiving diagnoses brought both clarity and grief,

but it also opened the door to deeper self-understanding and self-compassion.

Over time, I learned that a diagnosis is information, not limitation. When paired with education, choice, and supportive relationships, it can become a powerful foundation for self-advocacy, healing, and growth.

My experiences continue to remind me that thriving is possible, not by erasing challenges, but by asking “what is this experience teaching me?” and learning to live whole & in balance alongside them.

Being a mother is not separate from my recovery; it is one of the ways recovery takes shape.

Motherhood has been a steady anchor in my life and central to

my recovery path, continually grounding me in purpose and presence, and informing how I show up with intention, authenticity, and compassion.

Family, the one I was born into and the tribe I have helped to cultivate, has been an important source of connection, support, and belonging along my journey.

My journey in healing includes both practical tools and reflective practices, some grounded in psychology and some more intuitive & spiritual, that have helped me reconnect with creativity, meaning, and parts of myself that had long been invalidated and unheard.

Learning to listen to the earlier and more protective parts of myself, the parts shaped by past experiences that once helped me



CONTINUED...

survive, is a significant part of my healing path.

By approaching those parts with curiosity and compassion rather than judgment, I was able to integrate them instead of silencing them, creating more room for self-trust, creativity, and emotional balance.

That same approach now guides how I meet others where they are, often using creativity, movement, and time in natural or everyday

settings to support whole-health wellness, recovery, connection, regulation, and skill-building in ways that feel accessible and human.

At the heart of peer support is meeting people where they are, emotionally, physically, and in real life.

Healing and growth do not always happen in offices or formal settings; they often unfold in everyday moments.

***“MEETING PEOPLE WHERE THEY ARE MEANS HONORING HOW THEY LEARN, HEAL, AND CONNECT, BECAUSE PEER SUPPORT HAPPENS IN REAL LIFE, NOT JUST IN OFFICES, BUT OFTEN IN THE SMALL, EVERYDAY MOMENTS WHERE CONNECTION, HOPE, & CONFIDENCE GROW.”***

I intentionally bring peer support into natural or everyday settings.

Whether that means providing support and skills training during transportation, while navigating the community and appointments, or through shared activities that reduce pressure and invite connection.

These moments often create opportunities for regulation, confidence-building, and practical learning in environments where life is actually lived.

When lived experience is recognized as expertise, it fosters trust, deepens connection, and creates pathways where people can move from possibility to success.

I truly believe that lived experience is the missing piece that transforms support into partnership, and possibility into lasting change.

Today, I serve from a place of integration rather than survival.

My lived experience informs my

work without defining my limits, strengthening my ability to listen, hold space, and walk alongside others with authenticity and respect.

Supporting individuals as they rediscover hope, reclaim their voice, and move toward lives that feel meaningful and self-directed continues to be both humbling and deeply fulfilling.

# THE WRAPPER WE WEAR

## **When Healing is More than Skin Deep**

*A personal journey through Hidradenitis Suppurativa, mental health, and low-inflammatory eating that supports the body from inside and out.*

*"Hidradenitis Suppurativa (HS) is a chronic inflammatory condition that affects the skin, often causing painful, recurring flare-ups. While it is not contagious, it is frequently misunderstood. Many people experience delayed diagnosis or are met with assumptions that link the condition to hygiene or lifestyle choices. In reality, HS is a complex inflammatory disorder that can affect the body in ways that extend far beyond the skin.*

*Living with HS can have a significant impact on everyday life. Flare-ups may affect mobility, energy, and comfort, making even simple routines feel unpredictable. Over time, this physical uncertainty can take a toll on mental health. Many people with HS experience feelings of insecurity, shame, and anxiety, often driven by fear of judgment or misunderstanding. Social situations may feel daunting, leading some to withdraw or isolate themselves as a form of self-protection.*

*I began experiencing symptoms of HS at sixteen, years before I understood what was happening in my body. At the time, the flare-ups felt confusing and isolating, especially without a diagnosis or clear answers. I learned how to push through discomfort while quietly carrying the emotional weight, the insecurity, the frustration, and the feeling of having to manage it all on my own.*

*As I learned more about HS, I also began paying closer attention to how inflammation showed up beyond my skin. Food became an unexpected part of that awareness. Certain eating patterns left me feeling depleted, foggy, and disconnected from my body, while others supported my energy, mood, and overall sense of well-being. That shift helped me see nourishment not as a set of rules, but as a tool for support both physically and mentally.*

*Rather than approaching food as something to control or restrict, I began to see it as a way to support both my physical and mental health. That shift became the foundation for Put Out the Flames. The cookbook was created for people living with HS, as well as anyone seeking low-inflammatory meals that work with the body rather than against it. It centers comfort, balance, and enjoyment - offering a gentler approach to eating that supports daily life, emotional well-being, and long-term health."*

*- PutOutTheFlames3*

*If you would like to share your story, receive tips and more information, or get the cookbook, follow us on Instagram at **PutOutTheFlames3** or email us at **PutOutTheFlames3@gmail.com**.*



## FAITH IN REAL LIFE: MINISTER ANGELA BATISTE

Minister Angela Batiste is a Beaumont, Texas native whose life and ministry reflect a deep love for God and for people.

Raised in Pilgrim Rest Missionary Baptist Church, Angela's early years were steeped in faith, community, and service.

From a young age, she believed that living for God meant living for others.

*In 2020, Angela accepted her calling and was licensed at Antioch Missionary Baptist Church under the leadership of Dr. John R. Adolph, where she continues to serve faithfully. Over the years, she has embraced numerous roles within the church and the community, including Clergy Connection, HOPE Prayer Ministry, Pastoral Care, and the events team. Through her work, she provides care, guidance, and ministry, bringing hope and encouragement to those she encounters.*

*Angela's journey has not been without challenges. As an only child and teen parent, she faced obstacles that could have limited her path. Yet, with faith and determination, she earned three degrees, culminating in a Master's in Marriage and Family Counseling. Her academic achievements underscore her commitment to growth, service, and empowering others through knowledge and care.*

*Beyond her formal ministry, Angela is the co-founder of Sis, Come with Me to a Quiet Place, a ministry focused on self-care and intentional time with God. She is also the author of #Loveletters: My Best at My Worse, a work that reflects her heart for authenticity, honesty, and encouragement.*

*Her favorite scripture, **Luke 12:48**, guides her daily life:*

*"Every servant who does not know his master's will and unwittingly does what is wrong will receive a less severe punishment. And those who have received a greater revelation from their master are required a greater obedience. And those who have been entrusted with great responsibility will be held more responsible to the master."*

*Angela embodies this scripture, living with intentionality, faithfulness, and responsibility in every area of her life. Through her ministry, education, and service, she demonstrates that faith is not just a belief it is a lifestyle of obedience, care, and love that transforms lives.*

*Whether through her counseling, her writing, or her community work, Minister Angela Batiste shows that faith in real life is about meeting people where they are, offering hope, and helping others unwrap the grace and purpose God has placed within them.*

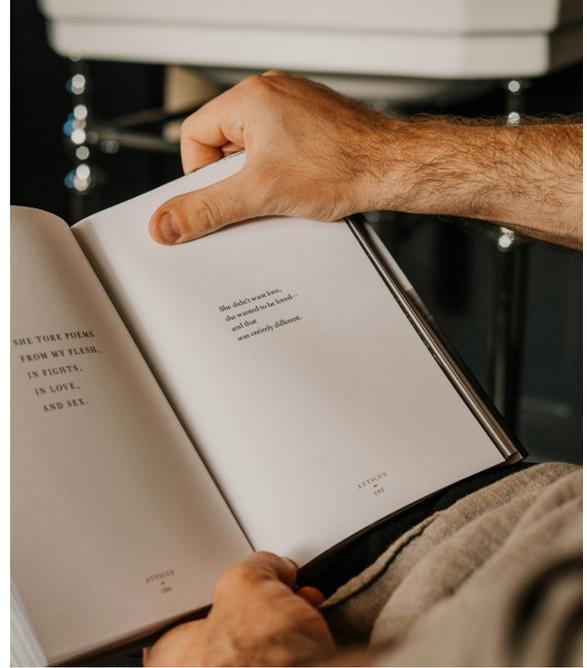


# WELLNESS WITHOUT PERFECTION

We live in a world that often tells us we have to have it all together to eat right, sleep well, manage stress, and show up perfectly in every area of life. But the truth is, wellness doesn't require perfection. True healing and holistic care come from consistency, intention, and self-compassion, not flawless execution.

Wellness is layered like a Snickers bar, it's made of different ingredients working together. Caring for your mind might look like journaling, meditation, or prayer. Caring for your body could mean moving in a way that feels good, eating nourishing foods, or simply resting when needed. Caring for your spirit may involve faith practices, reflection, or connecting with a supportive community.

The goal isn't to "do it all" or "do it perfectly" it's to show up for yourself daily, even in small ways. Celebrate the little victories: choosing water over soda, sending an encouraging message, a quiet moment of prayer, or taking a short walk. These small steps, practiced consistently, add up to meaningful progress.



Remember, wellness is personal and flexible. Your journey may look different from someone else's and that's okay. Healing is a process, not a performance. By giving yourself grace, embracing imperfection, and committing to growth, you create space for genuine, lasting wellness.

**Takeaway:** Show up for yourself, one imperfect step at a time, and let grace guide your journey

## THE INGREDIENTS OF HEALING

### A Recipe for Healing

Take a **cup of compassion**, warm and bright,  
Fold in **choices**, like stars in the night.  
Add **peer support**, a gentle hand,  
To help each soul rise, like bread on the stand.

Sprinkle **hope**, a fragrant spice,  
Season with **safety**, calm and nice.  
Stir in **understanding**, slow and deep,  
Where **trauma's whispers** can softly sleep.

Let it simmer in a **pot of care**,  
Until trust blooms in the open air.  
Serve with dignity, garnish with choice,  
A feast of healing, where hearts rejoice.

### Creative Engagement:

Now it's your turn grab a pen or your phone.

Write down three "ingredients" you need right now for your own healing recipe.

Share them if you're brave, or keep them close,

Because healing is sweeter when it's yours to compose.

## FROM SURVIVAL TO PURPOSE: MY JOURNEY OF STRENGTH AND HOPE

There was a time in my life when surviving felt like the only goal. I wasn't dreaming big. I wasn't planning a future. I was simply trying to make it through each day without breaking.

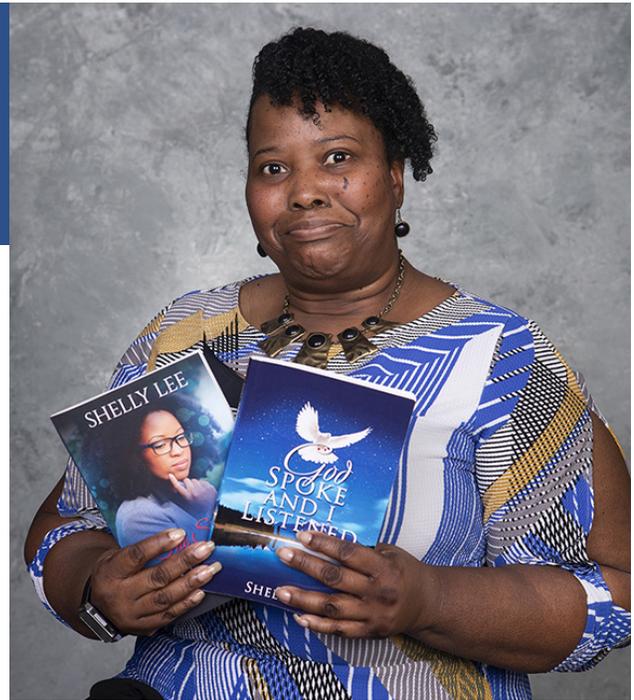
I was raised by my mama, who carried the weight of parenting largely on her own. My father was not present in my life, and early on I learned what it meant to grow up without certain supports others often take for granted. Although my father was a preacher, making me a preacher's kid (PK) by background, the day-to-day shaping of my life came from watching my mother persevere, provide, and pray her way through challenges.

As an adult, I lived through seasons of disappointment, single parenting, financial strain, emotional exhaustion, and the quiet weight of carrying responsibility alone. There were moments when I felt like a bowling pin — constantly knocked down or stuck in the gutter, hit by one setback after another and unsure how I would regain my footing.

So many times, I felt like I would finally get three steps ahead, only to be pushed back to step zero. Just when progress felt possible, something would happen that forced me to start over again. It often felt like everyone else was moving forward while I remained in the same place — always last, always catching my breath, always feeling like life was passing me by.

I later found myself raising my own children as a single parent, doing the best I could with what I had. Today, my children are 31 and 29, and when I look back, I know without question that without the help of God and the unwavering support of my mother, I don't know how I would have made it. Her strength, prayers, and steady presence carried me through some of my hardest seasons.

I have never been married, and for a long time, that felt like another reminder of what I thought life had denied me. Over time, however, I learned something freeing: my value was never tied to a title. I learned how to love myself, trust God with my journey, and understand that I could still live a full, purposeful, and impactful life — married or not. My ability to do good, serve others, and walk in purpose was never dependent on my marital status.



But even in those moments, God never left me there. Every time I was knocked down, He picked me back up. Every time I felt stuck in the gutter, He reminded me that my position didn't define my purpose. His encouragement kept me moving forward, even when my strength felt depleted and my path felt unclear.

I've known what it feels like to do everything right and still feel like life keeps pushing back. I've questioned my worth, my direction, and whether the sacrifices I was making even mattered. Yet through it all, God continued to encourage me to keep going — to rise again, refocus, and trust that the story wasn't finished.

What I learned in those seasons is this: strength isn't loud, and hope doesn't always arrive wrapped in joy. Sometimes strength looks like getting up again. Sometimes hope looks like refusing to quit when quitting feels reasonable.

For years, I showed up tired — as a mother, an employee, a student, and later, an author. I didn't have ideal conditions. I didn't have excess time. I didn't have a safety net that caught me when I fell. What I did have was a quiet, persistent faith that told me my life was more than what I could see in front of me.

Writing became one of the ways I processed pain, reclaimed my voice, and rebuilt my confidence.

It was about obedience — telling the truth, even when it was uncomfortable, and trusting that my story could serve someone else.

Over time, what once felt like survival turned into purpose.

Today, I stand in a very different place. I have earned three degrees, I work full time, and I run my business full time. I have self-published three books and have helped over 100 authors navigate their writing and self-publishing journeys. I am an authorpreneur who helps others move from fear into clarity and from calling into completed work. I don't teach theory — I teach from lived experience.

I am no longer just surviving. I am building. I am creating. I am walking in alignment with the work I was always meant to do.

My hope today is steady. It's grounded. It's not based on perfect outcomes but on the understanding that growth is possible, healing is real, and purpose can rise from even the lowest moments.

If my journey has taught me anything, it's this:

You are not disqualified because of what you've been through. You are not behind because your path looks different. And you are never too late to become who you were called to be. Strength carried me here. Hope keeps me moving forward. And today, I choose to live — and serve — from both.

Authorpreneur Shelly Lee is a self-published author and founder of Pen.Paper.Publish, where she helps aspiring authors move from calling to completed work through writing and self-publishing guidance.

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## Small Steps to Big Victories: Owning Your Journey to Healing and Recovery

Recovery is a journey of transformation, and it begins with small steps that lead to big changes. Every affirmation whispered “I am worthy of healing” is a seed planted in the soil of hope.

These small steps build confidence and character, reminding us that progress is possible even on the hardest days. Big steps come when we’re ready: joining a peer support group, sharing our story, or setting meaningful goals that shape our future.

Healing is not just about surviving; it’s about reclaiming life through empowerment, choice, and connection.

Peer support is the bridge that reminds us we are never alone, offering understanding and encouragement from those who have walked similar paths. Trauma-informed care ensures that every step respects our experiences, creating safety and trust as we move forward.

Taking charge of your journey means embracing your power to choose, to grow, and to write your own recovery story. Through affirmations, self-care, and community, we learn that every step whether small or bold is a victory worth celebrating, because each one brings us closer to a life of resilience, hope, and healing.

# PEER COMMUNITY SPOTLIGHT

## From the Streets to the Pulpit – Pastor Timothy Lambert, RSPS, MHPS

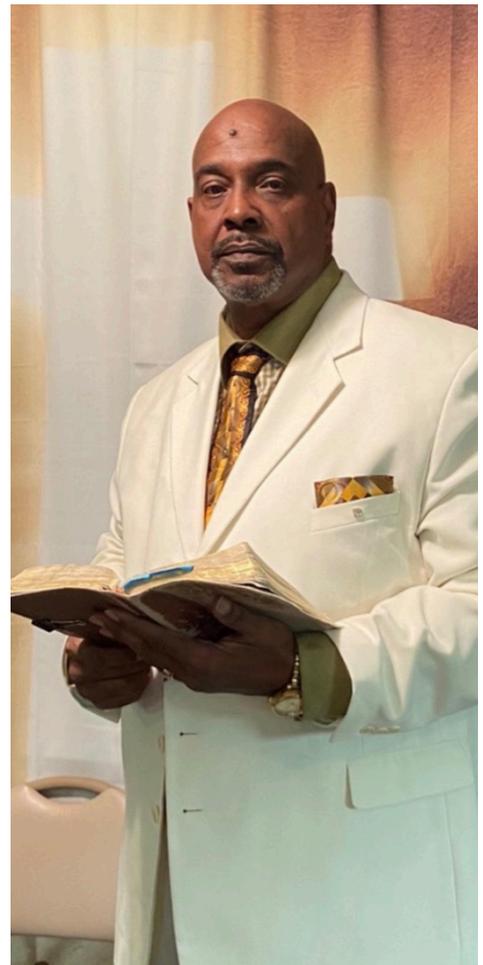
Pastor Timothy Lambert's story is one of resilience, courage, and unwavering faith a true testament to the power of transformation. From the streets to the pulpit, Pastor Lambert has overcome immense struggles, including the harsh realities of drug and alcohol addiction and the challenges of mental health. Today, he stands as the Pastor of The Lord's Way Missionary Baptist Church in Beaumont, Texas, using his experience, strength, and hope to guide others out of darkness and into the light.

Pastor Lambert understands that addiction is real, mental health is real, and recovery is possible. His message is clear: You are not alone. There are people here who will listen, who can relate, who will empathize, and who will walk this journey with you. As a Registered Peer Support Specialist (RSPS) and Mental Health Peer Specialist (MHPS), he goes beyond preaching he lives the principles of peer support every day. His honesty is refreshing; he shares the raw and real truth of his journey, inspiring others to believe that change is possible.

In addition to his pastoral role, Pastor Lambert is also the founder of Hope From Addiction Recovery Support Services, Golden Triangle. Through this work, he continues to extend his reach beyond the church walls, offering practical tools and compassionate care to individuals and families navigating the challenges of addiction and mental health recovery.

His commitment extends far beyond the pulpit. Pastor Lambert volunteers and serves wherever God leads him comforting those in pain, supporting grieving families, and standing as a beacon of hope in the community. He doesn't hesitate to go the extra mile, offering guidance, encouragement, and practical support to those who need it most. His life is a living example of what it means to rise above adversity and dedicate oneself to helping others heal.

Pastor Lambert's story reminds us that recovery is not just about overcoming it's about rebuilding, empowering, and walking in purpose. Through faith, peer support, and compassion, he continues to light the way for others, proving that no matter how dark the road may seem, there is always a path to hope and healing.



# ASK A PEER: REAL QUESTIONS, REAL ANSWERS

## INTRODUCTION:

Welcome to Ask a Peer, where we answer your questions about recovery, wellness, and life's challenges from the perspective of lived experience. Peer support is about connection, honesty, and encouragement so let's dive in.

### Q1: "HOW DO I START MY HEALING JOURNEY WHEN EVERYTHING FEELS OVERWHELMING?"

#### A Peer Answers:

Start small. Healing doesn't require perfection, it begins with intention. Choose one simple step today: write down three things you're grateful for, take a short walk, or reach out to someone you trust. Recovery is a series of small steps that lead to big victories. You don't have to do it all at once; just begin where you are.

### Q2: "WHAT IF I FEEL LIKE I'M FAILING BECAUSE I'M NOT 'PERFECT' IN MY WELLNESS ROUTINE?"

#### A Peer Answers:

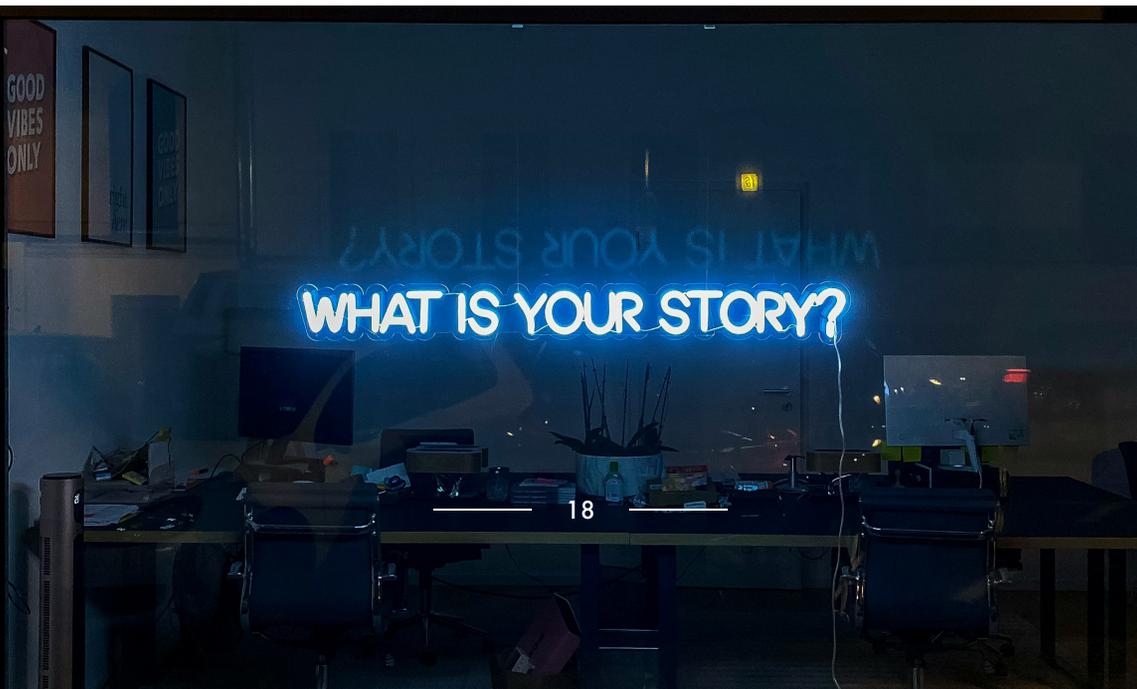
You're not failing, you're human. Wellness is not about flawless execution; it's about consistency and grace. Celebrate small wins: drinking water instead of soda, taking five minutes to breathe, or journaling one positive thought. Healing is a process, not a performance.

### Q3: "HOW DO I DEAL WITH GUILT AND SHAME FROM PAST CHOICES?"

#### A Peer Answers:

Guilt and shame are heavy wrappers we often carry, but grace is always available. You don't have to earn it - it's already yours. Try writing a letter to yourself from a place of compassion, or talk with someone who understands. Remember: your past does not disqualify you from healing or purpose.

Peer support reminds us that we are never alone. Every question matters, and every step forward counts. If you have a question for our next issue, email us at [insert email] or connect on social media.





# UNWRAP THE SWEETNESS WITHIN

## Unwrap the Sweetness Within

As we come to the end of this issue, I want to leave you with this truth: healing is layered, just like that Snickers bar we've been talking about. Every ingredient—resilience, connection, faith, gratitude, works together to create something whole and nourishing. And just like that wrapper, the layers we carry fear, guilt, shame, doubt don't define us. They simply remind us of what we've survived.

Peer support has taught me that we don't have to unwrap alone. We heal in community, in honesty, and in grace. My own journey has been proof of that. I've walked through seasons of brokenness, but I've also tasted the sweetness of hope, the strength of resilience, and the joy of connection. Healing isn't about perfection it's about progress, about showing up for yourself one small step at a time.

So here's my encouragement to you:

**You are worthy of healing. You are not behind. You are not disqualified. Every layer you peel back is a victory. Every step forward matters.**

If today feels heavy, hold on to this truth: light is already shining from within you. You don't have to earn grace it's already yours. You don't have to walk alone. We are here, walking with you. Together, we unwrap the sweetness of hope, faith, and purpose.

Until next time, keep unwrapping. Keep believing. Keep tasting the goodness that's been inside you all along.

With hope and solidarity,

Your Friend



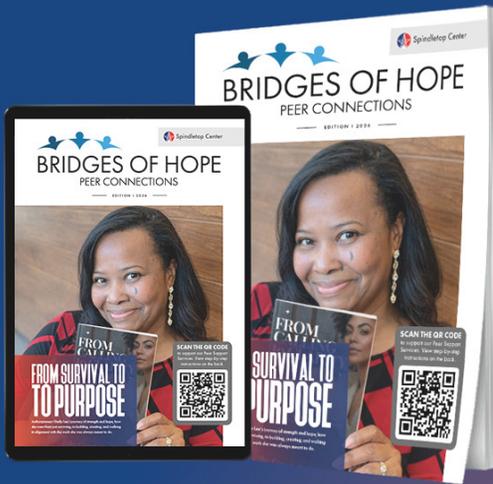
# Spindletop Center

Toll-Free Number: 1.800.317.5809

Toll-Free Crisis Hotline: 1.800.937.8097

[www.SpindletopCenter.org](http://www.SpindletopCenter.org)

409.839.1000



## Spindletop Center

Support our Peer Support Services by visiting [SpindletopCenter.org](http://SpindletopCenter.org) or scanning the QR code on the cover, clicking donate, and following the instructions below ↓

● ○ ○

**Choose Your Gift**

One Time
 Ongoing

\$50

\$100

\$250

\$500

\$10

🔗 Multiply your impact. Make it Monthly!

This gift is in memory or honor of someone

**Memorials and Honors**

Who do you want to recognize?

Program/Area: PEER SUPPORT Optional

What program/area would you like your gift to benefit?

Acknowledgement Letter: PEER SUPPORT MAGAZINE Optional

Enter address for family acknowledgement letter

Send a message? Optional

Email

Message

Give \$50

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### STEP 1:

Scan the QR code on the front or visit [SpindletopCenter.org](http://SpindletopCenter.org) and select 'donate'

### STEP 2:

Choose your gift

### STEP 3:

Select the box 'this gift is in memory or honor of someone'

### STEP 4:

Type 'Peer Support & Peer Support Magazine' where it says 'Program/Area' and 'Acknowledgement Letter'

### STEP 5:

Select 'Give' and follow the prompts to complete the donation