

## De Vine, January 2026

### De Vine

A PIR® Newsletter, January 2026 Edition

### A Message from the President

Welcome to the first issue of *De Vine*, Psychedelics in Recovery's newsletter. I'm grateful you're here.

#### How do we talk honestly about recovery?

PIR® was born from a simple but difficult question: **How do we talk honestly about recovery** in a world where psychedelics are increasingly visible, medicalized, politicized, and misunderstood—without losing our integrity or one another? Over the years, our fellowship has grown into a diverse, sometimes imperfect, and deeply committed community wrestling with that question together.

### "Finding a Way Home," A review of Justin Smith-Ruiu's *On Drugs: Psychedelics, Philosophy, and the Nature of Reality*, by David M

#### "Is it me, the drugs, or God?"

This seems a relatively common question in psychedelic communities, especially, it seems, in psychedelic recovery communities. Do psychedelics inspire connection with spirit (God), connect us more deeply to ourselves (entheogenic awakening), or just offer a transient high?

### On Psychedelic Augmentation of 12-Step Engagement

In November 2025, a peer-reviewed article was published in the *Journal of Psychoactive Drugs* examining a phenomenon that many in our community have been living for years: the intentional integration of psychedelic experiences with 12-Step recovery. Titled "*Psychedelic Augmentation of 12-Step Engagement: A Novel, Accessible Approach to Enhance Community-Based Recovery from Substance Use Disorders*," the study represents one of the first empirical efforts to document this emerging practice in real-world settings.

Importantly, this research did not emerge in a vacuum. Participants were intentionally recruited through a community partner with lived experience—members connected to **Psychedelics in**

### Letter from the Editor

I'm honored to present the first edition of *De Vine*, Psychedelics in Recovery's monthly newsletter. When I joined PIR® in Fall 2025, I volunteered to launch this newsletter despite knowing I'm a habitual procrastinator.

# We Want To Hear From You!

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Psychedics in Recovery is launching a monthly newsletter in 2026 to highlight the many ways we are redefining recovery. We invite you to share your story with us—between 500 and 1,250 words—whether it includes the 12 steps, psychedelics, other fellowships, or tools beyond traditional approaches. As a member of PIR®, your experience, strength, and hope can inspire others

## Service Committees

### 12 Step Book

The 12-Step Subcommittee is writing the book of in Recovery's 12 Steps. Steps one through ten have been written and reviewed as of the end of 2025. We plan to have completed writing and editing the 12th step sometime in February or March, at which point we will be ready to begin layout for public publication.

**Step One. We admitted we were powerless over our patterns — that our lives had become unmanageable.**

A Human Problem, by Douglas N

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### Public Relations

PIR® launches Newsletter and Podcast, expands Social Media Presence

In the last three months, the PR Committee has been very active, focusing its efforts on two key projects: the Newsletter and the Podcast.

Newsletter

The Newsletter, edited by Katherine, has now

### Literature Committee

As Psychedics in Recovery™ enters 2026, the Literature Committee (LitCom) is grateful to update on the work completed over the past year and the service we are continuing to build together.

We closed out 2025 with the successful publication of updated member materials and FAQs on PIR's newly launched website—an important milestone that reflects both the growth of the Fellows

### General Service

DANTIS POETAE SEPVLCRVM

Incorporating the 12 Traditions in PIR

A substantial portion of recent GSR meetings has been centered on Tradition-based discussions, with particular attention to Tradition 11, anonymous public representation of PIR. GSR members have shared experiences from their meetings that have varying interpretations and concerns around safety, and language used in both in-meeting and public-facing contexts. These discussions highlight the need for clearer guidance and consistency

### Book Committee

We are a project organized for the purpose of fulfilling the mission of editing and publishing our first book. We changed from the "committee" to a "project" model such that we have been producing a working group of volunteers willing to dedicate significant time to editing, writing, and producing the book *Psychedics in Recovery: Medicines, Sacraments, Catalysts*. We distributed the editor's editor book in .pdf format October 2025. Due to

## Open Service Positions

▼	Position	Group/ Committee	Job Description	Date and Time
	WhatsApp Community Moderators	PR Committee	Ensuring adherence to traditions in WhatsApp Chat	Ongoing

▼ GSR	Saturday Ramen	Attend area; Lead group business meetings	Every Saturday 1600 PST; 0000 GMT
Co-Chair	Saturday Ramen	Tech co-host; monitor chats; provide reading materials	Every Saturday 1600 PST; 0000 GMT
GSR	Friday Night Topic/ Discussion	Attend area; Lead group business meetings	Every Friday 1700 PST; 0100 GMT
Tech-Host	Friday Night Topic/ Discussion	Tech co-host; monitor chats; provide reading materials	Every Friday 1700 PST; 0100 GMT
Greeter	Friday Night Topic/ Discussion	Arrive 10 minutes early; Greet meeting attendees on Zoom	Every Friday 1700 PST; 0100 GMT

▼ Please see Karen, chair of GSR, if you are interested in any of the positions

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## A Message from the President

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Welcome to the first issue of *De Vine*, Psychedelics in Recovery's newsletter. I'm grateful you're here.

### How do we talk honestly about recovery?

PIR® was born from a simple but difficult question: **How do we talk honestly about recovery** in a world where psychedelics are increasingly visible, medicalized, politicized, and misunderstood—without losing our integrity or one another? Over the years, our fellowship has grown into a diverse, sometimes imperfect, and deeply committed community wrestling with that question together.

This newsletter is an extension of that effort. de Vine is not a platform for promotion, persuasion, or dogma. It is a space for reflection, accountability, service, and shared learning. You'll find reports from service bodies, creative work emerging from the fellowship, and thoughtful engagement with recovery, integration, and the responsibilities that come with both.

### Our task is not to eliminate disagreement

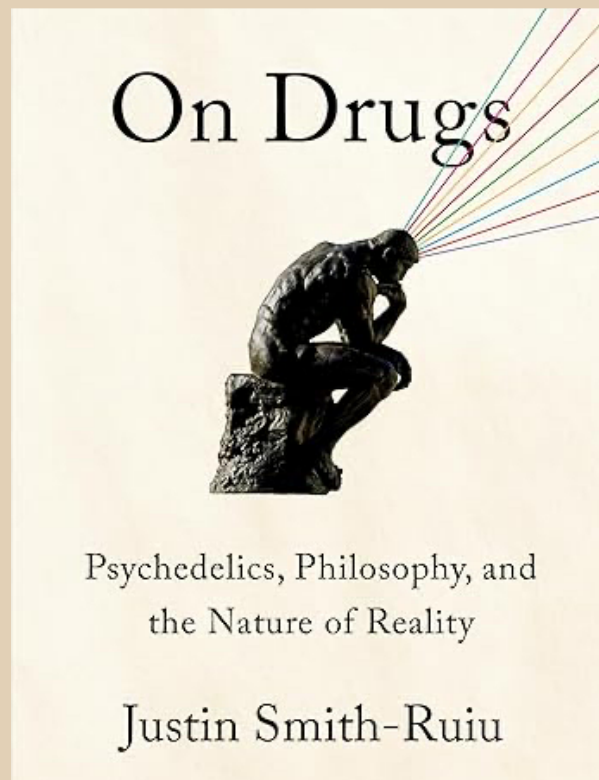
Growth brings complexity. As PIR® expands across geographies, modalities, and viewpoints, we are continually challenged to balance openness with safety, innovation with humility, and individual experience with collective care. These tensions are not signs of failure; they are signs that something alive is being tended. **Our task is not to eliminate disagreement**, but to remain grounded in respect, transparency, and a shared commitment to recovery.

Whether you are new to PIR® or have been walking with us for years, I invite you to see this publication as a conversation rather than a conclusion. Read closely. Question thoughtfully. Serve where you are able. And remember that none of us carries this work alone.

Thank you to the PR Committee and all contributors who brought this first issue into being. I look forward to what we will continue to grow—together.

In service,

Kevin Franciotti



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**"Finding a Way Home,"** A review of Justin Smith-Ruiu's *On Drugs: Psychedelics, Philosophy, and the Nature of Reality*, by David M

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### **"Is it me, the drugs, or God?"**

This seems a relatively common question in psychedelic communities, especially, it seems, in psychedelic recovery communities. Do psychedelics inspire connection with spirit (God), connect us more deeply to ourselves (entheogenic awakening), or just offer a transient high?

Justin Smith-Ruiu's *On Drugs*, explores this complex question through seven "thick" chapters in his recent book, but by using two primary lenses: personal experience and philosophical interrogation. His title, a double-entendre, insinuates the dual explorations - that this is a text about actually being "on" drugs as well as a philosophical ontology about "being" or "becoming" more human and whether or not psychedelics offer an authentic gateway to such that experience.

Ruiu's early chapters are a personal accounting of the depression and drinking that brought him "back" to psilocybin as medicine as opposed recreational drug. This vignette is followed by a tour of the current psychedelic landscape, where the author posits interesting questions about everything from the pharmaceutical acquisition of psychedelics - modified drugs into prescriptions sans the "side-effects" of a trip - to whether or not such drugs, or even micro-dosing - actually miss the point by circumventing the awe of a "full" psychedelic experience. He pontificates equally vociferously about the nature of "big" experiences themselves. Are they "real"? Can they be "trusted"? And, whatever the answer, how do such experiences make humans more human, elevate consciousness, or inspire healing?

The book is thorough, well-reasoned, and rational. Though with its plethora of commas, bracketed asides, oppositional views, historical contexts, summaries of philosophical schools, and so on, it can feel fairly "dense". Ultimately, the tone of the author's early "confessions" and his final chapter, "Seeing God", in which Smith-Ruiu returns to his own forgotten faith, are successfully sincere and win out, making all the "talk" worth the time and patience his "proofs" warrant. Near the end, the author writes: "Psychedelic drugs...cannot provide a shortcut to enlightenment...Rather...they may provide...a valuable analogy of enlightenment." Smith-Ruiu's sentiments reveal that, possibly, he has found his way "home." Readers of Joseph Campbell, the PIR® homepage, and those who use plant medicines as tools for healing, will feel a sense of camaraderie in the closing pages. But, as his own catechism reveals, the psychedelics themselves aren't the "home," merely one door that opens one path toward it.

So, is this a book for you? It might be. The pontifications are genuine, if at times wordy, and, like the words that come before and after Smith-Ruiu's myriad commas, begin and end with the same question: "Is it me, the drugs, or God?" And, by the end of the book, the answer may be pretty simple: Yes. But answers are never quite so simple, and the "it" within that basic question begets yet another query, toward which, if Smith-Ruiu's own journey provides any clues, involves serious integration..."off drugs.


On Drugs certainly made me think, and then it made me not-think. I appreciated both imperatives.

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## On Psychedelic Augmentation of 12-Step Engagement

In November 2025, a peer-reviewed article was published in the *Journal of Psychoactive Drugs* examining a phenomenon that many in our community have been living for years: the intentional integration of psychedelic experiences with 12-Step recovery. Titled "[Psychedelic Augmentation of 12-Step Engagement: A Novel, Accessible Approach to Enhance Community-Based Recovery from Substance Use Disorders](#)," the study represents one of the first empirical efforts to document this emerging practice in real-world settings.

Importantly, this research did not emerge in a vacuum. Participants were intentionally recruited through a community partner with lived experience—members connected to **Psychedelics in Recovery™** and adjacent 12-Step networks—underscoring a central truth: much of the innovation in recovery is happening outside of clinics, ahead of formal systems, and in response to unmet needs.



when community leads the science: what new research tells us about psychedelics and 12-step recovery

January 11, 2026 © 4:51 am

### Why This Study Matters

The study was small by design. Due to federal research constraints, the final sample included eight individuals in remission from alcohol, opioid, and/or stimulant use disorders. The authors are explicit that the findings are exploratory and not generalizable. But what the study lacks in scale, it makes up for in depth.

Participants described using psychedelics such as psilocybin, ayahuasca, ibogaine, peyote, and others *in conjunction with*—not instead of—12-Step engagement. All had prior exposure to 12-Step programs. For some, psychedelics helped them finally engage with the Steps after repeated failed attempts. For others, they addressed persistent psychological distress that lingered despite long-term abstinence and diligent program participation.

This distinction matters. The study does not frame psychedelics as a shortcut or replacement for recovery work. Rather, participants consistently emphasized that psychedelics were most helpful when embedded within an existing framework of accountability, integration, and ongoing peer support.

### **Psychedelics as a Catalyst, Not the Container**

One of the most compelling findings was how participants described the *synergy* between psychedelic experiences and specific 12-Step practices. Psychedelics appeared to facilitate openness to Step 2 (belief in a Higher Power), deepen moral inventory work in Step 4, and enrich contemplative practices aligned with Step 11. Several participants used vivid metaphors: psychedelics as the “engine,” the Steps as the “transmission.”

Equally important, participants were clear about what *didn't* work. Prior recreational psychedelic use—absent structure, intention, or integration—was largely described as ineffective for recovery. Frequent or poorly integrated use was seen as destabilizing and, in some cases, as reinforcing addictive patterns. In other words, “set and setting” extended beyond the ceremony itself to include one’s recovery community, living situation, and psychological readiness.

### **Accessibility and Equity**

A central theme in the paper is accessibility. Half of the participants were uninsured. Many contrasted the relative affordability of community-based approaches with the high cost of emerging psychedelic-assisted therapies. Twelve-Step programs, for all their imperfections, remain free, ubiquitous, and lifelong. For participants in this study, that infrastructure provided something clinical models often cannot: continuity.

This is a crucial equity consideration. As psychedelic medicine becomes increasingly medicalized and commercialized, community-based models—however imperfect—may remain the only viable option for many people. The study does not argue that this is ideal. It argues that it is *real*.

### **Risks, Tensions, and Honesty**

The authors do not minimize risk. Participants reported challenging psychological experiences, one case of transient psychosis following unsupervised high-dose use, and instances of psychedelic misuse—particularly with non-classic substances like MDMA. Tensions with abstinence-oriented norms were also acknowledged. Most participants avoided discussing psychedelic use in traditional 12-Step meetings, relying instead on alternative spaces such as PIR® for honest dialogue.

This mirrors long-standing dynamics around medications for opioid use disorder and highlights a broader truth: recovery is relational. Stigma, secrecy, and fear of exclusion can themselves become risk factors.

### **Where PIR® Fits In**

Psychedelics in Recovery™ did not set out to prove a model. PIR® emerged to meet people where they already were—navigating recovery, curiosity, skepticism, hope, and risk in equal measure. This study validates that community-based wisdom deserves careful attention, not dismissal or romanticization.

The findings do not offer simple answers. They offer something more valuable: grounded questions for future research, policy, and community practice. How can integration be supported? Who is most at risk? What safeguards matter most outside clinical settings? And how do we honor both recovery principles and evolving therapeutic landscapes?

As the authors conclude, further research is urgently needed. PIR® is proud to have contributed—carefully, ethically, and transparently—to that ongoing conversation.

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## Letter from the Editor

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I'm honored to present the first edition of *De Vine*, Psychedelics in Recovery's monthly newsletter. When I joined PIR® in Fall 2025, I volunteered to launch this newsletter despite knowing I'm a habitual procrastinator.

If you're reading this, I've chosen to overcome procrastination for this project because the opportunity to include my voice in the community of PIR at this foundational time is too unique to pass up.

I have found myself in PIR because my experiences of addiction and recovery no longer align with the traditional 12-step narrative. I learned quickly when I started attending 12-step meetings that I had to identify with the core tenants of the fellowship if I wanted to be included in the community, much less recover. I chose to interpret my substance abuse through their lens and act with their methods as long as this alleviated my addiction and loneliness.

It remained that I had sacrificed essential truths about myself to be a part of the traditional recovery community. I was stuck in a dangerous conundrum—if I could not be honest within my community, I could not recover with them. Yet alone, I lacked the power to recover at all.

Being true to myself today is taking on the challenging task of defining my own recovery. Thankfully, I have found a community of people, who like myself, have dared to start on this journey. No one knows how challenging it is to go outside of the trodden path until they have done so—and here, we find ourselves, as a group, somehow making room for each other on the road less traveled.

This publication celebrates the freedom and safety of our members to define their own recovery. *De Vine* seeks to catalogue and honor the debates, projects, and goals of our service committees. In addition, we present a variety of member experiences, book reviews, and research publications from a multitude of recovery modalities.

There is a stark similarity between democratic communities that allow debate and the dialogic process that individuals undergo when recovering. Recovery itself is a challenging of thoughts, beliefs, and ideals that are no longer working. We need each other—and we need disagreement just as much as we need agreement—for our recovery process to adapt to the inevitable changes any community will face.

Thank you for joining me here—I hope you'll join the conversation.

Katherine E

## We Want To Hear From You!

### Contribute to De Vine

*Psychedelics in Recovery is launching a monthly newsletter in 2026 to highlight the many ways we are redefining recovery. We invite you to share your story with us—between 500 and 1,250 words—whether it includes the 12 steps, psychedelics, other fellowships, or tools beyond traditional approaches. As a member of PIR®, your experience, strength, and hope can inspire others and help us grow together as a community. Join us in shaping this conversation and showing the diverse paths that recovery can take.*

*Text or WhatsApp me at **615-812-7860** for specific guidelines for contributions*

### Newsletter Contribution Guidelines

#### 1. Topics

Your article can explore any of these Psychedelics in Recovery (PIR®) themes:

- Insights from current PIR® literature
- Tools from 12-step programs (e.g., ACA, SLAA, NA, AA)
- Reflections on outside literature related to psychedelic healing, spirituality, or addiction recovery
- Personal experiences with PIR® tools such as IFS, breathwork, or other practices
- Practical approaches to psychedelic use (e.g., set and setting, safety, facilitation, harm reduction)

#### 1. Writing Guidelines

- Length: 500–1,000 words
- Write in the first person to maintain anonymity
- Respect PIR® traditions:
- No dosing instructions
- No specific medicine recommendations
- Sharing your own integration experiences is welcome—just describe your journey without giving advice

#### 1. Submissions

Please send your article to [pr@psychedelicsinrecovery.com](mailto:pr@psychedelicsinrecovery.com). This is a safe and supportive space to share your voice.

## 12 Step Book

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The 12-Step Subcommittee is writing the book of Psychedlic in Recovery's 12 Steps. Steps one through ten have been written and reviewed as of the end of 2025. We project that we will have completed writing and editing the 12-steps some time in February or March, at which point we will be ready to begin layout for public publication.

### **Step One. We admitted we were powerless over our patterns — that our lives had become unmanageable.**

#### **A Human Problem, by Douglas N**

Before the drink, before the scroll, before the affair, before the apology you half-meant and the promise you couldn't keep—there may lie a quieter ache.

I don't feel whole.

I don't feel enough.

I don't feel safe in my own skin.

I don't feel okay.

And when "not okay" becomes home, we're liable to go to great lengths to change that.

#### **The Fix**

So we learn strategies. Some are chemical. Some are relational. Some are spiritual-looking. Some are impressively productive.

- Addiction says: Change my state.
- Control says: Change your state so I can breathe.
- Fawning says: Let me become what you want before you decide I'm not wanted.
- Perfection says: Let me earn my right to exist.
- Withdrawal says: Let me disappear until it's safe to be seen.

These aren't born from malice. They're born from urgency. They're homemade medicine. They work fast. They work short. They work—until they don't.

#### **The Quiet Erosion**



Then comes the part no one plans for: We cross lines we once swore were uncrossable.

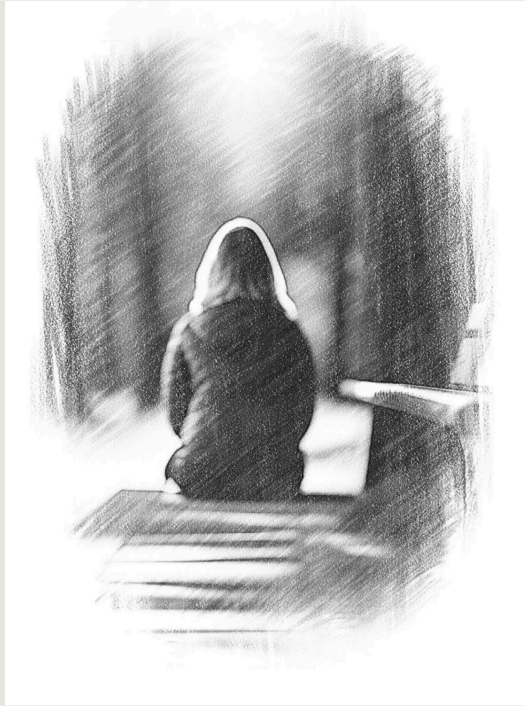
Not with fireworks. With footnotes. Just this once. Just tonight. Just until the anxiety passes. Just until they calm down. Just until I get through this week.

And then we move the line to make room for the crossing.

That's when integrity starts to hurt. Not because we broke a rule—but because we broke contact with the person we wanted to be. Integrity isn't moral superiority. It's internal coherence. It's being in one piece.

And this is the tragedy: the very thing we do to feel okay is what makes us feel less okay.

## The Story We Tell



To keep going, we need a narrator. Rationalization steps in like a publicist: It wasn't that bad. You deserved it. You had no choice. No one understands. This time is different. You can stop whenever you want.

Rationalization doesn't sound like a lie. It sounds like relief. It's the voice that keeps the system running when the system is breaking us.

## **Stop Negotiating**

Step One is not a scolding. It's not a courtroom. It's not a badge of shame.

It's an opening. It's the moment we decide to stop negotiating with reality. Powerlessness doesn't mean helplessness. It means: this approach cannot deliver what it promises.

Acceptance doesn't mean approval. It means: this is what is happening.

Asking for help doesn't mean weakness. It means: I'm done pretending I can do this alone.

Step One is not "I am broken." It's: "My strategy for wholeness is breaking me."

## **Unmanageability**

Unmanageability isn't always chaos on the outside. Sometimes it's a polished life with a private war inside it.

It's the constant math: How much can I do before it costs me?

It's the hidden bargaining, the countdown clocks, the secret rules, the exhausting maintenance of a self that can't rest.

It's the way the world gets smaller as you try harder to keep it under control.

## Practice

Step One is a daily honesty, not a one-time admission. It can sound like:

- I can see the pattern. I can feel the pull.
- I can name what I keep rationalizing.
- I can pause before the old remedy becomes the old consequence.
- I can reach out before I disappear.
- I can tell the truth without turning it into a verdict.

## The First Question

Not What's wrong with me? But, What do I find myself regularly rationalizing? What do I keep calling normal that I wouldn't want in my life if I were truly free?

And underneath that: What am I trying to get—relief, love, safety, belonging—that I don't believe I can get any other way?

## The Promise

Step One does not make you small. It makes you real. And reality—as brutal as it can be—is the only ground that can hold transformation.

This is the beginning of becoming whole: not by forcing yourself into perfection, but by ending the argument with what is.

## Prayer

*Great Mystery,*

*Help me admit what isn't working without turning it into shame.*

*Show me where I rationalize, and give me the courage to stop calling it freedom.*



# STEP MEETING

FEEDBACK ON THE  
NEW 12 STEP BOOK

TUESDAY, 9PM GMT /4PM EST

SEE LINK BELOW

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## PIR Step Study

Meeting ID: 835 3934 1211

Passcode: 805679

zoom

### Join our Cloud HD Video Meeting

Zoom is the leader in modern enterprise cloud communications.

zm

<https://us06web.zoom.us/j/83539341211?pwd=iSDXoKXR9bGBb22fZlWSb1cWjiF4eX.1>

## Public Relations

### PIR® launches Newsletter and Podcast and expands Social Media Presence

In the last three months, the PR Committee has been very active, focusing its efforts on two key projects: the Newsletter and the Podcast.

#### Newsletter

The Newsletter, edited by Katherine, has now launched and is the publication you are currently reading. It is designed to keep the fellowship informed, connected, and inspired, while sharing updates from across PIR® and the wider recovery and psychedelic integration community.

#### Podcast

In parallel, the committee has been developing a new podcast, PIR® Integration Radio, hosted by Anne, which is due to launch later this month. The podcast will begin with a series of interviews with PIR® members titled Journeys of Healing, offering personal stories of recovery and integration. Episodes will be available to download via the PIR® website as well as on most major podcast platforms.

#### Social Media Presence

Alongside these projects, the PR Committee has begun building PIR's social media presence. Accounts have now been created across all major platforms, and we are seeking volunteers to help manage and grow these channels.

If you are interested in supporting PIR's outreach and communications work, please get in touch with the PR Committee at [pr@psychedelicsinrecovery.org](mailto:pr@psychedelicsinrecovery.org)

### January Minutes

#### Quick recap

The meeting began with introductions and updates on the service website, followed by discussions about the upcoming newsletter launch and podcast initiatives. The group explored various social media strategies and branding considerations, ultimately deciding to maintain a minimal presence while protecting the organization's trademark. The conversation ended with conversations about event planning, trademark usage, and discussions about GSR meeting formats and communication guidelines.

PIR Update - Website Update





↑ Public Relations

## January Minutes

### Quick recap

The meeting began with introductions and updates on the service website, followed by discussions about the upcoming newsletter launch and podcast initiatives. The group explored various social media strategies and branding considerations, ultimately deciding to maintain a minimal presence while protecting the organization's trademark. The conversation ended with conversations about event planning, trademark usage, and discussions about GSR meeting formats and communication guidelines.

### Next steps

- [David Lee: Create a generic template and fix subsections for the service website, and seek feedback from committee members on design preferences](#)
- [Anne: Send Google Form to David Lee and Kevin for their committee newsletter contributions](#)
- [David Lee: Work on integrating/fixing the newsletter subdomain link and send logins to Anne](#)
- [Anne: Reconvene with newsletter team \(especially Katherine\) to finalize newsletter](#)
- [All committee members: Listen to preview episodes of the podcast and provide go-ahead feedback to Anne before public launch](#)

### PIR Unity and Website Updates

Anne welcomed Aqib, who is considering joining the PR Committee, and introduced him to the meeting. David Lee provided an update on the service website, explaining its current state and future plans. The group discussed the upcoming newsletter launch, which will link to committee pages on the service website. Anne emphasized the importance of PIR unity and communication, particularly in light of recent fellowship tensions. The meeting opened with a moment of silence and a reading of the first tradition, which stresses the importance of PIR unity over personal recovery.

### **Newsletter Strategy and Distribution Planning**

The first part of the meeting focused on reviewing previous minutes, discussing the newsletter, and planning for upcoming events and tasks. Anne outlined the agenda, which included topics such as the newsletter, podcast, social media, PR strategy, and service capacity. The group approved the previous minutes and discussed the newsletter's distribution method, with Kevin suggesting that they should use both email and the website to reach subscribers. David Lee and Anne debated the logistics of email collection and distribution, considering the use of Mailchimp and Brevo. The committee agreed to explore options for automating responses to newsletter sign-ups and decided to create a newsletter subdomain.

### **Newsletter and Podcast Planning Update**

The group discussed the newsletter distribution strategy, voting to send an email blast in addition to posting it on the website and sharing through WhatsApp and GSR meetings. Anne reported that the podcast was nearly ready, with new jingles and mixing completed, and Kevin explained the need for board approval of the disclaimer due to legal and fiduciary responsibilities. The team also discussed plans for future podcast episodes, with several interviews already completed and a few still pending, including potential interviews with David Lee, Steve O., Pamela Cole, and Ethan.

### **Podcast Format and Content Planning**

The group discussed potential podcast formats and content, focusing on diversity and anonymity. They agreed to consider adding interviews with older members and newcomers to PIR, while being mindful of the sensitivity of early recovery. Anne proposed creating a pre-recorded, camera-on format to demystify PIR for potential members, but the group expressed concerns about anonymity and privacy. They decided to further discuss the format and potential risks before making a final decision.

### **Podcast Format and Social Media Planning**

The committee discussed three potential formats for the podcast going forward: one-on-one interviews (as per the Journeys of Healing currently being produced), group discussions, and interviews with external experts. They agreed to explore these options slowly and carefully, with Topher suggesting a pilot approach. Anne clarified that there is no rush.

The group also discussed their new social media presence, with David Lee and Anne having created accounts on multiple platforms. They emphasized the need for clear guidelines on what can be posted to avoid being shut down. Anne mentioned having an advertisement ready to recruit volunteers to admin the accounts.

Here are the newly created PIR Social media accounts:

Instagram · **@pirworldwide**

TikTok · **@pir\_worldwide**

YouTube · **@psychedelicsinrecovery**

LinkedIn · **@psychedelicsinrecovery**

### **Social Media Risk Management Strategy**

The group discussed social media strategy, with Topher and David Lee expressing concerns about unmonitored comments and potential brand risks, leading to a decision to maintain minimal social media presence with only occasional, general posts.

The team agreed to implement a centralized email system with automated responses to handle inquiries, with Aqib confirming this could be quickly implemented. The conversation ended with a brief mention of an upcoming interview.

### **Media and Conference Updates**

Kevin discussed upcoming media opportunities, including an interview for a Substack and a podcast with the Association for Medical Education and Research in Substance Use and Addictions, which is set to be released in July. He also shared updates on the PIR convention, exploring potential collaborations with other psychedelic events, and mentioned a conference in Scotland where Anne will speak about psychedelic-assisted therapy and decriminalization.

#### **Edinburgh Events**

The group discussed plans for events in Edinburgh and Glasgow, with Vita offering to take on a service position related to event management. They also talked about potential collaborations with festivals, including Boomtown and an Icelandic festival. Kevin provided clarification on trademark usage for PIR and Psychedelics in Recovery, explaining the difference between registered and applied trademarks. The group **discussed the need for brand consistency and the possibility of updating their logo in the future.**

### **Trademark Updates**

Kevin provided clarification on trademark usage for PIR and Psychedelics in Recovery, explaining the difference between registered and applied trademarks. The group discussed the need for brand consistency and the possibility of updating their logo in the future.

Please note that these are the symbols to add next to our logo and our name.

## Branding and Copyright Strategy Meeting

The meeting focused on branding and copyright issues for the organization's newsletter and website. Anne presented a design for the newsletter, which includes sections for various committees and a feature for open service positions. Christopher mentioned that he had submitted an outdated logo design and clarified some copyright concerns regarding the organization's literature. Kevin and Christopher discussed the importance of consistent branding, with Kevin suggesting that creativity should be embraced in certain areas. The group agreed to revamp all literature with the new trademark and to liaise with tech to upload the modified documents. They also briefly touched on the open PR service position and the automation of administrative tasks.

## Guiding Principles and Branding Updates

The team discussed updates to the Guiding Principles document and 12 Traditions, with Christopher offering to resubmit the 2025 versions to David Lee. They agreed to finalize the newsletter on Tuesday, with team members encouraged to join and provide feedback via WhatsApp. Karyn raised concerns about maintaining consistent branding across different designs, while Vita suggested creating a brand book to guide design choices.

↑ Public Relations · January Minutes

## Next steps

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- [All committee members: Listen to preview episodes of the podcast and provide go-ahead feedback to Anne before public launch](#)
- [Anne: Liaise with Kevin \(board\) for approval of podcast disclaimer](#)
- [All committee members: Submit names for potential podcast interviewees to Anne/committee to be voted on at February meeting.](#)
- [Aqib: Help set up automated email responses for common inquiries, once workflow is agreed](#)
- [David Lee: Investigate and fix where MailChimp is still collecting emails to merge with current database](#)

- [Anne: Reach out to Aqib to coordinate on automation for admin email responses](#)
- [Vita: Take on events/festival service position in PR committee and act as point of contact for event-related activities](#)
- [Kevin: Provide a one-pager outlining guidelines for event participation/representation to Anne/PR committee](#)
- [Christopher: Resubmit updated 2025 documents to David Lee and work with Litcom to update copyright/trademark notices](#)
- [Litcom \(Literature Committee\): Meet Tuesday to review and update documents with correct copyright/trademark and year](#)
- [Anne/David Lee/interested committee members: Volunteer to help David Lee with website design feedback, especially on newsletter template](#)
- [Anne: Solicit feedback on newsletter via WhatsApp and coordinate finalization for distribution](#)
- [Anne: Liaise with Vita regarding Boomtown festival contacts and potential free tickets](#)
- [Kevin/Anne: Compile list of admins for WhatsApp groups for future guidelines/communication policy](#)
- [Board/PR Committee: Develop and propose guidelines for admin of various WhatsApp groups, using Jason's communications policy as a template](#)

[David Lee: Continue working on integrating the correct email/database link for newsletter signups](#)

## Literature Committee

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As Psychedelics in Recovery™ enters 2026, the Literature Committee (LitCom) is grateful to share an update on the work completed over the past year and the service we are continuing to build together.

We closed out 2025 with the successful publication of updated member materials and FAQs on PIR®'s newly launched website—an important milestone that reflects both the growth of the Fellowship and our shared commitment to clarity, unity, and accessibility. These materials represent the collective voice of the Fellowship, shaped through review, group conscience, and collaboration across service bodies.

Following PIR®'s newly registered trademark status, LitCom has begun the careful process of updating existing literature to reflect trademark alignment, ensuring consistency and protection of the Fellowship's name and message as we move forward. This work is being done thoughtfully and deliberately, with respect for the literature that has carried us thus far.

In parallel, LitCom has been establishing a working relationship with the newly formed Public Relations Committee, clarifying roles, workflows, and shared responsibilities around curation, review, and dissemination. This collaboration supports a healthy and transparent flow of communication between committees and helps ensure that PIR®'s written voice remains consistent across newsletters, blogs, podcasts, and web platforms.

We are also excited to formally establish LitCom's presence on the new [Service Page subdomain](#) and within the Fellowship's newsletter—creating clearer pathways for members to understand how literature is developed, reviewed, and shared, and how they can participate in this service.

Currently, LitCom is reviewing several pieces of literature that are ready for consideration for publication. Once finalized, these materials will be shared through PIR®'s web presence and disseminated through the Fellowship with the support of General Service Representatives (GSRs)—strengthening communication between committees and groups.

Throughout this work, LitCom remains grounded in PIR®'s principles of trust, inclusivity, unity, and shared responsibility. We recognize that literature is not merely informational—it is connective. It carries the tone, intention, and spirit of the Fellowship. By tending carefully to our written materials, we help support coherence across groups while honoring the diversity of experience within PIR®.

As we begin this new chapter, LitCom warmly welcomes volunteers who feel called to support this service—whether through reviewing drafts, offering feedback, participating in meetings, or helping bridge communication between groups and committees. No special expertise is required—only a willingness to listen, collaborate, and serve with humility.



## General Service

### Incorporating the 12 Traditions in PIR

A substantial portion of recent GSR meetings centered on Tradition-based discussions, with particular attention to Tradition 11, anonymity, and appropriate public representation of PIR. GSRs shared experiences from their meetings that reflected varying interpretations and concerns around privacy, safety, and language used in both in-meeting and public-facing contexts. These discussions highlighted the need for clearer guidance and consistency, especially as PIR continues to grow and attract new members.

### Building Communication Between Subcommittees and Groups

The GSR Subcommittee also spent time addressing broader themes of trust, tone, inclusivity, and communication between service bodies and the fellowship.



Recent meetings saw a noticeable increase in attendance, signaling heightened engagement and a strong desire from the groups to be heard and better informed. While this has led to richer dialogue, it has also reinforced the importance of respectful facilitation and maintaining a safe and constructive service environment.

### Action Points for 2026

To improve transparency and information flow, the GSR Subcommittee voted to formally bring subcommittee reports back to the GSR body on a regular basis. This decision was made to ensure that GSRs receive timely updates from all service areas and are better equipped to bring accurate information and context back to their respective groups, supporting informed group conscience.



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↑ De Vine, January 2026

## Book Committee

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We are a project organized for the purpose of fulfilling the mission of editing and publishing PIR's first book. We changed from the "committee" model to a "project" model such that we have been for the past 2+ years of production a working group open only to volunteers willing to dedicate significant time to editing, writing, and producing the book *Psychedelics in Recovery: Medicines, Sacraments and Catalysts*. We distributed the editor's edition of the book in .pdf format October 2025. Due to complications in the publication process, we have been delayed in releasing the book in accessible formats to fellowship it was written for. As we are now in the final stages of editing the book, the Book Committee is no longer seeking volunteers.  
Email: [forapirbook@gmail.com](mailto:forapirbook@gmail.com)

### About us

The Book Committee was founded by Clifton Ross at the November 2022 Psychedelics in Recovery Intergroup meeting as a project to benefit the fellowship. Initially we organized forums to gather testimony for the book and coordinated a group of volunteers. The initial enthusiasm for the project disappeared when the hard work of putting a book together began. We reorganized as a working group with Cheryl Stevens as co-editor on the book and Kolya as project manager. Other PIR members have volunteered time to copy edit and provide feedback on material. The book is in the final stages of production.

### Mission Statement

#### Our Purpose & Mission

The Book Committee's objective remains the writing, editing, production and publication of the book, "Psychedelics in Recovery: Medicines, Sacraments and Catalysts."