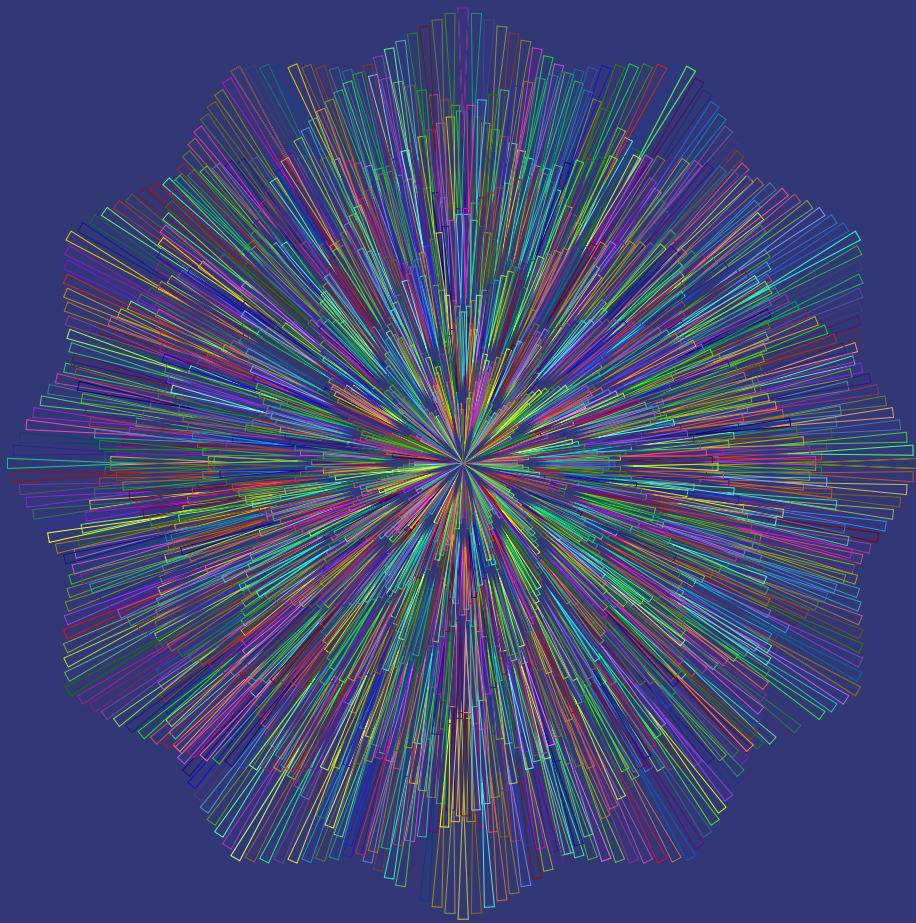




PSYCHEDELICS in RECOVERY™



DE VINE

Newsletter May Edition

DE VINE

Letter from The Editor



Dear Fellowship,
Welcome to the May 2026 edition of De Vine.

This month's theme is Connection, the spiritual principle underlying Step Five. Not just connection as an idea, but as something lived—between ourselves, with each other, and with a Higher Power.

In this issue, Christy B reflects on the isolation of addiction and the return to connection through honesty, community, and spiritual practice. Rick B explores the sense that everything is connected, and the quiet freedom that can come with that recognition. James Stampfer shares a deeply personal account of losing and rediscovering connection, and what it has meant in his recovery. Vita HC writes about conscious contact as an ongoing practice—one shaped through intuition, community, and a relationship with something greater than ourselves.

Together, these pieces move through connection as experience—not just something we understand, but something we participate in.

I've also included a piece on Step Five. It explores the idea that this step may be less about confession and more about no longer being alone with our own story—less about clearing a record and more about restoring connection.

You'll also find the latest GSR report toward the back, offering a view into what's happening across the fellowship and where service is moving.

Thank you to everyone who contributed to this issue, and to those who continue to make this fellowship what it is.

In gratitude,
Douglas

Editor, De Vine

CONNECTION

A reflection from Christy B on 12 Step Recovery

Connection in 12 Step Recovery

Written by Christy B



Being in active addiction was very isolating for me. Hiding my true alcohol intake from others was always front of mind.

The shame, damaged relationships, health consequences, and regret about the ways I coped during difficult times became overwhelming, suffocating, and progressively damaging.

Connection is so important here. When I finally couldn't remain in denial about my addiction, I knew getting sober would take a lot of work. I would need to be honest with myself and others.

It was time to begin working the 12 Steps. History reflects generations of people working together in recovery, and I knew it was time to get started.

Attending meetings in PIR helped me connect with others in recovery. Hearing others share similar struggles made me feel understood—like people truly recognized the chaos addiction brings and the pain it causes. It was inspiring to see others seeking to restore their lives from that damage. I started to feel hopeful. That sense of connection in PIR—the feeling of being understood and supported—created a meaningful bond with others in the program.

Being involved in a 12-step recovery program provides a sense of community. Connection with others supports growth and insight into the core issues that contributed to my addiction. It helped restore my life to a more manageable state.

Connection with my Higher Power remains an important part of my recovery and spiritual practice.



Connection in 12 Step Recovery

Written by Christy B

Time spent in daily prayer and meditation has led to insights and awareness that were lost in the chaos of my addiction. My faith has grown to the point that I can look to my Higher Power for guidance on the next right thing to do when I'm uncertain. This deeper spiritual connection gives me the courage and confidence to take the steps needed for continued healing.

The PIR fellowship, along with working the 12 Steps with a sponsor, has been life-changing. I am grateful for the increased connection with others and with Spirit, and for the hope of further healing to come. Connection now has a deeper meaning for me—it is life-changing.

CONNECTION

What it means to live psychedelic sober in the words of Rick B



Everything is Connected

Written by Rick B

There is an old saying: “Everything is connected.”

Well, I don’t know if it’s a saying. I don’t know if it’s old. But it feels quite true.

When I first got sober many moons ago, I immediately began experiencing all kinds of synchronicities, big and small.

And this wasn’t some kind of residual psychic trail from several years of heavy LSD and mushroom use. It was my mind and heart coming back into alignment with the essence of my nature. Something had shifted. Something had opened.

Fast forward many trips around the sun—no pun intended—and I have come full circle. No pun intended again.

I have come full circle in the process of intentionally integrating psychedelic experiences into my recovery, confirming what already feels true: everything is connected.

When I first encountered *The Way of the Psychonaut*, featuring the work of Stan Grof, back in 2020 (also the year I joined PIR), tears welled up and dripped down my cheeks. It was like a coming home. A recognition, really. As if some part of me had always known and was finally being given permission to remember.

They say—and I don’t know who “they” is—that it’s easier to connect the dots looking backwards than to figure out the path moving forward. And yet, by cultivating presence of mind, alignment of spirit, and openness of heart, the dots are connected everywhere, all at once, all the time.

Connection and freedom, I have come to understand, are not opposites. They are the same thing. To feel truly connected—to oneself, to others, and to something larger than ourselves—is to know a profound and quiet freedom.

That, for me, is what it means to live psychedelic sober. That is the coming home I didn’t know I was looking for. And it turns out, I never left.

CONNECTION

Our most Valuable Resource? written by James S



Is Connection Our Most Valuable Resource?

Written by James S.

Margaret Mead, the anthropologist, when asked to describe the earliest example of civilisation, spoke of an archaeological discovery: a prehistoric human who had broken their femur and survived beyond the injury. For this early ancestor of ours to survive, another human would have had to care for them—bringing food and supporting them. She highlighted that connection is required for civilisation. We are a social species, but what happens when we fall out of connection?

I remember when I first felt my grip on the small amount of connection I experienced begin to slip away. After years of dissociating from the sensory overload of struggle in this life, I had discovered spaces where I could feel connected—if I had the right drugs. These spaces were usually too loud to have a conversation, unless in a bathroom, where many people did not require the facilities as intended. I felt connection when out dancing to repetitive beats; it was there that I felt deeply connected to other people.

By the time I hit my 21st birthday, my enjoyment of the drugs used to come down from dancing and partying had taken priority. On my 21st birthday—a celebration for many—I was cut off from all my prescription drugs, which were diazepam and buprenorphine. I had been caught red-handed selling the buprenorphine. I had been using prescription diazepam daily for nearly five years.

The withdrawal separated me from anything resembling connection. I would feel so alone in a room full of people I considered my best friends. It eventually became too much to even venture out of sedation. The only solution my mind could see was heroin—and lots of it—then at least I was warm in my loneliness. The cold nature of interaction sent me running for a place to hide. I'm not saying people were treating me any differently; I'm saying the way I experienced interaction was void of connection. Without the warmth of connection, what remained felt cold and harsh.



Is Connection Our Most Valuable Resource?

Written by James S.

I eventually grew acclimated to the cold nature of my inner world, seeking only the artificial warmth of numbness. Recovery gave me the gift of rediscovering connection. Facing the fear of the unknown in interactions became my new habit—meeting new people and learning to put myself out there—because connection is an action we participate in. Now my felt connection stretches far beyond other human beings—to nature and all of creation. It stretches back through our ancestral lineage. I will be forever grateful to nature's medicine and those who hold its knowledge for giving me the gift of expanded consciousness to experience expanded connection.

Connection is the lifeblood of collaboration, the foundation of our evolutionary progress as a species. Connection is the unspoken agreement to be there for each other; it is the foundation on which we build community.

I started with an anthropologist, so it feels fitting to end with one. Victor Turner used the term 'communitas' to describe that feeling of connection in the collective experience of transcendence—the oneness of the liminal.

That is what I experience in PIR: a tribe I feel part of, a kaleidoscopic one that is consistently growing into the beauty of potential realised and manifested.

CONCIOUS CONTACT

Artwork and Writing by Vita HC





Conscious Contact

Written by Vita HC

Conscious Contact has been a work in progress—a trial and error, a stumbling and re-navigating—with the same conclusion: always trust deep intuition.

I communicate with my Higher Power through altered states of consciousness—astral projection, meditation, sound healing, playing music, psychedelic experiences, listening to music, making art, or being surrounded by the buzzing energy of community.

Connection is the key. When I isolate from the world, contact with my Higher Power can fluctuate dramatically. When I isolate from the connection of my fellows, friends, and good influences, life becomes more grey—and it's because my Higher Power communicates through people and community.

We come into recovery alone, wrapped in the trauma of solitude, misunderstanding, and self-pity. Our recovery comes to life with people, with contact, and with the guidance of our Higher Power -

through synchronicities, good times, challenges, and new life experiences.

When we remember that we don't have all the answers on our own, and that life gets better and easier when we are part of something bigger than ourselves, it becomes a constant reminder of unity.

There is also a balance between connection and togetherness, and the work we do in isolation. When the foundation is solid—built on the love and support of community—time alone becomes something different. It becomes a place of reflection, integration, and growth, rather than disconnection. We are able to return to ourselves without losing contact, because that connection continues to exist, held by something greater than us.

We don't find ourselves in isolation; we find ourselves by finding our tribe, our safety, and healing inside and out—with a connection that helps us come to the realisation that there are many things greater than ourselves.

STEP 5

Reflections from Douglas N. on Step 5



Step 5:

Admitted to our Higher Power, to ourselves and to another human being the exact nature of the damage we caused ourselves and others.

Written by Douglas N.

Thoughts on Step Five

We may think this step is about confession. About clearing a ledger. Balancing a moral account.

But perhaps it is about something quieter. Something riskier. Perhaps it is about no longer being alone with our own story.

Step Four asked us to look. Step Five may ask us to be seen.

There is a difference. We can write truths in a notebook and still remain divided. We can know what we've done and still live as if no one could bear to hear it. This step might suggest that secrecy is what keeps us split. Not the damage itself.

We may misunderstand this step as punishment. As exposure. As humiliation.

But humiliation shrinks us. This step might enlarge us. It may gather what we've scattered and bring it into one place. Into one voice. Into one shared space where another human being can listen without flinching.



Step 5:

Admitted to our Higher Power, to ourselves and to another human being the exact nature of the damage we caused ourselves and others.

Written by Douglas N.

Thoughts on Step Five (continued)

The fear here is not only that we did harm. The fear may be that if the whole truth were known we would be unlovable. Irredeemable. Disposable. We may fear that the damage defines us. That the worst thing we've done is the truest thing about us.

And so we hide. We edit. We soften. We keep parts of ourselves in the dark.

But perhaps shame feeds on isolation. Perhaps shame requires secrecy to survive. And perhaps when we speak aloud what we have only rehearsed in private, something begins to shift.

Not because we are absolved. But because we are witnessed.

To admit the exact nature of the damage is not to say "I am bad." It may be to say "This is what I did when I was afraid." "This is how I tried to survive." "This is where I grasped, or rejected, or disappeared."

It may be less about moral failure and more about misaligned protection. We may begin to see that what we called sin was often fear with armor on.



Step 5:

Admitted to our Higher Power, to ourselves and to another human being the exact nature of the damage we caused ourselves and others.

Written by Douglas N.

Thoughts on Step Five (continued)

Still, the damage was real.

We may have lied. We may have disappeared. We may have manipulated, or controlled, or numbed. We may have hurt others while trying to soothe ourselves. We may have hurt ourselves while pretending we were fine.

Naming this does not erase it. But it may end the distortion.

There is something clarifying about saying it out loud.

In our own minds we can rationalize. We can shrink the harm. We can expand the justification.

But when we speak in the presence of someone who listens with compassion and rigor, our words take shape. They land. We hear them differently. And we may hear, underneath them, our humanity.

This step might confront the fear of vulnerability. The fear of not controlling how we are perceived.

We do not get to choreograph the listener's reaction. We cannot manage their face, their silence, their response. We can only choose honesty. That may be the surrender here.



Step 5:

Admitted to our Higher Power, to ourselves and to another human being the exact nature of the damage we caused ourselves and others.

Written by Douglas N.

Thoughts on Step Five (continued)

And yet, this is not reckless disclosure. Integrity does not mean saying everything to everyone.

It may mean choosing a confidante with care. Someone who can hold complexity. Someone who will not gossip. Someone who listens more than they speak. This step can teach discernment as much as courage.

We may discover that the act of speaking is less about being forgiven and more about becoming coherent.

When what we know privately matches what we are willing to say publicly, even in a small, sacred circle, we may feel less divided. Less fragmented. Less like we are carrying two versions of ourselves. This step can be about becoming undivided.

There is also something else. Accountability.

When we share our inventory with another, we may begin to invite a sounding board into our lives. Not someone to police us. Not someone to control us. But someone who can help us hear ourselves when we start to drift. This can be the beginning of living in the light instead of rehearsing in the dark.



Step 5:

Admitted to our Higher Power, to ourselves and to another human being the exact nature of the damage we caused ourselves and others.

Written by Douglas N.

Thoughts on Step Five (continued)

Compassion and rigor meet us here.

Compassion says: "I am still worthy." Rigor says: "Now I will live differently."

If we receive only compassion, we might soften but not change.

If we receive only rigor, we might harden or collapse.

Together, they can steady us.

What freedom might this step offer?

Perhaps the freedom of no longer guarding every angle. The freedom of looking someone in the eye without calculating. The freedom of not rehearsing what must never be known. We may find that when we are no longer hiding, we have more energy for living.

Step Five does not promise that everyone will understand. It does not guarantee that shame will vanish overnight.

It may, however, offer the possibility that we are not uniquely broken. That others have faltered. That others have harmed and healed. That we belong to the human family after all.



Step 5:

Admitted to our Higher Power, to ourselves and to another human being the exact nature of the damage we caused ourselves and others.

Written by Douglas N.

Thoughts on Step Five (continued)

Step Five can be less about confession and more about connection. Less about clearing a record and more about restoring relationship. With our Higher Power. With another human being. With ourselves.

We may not become perfect. We may not become spotless.

But we might become honest. And in that honesty we may begin to trust ourselves again.

Not because we have no shadow. But because we no longer have to pretend we don't.

What truth have I been carrying that is ready to be spoken?

What part of my story is waiting to be witnessed so it no longer has to hide?

And what kind of person might I become if I no longer feared being known?



GSR Report

GSR Report

The PIR GSR Subcommittee held its April 2026 meeting on Saturday, April 18th via Zoom, chaired by Karyn S. GSRs from across the fellowship gathered to share group reports, connect on service, and move business forward together.

Highlights included a presentation from Erin Beeman on safety training, covering resources available to groups navigating boundary concerns and crisis situations at the meeting level. GSRs were invited to gauge their home groups' interest in optional chair training and bring feedback back to Erin. The group also discussed next steps on the Traveling GSR proposal, with Karyn committing to compile a list of meetings not currently represented at the subcommittee level.

Convention planning for Denver (October 8–12, 2026) is underway, and several service opportunities are open across the PR Committee, Tech Committee, and Convention Committee. If you feel a nudge toward service, now is a great time to step forward.

The meeting closed with the Serenity Prayer and a whole lot of gratitude. See you next month!

[Click Here to Read the GSR Meeting Minutes](#)



PR Committee Report

PR Committee Report

The PR committee has been working on selecting new speakers for the podcast and will start the recording of a new batch of episodes for season 1 of its podcast:

Integration Radio. We are also getting ready to help the Convention committee with its communication efforts.

[Click Here to Visit the Integration Radio](#)

[Click Here to Read the PR Meeting Minutes](#)

Open Service Positions

Please email newsletter@psychedelicsinrecovery.org if you would like to either volunteer for one of these positions or you desire technical training.

Service Roles & Meetings

Chairperson

Group: Friday Night Topic
Role: Lead meeting
Time: Friday 1700 PT; Saturday 0100 UTC

Co-Host

Group: Friday Night Topic
Role: Assist chair
Time: Friday 1700 PT; Saturday 0100 UTC

GSR

Group: Friday Night Topic
Role: Attend area and report to group
Time: Friday 1700 PT; Saturday 0100 UTC

Chairperson

Group: Monday Meditation
Role: Lead meeting
Time: 0400 PT; 1200 UTC

Chairperson

Group: Monday Entheon
Role: Lead meeting
Time: 1700 PT; Tuesday 0100 UTC

GSR

Group: Monday Entheon
Role: Attend area and report to group
Time: Friday 1700 PT; Saturday 0100 UTC

GSR

Group: Thursday OG
Role: Attend area and report to group
Time: Thursday 1630 PT; 0030 UTC

GSR

Group: Saturday Men
Role: Attend area and report to group
Time: Saturday 1400 PT; 2200 UTC

Tech Co-Host

Group: Sunday Big Book
Role: Assist chair with readings and monitor chats
Time: Sunday 1700 PT; Sunday 0100 UTC

Open Service Positions

Please email newsletter@psychedelicsinrecovery.org if you would like to either volunteer for one of these positions or you desire technical training.

Committees & Additional Roles

Digital Artist

Group: PR Committee

Role: Create digital media content for PIR across multiple platforms including podcasts, website, newsletter, and literature

Time: Ongoing

Copy Editor

Group: PR Committee – Newsletter

Role: Edit member and committee contributions to De Vine; conduct interviews; assist with artwork and content choices

Time: Ongoing

Readers

Group: 12-Step Committee

Role: Read content, provide direct feedback, and attend 12-step Book Committee Meetings

Time: Ongoing – See below for dates, times, and contact information

Business Meeting Leader

Group: Tuesday Groovy

Role: Aid GSR with organizing and conducting business meeting

Time: Tuesdays 1400 PT; 2200 UTC

Co-Chair

Group: Wednesday Step Study

Role: Assist chair

Time: Tuesdays 1400 PT; 2200 UTC

Speakers Needed

Group: Sunday Detach with Love

Role: Speak at meeting

Time: Sunday 0800 PT; 1600 UTC

Chairperson

Group: London In-Person

Role: Lead meeting

Time: Friday 1700 PT; Saturday 0100 UTC



About PIR

Psychedelics in Recovery™ (PIR®) is a peer-led community where recovery pathways—including the thoughtful integration of psychedelic experiences—can be openly explored. PIR® exists to support individuals in addiction recovery by providing a safer alternative to sharing about their experiences than in traditional twelve step programs.

As a nonprofit organization, PIR's current mission statement reads:

“The mission of PIR® is to educate and support the addiction recovery community for individuals to have a safe space to explore addiction recovery options.”

This statement reflects the legal and educational mandate of the organization as it exists today. At the same time, PIR's ten-year history reveals that its purpose has been shaped as much by **lived practice and fellowship experience** as by formal language.

Throughout our history, PIR has been consistently described as a fellowship grounded in the lineage of twelve steps/twelve traditions programs, emphasizing shared responsibility, volunteer service, and respect for multiple recovery pathways.

As we look toward the next ten years, this Impact Report intentionally acknowledges that PIR is entering a new phase of reflection and maturation. The coming strategic vision process will invite broader fellowship input to further clarify and refine how PIR articulates its purpose—ensuring that its formal mission continues to reflect the community it serves.