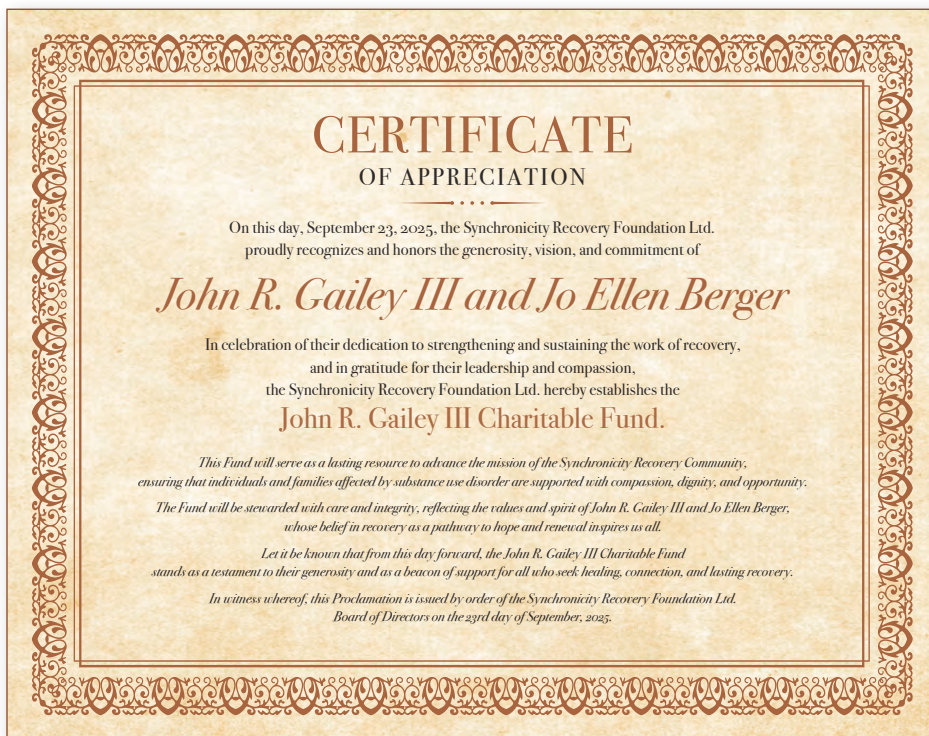




Autumn 2025
newsletter

Synchronicity Recovery Foundation Establishes the **John R. Gailey III Charitable Fund** to Honor Leadership and Legacy in Recovery



On September 23, 2025, the Synchronicity Recovery Foundation Ltd. proudly recognized the extraordinary generosity, vision, and commitment of John R. Gailey III and Jo Ellen Berger.

Issued with gratitude by the Synchronicity Recovery Foundation Ltd. Board of Directors on this 23rd day of September, 2025.

In honor of their dedication to strengthening and sustaining the work of recovery, the Foundation established the John R. Gailey III Charitable Fund.

This fund will serve as a lasting resource to advance the mission of the Synchronicity Recovery Community—ensuring that individuals and families affected by substance use disorder are met with compassion, dignity, and opportunity.

Guided by the values and spirit of John and Jo Ellen, the Fund stands as a beacon of hope and support for all who seek healing, connection, and lasting recovery.

**Want to be our next
website event updater?**



For more information, see Page 3

Sync Welcomes Its Newest Board Member, **Abigail Weiss**



Sync is proud to welcome our newest board member, Abigail Weiss. Abigail graduated summa cum laude from Moravian University in 2025 with a Bachelor of Public Health, tailoring her education to focus heavily on substance use and harm reduction. She completed an honors-level research study titled *The Psychological Impact of Parental Substance Use on College Students*, which allowed her to delve deeper into an understudied topic. She presented her findings at the Collaborative Perspectives on Addiction conference and the National Conference of Undergraduate Research.

She currently works at Skylands Family Support, a support coordination agency in NJ serving individuals with intellectual and developmental disabilities. Here, she serves as the

Outreach Manager, working closely with the executive team. Her responsibilities include event planning and marketing, as well as developing internal policies and procedures.

Abigail also works with the Fight Fentanyl campaign in Monroe County, an organization born from Pennsylvania's Law Enforcement Treatment Initiative (LETI) program. She is the host of their podcast *A Dose of Reality*, highlighting the experiences of people in recovery, the services available for individuals with substance use disorders, and how substance use impacts the whole family.

What inspired you to join the board of Sync Recovery?

The ability to make a difference in the lives of individuals in recovery was a driving factor for me when joining Sync. The existing board is composed of like-minded people on similar missions; collectively, we can truly drive beneficial change.

Do you have a personal connection to the mission of Sync Recovery that influenced your decision to join?

Substance use and recovery hold a very special place in my heart. My father battled SUD for more than ten years and eventually passed from an opioid overdose in 2018. Additionally, I have many friends in recovery who are among the most incredible people I know.

What specific impact do you hope to have by serving on the board?

I genuinely hope to help create a space where all individuals feel welcome, comfortable, and able to strive toward their recovery. I plan to aid in policy development within Sync to create an environment conducive to recovery and to the growth and sustainability of Sync as a whole.

What unique skills or experiences do you bring to the board that will benefit Sync Recovery?

I conducted a year-long research project on the psychological impact of parental substance use on college students, which gave me the tools to

conduct quantitative research and evaluate future interventions on various scales. I also came to Sync with a unique family perspective on living with SUD, allowing me to assess efforts in a different light. The entirety of my undergrad experience was truly tailored to understanding SUD, treatment, and recovery, which brings fresh knowledge to the table.

How can your existing relationships and networks help advance the mission of Sync Recovery?

I am involved in the Monroe County Fight Fentanyl Campaign, an organization that aims to raise awareness, foster hope, and provide recovery services in Monroe County. Sync is a group that thrives on connection, whether through individuals or organizations. Due to my prior work in the treatment space, I also have connections with staff at those facilities who can support Sync's mission. These relationships allow Sync to flourish and expand, thereby enabling more individuals to join the Sync community.

What strategic insights do you believe you can provide to improve the organization's impact?

I plan to strengthen Sync's impact through bold, forward-thinking initiatives. I have a strong focus on inclusiveness, strategic partnerships, and using data to assess our strengths and weaknesses and grow from both. I enjoy conducting research and believe that experience will allow me to bring concise knowledge to the table.

What is your vision for the future of Sync Recovery, and how do you plan to help achieve it?

I envision Sync becoming a leading, innovative recovery support network with extensive community ties. I strongly believe that Sync has the capacity to empower individuals and families affected by substance use disorders through holistic initiatives. To achieve this, I plan to support efforts to broaden outreach and access by developing partnerships and creating events that serve a wider range of individuals.

Camping with Sync



at the Farmhouse at
Kirkridge Retreat Center

October
24–26, 2025

The Farmhouse
at Kirkridge
Retreat Center

2495 Fox Gap Road,
Bangor, PA 18013

Sign Up Today!

As autumn settles over the rolling hills of Bangor, the Sync Recovery Community invites you to gather for a restorative camping weekend at the Farmhouse at Kirkridge Retreat Center, October 24th–26th.

This special weekend is an opportunity to step away from the rush of daily life and reconnect with nature, with one another, and with yourself. The Farmhouse offers a peaceful, rustic setting surrounded by fields, forests, and mountain views — the perfect backdrop for reflection and community.

Together, we'll enjoy the simple joys of camping: shared meals, nightly bonfire recovery meetings, walks, hikes, and time for rest and renewal. Throughout the weekend, Sync's four core components — Connection, Nature, Creativity, and Service — will guide our experiences. Expect opportunities to explore nature, carve a pumpkin, meditate, have fun in a music-and-drums circle, or relax and enjoy the stillness of nature and the gifts of fellowship.

Whether this is your first Sync event or you've been part of our community for years, everyone is welcome. Pitch your tent, reserve a shared indoor space, or drop in for the day — to share a weekend of warmth, laughter, and genuine connection.

Please bring your favorite side dish, salad, snack, or dessert to share.



Please help us keep our recovery community connected!

Sync Recovery is seeking a detail-oriented volunteer to post and update events on our website (training will be provided).

About 4-5 hours/month,
flexible schedule.

Your volunteering is a great way to gain experience with WordPress websites while supporting Sync's recovery-focused events.

Call today to learn more:
(610) 651-0707

Want to be our next website event updater?

