

Tri-Cities Recovery

"Helping you Break your Bonds"

(276) 644-3133



Living Free Participant and TCR Volunteer RANDY BARKER



Upcoming Events

- Monday Afternoon Class - 1:00 p.m. - 3:00 p.m. Living Free at Sullivan County Jail.
- Tuesday Morning Class - 10:00 a.m. Living Free at Bristol Jail.
- Tuesday Afternoon - 11:30 a.m. - 12:30 p.m. - Intercessory Prayer Meeting.
- Tuesday Afternoon Class - 1:00 p.m. Living Free at Sullivan County jail.
- Wednesday Morning - 7:30 a.m. Wake Up with Inmates, Living Free at Abingdon Regional Jail.
- Thursday Evening Class and Free Meal - 6:00 p.m.

Finally Living Free

To some people, it was just an ordinary bike ride on the beautiful Virginia Creeper Trail. To Randy Barker, it was so much more. It was the day that he was set free from the pain of years of isolation that resulted from addiction to alcohol and opioids. At the young age of 14, Randy was introduced to alcohol. Luckily, he had previously been introduced to something much more powerful than that, i.e. the bible. And it was the words of that bible that cultivated within Randy the faith that would later draw him Christ.

An alcoholic for nearly 15 years, Randy had endured tragedy after tragedy. After working in the mines for years, Randy sustained an injury that took doctors over one year to diagnose. He underwent major surgery to correct a disc problem in his neck. Eager to go back to work, Randy found he had another problem - he could not overcome his craving for pain killers. Later, Randy sustained another injury when he had a collision with a loaded coal truck. Being that his SUV was no match for the coal truck, Randy suffered a compound fracture to his right femur which mean one thing, i.e. more opioids. "Every time I put that pill in my mouth and tried to swallow it, it was like trying to swallow a nickel. I was sick and tired of being sick and tired," says Randy. Unfortunately, it took something harsh to get Randy's attention. After watching his father crawl across the floor to get to his chair due to an illness, Randy knew this was his wake up call.

According to Randy, he was raised in faith in Jesus Christ. He knew he would need help because the addiction he suffered was stronger than he was. Ultimately Randy surrendered his life to Jesus. However, Randy discovered that the scars of addiction had run deep. For years, he had remained isolated from others which made loneliness a very real and painful thing. Randy was later invited to participate in Living Free classes and to ride in a bike-a-thon to raise funds for Tri-Cities Recovery. It was during that event that Randy's eyes were opened to the beauty of the outdoors,, and he was set free from the pain of the loneliness of his traumatic past. Randy is thankful for the ministry of Tri-Cities Recovery, and most importantly, Randy is thankful to God for meeting all of his needs. Please consider supporting Tri-Cities Recovery with your financial giving to help others like Randy overcome the pain of addiction.