
SOBERMAN & SOBERWOMAN
GUARDIANS OF NEW YORK
IN A CITY THAT NEVER SLEEPS...
THERE ARE STILL THOSE WHO SUFFER IN THE DARK.
BUT HOPE RISES.
BECAUSE RECOVERY WORKS.
SM
SW
AA BIG BOOK
TOGETHER, WE CLEAN THE STREETS... AND HEAL THE SOULS.
THIS IS OUR MISSION. THIS IS OUR CITY. THIS IS OUR CALLING.
NEW YORK CITY.
RECOVERY. RESTORATION. HOPE.
ONE PERSON. ONE DAY. ONE CHOICE AT A TIME.
THIS IS OUR STORY.

THE CREATORS OF SOBERMAN

The Soberman concept was first discussed between Jim Quinn and Chris Makasimow while they attended a 30-day inpatient rehabilitation treatment session at Mirmont Treatment Center in Media, Pennsylvania. During their stay, they became fast friends and often fantasized about what it would be like to have a comic book series based solely on a superhero named Soberman, who would have tremendous healing powers and be able to zap people and get them to be sober. We would fantasize about this topic for days and come up with different storylines on how we would actually prepare these comic books.

Well, after long journeys through addiction and recovery, Chris and Jim finally got around to putting their ideas down on paper, and Soberman was born. We hope you enjoy the experience.

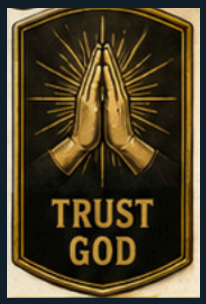
Jim Quinn

Jim is 69 years old and spent 45 years as an alcoholic and drug addict. His drinking career spanned nearly five decades, beginning at age 13. He progressed to drugs in his twenties and thirties and did not find the bitter end until January 31, 2012, his sobriety date. And with God's good graces, he'll have 15 years of continuous sobriety on January 31st, 2027.

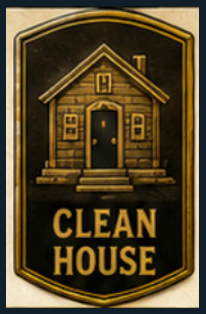
Chris Makasimow

Chris is 51 years old and began drinking and using drugs at 17. He describes more than 34 years of living with addiction and alcoholism, with many relapses along the way. "Yes, I'm a relapser," he says, "but I've got two years under my belt now." His sobriety date is February 3, 2024. By working on the Soberman Project with Jim Quinn, Chris hopes to stay on his path of continuous sobriety.

Soberman's mission is based on three pillars.



First pillar: Trust God.



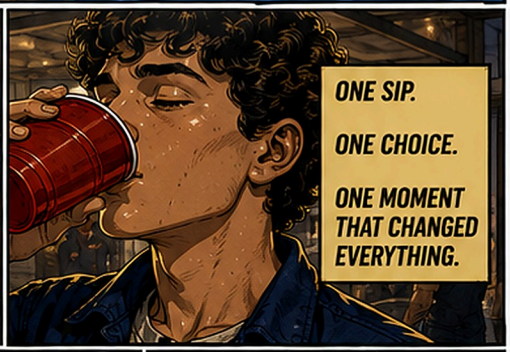
Second pillar: Clean House.



Third pillar: Help Others.


THE STORY OF SOBERMAN BEGAN ONE NIGHT IN CONSHOHOCKEN, PENNSYLVANIA... WHEN JOE QUIGLEY MADE A MISTAKE.
HE WAS ONLY THIRTEEN.
WELCOME TO CONSHOHOCKEN PENNSYLVANIA
IN A FAMILY WHERE ALCOHOL WAS NORMALIZED... WHERE PAIN WAS HIDDEN AND PRIDE WAS EVERYTHING...
THE FRACTURE BEGAN EARLY.


THE FIRST DRINK.
IT DIDN'T FEEL WRONG. IT FELT LIKE BELONGING.

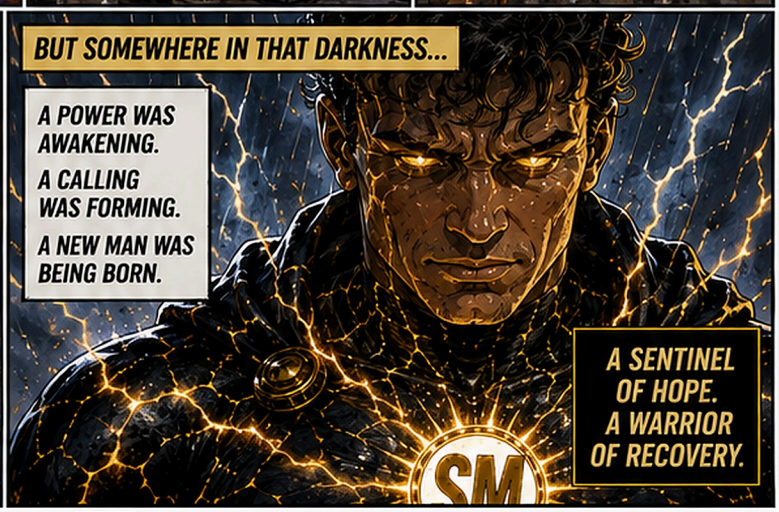

ONE SIP.
ONE CHOICE.
ONE MOMENT THAT CHANGED EVERYTHING.


A THIRTY-YEAR DESCENT.
20s
ALCOHOL BECAME THE ESCAPE.
COCAINE BECAME THE AMPLIFIER.
THE ILLUSION OF FUNCTION BECAME THE LIE.


30s
VODKA


40s


ROCK BOTTOM.
JOB LOST.
REPUTATION GONE.
RELATIONSHIPS DESTROYED.
NEAR DEATH.
COMPLETE DEFEAT.

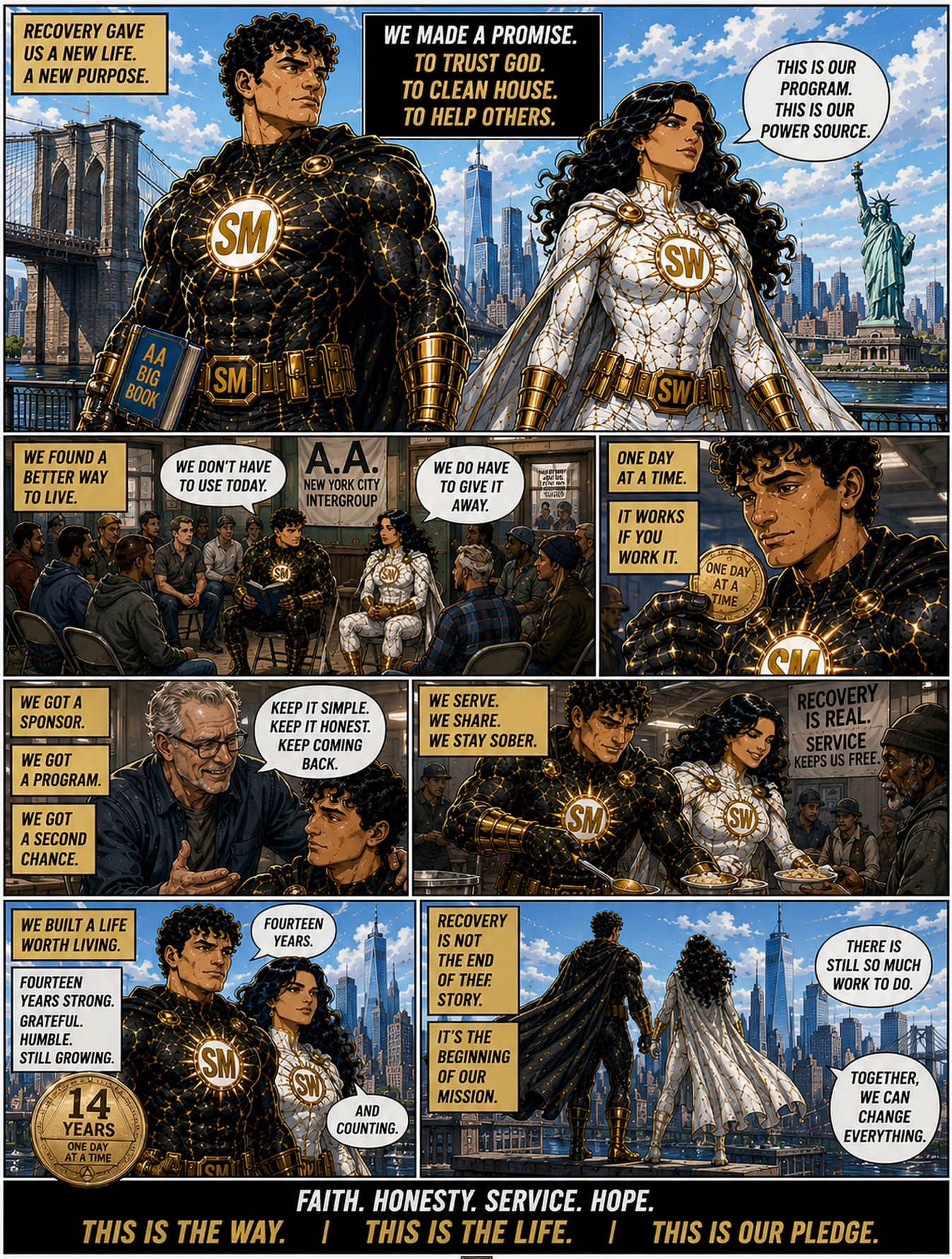

BUT SOMEWHERE IN THAT DARKNESS...
A POWER WAS AWAKENING.
A CALLING WAS FORMING.
A NEW MAN WAS BEING BORN.
A SENTINEL OF HOPE. A WARRIOR OF RECOVERY.
SM

3


IN THE STREETS OF NEW YORK, THERE IS A WAR THAT MOST PEOPLE DON'T SEE.
DRUGS. ALCOHOL. DESPAIR.
THEY FEED ON PAIN. THEY PROMISE ESCAPE.
THEY DELIVER ONLY CHAINS.
HELP PLEASE
ALCOHOL WAS NORMALIZED.
COCAINE BECAME THE AMPLIFIER.
FUNCTION BECAME THE ILLUSION.
THEY ARE THE HUNGRY GHOSTS...
NEVER SATISFIED. NEVER DONE.
BUT WE SEE.
WE UNDERSTAND.
AND WE ACT.
HOPE LIVES HERE
SM
EVERY SOUL IN THESE STREETS MATTERS.
WE DO NOT WALK BY. WE WALK IN.
SW
WE BRING LIGHT TO THE DARK.
AA BIG BOOK
WE DISARM THE PREDATORS.
WE RESTORE THE HOPE.
RECOVERY IS POSSIBLE
WE ARE SOBERMAN AND SOBERWOMAN.
WE ARE THE GUARDIANS OF NEW YORK.
OUR MISSION IS CLEAR.
OUR PURPOSE IS LOVE.
OUR CALLING IS SERVICE.

4


THERE ARE PLACES IN A CITY THAT HOLD A DIFFERENT KIND OF POWER.
ABANDONED. FORGOTTEN.
UNTIL THE NIGHT YOU STOP RUNNING AND FINALLY SURRENDER.
CON EDISON POWER STATION NEW YORK CITY
CON EDISON POWER STATION
NOTHING LEFT. NO JOB. NO RELATIONSHIPS. NO PRIDE.
JUST A MAN ON HIS KNEES IN THE DARK.
"GOD, IF YOU'RE REAL... SHOW ME A DIFFERENT WAY."
THE ANSWER CAME LIKE LIGHTNING.
THE STORM CRACKED.
THE POWER STATION ROARED.
SOMETHING INSIDE HIM IGNITED.
THE GILDED EMBER AWAKENED.
A NEW MAN WAS BORN.
SOBERMAN
THE GILDED SENTINEL!
SM
AA BIG BOOK
THE CRACKS OF HIS PAST BECAME THE CHANNELS OF HIS PURPOSE.
THE POWER HE ONCE USED TO DESTROY HIMSELF NOW FUELS HIS MISSION.
HE IS NO LONGER A VICTIM OF THE DARK. HE IS THE LIGHT THAT CONFRONTS IT.
HE DIDN'T GET SAVED SO HE COULD STAY SAFE.
HE GOT SAVED SO HE COULD SAVE OTHERS.
THE STORM DIDN'T END HIS LIFE.
IT BEGAN HIS CALLING.
SIDE BY SIDE. STRENGTH AND GRACE.
SOBERMAN AND SOBERWOMAN.
SW
A NEW FORCE OF HOPE FOR NEW YORK.
THE STORM FORGED HIM. THE MISSION DEFINES HIM.
THIS IS ONLY THE BEGINNING.


RECOVERY GAVE US A NEW LIFE. A NEW PURPOSE.
WE MADE A PROMISE. TO TRUST GOD. TO CLEAN HOUSE. TO HELP OTHERS.
THIS IS OUR PROGRAM. THIS IS OUR POWER SOURCE.
SM
SW
AA BIG BOOK
WE FOUND A BETTER WAY TO LIVE.
WE DON'T HAVE TO USE TODAY.
A.A. NEW YORK CITY INTERGROUP
WE DO HAVE TO GIVE IT AWAY.
ONE DAY AT A TIME.
IT WORKS IF YOU WORK IT.
ONE DAY AT A TIME
WE GOT A SPONSOR.
WE GOT A PROGRAM.
WE GOT A SECOND CHANCE.
KEEP IT SIMPLE. KEEP IT HONEST. KEEP COMING BACK.
WE SERVE. WE SHARE. WE STAY SOBER.
RECOVERY IS REAL. SERVICE KEEPS US FREE.
WE BUILT A LIFE WORTH LIVING.
FOURTEEN YEARS.
FOURTEEN YEARS STRONG. GRATEFUL. HUMBLE. STILL GROWING.
AND COUNTING.
14 YEARS ONE DAY AT A TIME
RECOVERY IS NOT THE END OF THE STORY.
IT'S THE BEGINNING OF OUR MISSION.
THERE IS STILL SO MUCH WORK TO DO.
TOGETHER, WE CAN CHANGE EVERYTHING.
FAITH. HONESTY. SERVICE. HOPE.
THIS IS THE WAY. | THIS IS THE LIFE. | THIS IS OUR PLEDGE.

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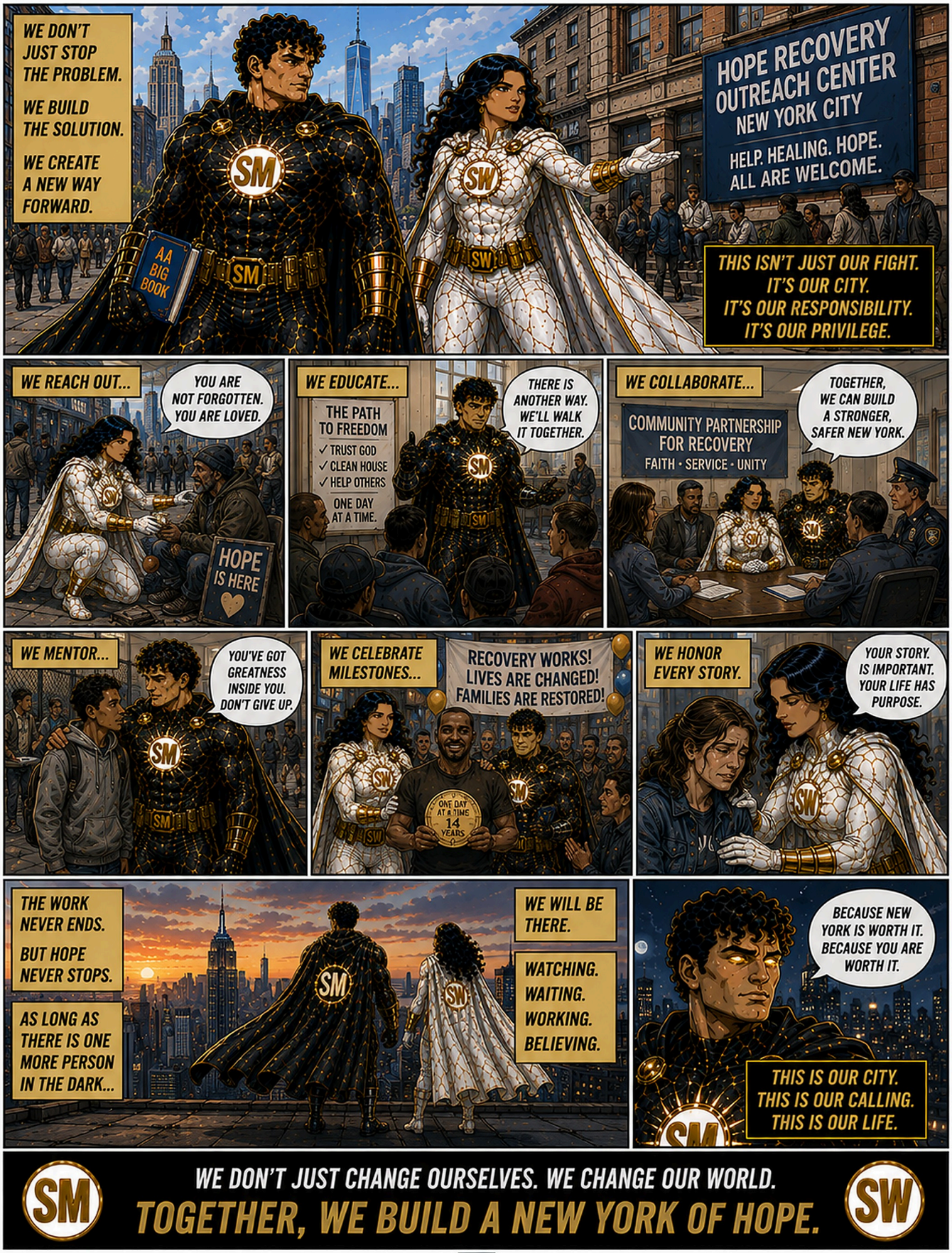

WE TOOK OUR PROMISE TO THE STREETS.
THERE ARE PEOPLE WHO PREY ON THE BROKEN.
WE STOP THEM.
NOT HERE. NOT TODAY.
ONE WAY
E 125 ST
WE ARE SOBERMAN.
WE ARE SOBERWOMAN.
WE ARE THE ANSWER.
WE DISABLE THE PREDATORS...
WE PROTECT THE INNOCENT...
YOU'RE SAFE NOW. YOU MATTER.
WE BREAK THE CHAINS OF ADDICTION...
WE OFFER A BETTER WAY...
THERE IS HOPE. THERE IS A WAY OUT. WE CAN HELP.
WE STAND AGAINST THE DARKNESS...
SO NEW YORK CAN RISE.
ONE PERSON. ONE BLOCK. ONE DAY AT A TIME.
THIS IS OUR MISSION. THIS IS OUR CITY. THIS IS OUR CALLING.
TO TRUST GOD. TO CLEAN HOUSE. TO HELP OTHERS.
THE THREE PILLARS OF OUR RECOVERY.
TRUST GOD
CLEAN HOUSE
HELP OTHERS
WE FIGHT FOR THEIR FUTURE.
WE BUILD FOR THEIR TOMORROW.
TOGETHER, WE ARE NEW YORK.

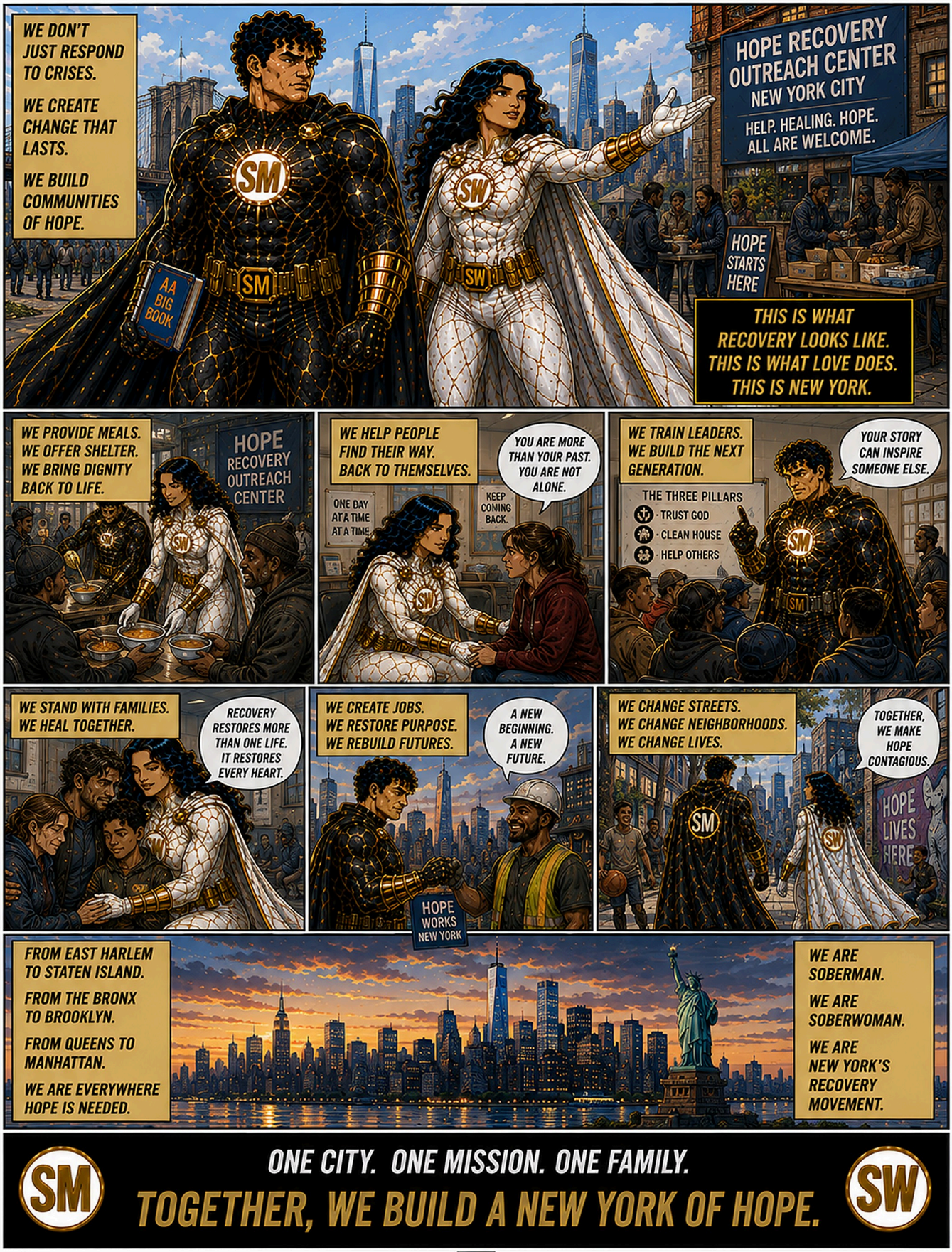
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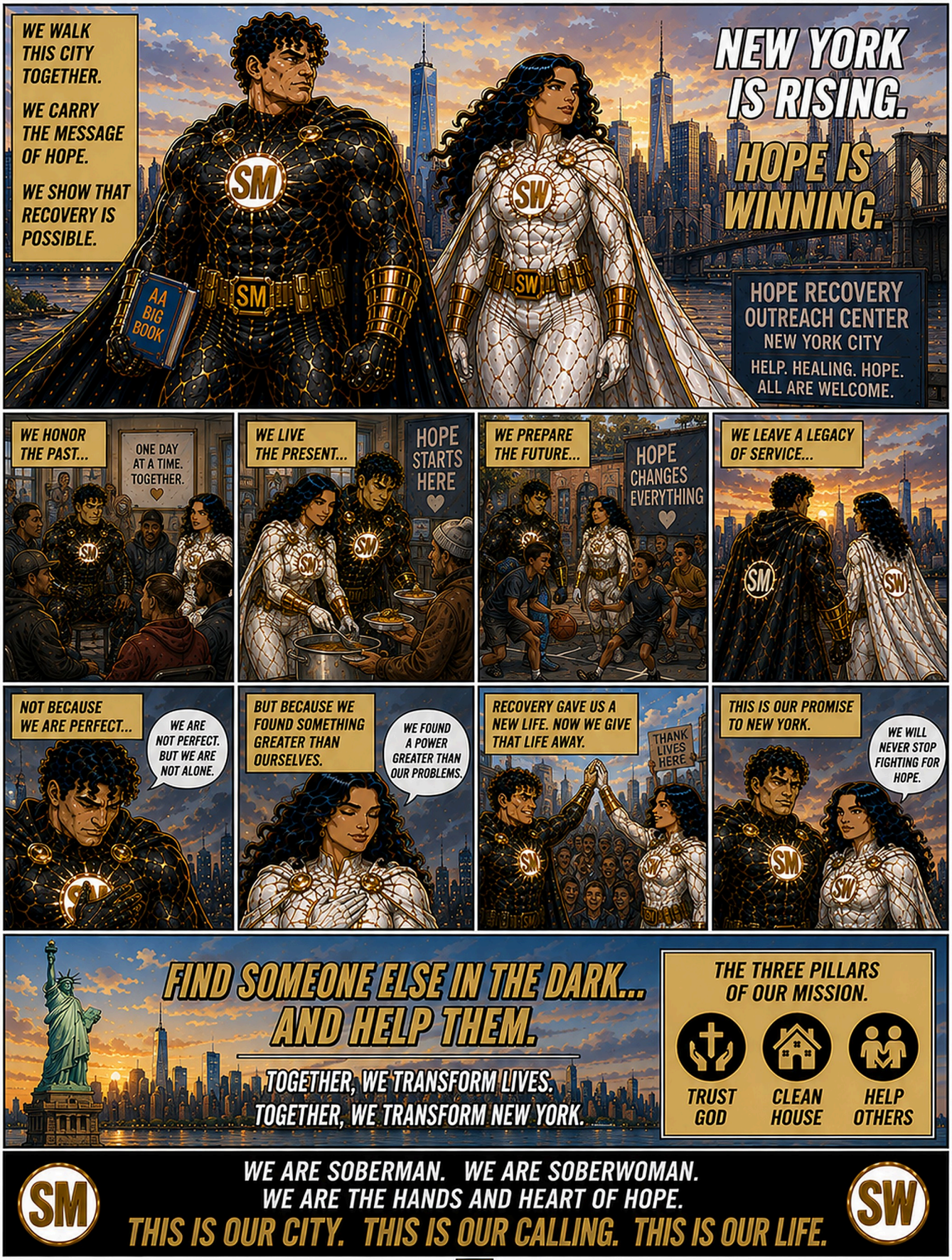

RECOVERY IS MORE THAN SOBRIETY.
IT'S PURPOSE. IT'S SERVICE. IT'S LOVE IN ACTION.
HOPE NOT HATE
AA BIG BOOK
E 14 ST
ONE WAY
EVERY MEAL. EVERY SMILE. EVERY MOMENT MATTERS.
SM
SW
WE DON'T JUST TALK ABOUT CHANGE. WE LIVE IT.
WE BUILD PLACES OF SAFETY.
PLACES OF RECOVERY.
NEW YORK CITY RECOVERY CENTER
ALL ARE WELCOME
ALL ARE WORTH IT
WE LEAD MEETINGS. WE SHARE OUR STORY. WE PASS ON HOPE.
ONE DAY AT A TIME.
KEEP IT SIMPLE.
KEEP IT HONEST.
KEEP COMING BACK.
YOU ARE NOT ALONE. YOU MATTER HERE.
HOPE FAITH RECOVERY SERVICE.
WE FIND THEM WHERE THEY ARE.
THERE'S A BETTER LIFE WAITING FOR YOU.
WE WALK BESIDE THEM.
WE HELP THEM TAKE THEIR NEXT RIGHT STEP.
ONE DAY. ONE STEP. ONE CHOICE AT A TIME.
TOGETHER, WE ARE BUILDING A NEW YORK ROOTED IN HOPE.
A CITY WHERE RECOVERY IS POSSIBLE FOR EVERYONE.
WE ARE SOBERMAN. WE ARE SOBERWOMAN.
WE ARE THE HANDS AND HEART OF HOPE.
THE THREE PILLARS OF OUR MISSION.
TRUST GOD
CLEAN HOUSE
HELP OTHERS
WE CARRY THE MESSAGE. WE SPREAD THE HOPE. WE CHANGE LIVES.
TOGETHER, WE TRANSFORM NEW YORK.


CHANGE IS HARD.
THAT'S WHY WE SHOW UP.
NOT FOR GLORY.
FOR LOVE.
AA BIG BOOK
YOU MATTER. YOUR LIFE MATTERS.
HUNGRY HURTING HOPELESS
WE BRING HOPE INTO THE LIGHT.
THERE IS ANOTHER WAY. LET US HELP.
WE CONNECT. WE LISTEN. WE CARE.
NEW YORK CITY RECOVERY CENTE
YOU ARE NOT ALONE
TELL YOUR STORY. IT CAN CHANGE YOUR FUTURE.
WE PROTECT THE COMMUNITY.
NOT ON OUR WATCH. NOT HERE.
WE TURN BROKEN PLACES INTO BEACONS OF HOPE.
HOPE RECOVERY OUTREACH CENTER
One Day at a Time
WE EMPOWER PEOPLE TO BUILD NEW LIVES.
YOU HAVE SKILLS. YOU HAVE PURPOSE. YOU HAVE A FUTURE.
WE CELEBRATE EVERY VICTORY.
RECOVERY WORKS! FREEDOM IS POSSIBLE!
ONE DAY AT A TIME. TOGETHER.
NEW YORK IS A CITY OF DREAMS.
WE MAKE SURE RECOVERY IS ONE OF THEM.
WE ARE SOBERMAN. WE ARE SOBERWOMAN.
WE ARE NEW YORK'S PROMISE.
THE THREE PILLARS OF OUR MISSION.
TRUST GOD
CLEAN HOUSE
HELP OTHERS
WE WON'T STOP. WE CAN'T STOP. BECAUSE HOPE CAN'T BE STOPPED.
TOGETHER, WE BUILD A STRONGER NEW YORK.


OUR WORK DOESN'T END AT THE RECOVERY CENTER.
WE TAKE HOPE TO EVERY BLOCK THAT NEEDS IT.
NEW YORK IS OUR HOME. THE PEOPLE ARE OUR FAMILY.
ONE CITY. ONE HEART. ONE MISSION.
AA BIG BOOK
WE DON'T WEAR CAPES TO BE HEROES. WE WEAR THEM TO SERVE.
WE TEACH THAT FREEDOM IS REAL.
YOU CAN REWRITE YOUR STORY.
FREEDOM IS...
✓ CHOICE
✓ HONESTY
✓ ACCOUNTABILITY
✓ SERVICE
✓ LOVE
WE SHARE THE TOOLS THAT SAVED OUR LIVES.
THE TOOLS WORK IF YOU WORK THEM.
WE HONOR EVERY VICTORY. NO MATTER HOW SMALL.
ONE DAY CAN CHANGE EVERYTHING.
ONE DAY AT A TIME
WE WALK WITH THOSE WHO ARE STILL IN THE DARK.
YOU ARE NOT BEYOND HOPE.
WE FIGHT FOR A FUTURE OUR KIDS CAN BELIEVE IN.
THIS CITY BELONGS TO THE NEXT GENERATION.
WE TURN PAIN INTO PURPOSE. WE TURN SCARS INTO STRENGTH.
OUR PAST DOESN'T DEFINE US. OUR PURPOSE DOES.
FROM HARLEM TO STATEN ISLAND.
FROM THE BRONX TO BROOKLYN.
FROM QUEENS TO MANHATTAN.
HOPE
WE ARE SOBERMAN. WE ARE SOBERWOMAN.
WE ARE THE MOVEMENT OF HOPE.
THE THREE PILLARS OF OUR MISSION.
TRUST GOD
CLEAN HOUSE
HELP OTHERS
ONE CITY. ONE LOVE. ONE MISSION.
TOGETHER, WE CHANGE NEW YORK.


WE DON'T JUST STOP THE PROBLEM.
WE BUILD THE SOLUTION.
WE CREATE A NEW WAY FORWARD.
HOPE RECOVERY OUTREACH CENTER
NEW YORK CITY
HELP. HEALING. HOPE.
ALL ARE WELCOME.
AA BIG BOOK
THIS ISN'T JUST OUR FIGHT.
IT'S OUR CITY.
IT'S OUR RESPONSIBILITY.
IT'S OUR PRIVILEGE.
WE REACH OUT...
YOU ARE NOT FORGOTTEN. YOU ARE LOVED.
HOPE IS HERE
WE EDUCATE...
THE PATH TO FREEDOM
✓ TRUST GOD
✓ CLEAN HOUSE
✓ HELP OTHERS
ONE DAY AT A TIME.
THERE IS ANOTHER WAY. WE'LL WALK IT TOGETHER.
WE COLLABORATE...
COMMUNITY PARTNERSHIP FOR RECOVERY
FAITH · SERVICE · UNITY
TOGETHER, WE CAN BUILD A STRONGER, SAFER NEW YORK.
WE MENTOR...
YOU'VE GOT GREATNESS INSIDE YOU. DON'T GIVE UP.
WE CELEBRATE MILESTONES...
RECOVERY WORKS! LIVES ARE CHANGED! FAMILIES ARE RESTORED!
ONE DAY AT A TIME 14 YEARS
WE HONOR EVERY STORY.
YOUR STORY. IS IMPORTANT. YOUR LIFE HAS PURPOSE.
THE WORK NEVER ENDS.
BUT HOPE NEVER STOPS.
AS LONG AS THERE IS ONE MORE PERSON IN THE DARK...
WE WILL BE THERE.
WATCHING.
WAITING.
WORKING.
BELIEVING.
BECAUSE NEW YORK IS WORTH IT. BECAUSE YOU ARE WORTH IT.
THIS IS OUR CITY.
THIS IS OUR CALLING.
THIS IS OUR LIFE.
WE DON'T JUST CHANGE OURSELVES. WE CHANGE OUR WORLD.
TOGETHER, WE BUILD A NEW YORK OF HOPE.


WE DON'T JUST RESPOND TO CRISES.
WE CREATE CHANGE THAT LASTS.
WE BUILD COMMUNITIES OF HOPE.
HOPE RECOVERY OUTREACH CENTER
NEW YORK CITY
HELP. HEALING. HOPE.
ALL ARE WELCOME.
HOPE STARTS HERE
AA BIG BOOK
THIS IS WHAT RECOVERY LOOKS LIKE.
THIS IS WHAT LOVE DOES.
THIS IS NEW YORK.
WE PROVIDE MEALS.
WE OFFER SHELTER.
WE BRING DIGNITY BACK TO LIFE.
HOPE RECOVERY OUTREACH CENTER
WE HELP PEOPLE FIND THEIR WAY. BACK TO THEMSELVES.
YOU ARE MORE THAN YOUR PAST. YOU ARE NOT ALONE.
ONE DAY AT A TIME AT A TIME.
KEEP COMING BACK.
WE TRAIN LEADERS.
WE BUILD THE NEXT GENERATION.
YOUR STORY CAN INSPIRE SOMEONE ELSE.
THE THREE PILLARS
TRUST GOD
CLEAN HOUSE
HELP OTHERS
WE STAND WITH FAMILIES.
WE HEAL TOGETHER.
RECOVERY RESTORES MORE THAN ONE LIFE. IT RESTORES EVERY HEART.
WE CREATE JOBS.
WE RESTORE PURPOSE.
WE REBUILD FUTURES.
A NEW BEGINNING. A NEW FUTURE.
HOPE WORKS NEW YORK
WE CHANGE STREETS.
WE CHANGE NEIGHBORHOODS.
WE CHANGE LIVES.
TOGETHER, WE MAKE HOPE CONTAGIOUS.
HOPE LIVES HERE
FROM EAST HARLEM TO STATEN ISLAND.
FROM THE BRONX TO BROOKLYN.
FROM QUEENS TO MANHATTAN.
WE ARE EVERYWHERE HOPE IS NEEDED.
WE ARE SOBERMAN.
WE ARE SOBERWOMAN.
WE ARE NEW YORK'S RECOVERY MOVEMENT.
ONE CITY. ONE MISSION. ONE FAMILY.
TOGETHER, WE BUILD A NEW YORK OF HOPE.


WE WALK THIS CITY TOGETHER.
WE CARRY THE MESSAGE OF HOPE.
WE SHOW THAT RECOVERY IS POSSIBLE.
AA BIG BOOK
NEW YORK IS RISING.
HOPE IS WINNING.
HOPE RECOVERY OUTREACH CENTER
NEW YORK CITY
HELP. HEALING. HOPE.
ALL ARE WELCOME.
WE HONOR THE PAST...
ONE DAY AT A TIME. TOGETHER.
WE LIVE THE PRESENT...
HOPE STARTS HERE
WE PREPARE THE FUTURE...
HOPE CHANGES EVERYTHING
WE LEAVE A LEGACY OF SERVICE...
NOT BECAUSE WE ARE PERFECT...
WE ARE NOT PERFECT. BUT WE ARE NOT ALONE.
BUT BECAUSE WE FOUND SOMETHING GREATER THAN OURSELVES.
WE FOUND A POWER GREATER THAN OUR PROBLEMS.
RECOVERY GAVE US A NEW LIFE. NOW WE GIVE THAT LIFE AWAY.
THANK LIVES HERE
THIS IS OUR PROMISE TO NEW YORK.
WE WILL NEVER STOP FIGHTING FOR HOPE.
FIND SOMEONE ELSE IN THE DARK... AND HELP THEM.
TOGETHER, WE TRANSFORM LIVES.
TOGETHER, WE TRANSFORM NEW YORK.
THE THREE PILLARS OF OUR MISSION.
TRUST GOD
CLEAN HOUSE
HELP OTHERS
WE ARE SOBERMAN. WE ARE SOBERWOMAN.
WE ARE THE HANDS AND HEART OF HOPE.
THIS IS OUR CITY. THIS IS OUR CALLING. THIS IS OUR LIFE.

RECOVERY RESOURCES

PRINT EDITION | NATIONAL U.S. GUIDE | KEEP THIS PAGE

YOU DO NOT HAVE TO DO THIS ALONE

IMMEDIATE DANGER OR OVERDOSE: CALL 911
SUICIDE OR EMOTIONAL CRISIS: CALL OR TEXT 988

TREATMENT REFERRAL: 1-800-662-HELP (4357)
Free and confidential - available 24 hours a day

START HERE: TREATMENT HELP

Confidential national guidance and a searchable treatment directory.

SAMHSA National Helpline: 1-800-662-HELP (4357)

01 **SAMHSA National Helpline**
samhsa.gov/find-help/helplines/national-helpline

02 **Find treatment near you**
FindTreatment.gov

ALCOHOLICS ANONYMOUS (AA)

Peer support for recovery from alcohol addiction.

General Service Office: 212-870-3400

03 **Meeting Guide app**
aa.org/meeting-guide-app

04 **General Service Office contact**
aa.org/contact-gso

05 **Find AA and local phone help**
aa.org/find-aa

NARCOTICS ANONYMOUS (NA)

Peer support for recovery from drug addiction. Local sites list meetings and helplines.

NA World Services: 818-773-9999 (not a 24-hour crisis line)

06 **Find local and virtual meetings**
na.org/MeetingSearch

07 **NA World Services contact**
na.org/contact-us

SMART RECOVERY

Practical recovery skills and free peer meetings for addictive behaviors.

Office: 440-951-5357 - Mon-Fri, 8 a.m.-4 p.m. ET

08 **Find SMART meetings**
meetings.smartrecovery.org/meetings

09 **SMART Recovery contact**
smartrecovery.org/contact-us

WOMEN FOR SOBRIETY

Peer recovery support and meetings for women.

Office: 215-536-8026

10 **Women for Sobriety**
womenforsobriety.org

11 **Meeting finder**
meetings.womenforsobriety.org/meetings

RECOVERY DHARMA

Peer recovery support using Buddhist practices and meditation.

12 **Online and in-person meetings**
recoverydharma.org/meetings-and-events

SUPPORT FOR FAMILIES AND FRIENDS

Meeting information and support for people affected by a loved one's addiction.

Al-Anon: 1-888-425-2666 | Nar-Anon: 1-800-477-6291

13 **Al-Anon / Alateen contact**
al-anon.org/contact-us

14 **Nar-Anon contact**
nar-anon.org/contact

My Sobriety Goals

Write the goals you want to achieve in your sobriety.

Sobriety Objectives

List the specific action steps you will take to achieve the goals you wrote in section one. Include when you will take each step.

Please scan to rate the Soberman website and printed comics, and tell us how they can help you begin or sustain recovery.

THE SOBERMAN UNIVERSE



SoberManRecovery.com

Scan with your phone's camera, or type this address into your browser.

Best viewed on a laptop or tablet. The website is optimized for larger screens. You can use a phone, but navigation is more difficult.

Soberman is a universe of printed comic books and web-based resources, united by one purpose: sobriety through storytelling. You're reading a printed comic now. To explore the rest of the universe, visit **SoberManRecovery.com**.

All of our comic books are available on the website, along with other valuable recovery resources. We invite you to explore both the printed stories and the online materials.

With grant funding, we hope to print our comics in bulk and deliver them to treatment centers, rehabilitation hospitals, emergency rooms, and other recovery-related settings. For now, most of our comics and resources are available online.

If you have a printed copy, hold on to it! We don't yet know when funding will allow us to print larger quantities of the other comics you'll find on our website.

Now you know how to explore the Soberman universe. We wish you all the best in your recovery and hope that sobriety through storytelling supports you on the journey ahead.



Created and published by Soberman LLC™ as part of the Storytelling for Sobriety initiative.