For the Weekly Calendar:

AA Meetings – Rogers Hospital - Oconomowoc
Monday – 7:00 Evening
Wednesday – 7:00 Morning
Thursday – 6:00 Evening (Note new time)
Saturday – 7:04 Morning (Nobody makes it by 7:00)
Sunday – 8:30 Morning
NA meeting – Rogers Hospital - Oconomowoc
Saturday -7:00 Evening
Rogers Hospital – West Allis
Sunday – 6:00 Evening
Wednesday – 7:30 Evening (NA Meeting)
Saturday – 9:00 Morning
Al Anon Meeting – Rogers Hospital Oconomowoc
Tuesday – 7:00 Evening

Alumni interested in doing Tuesday Evening RAPs with current Herrington Residents or if you’re interested in having Pizza with Residents every first Tuesday of March & September, contact Rob at: clean@wi.rr.com for information on how to proceed.

Save the Date!!
The Winter Retreat is January 8th – 10th!!

From the Desk of our President
By: Rob McCreadie

As summer winds down, I am reminded of what a great year it has been for the Herrington McBride Alumni Association. Reunion picnic co-chairs Kristin Simons, Mike Ingrilli and Jeff Radtke did an outstanding job planning and executing an amazing celebration of recovery. Bill K. shared his story with a standing room only crowd in the multi-purpose center on the grounds of Rogers Memorial Hospital in Oconomowoc. Everyone had plenty to eat; Amy and Tony B. shared their experience strength and hope, Johnny the German took home the losers trophy for Trivial Pursuit, residents and board members took to the countryside searching for treasure in the scavenger hunt and the day turned to night with the fireside meeting giving Herrington residents and reunion attendees an opportunity to reflect on the multitude of gifts that recovery has brought to each of us. All in all, it was a wonderful day of recovery and fellowship for friends old and new.

The HMAA puts on events for residents of Herrington Recovery Center while in treatment and encourages continued connection, support and participation in recovery-based events throughout the year.

Save the dates of January 8th – 10th, 2016 for the 29th Annual Herrington McBride Retreat held each year at the Redemptorist Retreat Center in Oconomowoc, WI. If this year’s event is any indication and I’m certain that it is, you’ll want to secure your spot early for next year’s retreat. This event is open to all those who are recovering from addiction.

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I’m pleased to report that support for the RAPs has been overwhelming! Signup for a chance to speak during the second half of 2015 went faster than Rolling Stones tickets. All of your support warms my heart and affirms what an amazing group of people our community is comprised of. RAPs provide an opportunity for alumni and members of the recovering community to come in and share what their life was like, what happened and what life in recovery is like with current residents at Herrington Recovery Center. If you’ve got at least one year of solid recovery and are willing to share your experience strength and hope, please feel free to email me at clean@wi.rr.com in order to begin the process of being approved to speak at the house. The speaking spots have been filled for the rest of this year, but there is always a need for stable, recovering members of our community to keep what we have by giving it away.

Response to the now weekly Friends and Family program has also been great! Family and Friends programming has created a need for more AA/NA and Al-Anon/Families Anonymous speakers. I have been sharing names of interested speakers with Herrington Recovery Center staff who also appreciate the willingness of qualified speakers to share their Saturday mornings with residents in treatment, their family members and friends.

The Herrington McBride Alumni Association is supported through donations from members of the recovering community, family and friends. Please consider supporting us in our mission as “The Association provides each of us as individuals and as a collective community the opportunity to be in contact with each other and provide a supportive environment for recovery.” If you received this newsletter in the mail, you’ll find an enclosed envelope that you can use to support our continued work. Our address is also on the back page of the newsletter. The Herrington McBride Alumni Association is a not for profit 501(c)(3) organization and any and all contributions are fully tax deductible.

I always welcome feedback and suggestions as to how we can improve our alumni association in order to continue our mission and to support residents in treatment and throughout their transitions into the recovering community. Thanks to all for your continued kindness and support!
I was raised in the 1960's-1970's-The days of but thought he had it under control. You'd think I'd have high blood alcohol level. We knew he'd struggled in the past attack until the toxicology reports came back with a very when alone. For short periods. I went to a couple of AA meetings, but day I admitted being an alcoholic. I read the big book, did the Finally, after being caught drinking in public during the 5pm cocktail. We belonged to the country club. Mom's lawyers knew my skeletons and still loves me. That's pretty amazing to be taken care of. But this time I chose wisely. My husband interested in that. I chose very self-centered men who wanted to be 'all about me.' I had always met relationship was going to be 'all about me.' I had always met a stalker in my history, so that was very uncomfortable. I had encouraged me to go online to try to meet someone. I I was released and found a sponsor and several meetings to go. Did the 90 meetings in 90 days. Listened to and followed advice. Did service work greeting and making coffee at the AA club I belonged to. I was definitely working my program. My husband proposed New Years Eve 2012 and we were married that May. We bought a log home on 11 acres with a pond, chickens and Ace the Wonder dog. It was exactly what I was looking for. Did everything I was told back to the place I had been for those depressed/drinkng days. I soaked up the information. Did everything I was told to do. Read books, attended every session possible, went to AA meetings.

I listened to other people's stories and struggles. I tried to be supportive, nurturing and understanding. I learned a lot of lessons through other people's shares, but I was there for me. I had my friends and family members in. I tried to talk with everyone, but there were some who couldn't participate. Everyone was there to be supportive, but some didn't want to have a part in it. The kids and I were able to talk through a lot of things that had happened in the past. We did a lot of healing while I was there. I was released and found a sponsor and several meetings to go. Did the 90 meetings in 90 days. Listened to and followed advice. Did service work greeting and making coffee at the AA club I belonged to. I was definitely working my program.

I had my first husband and I divorced after being married 19 years. I had started drinking pretty heavily in those last years. I see him now and then and he is as fine a specimen of manhood as one could wish to meet. However, he did become "sold" on the ideas contained in this book. He has not had a drink for a great many years. I see him now and then and he is as fine a specimen of manhood as one could wish to meet. He has not had a drink for a great many years. I see him now and then and he is as fine a specimen of manhood as one could wish to meet. He has not had a drink for a great many years. I see him now and then and he is as fine a specimen of manhood as one could wish to meet.
So here I was in this wonderful, blessed life, but I’d been uprooted from my AA family. I was 40 miles from my home group. Meetings, but couldn’t find any I ‘clicked’ with. None felt like home to me, so I started looking at online meetings and groups.

I have a wonderful Women’s meeting I travel a good distance to attend every Thursday night. I feel that is my ‘home’ group. But the online group is a great fit. Not a replacement for face to face meetings, but they provide daily, even hourly encouragement, advice and support.

They’re a bunch of drunks from all over the world. We have a weekly topic, but I can email any time about anything. The group has newcomers to AA but there are also many old timers. The topics are within the writing, and lots of tales of what happened, what changed, where they are now and the daily challenges of sobriety.

I have heard that people who stay connected to their inpatient facility have a greater chance of success. I became a member of the Herrington Alumni Board a couple of years ago. It’s a wonderful group of people working toward helping the current residents and alumni of Herrington. We host the yearly alumni picnic for Herrington alumni and their families. If you haven’t attended it is worth the trip! Inspiring speakers, games, great food, ending with a campfire meeting where everyone is encouraged to share their experience, strength and hope. We also sponsor pizza nights and holiday events for the residents of Herrington.

A few of us started a new event last year for Halloween. The residents have a trip to the local thrift stores for an application at once. Many years ago one of the leading contributors to this book came under our care in this hospital and while here he acquired some ideas which he put into practical application at once.

If any feel that as psychiatrists directing a hospital for alcoholics we appear somewhat sentimental, let them stand with us a while on the firing line, see the tragedies, the despairing wives, the little children; let the solving of these problems become a part of their daily work, and even of their sleeping moments, and the most cynical will not wonder that we have accepted and encouraged this movement. We feel, after many years of experience, that we have found nothing which has contributed more to the rehabilitation of these men than the altruistic movement now growing up among them.

Men and women drink essentially because they like the effect produced by alcohol. The sensation is so elusive that, while it is known it is injurious, they cannot after a time differentiate the true from the false. To them, their alcoholic life seems the only normal one. They are restless, irritable and discontented, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks—drinks which they see others taking with impunity. After they have succumbed to the desire again, as so many people do, and the phenomenon of craving develops, they pass through the well-known stages of spasm, emerging remorseful, with a firm resolution not to drink again. This is repeated over and over, and unless this person can experience an entire psychic change there is very little hope of his doing so.

On the other hand- and strange as this may seem to those who do not understand- once a psychic change has occurred, the very same person who seemed doomed, who had so many problems he despaired of ever solving them, suddenly finds himself easily able to control his desire for alcohol. We believe, and so suggested a few years ago, that the action of alcohol on these chronic alcoholics is a manifestation of an allergy; that the phenomenon of craving occurs in the average temperate drinker. These allergic types can never safely use alcohol in any form at all; and once having formed the habit and found they cannot break it, once having lost their self-confidence, their reliance upon things human, their problems pile up on them and become astonishingly difficult to solve. Froth appears! ‘Home’ group. But the online group is a great fit. Not a replacement for face to face meetings, but they provide daily, even hourly encouragement, advice and support.

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