

Herrington McBride Sponsored

32nd Annual Winter Retreat January 4th - 6th, 2019



The Herrington McBride Alumni Association
Winter Edition, 2018

The Herrington Recovery

Alumni Association Quarterly

Friday Registration 3:00 - 6:00 pm until Sunday Afternoon 1:00pm
(Attendees must be recovering from their Addictions)

Redemptorist Retreat Center
1800 Timber Trail Lane - Oconomowoc, Wisconsin

All Registration Forms must be Sent by Monday, December 17th 2018

“Forgive Us Our Trespasses”

Keynote Speaker: Jerrett F.

Cost is \$225.00/individual or \$400/married couple which includes all meals & 2 night's lodging.

A limited Number of scholarships, through “The Brian Kenevan Scholarship Fund” are available for those who require some financial assistance to total the cost of registration. Those requesting scholarships are asked to contribute what they honestly are able to, if possible. Requests are confidential. Please contact Jim Dropik for all scholarship requests. We set our rate to just cover costs.

Please Note: Anyone arriving under the influence of any mood-altering substance will be asked to leave immediately – no refund will be given. Refunds will be made only up to two weeks prior to the retreat, as we have to pre-pay at the retreat center.

Contact information : jamesdropik@sbcglobal.net - (414) 640-3055.

REGISTRATION FORM

Name: _____

Address: _____

City/State/Zip: _____

Phone: () _____ Email: _____

Need a 1st floor room? Yes _____

Roommate? Yes _____ Roommate's Name: _____

Willing to share a room? Yes _____ No _____

Registration Fee: \$225.00 Married Couple \$400.00

Donation to Brian Kenevan Scholarship Fund : _____

*Donations will help those needing scholarships

Total Amount of Check \$ _____

CHECK MUST
ACCOMPANY
REGISTRATION

MAKE CHECK
PAYABLE TO
HMAA.

Send directly to:
Jim Dropik
3626 S. Brust Ave.
Milwaukee, WI 53207
jamesdropik@sbcglobal.net
(414) 640-3055



From the Desk of our President

By: Kristin Simons

We are coming full swing into the holiday season and I hope that each and every one of you finds some time to be thankful for the blessings you have in your life today. I know that this time of year can bring additional challenges to our recovery and I hope that you have extra safeguards in place to continue in a clean & sober lifestyle throughout the holidays. Reach out and embrace your home recovery community for the extra support you may need. As an alumni organization we are so thankful for all of you who give of your time and resources to support our mission and encourage each other.

Our mission is to support the residents at the Herrington Recovery Center both as they begin their path of recovery in treatment at the HRC, and as they transition to a home recovery community. A special thanks to those of you who work to provide activities, fellowship, speakers, and sponsors to the HRC residents. Our organization depends on and functions because of your dedication and willingness to help others. Our most recent Halloween event and pizza night were great fun!

We are putting the final touches on our planning for the annual New Year's Eve Party for the residents at the HRC, and our January Alumni Retreat (Retreat info included in this newsletter!). We welcome and need your support and involvement.

There are always opportunities to serve. Contact one of our board members if you would like to find ways to get involved (listed on the back page of each newsletter). We strengthen each other in recovery when we are in service together.

I try to take a moment to “reflect” as one year comes to a close and a new year begins. Where did I struggle? Where did I grow? Where did I flat out fall on my face AND how did I get back up? Where do I go for help when I need it? Where am I putting my recovery in my life today? May each of you look forward to 2019 with new commitment to your recovery journey. Merry Christmas and a Happy, Healthy, Clean & Sober 2019!

Blessings in Recovery,
Kristin Simons
drkjsimons1@gmail.com

LOVE, BELONGING &
CONNECTION ARE THE
UNIVERSAL SOURCES OF
TRUE WELL-BEING

A Significant and Substantial Opportunity to Give Back

Hello Herrington Alumni,

I was very fortunate to live within a half hour of Oconomowoc when I left Herrington because I could return and attend meetings where I was comfortable and knew people. For people leaving Herrington and living not close enough to attend meetings at Rogers, we believe it would be very helpful if they could get in contact with a past resident in their area who can meet with them and direct them to some good meetings in their area. So, we are looking to create a list of "Alumni Partners", with at least a year clean and sober who are willing to partner with a new graduate and help them find and get to meetings in their area. If you are willing to help please email jeff.radtke@yahoo.com, and give me your name, and phone number.

At any point in time you can e-mail me and I can remove you from the list. We will be sending e-mails to everyone on this list once a year to confirm you want to remain on the list.

Thank you very much for your help, your support is greatly appreciated.

Jeff Radtke HMAA Board Member



Sarah's Story

Hi, my name is Sarah, and I'm a bubbly, bright, and witty, thirty-year-old. I'm also an alcoholic. My sobriety date is April 23, 2017. This past January, I received a scholarship to the Herrington McBride 31st Annual Winter Retreat. I am incredibly grateful for the scholarship and refer to it as my Christmas gift. This scholarship is one of the best gifts I have ever received. The retreat strengthened my sobriety and continues to do so long after.

About me... My parents brought me home the first week of my senior year of college because my drinking and eating disorder were out of control. Despite being in and out of numerous eating disorder treatment

programs and seeing more therapists than I can count, the next nine years of my life became an endless cycle of pain, hopelessness, and self-destruction. Life passed me by. My drinking only worsened over time. I had legal problems and was hospitalized twice with severe medical issues caused by alcohol use and malnutrition. I had a seizure one morning at Target, and that did not stop my disease. In November 2016, I received my 3rd OWI. However, it is the best thing that has ever happened to me. It forced me to seek the help I desperately needed and begin my journey of sobriety. It has changed my life. I completed Rogers' dual-diagnosis partial hospitalization program, was accepted into the Waukesha County Alcohol Treatment Court program, and became involved in A.A. shortly after.

After many months of sobriety, the broken pieces of myself and life slowly began to be rebuilt. I was still living at home, had insurmountable debt, and worked limited hours for my church, but putting my sobriety first. I heard about the retreat and scholarship at one of Rogers' A.A. meetings. I could readily list all the reasons why I was NOT interested in going on a sober retreat, as it was something completely outside my comfort zone. I have severe social anxiety and spending the entire weekend with strangers- let alone crazy alcoholics is something I would have typically avoided like the plague. I also do not travel well, which is an understatement. Therefore, I thought the retreat would be perfect for me. In sobriety, I am learning to do things I ordinarily wouldn't and make myself uncomfortable. I knew it would greatly benefit my long-term sobriety. When I received a scholarship for the retreat, it was hard to believe that I was deserving of something so gracious. I literally jumped up and down after I got off the phone with Jim Dropik (the retreat organizer).

The retreat was an incredible experience. The speakers struck me with how open and honest they were with their deepest and rawest emotions, and I took pieces away from each and every one. I was surrounded by people who thought and felt the same way as I did at the very core of my being and they were recovering and overcoming their disease. However, in my small groups it was hard for me to truly open up.



Mark Your Calendars:



AA Meetings – Rogers Hospital – Oconomowoc

Monday – 7:00 Evening
 Wednesday – 7:00 Evening
 Thursday – 6:00 Evening
 Saturday – 7:04 Morning (Nobody makes it by 7:00!)
 Sunday – 8:30 Morning

NA Meetings – 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 contact Rob McCreddie at: clean@wi.rr.com

If you're interested in having Pizza with current residents contact Glen Taylor at: fglentaylor@gmail.com

Pizza nights are every second Tuesday of March, June, September, and December

Welcome to Rogers of Oconomowoc!
 The Rogers Oconomowoc campus welcomes all forms of addiction to any of the support groups held at this location. Whatever form your addiction may take we are grateful to have you contribute to discussions around our tables



Herrington McBride Board Members

Serving our Recovering Alumni & Their Friends:

Kristin Simons – President
 Jeff Radtke – Vice President
 Laurie Schammel – Secretary
 Phil Grabski – Treasurer
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 Editor
Jbdoyle90@icloud.com

Send name, telephone, address & email changes to
 HMAA Box 13581
 Wauwatosa, Wisconsin 53213
 or by email to Wemart@aol.com

I felt extremely awkward, uncomfortable, and alone in a sea of people as my anxiety took over. It wasn't until I was sitting by a cozy fireplace in one of my small groups on Saturday morning, that I had an epiphany and realized I was exactly where I was supposed to be and feeling the way I did for a reason. I was then able to challenge my thoughts, come out of my shell, and be myself. I engaged with and related to others and actually had fun! By Sunday morning, I was on cloud nine.

Never in million years would I have imagined I would attend a sober retreat and truly enjoy it. The ways I was able to challenge myself and what I learned about myself and from others will carry with me throughout my sobriety and lifetime. I am so grateful I had the opportunity to do so through the scholarship fund and hope that one day I can pay it forward and give someone the gift I so freely received.

Many months have passed since I wrote the above letter. I am still sober and cannot wait for the 32nd Herrington McBride Annual Winter Retreat. I still need to get my form in, because I'm a procrastinator after all, I am an alcoholic.



In Need of Facilitators for Closed Meetings at Rogers West Allis Adult Inpatient Unit

Greetings to some of my favorite people! It has been about 7 weeks since I transitioned from Herrington Recovery Center to Rogers West Allis Adult Inpatient Unit as an Addictions Counselor.

Closed meetings began on the adult inpatient unit in West Allis on August 5, 2018. The goal was and is to have nightly 12 step meetings on the adult inpatient unit and the time to be from 7 PM to 8 PM. There has been much excitement to be able to offer our patients the hope that life can be different. Who better than our brothers and sisters who live the 12 steps and have experienced the promises to engage our patients and introduce them to the miracles of recovery and hope for long term sobriety.

As we know, 12 step meeting attendance, working the steps, obtaining a sponsor, and full engagement in the fellowship is vital to long term sobriety and recovery. I refer to the fellowship as the medicine for the disease of addiction. I have discovered at Rogers West Allis, that patients have little knowledge and exposure to the fellowship, 12 step meetings, and what it means to work a program.

I am grateful for the people who have come forward and have started to facilitate the meetings at West Allis. Recruiting people who are working a program and who will commit to facilitating a meeting has been an enormous undertaking. Talking with the patients about their meeting experience and desire for more information has been inspiring and rewarding. I am grateful for the continued learning experience. In order to keep it; it must be given back.

I am in the process of recruiting more speakers/facilitators for our nightly meetings. I am looking for members in AA, NA, CA, HA, and ALANON fellowship who are working a program, to come and share your experience, strength, and hope to those still suffering. We are in need in West Allis. If you are interested in pairing up with another person in the fellowship, that is great as this will be of benefit in case one cannot make the meeting.

The protocol involves arriving on time, bringing in no candy or items that may be looked at as contraband, coming to the reception desk and getting a visitor badge. You will be escorted by a staff member to the locked unit and a staff person will be outside the closed door in case there is need for some assistance. After the meeting, you will then be escorted back to the reception area. You are then free to thank HP for another hour.

I thank you in advance for your willingness to share your experience, strength, and hope with those still suffering.

I look forward to hearing from you. Let the scheduling begin! Peace and Blessings to All!

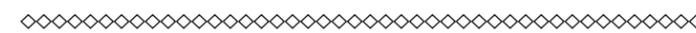
Contact information is:

Jean Pruscha CSAC ICS Addictions Counselor
Rogers Memorial Hospital West Allis
11101 W Lincoln Ave
West Allis, WI 53227
441.328.3722

Cell: 262.949.6299 | jpruscha@rogershospital.org



“Die Deutschen werden zussamen halten”



*Let the Challenge go forward!
Johnny and his Germans challenge
Johnny and his Greeks
to the Annual Retreat Tournament.
Saturday Evening – January 5, 2019.
It's time the Greeks finally take
“The Losers Trophy”
back to their crumbling Acropolis,
where they keep boasting about
Hippocrates, Socrates, and Plato –
biological flukes whose genetics
have not proliferated.*

*“Alone we
can do so
little; together
we can do
so much”*



Brian Kenevan Scholarship Fund

Brian was a young man and alumnus of our Association. He was known as a wonderful athlete who had a very kind heart – helping others less capable. When in treatment you'd find him helping an elderly gentleman in and out of the elevator or van. Everyone he touched came to love him. He accidentally died of his addiction in 2010, and many memorials at his funeral were given to our Association and earmarked for our Annual Retreat – for those individuals who could not afford the entire cost of our Retreat. Those of you attending the retreat and able to make a donation to the fund are able to do so on the registration form (rear cover.)

Those of you who are not attending the retreat and wishing to make a donation to the less fortunate who wish to attend, can send your donation to:

Jim Dropik
3626 So Brust Ave.
Milwaukee, WI 53207

Check made out to HMAA. Every penny of your donation goes to a worthy participant. Thank You, Alumni Association

**Thank You,
Alumni Association**