Herrington McBride
29th Annual Winter Retreat
The Holiday Gift to yourself or someone you love, to begin the New Year celebrating Recovery!
January 8 - 10, 2016

Friday Registration 3:00 - 6:00 pm until Sunday 1:00 Afternoon 1:00pm
(Attendees must be recovering from their Addictions)
ALL APPLICATIONS MUST BE RECEIVED BY: SATURDAY, DECEMBER 21st, 2015
There can be no Exceptions.
Redemptorist Retreat Center
1800 Timber Trail Lane - Oconomowoc, Wisconsin

“Came to Believe”
Keynote Speaker: Kent & Debbie S. (Tag Team)

Cost is $225.00 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, and the individual applying to our scholarship committee must do so in writing and send your requests c/o Jim Dropik – 3626 S. Brust Ave, Milwaukee, Wisconsin 53207. Requests are confidential, and please include your reason and how long you have been on your recovery journey – including the amount you’re able to contribute. 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.

REGISTRATION FORM
Name: _______________________
Address: ___________________
City/State/Zip: ___________________
Phone: ______________________ Email: ______________________

Need a 1st floor room? Yes ________ No ________
Roommate? Yes ________ Roommate’s Name: ______________________
Willing to share a room? Yes ________ No ________
Registration Fee: $225.00
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)

The Herrington McBride Alumni Association

The Herrington Recovery
Alumni Association Quarterly

From the Desk of our President
By: Rob McCreadie

Hello again!
I hope you all have a safe and wonderful holiday season! 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...
Dear Sister Morpheus,*

You once were my dearest friend and companion. You made me happy to be alive and had the power to numb all of my pain real or imagined. When we first got together you gave me boundless energy and abilities beyond every limitation I had ever felt before. I was no longer the inadequate and awkward person I had always perceived myself to be.

The things I have done to hide and protect our relationship go against everything that I have ever valued or held dear. I told lies to the people who love me the most. I stole from friends and family. I stole from anyone or anywhere with total disregard for the victims of my criminal behavior. I declined invitations from family members and friends to go out or to go on vacations due to my fear of being too far from you for too long. I closed myself off from the outside world in order to give you all of my time and devotion. I drove away every last friend. I drove away all those who loved me because they could not stand to see me slowly committing suicide from deep within your embrace.

The physical tolls that I have paid, not to mention the emotional and psychological costs, were all part of the bargain that I willingly accepted to keep you close to me. The damage, from which there is no repair, has scarred me forever. The inability to grow and mature as a “normal” person, keeps me bound as a child in an adult’s body. I don’t know how to interact with people my own age, as I have never had the opportunity to develop the social skills that others take for granted. I lost all ability and desire to enjoy and take part in any physical or sexual activities while we carried on our affair.

The thought of dying in your arms was one so attractive to me that I looked forward to your deadly embrace. I lost all that was dear to me, my family, friends, numerous jobs, my integrity, my home, my possessions, but the most devastating loss of all was the loss of my self-respect. I felt so lonely with no family members and friends to go out or to go on vacations due to my fear of being too far from you for too long. I closed myself off from the outside world in order to give you all of my time and devotion. I drove away every last friend. I drove away all those who loved me because they could not stand to see me slowly committing suicide from deep within your embrace.

To My Children…

Andrea, John and Michael,

I am writing this letter during the infancy of my sobriety as a reminder to myself and as a warning to you, in full detail, how alcohol has affected my live and why I made the decision to live without it. This was not an easy decision, nor one that came without many failed attempts. I had let alcohol define my actions and consequently my life. I feel it is important to share with you the reasoning behind my decision and hope that someday you will be able to look back on this letter as a guideline for your relationship with alcohol. I can only pray that this drug will not be the crutch you use to obtain a sense of self-worth and acceptance in this world, as I have. I fell prey to that muse known as self-loathing. You took from me my will to live; without hesitation I embraced you and carried on our affair.

Many people continued to pray for my return to sanity even when I was no longer the inadequate and awkward person I had always perceived myself to be. The thought of dying in your arms was one so attractive to me that I looked forward to your deadly embrace. I lost all that was dear to me, my family, friends, numerous jobs, my integrity, my home, my possessions, but the most devastating loss of all was the loss of my self-respect. I felt so lonely with no family members and friends to go out or to go on vacations due to my fear of being too far from you for too long. I closed myself off from the outside world in order to give you all of my time and devotion. I drove away every last friend. I drove away all those who loved me because they could not stand to see me slowly committing suicide from deep within your embrace.

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The Herrington McBride is published by The Herrington McBride Association – a not-for-profit organization, with the generous help of Roger’s Memorial Hospital.

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Please send feedback and Newsletter ideas to: Phil Grabski, Editor pgrabski@gmail.com

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

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Mark Your Calendars:

**AA Meetings – Rogers Hospital – Oconomowoc**
- Monday – 7:00 Evening
- Wednesday – 7:00 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
- Saturday – 4:00 Morning (NA Meeting)

**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.

Herrington McBride Board Members

Serving our Recovering Alumni & Their Friends:

Rob McCreadie – President
Phil Grabski – Vice President
Secretary – Mary Lee Grady
Treasurer – Johnny King
Jennifer Evancy
Jamie Walker
Scott Elston
Michael Ingrilli
Jeff Radke
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Laurie Schammel
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Bob Olson – Past President
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Advisors:

William Aspley
James Dropik
Matthias Scheuth – Director of the Rogers Foundation
Cindy Suszek – Manager of Herrington Recovery Center

HMAA Annual “Scared Straight” Halloween party brings fun and frights to HRC!
When I look at each of you, I thank God every day for your unique personalities and gifts and realize just what perfect imperfections of life you are. If you ever got to the point where you thought alcohol could enhance any aspect of your being then somewhere along the line you lost touch with your true self. May you always turn to God to return you to your path. Life will not come without its share of struggles and heartbreak; Alcohol will never solve a problem nor care about the consequences when you choose it over strength.

My struggles with alcohol began at an early age; though I didn’t realize it at the time, the way I drank and the purpose that guided it, were warning signs of alcoholism. When I drank, I would at times become belligerent and emotionally hurtful to the people I loved the most. The amount of shame and embarrassment that those moments caused me were not enough to get me to stop. I naively believed that since I did not drink on a daily basis, there was no way I could be an alcoholic and thus, I never tried to quit. The shameful moments aside, alcohol gave me relief from the underlying issue of no self confidence. I believed that when I drank, my personality would be altered in a way that allowed me to be my true self - someone that was outgoing, fun to be with and emotionally secure. Alcohol, in all reality, never solved a problem nor care about the consequences when you choose it over strength.

It is easy to get caught up in the search for acceptance; we try to fit into the crowd and always want to be liked by everyone. The trick to life is in loving yourself and excusing your flaws for what they truly are: idiosyncrasies that make who you God intended you to be. Acceptance by the whole should never be your driving force in life; individuality will always guide you to the people you should be with and be concerned about. True friendships are built without the corruption of alcohol and therefore will always be the ones that last. There is always going to be some sort of “drug” out there, which we think will make our lives better and more manageable; a chemical escape that will take us away from everyday life. For me, that drug was alcohol. The problems were always there when I returned and usually compounded. What I didn’t realize though, is that not only did I escape those problems for a few hours, but I was escaping from everything that makes life worth living. It is for these reasons that I choose to refrain from alcohol, Andrea, John and Michael: I couldn’t imagine a life without you in it. I have never loved anyone as much as I do you. I choose not to drink because life gives me “highs” every day in the form of you kids, which is stronger and more emotionally rewarding than any drug could possibly be. It seems an oxymoron to say alcohol would enhance any moment in my life going forward; it would only hinder or destroy any chance at true happiness. I pray that you realize how truly wonderful you are early on in your life; that you don’t feel the need to drink to fit in or use it as a source of false empowerment. For in the end, what I have learned is that my sober life has brought with it more rewards than I ever could have imagined.

– Scott

Brian Kenevan Scholarship Fund

Dan Kenevan remembering his son, Brian:
My son Brian died of a heroin overdose on February 2, 2011. Not only was he my son, he was my best friend. We both played major roles in one another’s lives. His death has been devastating to me. I loved him more than anyone could ever imagine.

He was such a wonderful, kind and caring person. He loved people and animals. People and animals loved him. If someone was in need or in pain, he would do whatever it took to help them. I could not believe how many people helped us to celebrate and pay tribute to Brian’s life. He helped countless others with their sobriety. The people and the lives he touched are truly amazing. He was such a good person.

If you meet Brian for the first time you would never suspect him of using or abusing drugs. He always had a huge bright smile on his face. His physical condition was second to none. He loved to run marathons and do long bike races. He constantly lifted weights and worked out at the gym. If only his mind had been as healthy as his body. He had his ups and down with substance abuse for the past 8 years. He could do very well for periods of time, but the demons always called him back. I have no doubt he was sincere about achieving sobriety, but, for whatever reason he was not able to maintain it.

The world has a little less light without him; however, heaven has gained a new angel. He now watches over us. Hisdeath has been devastating to me. I loved him more than anyone could ever imagine.

Love, Dad

Brian Kenevan Scholarship Fund

Every penny of scholarship money donated will help pay for young people who cannot afford the Winter Retreat in January. It’s a 3 day event allowing young people to re dedicate themselves to their recovery. Make Check Payable to: HMAA, and earmark it for Scholarship Fund. Give to John, Jim or Rob.

Triumphant Johnny the German

Johnny the German’s Troops Fortified Against Johnny the Greek’s weakening Forces to win the Battle of Battles on the Trivial Pursuit Battlefield

Time: Saturday Evening, January 9th, 2016
Place: Alumni Retreat During the Retreat January 8 -10th

Please consider donating to a very worthy cause. Every penny of scholarship money donated will help pay for young people who cannot afford the Winter Retreat in January. It’s a 3 day event allowing young people to re dedicate themselves to their recovery. Make Check Payable to: HMAA, and earmark it for Scholarship Fund. Give to John, Jim or Rob.