

Winter Retreat January 4-6, 2002

Friday Evening - Sunday Noon
Redemptorist Retreat Center
Oconomowoc, Wisconsin

Our Theme:

The Promises: A New Freedom

Keynote speaker:

Mary Lee, AODA Counselor, Rogers Memorial Hospital

Herrington/McBride Retreats defy description... But you never stop talking about them.

Join your friends and make new friends in recovery at the 15th annual winter retreat. Listen to speakers share the amazing changes which have occurred in their lives as they journey the road to recovery. Learn what you need to do to make the promises come true in your life. Join in the sharing. Be part of this inspirational weekend in the woods along Crooked Lake for only \$110.00. Most rooms are singles, but if you prefer a roommate, please indicate on the registration form. Sign-in begins at 5:00 p.m. with dinner an hour later. Speakers from among those attending will sustain the theme, but you'll be free to set your own schedule. Mary Lee's keynote talk will be Friday evening and a closing program will tie it all together by noon Sunday. Mail the registration form below by December 27, 2001.

Space is limited. Register early.

Name: _____

Address: _____

City/State/Zip: _____

Phone: () _____

Check here if you prefer a double room.
Please give name of other person. _____

Registration fee: **\$110.00***

Donation to HMAA: _____

Total amount of check: _____

*Financial support from the HMAA decreases the actual cost of the retreat.

Make check payable to:
The Herrington/McBride
Alumni Association

Mail to:
Mary Krall
Box 265
Rochester, WI 53167

Registration Deadline:
December 27, 2001

The Moving Finger

Vol. XIII, No. 4

The Herrington McBride Alumni Association

Fall 2001

People Who Need People

-Charlie Schrauth, CADC III

As the intervention takes place and we begin to come out of the haze of our addictions, we are faced with many obstacles and questions. Now what do I do? Who or what do I turn to?

We face the truth of a primary relationship (addiction) that is affecting us personally and now has progressed to affecting all our relationships. This can be very confusing and uncomfortable. Others have intervened and interfered—we are told to ask for help, while directed to take responsibility for our behaviors and choices.

The truth, of course, is that whatever we think about we bring about. When our relationships with self and others have become impaired and damaged through the course of our addiction, the result is usually a combination of loss of hope, low self-esteem, loss of trust, desperation, pain, values compromised, intimacy problems, loss of self-respect, secrets, dishonesty, loss of purpose, emptiness, remorse, worthlessness, powerlessness and on and on.

Can we ever recover? Can we "let go" of what we are addicted to? Can we get well? How? Many of us already know.

The wonderful paradox of the surrender process is that we finally "give up" and allow others to nurture, guide, mentor, prod, drag, care, encourage, stand by and give us something to believe in. Thus, the wonderful process of surrender, healing, loving and acceptance begins.

Relationships: Where do we start? We get sick in the company of other people and we get well in the company of other people. There is



no other way it can be.

First, our relationship with ourselves. Can I own my own behaviors, feelings and thoughts? What an undertaking this can

be! How empowering to understand and practice living with the ability to be responsible for the choices I have and the action I take to be sober and clean. One day at a time.

A Blessed thing it is for any man or woman to have a friend.

One human soul whom we can trust utterly.

Who knows the best and worst of us and who loves us in spite of our faults.

- ANONYMOUS

Second, our other relationships: Higher Power, family, friends, co-workers, neighbors, acquaintances, sponsor, service providers, etc. Are you connected? Do you have purpose in these relationships? Do you risk sharing of yourself? When it comes to intimacy, have you experienced the vulnerability of sharing your "true self," risking all and receiving acceptance in return? Do you accept others as they are? Have you matured to "give and take" in a healthy relationship? Can you look at yourself in the mirror and accept your own reflection and know you are okay, have purpose and have a meaningful life to live?

Many questions? Yes! How do you respond to the questions in your life? Do you have hope? Do you know someone who has hope for you and believes in you? Where does your investment in your recovery lie? Most likely our recovery is intricately interwoven between self and many other valuable relationships. Maintaining sobriety may then be the connections we have established in the process with relationships that hold us accountable, keep us honest and provide the love and support we all have needed and longed for.

"The Moving Finger writes, and having writ, moves on." - The Rubaiyat of Omar Khayyam

Welcome Home Reunion

A perfect summer day provided the setting for the largest attendance ever for the June reunion of Herrington McBride alums and their families. The day began with a welcome from John Ashenbrenner, the chair of the event, along with Carl Hartmann. The theme, "Welcome Home," was apt for those who have entered into a life of recovery and for all of the goodness such a way of life brings with it. The very presence of all of the people attending was testimonial that life does go on in recovery and that the depth and meaning of that new life is beyond any imaginings we could have had in those early days.

The morning began with speakers from AA and AlAnon sharing their stories of recovery. HMAA president John Hopkins conducted the annual meeting, which included nominations and election of new board members and presentation of the HMAA financial report.

Great picnic fare provided by Rogers Memorial Hospital was the highlight of the afternoon agenda. Mickey Gabbert, manager of the AODA programs at Rogers, once again served as chef extraordinaire.

The afternoon provided time for volleyball, conversation and sharing of hope with the current residents of The Herrington Recovery Center, who were the honored guests.

The highlight of the day was the open AA meeting held around a campfire. It was a fitting tribute to our recovery that began at the dawning of the day and was shared with others in our expressions of gratitude as twilight brought to the end another 24 hours of recovery.

Mark your calendars to attend next year's reunion on June 22, 2002. Don't miss this wonderful opportunity to form new friendships and maintain old ones!!!!

Retreat Update

The theme for this year's retreat will be *The Promises*. What a perfect topic to follow the sometime stressful holiday season. The talks given by individuals attending will give participants the opportunity to reflect on their gratitude for the clean and sober life they now have come to live, and to give witness to the miracles in their day-to-day life which sometimes seem insignificant. The keynote speaker will be an HMAA alum who is now a counselor at Rogers Memorial Hospital.

Visit us on the web at
www.hmrecovery.org

If you haven't logged in yet, please do so to voice your opinion on various subjects and/or post a new topic for discussion. The use of the web site is growing every month. A big thanks to John Ashenbrenner for all of his work to make the web site a reality.

HMAA Makes Donation to Second Chance Program

The HMAA board voted to donate \$250 to the Second Chance Program that is being implemented by the West Allis Police Department. The program is for adolescents who have been arrested for alcohol related activities. The fine would be reduced by 50 percent and the individual's juvenile record would be reduced if the adolescent attended a half-day educational workshop and then completed four hours of community service.

Mickey Gabbert is the facilitator of the program that is being funded in part by Rogers Memorial Hospital, along with a grant received by the police department. Support of this endeavor is another opportunity for HMAA to make its purpose viable and visible.

Goals of HMAA for 2001-02

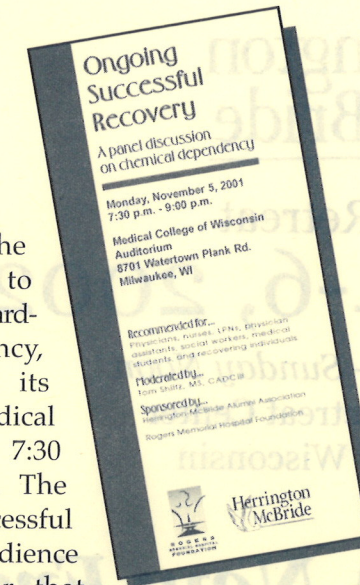
1. Introduction/information regarding the HMAA organization to current Herrington Recovery Center residents. This is being accomplished by rap sessions done by alums, pizza parties with board members, attendance at the Saturday morning sessions of the retreat, the annual June reunion and the upcoming Awareness event.
2. Initial discussion has begun as to how and when to expand rap sessions to include all AODA programs of Rogers Memorial Hospital.
3. The board continues to explore ways to increase involvement and attendance in HMAA events. Of particular concern is a means of maintaining/fostering ongoing relationships among "out of area" alums. Send us your suggestions!

Awareness Event November 5, 2001

In keeping with the purpose of HMAA to provide information regarding chemical dependency, HMAA will be hosting its annual program at the Medical College of Wisconsin at 7:30 p.m. in the auditorium. The focus will be ongoing successful recovery. It was felt the audience needed to see and hear that recovery does happen and it can be sustained, "one day at a time." All HM alums are invited to attend this free event.

Tom Shiltz, MS, CADCIH, psychotherapist and Addictions/Recovery Training Specialist at Rogers Memorial Hospital, will be the moderator of a panel discussion on the subject. The panel will be composed of four recovering people and an individual who is the mother and a wife of recovering persons.

A reception will follow the presentation and will be hosted by HM alums. We are pleased to have the Rogers Memorial Hospital Foundation as a co-sponsor of the event. In addition, we are grateful to the Medical College for use of the auditorium and for encouraging students to attend the program in order to provide them with insight into recovery from chemical addiction.



Thanks!

We continue to be grateful for the generous financial donations that we receive with each mailing of *The Moving Finger*. **Use the enclosed envelope to send a donation that will be tax deductible for the year 2001.** While we need financial support to maintain our viability, we also are grateful for the donation of books, tapes, etc., for those who have just entered the recovery programs. Drop off donations at either The Herrington Recovery Center at Rogers Memorial in Oconomowoc or at Rogers Memorial-Milwaukee in West Allis.

The HMAA board needs alums to assist with projects throughout the year. Please contact the Herrington Recovery Center at 1-800-767-4411 (x240) to volunteer. The following members will no longer be serving on the HMAA Board. Many thanks to them for their years of faithful service: Bob Hanning, Bob Cline and Ed Cooney. Due to the distance, David Onsrud was not able to continue membership. Thanks to Marian Yoder for accepting a position on the HMAA board.

Upcoming Events

Board Meeting

6 p.m.

October 2, December 4, 2001 and
February 5, April 2, June 4, 2002
(Meets at Roger Memorial Hospital - Milwaukee)

Awareness Event

7:30 p.m.

November 5, 2001
Medical College of Wisconsin Auditorium

Rap with Herrington Recovery

Center Residents

Every Tuesday at 6 p.m.

(Must pre-arrange with a rap coordinator.
Call 1.800.767.4411 ext. 240.)

Retreat

January 4-6, 2002

Redemptorist Retreat Center, Oconomowoc
(See page 4 for registration form.)

Annual Reunion

Association Meeting

June 22, 2002

Rogers Memorial Hospital - Oconomowoc
(Details will be included in the next issue.)

HMAA Board of Directors

President—John Hopkins

V-President—John Aschenbrenner

Secretary—William Martens, MD

Treasurer—Mary Krall

Carl Hartmann

Dave Hathaway, MD

Natalie Zimmerman

Marian Yoder

David Franczyk—Liaison to the Rogers Memorial Foundation

Julie Kubik—Advisor

Mickey Gabbert—Advisor

The Moving Finger is published by and for the Herrington McBride Alumni Association.

Please send story ideas and feedback to:
34700 Valley Road, Oconomowoc, WI 53066.
Newsletter Editor: Natalie Zimmerman