



20th ANNIVERSARY Herrington/McBride Alumni Reunion
Saturday, June 25, 2005

"Celebrating Two Decades of Alumni Recovery!"

- 9:30** Continental Coffee & Rolls
- 10:00** Opening Welcome – John Aschenbrenner
- 10:15** Keynote Address – Dan Murphy (Dr. Roland Herrington's Nephew)
"Celebrating Our Two Decades!"
- 11:30** Annual Meeting – President Bob Remme
 Election of Board of Directors
- 12:00** Mickey's Anniversary Picnic
(Roger's Hospital generously provides a gourmet picnic!)
- 1:00** MONICA & GREG– AA & Alanon Speakers
"Celebrating Recoveries' Focus in our Families"
- Afternoon** Games & Activities for Kids on Grounds.
- 2:00** Scavenger Hunt
 The scavenger hunt list is kept under lock & key
- (Dinner will be "On Your Own" in the surrounding Oconomowoc Area.)*
- 6:30** Scavenger Hunt judging and awarding of prizes!
Again, as in years past, the prizes are donated by Bob Olson and T-Lon Products.
- 7:30 – ?** "Gabbert's Anniversary Gratitude Fire"
"Celebrating Gratitude in our Recovery"

(Open AA Campfire Meeting – Family & Friends of Herrington/McBride welcome!)

The Campfire Meeting, lead by Mickey Gabbert, has traditionally become a very spiritual time of sharing the Recovery Blessings and Hardships

CALL 1-800-767-4411 EXT. 240 TO MAKE YOUR RESERVATION

The Moving Finger

The Herrington McBride Alumni Association

Spring 2005

**20th Anniversary
 Celebration Reunion!**
Saturday, June 25, 2005

by John Aschenbrenner

Preparations are being made for the anniversary/reunion of HMAA. This year we celebrate 20 years of existence.

So it's time again to make your hotel reservations in the Oconomowoc Area, get those flight tickets...or just put that big "X" through Saturday, June 25th on your calendar, and ready yourself to load the family in your van.

This year we are honored to have Dan Murphy as our keynote speaker. Dan is a nephew of Dr. Roland Herrington, and with his message of celebrating his recovery since that first year, 1985, he will share his anecdotes of his memories with Dr. Herrington.

A listing of the day's events is on the back page of this newsletter.

You needn't be an alum to attend this celebration. If you receive this newsletter, attend any HMAA sponsored events or are a friend of HMAA, you are invited!!

So, mark your calendars. There is no cost for this event, but we would like you to call Herrington House, and give the number of people we might be expecting...just to help us plan for food and events. The phone number is 1-800-767-4411 extension 240.

If you have any questions or concerns, contact me.

John Aschenbrenner:

Home: 920-261-0593

Cell: 920-988-2044

Email: johnjane@execpc.com

**THE PROMISES OF
 RECOVERY**

By Dan Murphy, 1985 Alum

"You will know a new freedom and a new happiness." A hoax? A pipe dream? No, a *promise*. I had been attending meetings a few months before I heard someone read the AA's Twelve Promises. They were captivating. I asked where they came from and was pointed to pages 83-84 in the Big Book. I read them again that night. A glimmer of hope for a lost and frightened soul who's life had just been shaken to its roots.

For about a dozen years I had unsuccessfully chased the holy grail of happiness, fun, and comfort. The common theme in this pursuit was an abundant use of drugs, alcohol and sex. The harder I tried to fill the insatiable hole inside the bigger it became. Any glimmer of peace was fleeting at best. The typical outcome was guilt, remorse, physical pain and depression. In the final days I was contemplating suicide but was too afraid to try. Yet I recognized I was slowly killing myself through the drugs and alcohol I was consuming. In spite of that, when finally confronted with the reality I was an addict/alcoholic, the prospect of life without drugs and alcohol seemed incomprehensible. By the same token, continuing on the track I was on seemed even more unfathomable.

I was admitted into the McBride unit at Milwaukee Psychiatric Hospital. Life as I knew it would never be the same. There was daily step study, group therapy, counseling and outside AA meetings. Although I was beginning to feel better physically, life was still feeling pretty wobbly. My objective was to make quick study of the literature, work through a couple of dark personal issues and get on with my life. If it were only this simple. Unfortunately, the hole I had dug myself into took years to create. To start crawling out would take more than studying the steps - I had to start working them. AA meetings were not an option. I was expected to go - daily. Even though there were many

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

days I didn't want to go, I did anyway; and was always glad I did. Life became a little more tolerable. I was making genuine friends and getting concrete advice for living life as a mature and responsible adult.

The steps were becoming more real and practical. In my visits with my sponsor and doctor I was asked, "What step are you working?" This was especially the case when I was having difficulties. I couldn't fabricate. I slowly began to realize how helpful the steps were. I gravitated toward step meetings. Life was not only tolerable it was becoming enjoyable. Someone commented at a meeting, "I don't have bad days, I only have bad moments." My reaction was, "What a crock!" That was until I actually took stock of what was going on in my life. As it turned out that statement rang true for me as well. Life was working. I realized I was no longer victim or a spectator; I was a "happy, joyous and free," participant.

In my seventh year sober I had the occasion to meet with an ex-girlfriend that had been on my eighth-step list. I was able to make an amend I never thought possible. As I drove home from that meeting I was levitating. I had an incredible sense of gratitude and peace. I realized how much I had grown and changed. As I related this experience to a fellow AA, they reminded me that the Promises are introduced in the Big Book after the explanation of step nine. And, as promised, I experienced a new freedom and happiness.

There are countless examples of serenity and peace in my life. The fears that use to leave me paralyzed have largely been eliminated. I draw strength and insights from the mistakes and escapades of my past. But perhaps my favorite promise is this one: "We will suddenly realize that God is doing for us what we could not do for ourselves." My short comings and character defects are still a reality in my life. They create problems for me and the others in my life. But as I look back on how life is unfolding it's real apparent that I have been a benefactor of God's grace. More often than not, HP helps me get out of my own way. Are these extravagant promises? I don't think so. If they've come true for this addict/alcoholic they can come true for you too.

HMAA LAUNCHES BUILDING FUND

All alums received a letter recently announcing the building fund to finance the completion of the third floor of the hospital addition which would be named and designated as an area to be used by the Herrington Recovery Center activities, meetings etc. If you have not already done so, mail your financial contribution to HMAA at P.O. Box 265 in Rochester, Wi., 53167. Contributions are fully tax deductible.

IOWA GET TOGETHER

by Mickey Gabbert

Many thanks to the Iowa Alums who took time out of their busy weekend to attend the Iowa get-together in Des Moines, Iowa, on February 19, 2005. Camaraderie, fellowship, humorous stories and offers of temporary sponsorship for new alums were a few of the topics of discussion. Although only scheduled to be a three hour get-together, the interactions continued until well past the scheduled time, and if it had not been for another event scheduled in our meeting room some of the attendees might still be there today.

The next Iowa get-together is tentatively scheduled to occur in the Quad Cities area. If you are interested in having a get-together in your neighborhood, please contact one of the HMAA board members or Mickey Gabbert at Rogers Memorial Hospital.

RETREAT UPDATE

by Mary Krall

Put some gratitude in your attitude!!!! That was the theme of the 18th annual winter retreat held January 7-9, 2005. From the opening speaker Friday evening (Sheryl Klein-Wassink, AODA counselor who is in recovery) right thru the traditional close Sunday morning, gratitude certainly did abound. The sharing that took place among the 48 people who attended, plus the Herrington residents on Saturday morning, was just awesome.

As has been our Saturday evening custom for many years, everyone enjoyed various flavors of frozen custard smothered with numerous toppings.

Mark your calendar now for our next winter retreat which will be held at the Redemptorist Retreat Center on January 6-8, 2006. This is an event not to be missed!!

Upcoming/Ongoing Activities & Events

20TH REUNION/PICNIC

JUNE 25, 2005

(Complete information on
back of newsletter)

WALK/RUN

SEPTEMBER 2005

(Date to be determined. Information
will be included in fall newsletter)

WINTER RETREAT

JANUARY 6-8, 2006

REDEMPTORIST RETREAT CENTER

RAP WITH RESIDENTS

Herrington House - Oconomowoc
TUESDAYS AT 6 P.M.

(Must be prearranged with
rap co-ordinator)

Call 1-800-767-4411 ext. 516 if interested

Rogers-West Allis

Dates and times vary

Call 1-262-781-2091 if interested

PIZZA WITH RESIDENTS

(Contact a board member if
interested in attending)

AA MEETINGS

Rogers Memorial Hospital

Oconomowoc campus

Monday - 7:30PM

Wednesday - 8:00PM

Saturday - 7:04AM

Rogers Memorial Hospital

West Allis campus

Sunday - 6:00PM

Tuesday - 7:30PM

CHANGES TO HMAA CONSTITUTION & BYLAWS

by Wm. E. Martens, M.D., Secretary HMAA

The Constitution and Bylaws of the McBride Alumni Association was amended to include the Herrington patients from Rogers Hospital and this change was ratified on September 8, 1998. Since then, the McBride Treatment Center at the Milwaukee Psychiatric Hospital has ceased to exist and Rogers Hospital has expanded to other facilities. Recovering individuals from other programs have attended our events, requested to be on our mailing list and be active in the organization.

At the February 1, 2005 Board of Directors meeting, the Board voted to propose changes to Article III, Membership and Article VII, Fiscal Year.

Article III, Section 1 currently states "Active membership in the Association shall be open to all individuals who have completed any structured alcoholism and/or chemical dependency program of the Herrington Recovery Center or McBride Treatment Center".

The proposed change would state "Active Membership in the Association shall be open to all individuals who have completed any structured alcoholism and/or chemical dependency program".

The current fiscal year runs from September 1 through August 31. The Board voted to propose a change in the fiscal year from January 1 through December 31. This is a logical move for an organization of our size.

Article XV, Amendments states that the Constitution and Bylaws "may be amended at the Annual Meeting, or any Association meeting called for that purpose, by a majority of those present at such meetings, provided that written notice of said meeting shall have been mailed to the active members at least thirty (30) days prior to date of said meeting, which notice shall include an explanation of the proposed amendment(s) as drafted by, or approved for consideration by, the Board of Directors".

The Board of Directors proposes to introduce these changes for your vote at the Annual meeting, June 25, 2005.

HMAA Board of Directors

President - Bob Remme

Vice-President - John Aschenbrenner

Secretary - Wm. Martens, M.D.

Treasurer - Mary Krall

Jeanne Blommel

Bob Olson

John Hopkins

Rob McCreadie

Monica Murphy-Bredin

Walter Baranowski, M.D.

Richard Pearson, O.D.

Mickey Gabbert - Advisor

David Franczyk - Liaison to the Rogers
Memorial Foundation

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

Please send story ideas and feedback to:
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