



21st ANNUAL REUNION/PSYCHE

SATURDAY JUNE 17, 2006
GROUNDS OF ROGERS MEMORIAL HOSPITAL
OCONOMOWOC, WISCONSIN

"CARRYING THE MESSAGE"

- 9:00 CONTINENTAL BREAKFAST
- 10:00 WELCOME – JOHN ASCHENBRENNER
- 10:15 KEYNOTE ADDRESS – CARRYING THE MESSAGE – MICHAEL HEDRICK
- 11:30 ANNUAL MEETING – PRESIDENT BOB REMME
- 12:00 PICNIC
Food & beverages provided by Rogers Memorial Hospital
- 1:00 AA & ALANON SPEAKERS – MICHAEL & SUSAN HEDRICK
"Carrying The Message Into Our Recovery"
- 2:00 ANNUAL SCAVENGER HUNT
- GAMES AND OTHER ACTIVITIES AVAILABLE FOR THOSE NOT PARTICIPATING IN THE SCAVENGER HUNT
- GAMES & ACTIVITIES WITH A RECREATION THERAPIST ON THE GROUNDS FOR CHILDREN
- Dinner will be on your own somewhere in the area. Attendees often make this a family affair with others in attendance.
- 6:30 SCAVENGER HUNT PRIZES AWARDED.
(PRIZES ARE DONATED BY BOB OLSON & T-LON PRODUCTS)
- 7:30 OPEN CAMPFIRE AA MEETING. ALL ARE WELCOME. BRING A CHAIR, BLANKET AND MOSQUITO REPELLANT

**CALL 1-800-767-4411 EXT 240 TO MAKE YOUR RESERVATION
(WE WANT TO HAVE PLENTY OF FOOD AND BEVERAGES!!!)**

The Moving Finger

The Herrington McBride Alumni Association

Spring 2006

21st ANNUAL REUNION/PSYCHE—JUNE 17, 2006

by John Ashenbrenner

As the Big Book so eloquently states, "Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics"and that...."Life will take on a new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends—that is an experience you must not miss. We know you will not wish to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives."

So, what are you waiting for. Let's not miss this annual opportunity to share in our continuing recoveries. Join us as we again gather with fellow alumni and friend of the alumni on Saturday, June 17, 2006 for what is planned to be the largest and most spiritually rewarding reunion to date. And, as so many of you know the past reunions have been memorable.

So dig out the shorts and t-shirts and make your travel plans. Pack the van, fill your Harley tank and book those airline tickets. **CIRCLE THE DATE ON THE CALENDAR!!!!**

Our reunions aren't just about our recovery. Certainly we gather to remember and to share, but we also gather to afford hope for the newcomer offering them an early reflection of what recovery might afford them. Over the past few years we have welcomed the current residents of Harrington House to the full day of our reunion activities. We will be doing the same this year.

ALUMNI FUND-RAISING NEARS GOAL

by John Hopkins

On October 13, 2004 ground was broken for the new wing at Rogers Memorial Hospital. The building has now been completed and the new wing nearly doubles the size of the hospital.

I, along with other members of the Herrington/McBride Board, have had an opportunity to tour the new facility and the results are breathtaking. I would encourage any Alumni member to stop by and see the new addition. One large room on the 3rd floor has been dedicated to the Herrington/McBride Alumni Association and many people down the road will make use of the facility. The room will be used for 12 Step meetings as well as a place for those in treatment to have conferences etc.

When the hospital announced the planned construction, the alumni board said they would support the fund-raising effort and in a prior issue of The Moving Finger we asked alums to consider personal contributions to the fund raising effort. The board indicated to the Hospital Foundation that we would attempt to raise \$100,000.00. The board contributed \$5000.00 in the name of the Herrington/McBride Association.

I am happy to report we are now within \$15,000.00 of reaching the goal. Thank you to all who have given so far!!! We would really like to raise the remaining funds in the near future and thus this appeal to the alums. Most of us have had our lives changed for the better because of the treatment we received and many of us have literally had our lives saved. If at all possible won't you take the time to give back and help others who follow in our footsteps? Any contributions are welcome. We realize that some can't make a substantial contribution but there are those of us who can sacrifice a little to help in this most worthy cause.

Contributions can be made payable to the Herrington/McBride Alumni Association and sent to Box 13581, Wauwatosa, Wisconsin. 53213.

THOUGHTS ON THE SERENITY PRAYER

by Bob Remme

"I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment."—Alcoholics Anonymous

As the days pass, I find myself relying on the strength of the Serenity Prayer more and more. Perhaps it is because I have finally begun to understand the power of the simple words it speaks. While the words are simple, it has not been a simple task for me to live by those words.

"Accepting the things I cannot change." How could I do that on a regular basis? As I began my life in recovery, I found so many things that were hard for me to accept. Divorce, financial insecurities, returning to work and often just getting through the next 24 hours. All things that were some days, very hard to accept. I now understand that is where the wisdom piece of the prayer started to come into play for me. "The wisdom to know the difference." I would often wonder, "If my own wisdom had gotten me to the bottom, how could my own wisdom now help me find Serenity?" I started to see how my own "wisdom" of making good choices for my life, would help me stay out of situations that would later be hard for me to accept. Also, the wisdom to see my part in my life. As I began to see what my part in my life was and took responsibility for it, acceptance became easier. I also found that there was great wisdom available to me. All I had to do was ask. Ask my sponsor, ask others who had gone before me and most importantly ask for help. I now find that wisdom comes from many places, not just from the mind of Bob Remme!

"Courage to change." How many times I have been faced with an opportunity to make a change in my life and I have been afraid? Too many times. How many times have I made changes in my life without the proper wisdom and thought that ended with disastrous results? Too many times. There are things in my life that with the proper thought and courage, I can change. There are things in my life that I cannot change. Courage comes in many flavors. Sometimes it is the courage to be patient and wait and sometimes it is the courage to take action

that makes a change in my life possible. There is that "Wisdom" thing again. I know now that it isn't always up to me. The timetable of life may not be the same as mine, but I know that accepting it will be a source of serenity for me.

I'm finding wonderful serenity in my life now. I guess I have broken the Serenity Prayer down into a formula. A formula that works for me. Acceptance + Wisdom + Courage = Serenity. For me this works well as long as I think before I act and remember the simple words of the Serenity Prayer.

THOUGHTS TO PONDER

by Natalie Zimmerman
Editor

Since the last issue of this newsletter which contained some "thoughts" and my personal thoughts regarding them, I have become aware of more that I would like to share with you for your personal thoughts as they apply to your recovery. So————here goes.

IF YOU BELIEVE IN GOD, THEN BELIEVE GOD.

Wow!!!! God has a plan for our lives but do we really trust that plan or do we try to take control of our lives once again only to find out once again that our way is not in our best interests. In our recovery, we must learn over and over and over to give up control and to trust. I believe by doing that we then are the recipient of the Promises.

OVER ANALYSIS CAUSES PARALYSIS

This writer has been known to analyze things and situations to the extreme!!!! It is one of my character defects that lingers. I am fortunate to have fellow recovery folks who point out my over analysis and help me move on with life.

OUR HIGHER POWER DIDN'T OPEN THE GATES OF HEAVEN, BUT RATHER OPENED THE GATES OF HELL AND LET US OUT.

When we were using, we suddenly realized that we could not stop and/or control the time and/or amount. Nor could we control our actions under the influence. Deep remorse for the life we were living set in upon us and in response we used more of the chemical in order to forget. We were in our personal hell on earth. Only when we got into a good recovery did we really realize that our Higher Power had indeed let us out of the hell we were in.

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

Please send story ideas and feedback to:
HMAA Box 13581, Wauwatosa, WI 53213
Newsletter Editor: Natalie Zimmerman

UPCOMING ONGOING EVENTS & ACTIVITIES

21ST REUNION/PICNIC

JUNE 17, 2006

Rogers Memorial Hospital Campus
Oconomowoc, Wisconsin

(More information on back of this newsletter)

WINTER RETREAT

JANUARY 5, 6, 7 2007

Redemptorist Retreat Center
Oconomowoc

(Information in next issue of newsletter)

RAP WITH PERSONS JUST ENTERING RECOVERY

Oconomowoc campus on Tuesdays
at 6:00 PM

West Allis campus at various times.

Contact us at address in this newsletter or at
1-800-767-4411 ext 516
if interested in presenting.

(Individuals must be pre-approved)

PIZZA WITH HARRINGTON HOUSE RESIDENTS

Contact a board member if interested in attending)

12 STEP MEETINGS
AA

Oconomowoc campus
Monday-7:30 PM
Wednesday-8:00 PM
Saturday-7:04 AM

West Allis campus
Sunday-6:00 PM
Tuesday-7:30 PM
Saturday-9:00 AM

NA
West Allis campus
Thursday-7:00 PM

RECORD ATTENDANCE AT RETREAT

by Mary Krall

Another spiritually uplifting retreat was held at the Redemptorist Retreat Center with a record attendance of 54 recovering people. Residents of the Harrington House were guests on Saturday morning. Keynote speaker for the retreat was Kathy Huff-Burge, a therapist for the Partial Program at Rogers Memorial Hospital. Kathy shared the many twists and turns of her recovery journey with the focus of her talk on acceptance.

Make plans now to attend the 20th annual winter retreat January 5-7 2007.

Information and registration form will be in the fall issue of this newsletter.

ALUMS IN THE NEWS

John Aschenbrenner just recently had his book, "Reflections in Erik's Gym" published. It is available for purchase on <http://www.lulu.com/contacts/224016>. The novel is about alcoholism, addiction and continuing recovery.

John is a board member of HMAA.

John Hopkins, a board member and past president of HMAA, will assume the presidency of the board of Addiction Resource Council of Waukesha County.

HMAA Board of Directors

President - Bob Remme
Vice-President - John Aschenbrenner
Secretary - Monica Murphy-Bredin
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