



**Annual Herrington/McBride Alumni Reunion
Celebrating Recovery**

Gratitude in Our Celebration of Recovery is a Never-ending Symphony of Joy

June 22, 2002

Rogers Memorial Hospital
Herrington Recovery Center
Oconomowoc, Wisconsin

- 9:45 a.m. Continental Breakfast
- 10:00 a.m. Welcome
- 10:15 a.m. "Celebrating Recovery," Judge Patrick Snyder
- 11:30 a.m. Annual meeting of HMAA -- Election of Board Members
- 12:00 p.m. Picnic Fare
- 2:00 p.m. Carl's Hunt—Scavenger Hunt
- 7:00 p.m. Awarding of Scavenger Hunt Prizes
- 7:30 p.m. Moonlight AA Campfire Meeting—open to family and friends
"Gabbert's Fire" Opening talk by Mickey Gabbert entitled,
"An Attitude of Gratitude is a Never Ending Prayer"
Bring "skeeter" repellent and a blanket or a chair if desired.



- Who's Invited:** All McBride & Herrington alums and their families
- Guests:** Current Herrington Residents & Family
- Cost:** Free
- Registration:** Call 1-800-767-4411 Ext. 240 by June 15th

Event will be held in the Multi-Purpose Center adjacent to Herrington Recovery Center if weather is inclement.

If you are in need of overnight accommodations, check the local information section at www.rogershospital.org for a listing of hotels in the area or call 1-800-767-4411 ext. 309.

Call folks you were with in recovery and encourage them to attend this celebration.

The Moving Finger

The Herrington McBride Alumni Association

Summer 2002

HAPPY NEW YEAR 2002

The Most Important Thing in My Life

Wendy Kolhauss, CADCI, Counselor at The Herrington Recovery Center

The new year always brings me to one of my favorite readings in the *24 Hour A Day* book—January 6. "Keeping sober is the most important thing in my life." It is a great reminder of powerlessness and how difficult it is in the beginning to address the primary addiction whether it be to pills, alcohol, pot, gambling, sex, spending, destructive relationships, etc.

Remember your first treatment experience? Your first 12-step meeting? How It Works? The slogans? The doubt, the hurt, the self-pity, the resentment, the judgments, the despair, the look on the faces of the old-timers, the hope, the look on their faces, the encouragement, The Promises. Trying to figure it *all* out!

Abstinence and recovery are not synonymous. Ernie Larson suggests we write a mission statement—a definition for our recovery—a roadmap of sorts. If we don't know where we are going, how will we know when we get there or how we get there? Remember H.O.W.? *Honesty, Openness and Willingness.*

January 6 reading continues, "The most important decision I ever made was to give up my drinking." I remember the days I scoffed at this statement. Surely all the other "stuff," people, places, things, *my problems* were more important! How my thinking has changed. By the grace of The Program.

don't run, the frustrations, the crises, the growth, the realization that things didn't just get better. We got better. Yes, some problems simply stop accumulating when we stop using and we address the garbage heap we have created.

Developing new sober coping skills, learning where to go, where not to go, who to ask for help. Learning to listen—"Take the cotton out of your ears and stuff it in your mouth," said an AA member.

Recovery is not for anyone who thinks they have outgrown the 12-Step Program. The spiritual wisdom embodied in the 12-Steps is infinite. Which means working the steps is not a goal to achieve but rather a way of life to develop. A roadmap.

Abstinence may get us out of our pathological bondage to our addiction but it does not translate to happy, joyous and free by osmosis. Where do you hide today? Work, school, religion, isolation, sex, food. Switching addictions in the name of recovery is still switching addictions.

Okay, so how do *you* define recovery? If staying sober is how you define recovery, then abstinence is where you will need to go. Where your program needs to take you. Recovery is about creating a life based on sober life skills. Learning to make relationships work is at the core of this. This includes self, others and your Higher Power.

The reading for January 6 continues, "Am I convinced that my whole life depends on not taking that first drink?" If abstinence is required for sobriety and sobriety is required for recovery, we need to define recovery. In defining recovery, Ernie Larson suggests we define what the problem/issue is; what needs to be done about the problem/issue; what our program is for. Remember, your program cannot take you further than your definition of recovery. I like the wisdom shared at an AA conference. The questions presented were: Where did I come from?

Abstinence is like standing up at the starting line—the race hasn't started yet, but at least you are standing up not lying down.
—Anonymous

"Nothing happens unless first a dream."
—Carl Sandburg

"Some people feel the rain, others just get wet."
—Roger Miller

How many of us would have died, been imprisoned, been in jails or institutions or "crippled in our minds" had we not made that "most important decision" referred to in the reading?

Oh, the growing pains of recovery! The baby steps: walk

continued on page 2.

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

Retreat

What a wonderful weekend for the 39 recovering people who attended the retreat the first weekend of 2002. Attendance was at an all time high and it was proclaimed as one of the best ever. Thanks goes to Mary Krall for all of her work and to those who spoke. A special thanks to Mary Lee for setting the tone for the weekend with her talk on Friday evening. "The Promises in Reverse" is printed elsewhere in this issue.

"The 12 Promises" theme was sustained throughout. There were times of laughter and tears. But more importantly, gratitude for our recovery was certainly evident in the sharing that occurred in the breakout groups as well as around the table at mealtime and sitting around the fire.

In keeping with tradition, the group devoured frozen custard on Saturday evening. Nine gallons along with assorted toppings! Thanks to Bill Martens for providing the treat.

To those who have joined us in the past, we encourage you to consider attending our next retreat in January, 2003. If you have never attended, you don't know what you are missing. A weekend of peace, solitude and wonderful conversation. A time to reflect and share in the gifts of recovery that we have been chosen to receive—one day at a time.

Mark January 3, 4 and 5, 2003 on your calendar. More information and a registration form will be in the winter issue of *The Moving Finger*

Continued from Page 1.

Where am I going? What do I need to get there? How are you doing with your definition of recovery?

January 6 reading continues, "Everything I have my whole life depends on that one thing. Can I afford to ever forget this even for one minute?" Gratitude—a very necessary part of a successful recovery program; to give thanks for another day of sobriety; asking in the morning; surrendering as needed throughout the day; thanking as my head hits the pillow at night—a ritual I hope I'll never forget. All the gift of life I have received because someone cared enough to reach out to me when I couldn't do it myself. So it is. That I pass it on to you and thank you for being the greatest teachers I could have ever had! Blessings, and make it a great year.

www.hmrecovery.org

where friends in recovery come together

sponsored by the Herrington/McBride
Alumni Association

The Promises in Reverse

—August 1988 Grapevine

If we are not painstaking about our priorities in recovery, we will fail before we are halfway through.

We are going to know the old pains and the old hangovers.

We will regret the past and try to shut the door on it.

We will comprehend the word guilt and we will know remorse worse than before.

No matter how far down the scale we have gone, we will see how our experience can take us down even further.

That feeling of usefulness and selflessness will disappear.

We will again have interest in selfish things and lose interest in our fellows.

Self-seeking will slip back into our lives.

Our whole attitude and outlook upon life will again be very dark and empty.

Fear of people and of economic insecurity will return more frighteningly than ever.

We will again be baffled by situations that we have begun to handle.

We will suddenly realize that God can't do anything for us because we took our will back.

Are these depressing promises? We think so. They are being fulfilled among us, sometimes quickly, sometimes slowly. They will always materialize if we put anything before our recovery, our activity in the fellowship and our relationship with God.

Contact with Residents Post-Discharge

At the last meeting of the board of HMAA, it was decided that a member of the board would make a personal contact with each person who is discharged from The Herrington Recovery Center. The purpose of the contact is to welcome them as an alum and encourage their participation in HMAA activities as a means of support in their ongoing recovery. Marian Yoder and Carl Hartmann are responsible for the follow-up calls.

Awareness Event

HMAA joined with the Rogers Memorial Hospital Foundation to present a panel discussion entitled, *Ongoing Successful Recovery*. The event was held at the Medical College of Wisconsin on November 5, 2001.

The discussion was moderated by Tom Shiltz, MS, CADC III, Tom has been working in the field of chemical dependency for over 17 years as a therapist, counselor and workshop presenter. Members of the panel shared their experiences in regard to sustaining recovery, what works for them and the impact of recovery on every aspect of their life. The wife of a recovering husband and a son in recovery shared her experience from her perspective as a family member affected by chemical dependency.

HMAA has sponsored this event for many years as part of its fulfillment of the purpose of the organization to inform the public about the disease of chemical dependency.

It was announced at the event that future awareness events will be held in memory of Dr. Roland Herrington who was instrumental in the formation of HMAA. Mrs. Herrington continues her support of HMAA and all of its efforts for which we are most grateful and honored. The Board of Directors thought it fitting the event be named in Dr. Herrington's memory.

Fall Awareness Event September 24, 2002



William L. White

HMAA board voted to be a sponsor of a workshop being presented by The Milwaukee Department on Aging and the Chemical Dependency Services of Rogers Memorial Hospital. The workshop, "The New Recovery Movement," will feature William L. White, author of "Slaying the Dragon—The History of Addiction Treatment and Recovery in America." Targeted audience is AODA counselors, psychologist, nurses, social workers and anyone interested in the Recovery Movement. Seating is limited. Cost is \$70 per person. For more information and registration call Rogers Memorial at 1-800-767-4411, ext. 566.

Financial Status of Organization

The Board of HMAA is very aware that the financial status of the organization is of continued interest to the alums. We are grateful to all of you who included us in your year-end contributions. We will continue to include a donation envelope with each mailing of the newsletter as a reminder that our continuing existence depends upon your financial support. Questions regarding expenditures or current financial status can be directed to members of the board of directors. We would be happy to share that information with you.

UPCOMING ONGOING EVENTS

Board Meetings — 6 p.m.

June 5, August 6,
October 1, December 3, 2002
Rogers Hospital—Milwaukee

Annual Reunion & Association Meeting

June 22, 2002
Rogers Memorial Hospital—Oconomowoc
See back page for details and registration.

Awareness Event in memory of

Dr. Roland Herrington

September 24, 2002
Country Inn—Waukesha
See story regarding this event.

Rap with Herrington Recovery

Center Residents

Every Tuesday at 6 p.m.
Must be pre-arranged with a rap coordinator.
Call 1-800-767-4411, ext. 240.

Pizza Party with Herrington Recovery

Center Residents

By invitation only.
Call 1-800-767-4411, ext. 240 if interested in attending
with an HMAA Board member.

Run for Recovery

October 19, 2002
On the grounds of Rogers Memorial
Hospital—Oconomowoc
More information in the fall issue of *The Moving Finger*.

Retreat

January 3, 4, 5, 2003
Redemptorist Retreat Center in Oconomowoc
Registration and information will be included in the
winter issue of *The Moving Finger*.

Walk/Run for Recovery Oct. 19, 2002

HMAA will co-sponsor a walk/run on October 19, 2002, on the grounds of Rogers Memorial Hospital in Oconomowoc. The run will be 10K (6.2 miles) and the walk will be 5K. Registration will begin at 8 a.m. A shotgun. Call 1-800-767-4411 ext. 343 for registration information and an entry form. Detailed information will be included in the fall issue of *The Moving Finger*. Proceeds from the event will support HMAA.

The Moving Finger is published by and for the Herrington
McBride Alumni Association.
Please send story ideas and feedback to:
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