



Winter Retreat

# January 7-9, 2005

Friday evening 5:00 p.m. – Sunday noon

Redemptorist Retreat Center  
1800 N. Timber Trail Lane  
Oconomowoc, Wisconsin

## Put Some Gratitude In Your Attitude

Keynote speaker

### Sheryl Klein-Wassink

Sheryl is an AODA counselor and is in recovery.  
Cost: \$145.00\* (includes meals and lodging)

Attendees must be recovering from addiction to drugs and/or alcohol  
Sign-in begins at 5:00 p.m. with dinner an hour later.  
Most rooms are single.

**Registration deadline is December 31, 2004**

**Space is limited. Register early.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: (     ) \_\_\_\_\_ E-mail: \_\_\_\_\_

Yes \_\_\_ No \_\_\_ I need special room accommodations  
(indicate need on separate sheet of paper)

**Registration fee:** \$145.00\*

**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 31, 2004

# The Moving Finger

The Herrington McBride Alumni Association

Winter 2004

### For This I Am Grateful

by Rob McCreadie

As I sit down to put fingers to keys, I can't help but feel a deep sense of gratitude. I've taken my time in coming up with a meaningful topic for this article. The recurring theme that keeps coming back to me is the fact that *The Promises* can and do come true.

I've had a great many ups and downs in the last few months. More ups than downs for that matter and the pervading fear that was ever present in my life when I was using has been lifted from me. I no longer have that compulsion to use that I had for so long. I have suddenly realized that God is doing for me that which I could not do for myself.

*The Promises* were something that I wanted from very early on in my recovery. I have shared that many times before, but if I had set out to achieve that goal it would never have come to fruition. I concentrate on putting one foot in front of the other and turning the outcome over to my Higher Power and the goals take care of themselves. I accept that I am not responsible for the many many gifts I have received in recovery. I followed the instructions that I was given while at Herrington and my life has gotten more manageable. I work the steps. I have a sponsor. I have a home group—and I go to it! I do service work. I have a relationship with a Higher Power that I never dreamed possible.

I did not walk into Herrington brimming with honesty, open-mindedness and willingness. I was looking for loopholes in anything Charlie told me. I was certain that I had a better way. I was blessed to spend 69 days at Herrington House and as time passed I learned to trust. I

learned (much to my chagrin at the time) that Charlie didn't tell me anything that wasn't absolutely true.

I remain in close contact with the Florida Room meetings. I am blessed to live just 10 minutes from the Rogers Memorial Hospital Oconomowoc campus and I use that proximity to the benefit of my recovery. I close my eyes and listen every time *The Promises* are read at the meetings and I thank my Higher Power for providing more than I need. I have the honor of sponsoring a few guys and I find that the most the most important person at any meeting is the newcomer. I am active in service at the area level and I am proactive in my recovery. I have learned that everything that I had

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*20th Anniversary  
Celebration of  
HMAA  
JUNE 25, 2005  
ROGERS MEMORIAL  
HOSPITAL GROUNDS  
OCONOMOWOC,  
WISCONSIN*

## Greeting From The President

by Bob Remme

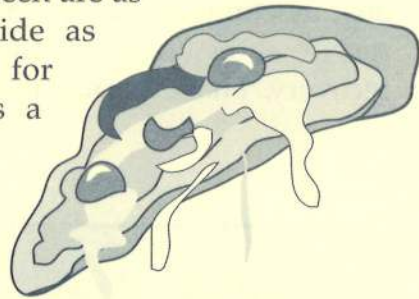
I wanted to take a moment and introduce myself as the new president of the Herrington/McBride Alumni Association (HMAA). I am very pleased and honored to serve the board and the alumni in this capacity. We have a very strong and dedicated alumni board that is committed to providing support to all of the recovering alumni of HMAA as well as those recovering individuals that are looking for a strong recovery home.

The events we sponsor each year, beginning with the upcoming retreat, the reunion, the walk/run and the ongoing pizza gatherings for the residents at Herrington House are a testament to the board's dedication to all.

Many organizations have alumni organizations, but none that I have seen are as dedicated and provide as many opportunities for alumni to gather as a group.

I look forward to the continuation of these events and other suggestions that you, our alumni, may have. Please feel free to e-mail me your thoughts and ideas for the alumni association. New ideas, new events and new thoughts are always welcome. You can contact me at remme1@us.ibm.com. I look forward to hearing from you.

Thank you for your continued support of HMAA.



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

## Greetings From Alum of 1985

HMAA recently received a long letter from Dan Murphy a McBride alum of 1985 who now lives in Pennsylvania. Dan writes, "Let me begin by saying how much I appreciate The Moving Finger newsletter. I enjoy being able to maintain some connection to the roots of my recovery."

Dan plans to attend the 20th anniversary of HMAA which will be celebrated on June 25, 2005. He has agreed to be a speaker during the program at the reunion/picnic. He would love to see all of his old friends there that day!!!!

## 20th Anniversary Of HMAA

Plans are underway for a big celebration of the 20 year anniversary of HMAA at the annual reunion/picnic slated for June 25, 2005.

The event will be one with family as well as alums in mind so activities will be planned accordingly. Details will be published in the early spring issue of The Moving Finger.

## Upcoming Retreat

The back page of the newsletter contains registration form and some information regarding the annual winter retreat which will be held January 7-9, 2005.

While the cost has risen, the content will be priceless as usual. HMAA is providing the evening meal on Friday.

Current residents of Herrington House will be guests on Saturday morning. People new to recovery are always a joy to have in our presence as we come to once again appreciate and be grateful for our recovery.

## Upcoming/Ongoing Activities & Events

### WINTER RETREAT

January 7-9, 2005

Redemptorist Retreat Center  
(See back page for details/registration)

### 20TH ANNIVERSARY REUNION/PICNIC

June 25, 2005

Rogers Memorial Hospital  
Oconomowoc, Wis.

### WALK/RUN FOR RECOVERY

Fall of 2005

(Date to be determined)

### RAP WITH HERRINGTON RECOVERY CENTER RESIDENTS

Tuesdays @ 6PM

(Must be pre-arranged with rap coordinator)

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

### AA MEETINGS

Rogers Memorial Hospital

Oconomowoc campus

Monday—7:30PM

Wednesday—8:00PM

Saturday—7:04AM

Rogers Memorial Hospital

West Allis campus

Sunday—6PM

Tuesday—7:30PM

## For This I Am Grateful

Continued from Page 1

rebelled against for so long is what works for me today.

Service is a great way to stay connected to the recovering community and it not only helps in my recovery but it shows newcomers that recovery can be rewarding and fun all at the same time. I am so grateful for the staff at Herrington and the many real friends that I now have in recovery. I am not the same man that sheepishly stepped through those doors not so very long ago. I am a grateful man who views each new day as a gift.



## HMAA Board of Directors

President—Bob Remme

Vice-President—John Aschenbrenner

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