

The 20th Annual



WINTER RETREAT January 5-7, 2007

Friday evening 5:00PM–Sunday noon

Redemptorist Retreat Center
1800 N Timber Trail Lane
Oconomowoc, Wisconsin

Recovery is a Journey: One Day at a Time

Keynote speaker
Wendy Kohlhaas CADC III

Cost: 165.00 which includes meals & lodging

A limited number of scholarships are available to those in need of financial assistance.

Contact Mary Krall for information and application process

Attendees must be recovering from addiction to drugs and/or alcohol

Sign in begins at 5:00 pm with dinner an hour later. Most rooms are single but if you prefer or are willing to have a roommate so indicate on the registration form.

If you are in need of a 1st floor room so indicate on the registration form.

Name _____

Address _____

City/State/Zip _____

Phone () _____ E-Mail _____

Need a 1st floor room? Yes ___ Roommate? Yes ___

Name _____

Willing to share your room? Yes ___ No ___

Registration fee 165.00

Donation to HMAA _____

Total amt of check _____

Make check payable
to HMAA

Mail to:
Mary Krall
Box 265
Rochester, WI 53167

Registration Deadline
December 29, 2006

The Moving Finger

The Herrington McBride Alumni Association

Winter 2006

Message From the President

Hello Herrington/McBride Alumni and friends of the Herrington/McBride Alumni Association.

My name is Bob Olson a 2001 grad of Herrington. On August 1st 2006 I very humbly accepted the nomination to become president of the Herrington/McBride Alumni Association.

I consider this a very honorable position and will do my best, as past presidents have done, to uphold the integrity of the association and all it stands for.

My simple goal during my time as president is to maintain and encourage continuing recovery with our association members. As in the past, the association has done this through a wide variety of activities that will continue to flourish and grow.

In citing two of our activities, I am very happy to report that the reunion/picnic has broken attendance records the past few years and the winter retreat continues to grow as well.

I encourage anybody who has not sampled these wonderful recovery events to do so. You will not be disappointed. And for those of you who continue to attend years in and years out, please spread the word. There certainly is something to be said about great numbers of recovering people gathering together.

I would also like to applaud the board members past and present who have given their time so unselfishly to uphold and spread our common goal of sobriety one day at a time.

In closing, I would like to invite all association members with questions or concerns to feel welcome at anytime to contact me personally with them. I will be sure to present these concerns to the board in a timely manner with the respect they deserve.

Warmest regards,
Bob Olson
President-HMAA

Recovery Is A Journey: One Day One At A Time Carpe Diem!!!!

By MaryLee Grady

Do you remember learning how to walk? I certainly don't, but I am sure I was helped along the way by loving parents and relatives. Our journey in recovery can be compared to learning to walk. Caring friends, hopefully family members and others, were and are there to help us along the way. Meetings and slogans of AA are there for us to grab on to. As we fell while taking our first steps in learning to walk, so we sometimes fall back into old behavior while learning to live in a new way. But time and effort in learning to walk got us on our feet one step at a time, one day at a time. So, it is in the journey of recovery, one step at a time, one day at a time.

How fitting it is to begin a new year with the theme of our annual Herrington/McBride Alumni retreat, "Recovery Is A Journey: One Day At A Time." Whether we are early in our recovery or have the gift of several years in recovery, the fact remains the same for each of us—we have and can live only one day at a time.

As I sat down to write these reflections, I had to laugh to myself. I am writing about living one day at a time, while on my desk are my "to do" lists, with some things crossed off, and other "to do" things staring up at me. I recalled the concept learned while in treatment of living in today rather than yesterday or tomorrow. Think about it. How often do we miss the beauty of today because we are preoccupied with yesterday's hurts or business or tomorrow's worries. What is the beauty I am missing today? How often do we find ourselves in a conversation saying, "What? Oh I'm sorry, I was thinking about something else." Of course, there is the rhythmic dance that must go on between responsible planning and one day at a time. Neither extreme is the way to live in healthy recovery. Healthy recovery demands the beautiful meshing of the warp and the woof of weaving the tapestry of our lives in responsible planning with the reality of living one day at a time.

So, the challenge of the Latin writer, Horace, is there for all of us. CARPE DIEM! ONE DAY AT A TIME.

The 12 Steps In Reverse

- Step 1:** I stated that I could handle my liquor and was master of my fate.
- Step 2:** I firmly believed that I was entirely rational and sane in every respect.
- Step 3:** I made a decision to run my own life and be successful in my undertakings.
- Step 4:** I made a searching and thorough inventory of my fellow man and found him to be lacking.
- Step 5:** I admitted to no one, including God and myself, that there was anything wrong with me.
- Step 6:** I sought through alcohol to overcome my responsibilities and escape the realities of life.
- Step 7:** I got drunk to remove these shortcomings.
- Step 8:** I make a list of all persons who had harmed me, whether imaginary or real, and swore to get even with them.
- Step 9:** I got even whenever possible, except when to do so would further injure me.
- Step 10:** I continued to find fault with the world and the people in it, and when I was right, promptly admitted it.
- Step 11:** I sought through conniving and hypocrisy to improve myself materially at the expense of my fellow man, as I misunderstood him, asking only for the means to get or stay drunk and escape the realities of life.
- Step 12:** After having had a complete moral, financial and physical breakdown, I tried to drag those who were dear to me down to my level and to practice this reasoning in all my affairs.

Thoughts To Ponder

by Natalie Zimmerman & Rob McCreadie

Here are a few more tidbits to ponder and incorporate into your recovery.

Interpretations are ours and/or provided by fellow recovering folks.

“LOOK AT IT, BUT DON’T STARE AT IT”

Yes, we must be aware of past behaviors as the result of our use of drugs. However, we cannot afford to resurrect them continuously and obsess over them. The program

gives us the 5th step in which we can shed ourselves of the guilt, shame and ever present memories of our past behaviors. We can and must share our past with the newcomer. One of the 12 Promises states, “We will not regret the past, nor wish to shut the door on it.” The past is over and done with. We cannot change it but we must move on if we are to enjoy the rest of the Promises.

“DENIAL OPENS THE DOOR TO DEATH FOR THE ALCOHOLIC AND ADDICT”

Probably the most difficult thing we are asked to do is to surrender to the fact that we are alcoholics/addicts. Without surrender we leave the door open to the possibility of further consequences as the result of our addiction and to the inevitability of death as a result. Yes, these are strong words. Stick around and you will see the devastation denial creates in the lives of those who have not totally surrendered. Our disease is very patient and waits for the appropriate moment to bring us back to active addiction.

“JUST FOR TODAY”

I will be honest with the newcomers and let them know that, no matter what life brings, we never have to use drugs again.

Often when a newcomer arrives at their first meeting, we want to tell them that life will surely be wonderful if they follow this new way of life. Life does get better but recovering people have trying times in their lives, too. The difference is that today we have a choice that means we don’t have to use, no matter what!

“GOD GRANT ME THE SERENITY TO ACCEPT THE PEOPLE I CANNOT CHANGE AND THE COURAGE TO CHANGE THE ONE I CAN AND THE WISDOM TO KNOW IT’S ME.

The only things in my life that I have the ability to exercise control over are my decisions and my actions. Everything else is in God’s hands.

“LIFE IS LIKE THE AUTUMN LEAVES—RESTLESS.”

Change is a part of life as difficult as it may seem at the time. Life is not static but instead is always in motion. We have a choice as to whether we embrace the movement or fight it and remain stagnant.

‘THE DIFFERENCE BETWEEN VICTORY AND DEFEAT IS NOT ONE OF ABILITY BUT OF ACTION. THE MAGIC GIFT IS NOTHING MORE MYSTERIOUS THAN DOING WHAT YOU DON’T WANT TO DO WHEN YOU DON’T WANT TO DO IT.

This statement seems quite self-explanatory.

Upcoming/Ongoing Activities & Events

WINTER RETREAT

January 5-7 2007
Redemptorist Retreat Center
Oconomowoc, Wi
(Information & registration form on back page)

RAP WITH PERSONS JUST ENTERING RECOVERY

Oconomowoc campus on Tuesdays at 6PM

West Allis campus at various times.
Contact us at address in this newsletter or call
1-800-767-4411 ext. 516
(Individuals must be pre-approved)

PIZZA WITH HERRINGTON HOUSE RESIDENTS

March 2007
(If interested in attending, contact a board member)

12 STEP MEETINGS

AA

Oconomowoc campus
Monday–7PM
Wednesday–7PM
Saturday–7:04AM
Sunday–8:30AM
(All meetings are in the HMAA meeting room)

WEST ALLIS CAMPUS

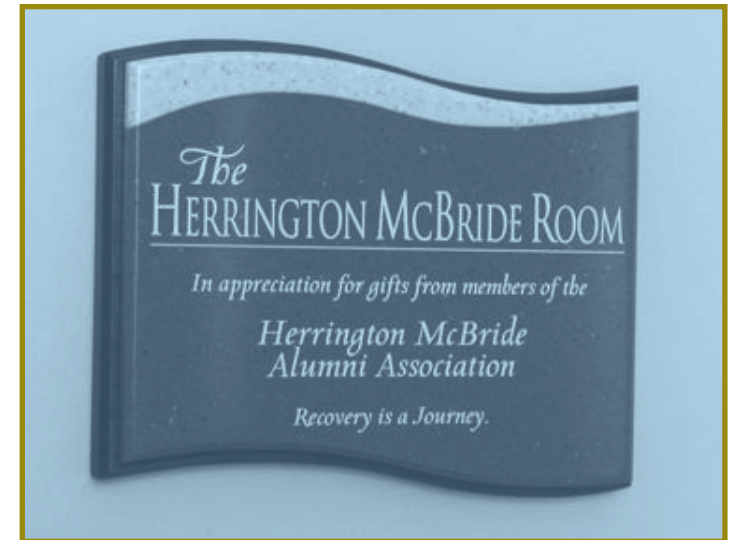
Sunday–6PM
Tuesday–7:30PM
Saturday–9AM

NA

West Allis campus
Thursday–7PM

ANNUAL REUNION/PICNIC

June 23, 2007
(Information in Spring newsletter)



Pictured is the plaque which hangs outside the door to the HMAA meeting room at Rogers Memorial Hospital. At this writing HMAA has raised \$87,000 of the \$100,000 pledged for the establishment of the room.

God, grant me the serenity
to accept the things I cannot change ~
Courage to change the things I can;
and wisdom to know the difference.

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