

Welcome to Spring!

Spring is naturally a time of great change. After the long winter, with flowers blooming all around us, and nature's focus on their new born young, spring is one of the most exciting and anticipated seasons of the year. It can make us all feel more open to inviting change, but sometimes the transition from one season to the next can be difficult.

In life, there are always ups and downs, gains and losses, confusion and fear. On average, we cannot avoid change or the surrounding emotions. Change, as John F. Kennedy noted, "is a law of life."

Changing your mindset – your power of choice or what Dr. Low referred to as, "Changing your predisposition," is a power tool in the game of life. Our resilience can only grow stronger as we embrace change and manage the challenges we face using the daily practice of the RI method.

— Wishing you a happy, healthy Spring Season —
Endorse! Your editors, Helen and Dave



Recovery is above-ery.

It helps us rise above the trivial irks of life.
It teaches how to opt and go for the perks in life.
A positive peace-filled way of being,
secured by heeding Dr. Low,
is our reward for careful reading and learning
all we need to know.
His tool kit is endless, his savvy spots, splendid.
They lift us out of lowered feelings
and vicious cycles to allow for healing.
Spotting is our practice to see
that secure and peaceful we can be.

Dr. Low tuned in to the flow of life.
Dr. Low taught us the means to thrive.

Fran G.

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Wisdom of Dr. Low

You will now be in a better position to understand the factors which tend to do away with your spontaneity: (1) there is a conflict of intentions and impulses, (2) a sense of insecurity, (3) effort and self-consciousness, (4) inability to decide, plan and act. The inability to decide, plan and act is the outward expression of your defect in spontaneity; the conflict of impulses, the sense of insecurity and the self-consciousness are its inner causes.

In the subsequent portions of the interview, it was explained that if Irene meant to preserve and strengthen her spontaneity she had to cultivate ideas of security and to reduce as far as possible her thoughts of insecurity. The examiner then demonstrated, with suitable examples, that patients can weaken their sense of insecurity if they learn to adopt the philosophy of averageness in preference to thinking in terms of exceptionality. Irene had been brought up as a perfectionist. Her ambition was to keep her home "perfectly clean," to do a perfect job in the education of her children, to attain excellence as hostess, wife, friend, neighbor. Trivial errors, trifling mistakes and insignificant failures caused her to sweat and fret, to wear herself out with vexation and self-reproach. She worried, felt provoked at her fancied inefficiency, was perpetually flustered and confused. The confusion multiplied her record of bungled trivialities and botched irrelevancies. A vicious cycle developed: The more she was confused, the more she bungled; the more persistently she bungled, the more disturbing became her confusion. In the end, she lost confidence in her ability to do things "correctly," developed an exaggerated self-consciousness and lost her spontaneity.

After joining Recovery she learned to be human and average, to permit herself to be "like others," to bungle as much or as little as people bungle "on an average." She rejected the idea of the "perfect job" and the "flawless performance" and adopted the now familiar Recovery doctrine to "have the courage to make mistakes in the trivialities of everyday life."

From "Spontaneity and Self-Consciousness", Chapter 51 in *Mental Health Through Will Training*

Members Corner

Self-Led not symptom Led

In 1986 I attended my first Recovery meeting, led by Bobbi M. I traveled 30 miles each Saturday to attend this meeting where I had support and understanding and was introduced to the works of Dr. Low. Eventually I became an assistant leader. The first spot I learned was, "It is distressing, not dangerous." For a while, I led my own group in Hillsboro, OR. I was inactive for a while, but remembered many of the spots. The "Will to Flexibility" was the most important one for me for several years.



I began having a problem with non-epileptic-seizures, this is also a conversion disorder in conventional psychiatry. I read of many similar neuropsychiatric problems in Dr. Low's book and was able to overcome the non-epileptic seizures through muscle control, impulse control, and thought control. I have not had a seizure since 2000. My neurologist and psychologist were amazed, because most people do not even admit to having a psychological problem causing seizures.

I would recommend RI to anyone who wants to improve daily life and relationships. I have been active in RI for 36 years. My newest spot is, "Self-Led not Symptom Led," and I also use the "Will to Flexibility" a great deal these days.

Grateful long-time member, Kathryn W., Portland, OR

The Self Help and Recovery Exchange (SHARE!) program in California hosted a Virtual Supervision of Peer Workforce Conference on April 27th. Our own RI Leader, Holly W. of Area 130, submitted for a session at the conference and was accepted. The session included a presentation about RI history, concepts, and a demonstration of the 4-Step Method with an example. Other RI leaders and members attended the conference to assist Holly with the example demonstration. We thank Holly for putting in the effort to apply for a session and for others who supported her! Endorse!

Recovery Examples

Great improvement over former days

“I was 22. I am 70 now. Recovery saved my life. I have come millions of miles in Recovery and have been a member for a long time. I've been out of the hospital for 34 years. Every day of my life, I get up very early in the mornings and endorse myself. I had suffered from deep lowered feelings for years and years a long time ago. I never get lowered feelings any longer or suicidal ideations. I would have taken my life a long time ago, if not for Recovery. Five years ago, I had breast cancer and got through it with the tools of the program. Michael B. is my leader and he runs Recovery weekly at the West Islip Our Lady of Lourdes Church, NY. Great Leader! My favorite spot is moving my muscles, by going to the gym every morning and working with weights.”

Thank you, Elizabeth B.,
Ronkonkoma, NY



A triviality of everyday life

“Step 1: Recently one afternoon, as we were getting ready to take our children to the park, my husband thought of a last-minute item he wanted to purchase in preparation for an upcoming road-trip. He began searching on his phone for local products and retailers, and wanted to make a few calls, all while we were asking the children to get dressed and get everyone prepared to leave the house.”

Step 2: The mental symptoms I had were: angry temper and racing thoughts (“Why on earth does he always leave things until the very last minute? Does he really have to deal with searching for this item right now, while we’re right in the middle of trying to get the kids out the door?”). The physical symptom I experienced was muscle tenseness.

Step 3: I spotted right away that I was getting worked up and that I needed to use Recovery. I used the following spotting tools:

- There are no right or wrongs in the trivialities of daily life, and every aspect of this was a triviality.
- People do things that annoy us, not to annoy us.
- Don’t work a triviality into an emergency (it doesn’t matter if it takes us an extra five minutes to arrive at the park.)
- Calm begets calm and temper begets temper.

Step 4: In former days, before my Recovery training, I would have indulged myself in anger, because I would have insisted that I was right, and my husband was wrong. I would have indulged myself in feeling personally hurt that my husband was ignoring my wants and didn’t care about the plans I had made for the family. I might have worked myself up to crying, stomach discomfort, and more tenseness throughout the body. Instead, when I quickly noticed myself getting worked up and quickly used the spotting tools, my temper was controlled quickly, too. As it turned out, my husband only needed just a few minutes to make the phone call and then we were off to the park. I let the working-up process go and by the time we arrived at the park I had almost forgotten that I had even been upset just moments prior and we had a wonderful time.”

Danielle C., Burnaby, BC, Canada

Phil's example

“I was continuously getting up and going back to bed until 2 PM and getting worked up. I had fearful thoughts, lowered feelings and the disturbing impulse to go back to bed. My fearful temper was that I am a weak person. The tools I used were:

- This is a symptom, distressing but not dangerous.
- Be self-led, not symptom-led.
- Comfort is a want, not a need.
- Don’t take our own dear selves too seriously.
- Helplessness is not hopelessness.
- Replace an insecure thought with a secure thought.
- Don’t listen to the defeatist battle of the brain.
- Endorse Endorse Endorse. One inner endorsement is worth a thousand outer endorsements.

I endorse for getting up and writing down this example. Before my Recovery training, I would not have worked an example.”

Phil R., Oakland, CA

2021 A Year in Review

The past year has been another interesting study in human behavior, global issues impacting local ones, and how we all deal with challenges forced upon us by the external environment. As an organization, Recovery International has been resilient because of the people involved. Board, staff, leaders, members and donors have all rallied to continue offering meetings, welcoming newcomers, and provide much-needed support to keep our doors open and programs running. At the office we are consumed with operations and tasks like reports, scheduling, accounting, state registrations, keeping the database updated, processing contributions, restocking the bookstore, responding to questions, and providing customer service. But we do it with a purpose—to help people improve their mental health!

More than 60,000 attendees joined in our meetings from all over the world last year. We had Zoom and phone participants from Africa, India, Ireland, Canada, and Israel. We opened a new Spanish language Zoom meeting in addition to the one run by our Puerto Rico colleagues. The Power Your Mind youth program has been featured in several conferences and piloted in schools in four different cities.

However, the number of meetings and people served are still only half of what they were before the pandemic, and

meeting contributions are down by two-thirds. Therefore, we are even more grateful than ever to those who are able to contribute a little extra through higher-level memberships and philanthropic gifts. This generosity is what enables us to support our leaders in the field, offer newcomer and leader training, and work to modernize our programs and materials.

Most heartwarming, though, are the stories of success we hear every day—gratitude from people who have benefitted from the Recovery Method. You will read many of these stories in this and other issues of the *Reporter*. That is why we are here: to bring hope to people who were anxious and discouraged, to bring peace to people who used to be in temper, to help you and others achieve better mental health.

With best wishes,



Joanne Lampey

Joanne Lampey
President



Sandra Wilcoxon

Sandra Wilcoxon
CEO

Programs and Outreach

Our programs serve the mission to help people gain skills to lead more peaceful and productive lives using the method and tools created by Dr. Low. While ongoing concerns brought about by the pandemic limit our ability to re-open more than 200 in-person meetings, our work continues. Highlights of the past year include:

- Opened eight more Zoom and telephone meetings.
- Re-opened 40 Community meetings throughout the country.
- Held 142 peer-led meetings each week, serving more than 68,000 participants.
- Opened a second online Newcomer Welcome Meeting.
- Opened a second online Spanish Meeting.
- Held 14 training and continuing education sessions for Group Leaders and Power Your Mind Leaders.
- Held monthly meetings for Area Leaders and Group Leaders.
- Held the Annual Meeting and holiday event via Zoom.
- Published the *Better. Mental. Health. Nature Journal*.
- Presented at one national and five regional mental health conferences.
- Reached more than 1,300 mental health professionals, veterans, first responders and other groups.
- Partnered with The Shift mental health rallies in Los Angeles and Chicago.
- Participated in the San Diego Honor Flight welcome event as part of the Veterans Initiative.
- Continued Daily Spots, Weekly Wisdoms, and the quarterly Recovery Reporter.
- Expanded online outreach through Facebook, Google Ads and LinkedIn.

Thank you for being part of the RI community—these accomplishments would not be possible without you! We have many ambitious goals to reach new people, offer new technologies, and provide more support and educational content to our members and leaders in the future.

2021 Financial Statements

In 2021 Recovery International again benefitted from generous bequests and the Federal government's Payroll Protection Program. These two items enabled us to survive the second pandemic year even though nearly 300 community meetings were still closed. The impact of the closed meetings can be seen on the financial reports in declines in Area and Meeting Revenues and volunteer time. Introducing more remote meetings—online and via teleconference—has enabled us to reach new people and fulfill our mission. We also took out a low-interest, long-term loan in order to invest in new technology and create applications to reach the next generation. -Hal Casey, Treasurer

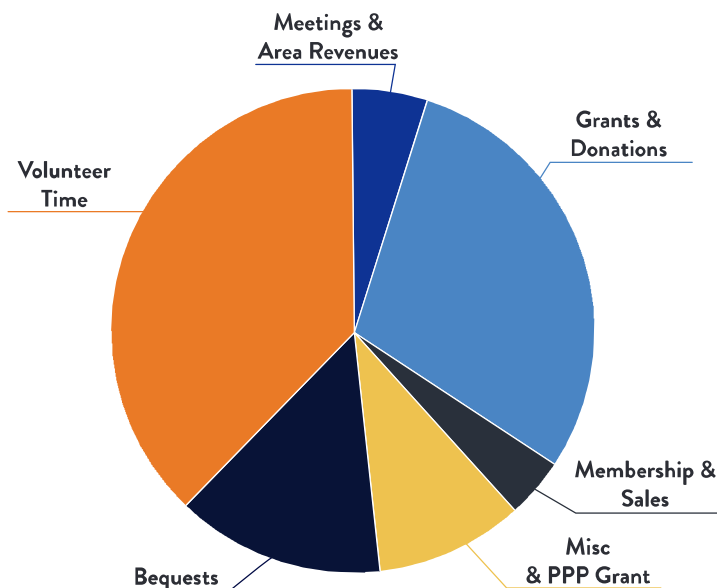
Balance Sheet

	2021	2020
Current Assets	\$ 3,429,927	\$1,946,488
Fixed Assets	\$ 10,599	\$ 18,783
Total Assets	\$ 3,440,526	\$ 1,965,271
Current Liabilities	\$ 12,930	\$ 13,605
Long-term Liabilities	\$ 1,352,186	\$ -
Equity	\$ 2,075,410	\$ 1,951,666
Total Liabilities & Equity	\$ 3,440,526	\$ 1,965,271

Financial Activity

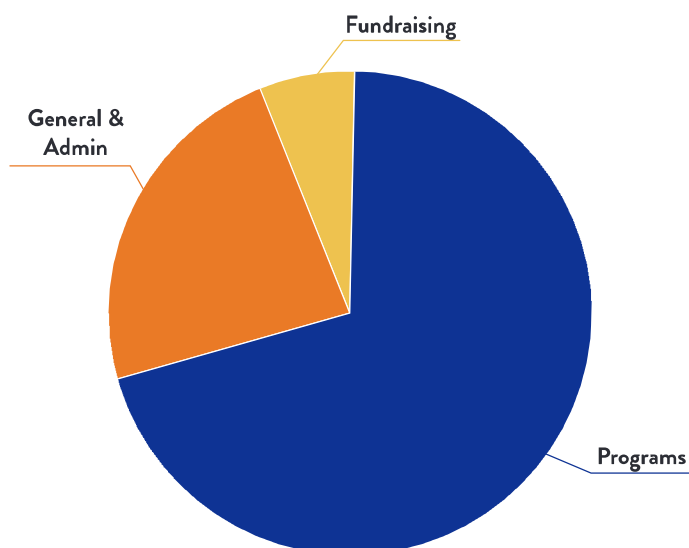
Revenues

	2021	2020
Meetings & Area Revenues	\$ 61,492	\$ 84,466
Grants & Donations	\$ 389,881	\$ 316,094
Membership & Sales	\$ 50,133	\$ 64,346
Misc & PPP Grant	\$ 129,737	\$ 93,358
Bequests	\$ 183,852	\$ 385,021
Volunteer Time	\$ 494,521	\$ 373,509
Total	\$ 1,309,616	\$ 1,316,794



Expenses

	2021	2020
Programs	\$ 847,696	\$ 773,628
General & Admin	\$ 275,872	\$ 242,034
Fundraising	\$ 74,808	\$ 65,199
Total	\$ 1,198,376	\$ 1,080,861
Net	\$ 111,240	\$ 235,933



Surplus from bequests used to rebuild cash reserves & endowment

Donor Spotlight

Future Legacy Gift to Recovery International

One of Recovery International’s members of more than 20 years from Pennsylvania has decided to join the Society of Dear Ones. He has formalized his will and is leaving his entire estate, currently valued at \$3 million, to RI in recognition of how helpful the method has been to his success in life. Though he wishes to remain anonymous, he agreed to share his story.

This member got involved with Recovery International when he was feeling anxiety, depression, heart palpitations, and was agoraphobic. He went to his doctor, who prescribed sedatives and recommended yoga. The sedatives and yoga did not do enough to address his symptoms, so he went looking for other solutions. The member found Recovery’s website, purchased a book, and then went to his first meeting.

At that first meeting he quickly learned from the group leader that “you have to do the work and there is no quick fix.” The group leader then said, “time and effort put in will equal results.” As the result of Dr. Low’s teachings and lots of practice of the method, he changed from a nervous patient to an average nervous person. He also learned early on that setbacks are unavoidable, “but with training and applying Dr. Low’s teachings, they became short and mild.”

One day, as he read the *Recovery Reporter*, he noticed a list of members who had pledged to leave a legacy and join the Society of Dear Ones. This spurred his interest to donate. He met with his financial planner and made the decision to leave his estate to Recovery International, feeling this would be the best way for his legacy to have a lasting impact.

“After seeing what Recovery International has done for me, it was a no-brainer to select this organization to receive my bequest.” We are truly grateful to this special longstanding supporter and newest member of the Society of Dear Ones for being group-minded and taking action that will benefit others in the future.

Society of Dear Ones

Recovery would not have survived the past several years without generous bequests from people who appreciated the role Dr. Low’s method played in their lives. We are able to continue our work through the thoughtful, forward-thinking and group-minded actions of people who have planned ahead and included Recovery in their wills.

Recent Bequests

We honor the memory of friends who made gifts from their estates in the past two years:

Michael F. Agin	James Lawrence Books, Sr.
Mary Brawley	Philip Dahlgren
Geraldine Halland	Harold Koebke
Nancy Maier	Philip Mancuso
Stephen Millard	Susan Miller
Stanley Pahota	Merdith Ransohoff
Harold VanDeest	Beverly J. Zweig

Society of Dear Ones

We salute the people who have already let us know that Recovery International is included in their estate plans:

Anonymous (3)	Marcian Ashby
Mariam Ballatine	Stella Benkel
Phyllis Low Berning	Robert Bessen
Susan Beyerlein	Cliff Brown
Lynette Bryant	Thomas Burt
Donna Cable	Edith Campbell
Hal Casey	Alice Clawson
Gary Collier	Darlene Day
Nancy Downes	Ann Dunbar
Mary Ann Fastook	Colleen Ferguson
Penelope Gillespie	Phyllis Greenberg
Robert Gros	Donna Gunnison
Triss Hansen	Robert Holcomb
Denise Holmes	Susan Holt
Peter Jardine	Celinda Jungheim
Steve Kunze	Everett LeCompte
Gloria Lippmann	Mike Loeffelholz
Marilyn Low Schmitt	Kathy Majka
Dale Marxen	Pamela Memmer
Meta Moder	Diane Peskin
Randall Petersen	Sheila Rabel
Jane Razza	Linda Reese
Ruth Reynolds	Harry Rubin
Hector Solivan	John Stepanik
Marie Svokos	Richard Sweeney
Mike Timmons	Linda Weintraub
Anne Welsh	David Wood
James Zubulak	

This generosity will keep the work alive to serve generations to come—please help us in expressing our gratitude to the members of the Society of Dear Ones and consider joining them by including a gift to Recovery in your will or estate plans. For more information about planned giving, please contact Marc Saffren at marc@recoveryinternational.org.

Donor Honor Roll

We rely on meeting contributions, memberships, gifts and grants to operate. This support is vital to continuing programs and to ensuring that no one is turned away for inability to pay. We especially wish to recognize the following members and donors:

Foundations & Organizations

Anonymous
Bruce D & Treasure Sachnoff
Charitable Family
Foundation
SHARE!
Dillon Marcus LTD.
Recovery Canada
Communities Actively Living
Independent & Free
Community Research
Foundation
AmTrust North America
United Way of Bucks County
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Ellen Van den Bergh
Annmarie Vierick
Terence Vrchota
Linda Weintraub
Frederic Weller
Rebecca Williams
Lorraine Wright
Michael Young
Dorothy Yuhas
James Zubulake

+ Indicates Deceased.

While space prevents us from listing gifts under \$250, we are grateful for all contributions, of every amount! (If we have inadvertently omitted or misspelled your name, please forgive us, and let us know so that we can update our records by contacting Everlean at info@recoveryinternational.org.)

Continuing Education for Leaders

At the beginning of this year, the Training & Recertification Task Force rolled out continuing education programs for leaders/leaders in training. To-date, we conducted the following sessions via Zoom: How to Open a Meeting, Dealing with Disturbing Behaviors, How to Use meetup.com to Promote RI Meetings, Group Leader Trainings, and Power Your Mind Overviews.

For those Leaders wishing to facilitate a program, applications are required and are sent to the Program Committee for review. Session proposals are vetted based on the following criteria:

- advances RI mission
- contributes to RI Method and knowledge base
- aids members in advancing their technology skills to lead meetings
- furthers mentoring of new leaders
- provides ways to attract newcomers and market meetings.

These sessions are free to Leaders. To obtain an application to conduct a session or if you wish to become a Leader and participate in these personal development opportunities, contact angela@recoveryinternational.org or 312-337-5661.

Decide, Plan and Act: Judith Bassette

Last fall, on a national Group Leader meeting, Judy Bassette heard that meeting donations were down more than \$100,000 – due to the pandemic. Judy *decided* this was the year to make an extra donation to Recovery International, she made her *plan*, and *acted*. And we received a most generous check from Judy, many times her usual annual gift, to help RI during these challenging times!

I called Judy to thank her, and learned she has been involved in RI for 43 years. When her children were small, she suffered from feelings of helplessness, hopelessness, fatigue, anxiety, panic, crying spells, and heart palpitations. She laid on the sofa or bed all day, only getting up to do what absolutely had to get done. For three years, doctors were not able to help her, but one finally suggested she might try Recovery meetings. She went that same week, and found tools to help with her symptoms.

“Recovery showed me how I could use my muscles to get up and take care of myself, my family and my home. Thanks to Recovery, I was able to achieve a better quality of life. I was able to get my Master’s Degree and worked as a Spanish and Latin language teacher for 20 years.” Judy continued, “I wanted to give the donation to Recovery in intense gratitude for giving me the knowledge of all the coping tools I use in everyday situations.”

Judy went on to become a Group Leader, and is the Western New York Area publicity chairman. She has conducted many demonstration panels introducing RI to area ministers and civic groups, and is currently working on scheduling a radio interview on Buffalo Senior Radio.

Judy knows RI works for others, too. There were people in her group over the years who have had suicidal thoughts. They found hope in the tools Recovery provided, and now lead productive lives. She also does mutual aid calls with past group members who live in nursing homes and can’t get to meetings, and sometimes she mails out lists of coping tools to friends.

“I encourage everyone who attends Recovery meetings to drop the stigma of their own mental health problems so they can bring awareness of RI to others,” Judy says. “Continue to give your time, talent and treasure to Recovery so that future generations will be able to benefit from RI Method.”



Roaming the Globe



India

Members of the Recovery group in India formed the nongovernmental organization called Eklavya Foundation for Mental Health to promote the principles of Dr. Low's Recovery Method. Up to now, they have been spreading the word in the Marathi speaking states of Maharashtra and Goa. They are now reaching out to the states of South India.

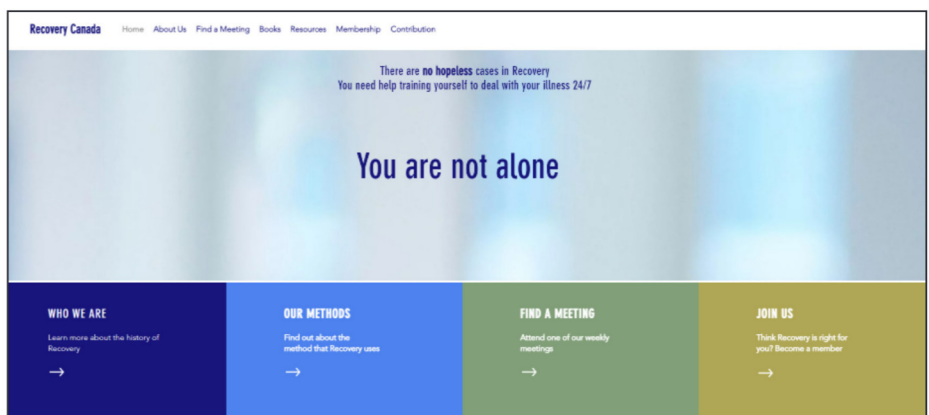


Canada

Recovery Canada has a quarterly newsletter. If you would like to receive an email copy of the Spring Edition please contact danielle.almcasey@gmail.com

Recovery Canada Website is Back on Its Feet, thanks to the hard work of Kathy Feller. recoverycanada.ca

Kudos to the Recovery Canada Board members for all you do to help mental wellness thrive through Recovery!



Reuniones en Español vía Zoom

Nos complace anunciar una nueva reunión en línea en español los viernes con sede en San Diego. Este fue un verdadero esfuerzo de equipo con la ayuda de nuestra nueva asistente de oficina bilingüe, Valeria, quien trabajó con los líderes de grupo Rex y Fedora para traducir materiales para usar en la presentación en línea. Esta se une a las reuniones organizadas por nuestros líderes de Puerto Rico para ofrecer otra opción para aquellos que buscan reuniones en español:

- **Lunes** 1:30 p.m. hora del Atlántico a través de Zoom ID 857 572 34 965 PW 123456, Contacto: Letti (787) 361-6067
- **Jueves** 6:30 p.m. hora del Atlántico vía conferencia telefónica, Comuníquese con Martiza (787) 462-7988
- **Los viernes** a las 2 p.m., hora del este, a través de Zoom, llame a Valeria al 619-383-2084 para registrarse.

Para obtener ayuda con las reuniones en español, comuníquese con Valeria a Espanol@recoveryinternational.org o al 619-383-2084

Spanish Meetings via Zoom

We are pleased to announce a new online Spanish meeting on Fridays based in San Diego. This was a real team effort aided by our new bilingual office assistant, Valerie, who worked with Group Leaders Rex and Fedora to translate materials to use in the online presentation. This joins the meetings run by our Puerto Rico leaders to offer another option for those seeking Spanish language meetings:

- **Mondays** 1:30 p.m. Atlantic Time Zone via Zoom ID 857 572 34 965 PW 123456, Contact: Letti (787) 361-6067
- **Thursdays** 6:30 p.m. Atlantic Time Zone via conference call, Contact Martiza (787) 462-7988
- **Fridays** at 2 p.m. Eastern time via Zoom call Valerie at 619-383-2084 to register.

For assistance with the Spanish meetings, contact Valerie at Espanol@recoveryinternational.org or 619-383-2084

Announcements

Stories of Hope Audio Series

Listen to this episode where Elizabeth S. tells how the Recovery Method helped her lose unwanted pounds. Enter <https://youtu.be/gDiFISNIWb8> into your browser.



Special Focus Meetings – Coming soon!

Is finding the sabotage in an example challenging? Do you wonder if you're stating a spot correctly? As part of our continuing education for all members, one-time special focus meetings will be offered to cover these topics and more. Rexie B. will lead a session in June called, "Easily and Comfortably Spot Sabotage." Others are developing a session on "What's a Spot and What is Not?"

Look for upcoming announcements in Weekly Wisdom on dates and how to register. We also welcome ideas for other special topics. Contact angela@recoveryinternational.org or call 312-337-5661.

**To join the Book Study focusing
on Dr. Low's works, email
davesdecafe@gmail.com to receive
the conference call number and code.**

Kudos Corner!

PYM All the Way!

"The ADULTS in my dual diagnosis facility LOVE *Power Your Mind*. What a wonderful workbook you rolled out. I am so grateful you have created something simple and easy to read for nervous patients of any age."
- Lynn T., Apprentice



Call for Submissions!

Have you or someone you know dedicated 25 or more years to practicing the RI Method? Help us honor longtime members as we feature our long-serving heroes in each issue of the Reporter.

Send to:
editor@recoveryinternational.org

Mailed items should be sent to:
Recovery International
1415 W. 22nd St., Tower Floor
Oak Brook IL 60523

In Memoriam

Geraldine (Gerry) Halland

Area 225 (Telephone)

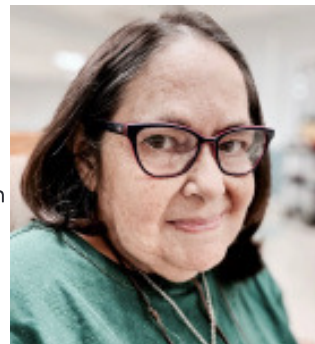
Gerry began her service to RI as a Community Meeting Leader and then as an Assistant Group Leader for Telephone Groups in 2016. She also served on the Program and Veterans Committees for RI. Gerry's passion for helping others through RI shone through. She will surely be missed.



Mary Madeline Hebert McLean

Area 75 (Louisiana)

Madeline was active in Recovery International in the early 2000's and also organized a regional conference including groups from Texas, Georgia and New Orleans. Although she struggled with her mental health throughout her life, her time in RI offered her stabilizing tools and purpose.



Henrietta Maria Stattel

Area 32 (DC, MD, VA)

Henrietta immigrated to the US from the Netherlands and attended her first Recovery meeting in the 1960s. For many years she served as Group Leader, Assistant Area Leader, Area Treasurer, and coordinated many Recovery social events. We lovingly recall her sense of humor and the disciplined way she handled 5-minute phone calls.



Kathleen Mary Quinlan

Area 225 (Telephone Meetings)

An active member of Recovery for over 50 years, Kathy began her service as an Assistant Telephone Group Leader and then became a Telephone Group Leader in 2015. Assisted by her sister Lynn, this dynamic duo consistently experienced large numbers of attendees on their meetings each week.



Stories of Hope

Every season is a time for HOPE

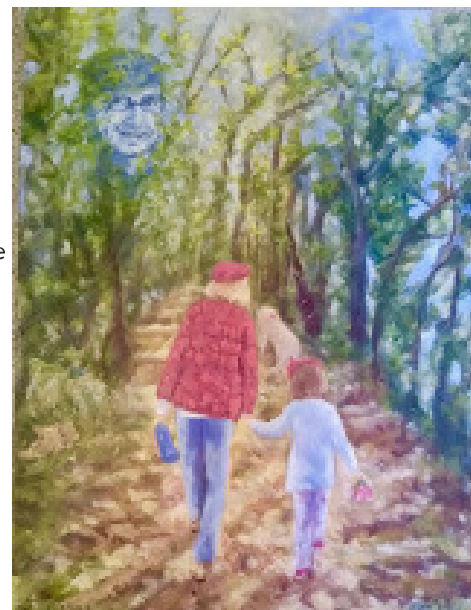
This oil painting depicts a time in my life that I wouldn't have survived without Recovery International. On November 1, 2021, my son passed away after a long struggle. Brandon, a smart sensitive young man, was a veteran with PTSD.

I painted this scene showing my granddaughter and me walking with Brandon's service dog, into a forest with Brandon's ashes. My husband and others were walking in back, and someone shot a photo of us. I envisioned Brandon at once with us and around us.

Before practicing the RI Method, which includes listening to other apprentices and reading Dr. Low's writings, I had an excessive sense of responsibility and had not even grasped the concept that I have no control over outer environment. (This includes close loved ones.) Carrying on despite this tremendous loss, I remind myself of the spot, "Some people have a passion for self-distrust," taking comfort in the realization that I gave my son all the love and support a parent can provide a young adult.

To conclude on a positive plan for my future, (Decide, plan and act.) I shall become involved with Psychiatric Emergency Response Team (P.E.R.T.) or help at a local mental health organization. I will live the rest of my life being group-minded, making a business of my mental health, which involves living in the program of RI, and endorsing myself like a trickling tributary of the Shenandoah.

Long-time member Elizabeth S.





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Celebrating Mental Health Awareness month with gratitude!

<<PRSR>>

**Like a rising Phoenix, the Recovery
Method gave me a new insight.**

On entering college, I was imagining beautiful dreams for my life, but I was struck by mental health challenges in the middle of studies. Mental health challenges were paralyzing and emotionally draining. I experienced a roller-coaster of symptoms and I got help from medication, but it brought me no joy, no happiness and basically no cure. There was a certain amount of restlessness underlying the calmness I showed on my face.

After suffering through various entanglements of life, I was introduced to the Eklavya group in Pune, India by my psychologist friend. This group uses the Recovery Method. It's a very simple method. In four steps, you are relieved of your anxiety and restlessness. It gives you a unique solution and is a safe and trustworthy method. Every Saturday we have our group meeting. It gave me a new life, like the a transformation of ashes to a rising Phoenix.

RI's Recovery Method is an international program, easily accessible online, by phone or in person, that can bring out the best in every suffering individual. People with mental health challenges should take advantage of it.

This May during Mental Health Awareness Month, I appeal to all such people to come forward and take help for their emotional turmoil. We don't come across such genuine helpful groups very often in life. It's just one click or phone call away!

Dr. Pallavi Gambhir, Pune, India

A version of this story appeared in the Daily Maharashtra Times, Pune Plus on 6th October 2021 and can be viewed by going to <https://bit.ly/3ldVV4g>

