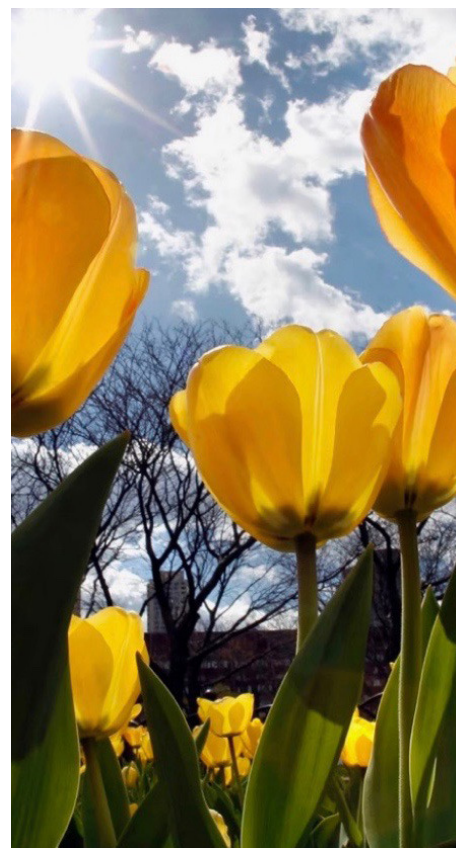


Welcome To Spring!

Wishing you all the best for a happy, healthy, average Spring Season

Spring is here! This is the season of flowers that line our sidewalks with their sweet fragrance floating in the air. All of this sunshine calls for a lighter jacket instead of our heavy coats. Most of us who live in colder climates have been longing for this time of year. Some of us are cleaning out winter, sweeping our gardens readying for the new bulbs to finally burst from the ground. A little spring cleaning doesn't sound so bad at all. It's a great time for new beginnings. An easier time ahead, a slower time with summer just around the corner. Dr. Low speaks of peace being our supreme value, regardless of the season. Let's take a moment to think about what that means personally for each of us. Certainly, it's easier to think about what it's not. It is not about romanticizing and intellectualizing, keeping us worked up and away from reality. Realism is about being aware and trusting our basic functions. Accepting life on life's terms and making sound decisions. The decision to keep our minds peaceful was not so easy before Recovery. We can endorse for greater improvement over former days and we can continue to keep our practice a priority. Let's keep attending meetings, reading the literature, taking five-minute phone calls, or maybe even volunteering to be assistant leaders! All this practice will make for easier, more peaceful times ahead. Happy Spring!



Save the Date for the RI Annual Meeting

Saturday, May 20, 2023
10 a.m. Pacific, 11 a.m. Mountain, 12 p.m. Central, 1 p.m. Eastern

RI Members can join Board, Staff, Leaders and fellow Members via Zoom to recap 2022 and hear what's new for the future. Look for email announcements to register, or email angela@recoveryinternational.org, or call 312-337-5661.

What's Inside:

Members Corner.....	Page 2
Announcements.....	Page 3
2022 Annual Report.....	Page 4
Roaming the Globe.....	Page 8
In Memoriam.....	Page 10
Stories of Hope.....	Page 11
Wisdom of Dr. Low.....	Page 12

Members Corner



A Tribute to Joan Nobiling's 46 Years of Service!

Joan Nobiling, founder of RI telephone groups, attended her first RI meeting in Rochester, NY in February 1976. It was there that she met and became a close friend to our former President, the late Joanne Lampey. Joanne asked Joan to take over the leadership role, and thus Joan's long journey began. Over the years Joan has served as group

leader, area leader and several terms on the Board of Directors and various committees. Serving as the national training director for RI, she traveled to various areas of the US, as well as Ireland, Canada and Puerto Rico. After leading for twenty years, Joan moved from Rochester to the small town of Oneonta, NY. The RI meeting there eventually closed and she missed the meetings. She spoke to the RI President about the possibility of creating meetings via telephone conference. The program proposal was approved by the Board of Directors. The telephone meeting division of RI was established in July of 2004. Part act by part act, the introduction to RI literature, RI Discovery and special focus telephone meetings were opened and have helped countless members regain and maintain their mental health.

Thank you, Joan, for your service!



Honoring Dolores Vorndran for her longstanding commitment to RI!

Dolores attended her first meeting in 1970 where she found hope in dealing with depression, anxiety, and panic attacks. In 1985 Dolores became an assistant leader and 10 years later a leader. Even though Dolores doubted her ability to lead, she

reminded herself that she could do anything an average person could do. Dolores remained the leader of the Thursday meeting in Parma, Ohio until 2020, at which point she became and remains the assistant leader at the Wednesday meeting. Dolores is known in Area 145 for her baking skills. She continues to bring delicious home-baked treats to be enjoyed during mutual aid. Dolores credits Recovery for giving her confidence. Some of her favorite tools are, "Have the courage to make a mistake," "Being nervous is fate appointed," and "Humor is our best friend; temper is our worst enemy."

Hats off to Dolores for her 54 years in Recovery!

May is Mental Health Awareness Month

Celebrating Mental Health Awareness month with gratitude for the gifts we were given by Dr. Low! We can maintain peace and calm during the trivialities of life and more challenging times as well. Mental Health Awareness Month, observed every May since 1949, was established by Mental Health America.



The Witching Hour

Wrapped up in a dream
Starting somewhat benign
The energy surrounding my body
Spinning at a frenzied speed

I could utter no sound
Nor move even so much a muscle
Trapped in a vortex
Feeling like I could not breathe

All I wanted was to cry out
To my childhood pal
"Susan, Susan, Sue..."
But I could utter no sound.

This encounter, seemed to last hours
Yet I know it was only moments
Perhaps even seconds;
How long terror torments

In an act of boldness
I forced my limbs to break the spell
To snap the snare
To cut free from this hellish nightmare

And so I looked at my clock -
Too dark to be noon
Midnight
Midnight.

Margaret M R Killeen, Area 133

Announcements

Mark your calendars for the next BOOK STUDY!!

Sunday, June 4, 2023 @ 5 p.m. Eastern

What is a Realist? Find out in our next Book Study!! Join us for a closer look at the core concepts of Dr. Low's method. If you received an email for the previous book study, you are on the list. Otherwise, please email davesdecafe@gmail.com to be added to the list.

In the News!

For three days last year, reporters followed patients, police, clinicians, dispatchers and those struggling for help to create a minute-by-minute account of San Diego's overwhelmed system. Recovery International's Lisa Garcia is featured in the Wednesday segment of the article "72 hours: Inside San Diego County's Mental Health Crisis" by the San Diego Union Tribune, April 16, 2023. You can search for the full story on the web using the article's title.

Continuing Education Library

If you missed one of the special session topics or just need to brush up on the main concepts or hear an example, check out the NEW library of training content. Go to the Training Page at recoveryinternational.org/trainings and select "Recorded Continuing Education Sessions" to access the videos.

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.

Please also submit your Stories of Hope, Examples and local news for Roaming the Globe for the next Reporter. Send us:

- Photos from Area events
- What challenge/problem did RI solve for you?
- What are your favorite spots?
- Why would you recommend RI?

Send to:
editor@recoveryinternational.org

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

SHARE! (Self-Help and Recovery Exchange)

Since SHARE! began preparing people for the peer workforce in 2016, we have required participants to attend RI meetings and integrate the method into their practice, in part to improve their ability to weather the stresses of work as well as their ability to refer people to RI. People are impressed with the ingenuity of Dr. Abraham Low who developed this method at a time when few understood the value of peer support. We have been a proud recipient of the Ada Davis Spirit Award for our efforts to support RI.

Many people have told us that going to RI is one of the most meaningful aspects of the training, and some continue to attend long after the training is over. Recently, a group of RI members helped put together a wonderful video introducing the RI method and offering two examples. We are very excited to incorporate the video into our training, and hope that RI will continue to grow and offer many more people peace of body and mind. To all who have been part of the Recovery International fellowship, thank you and endorse yourselves for making RI what it is today.

Libby Hartigan, Los Angeles Area 15

SHARE! is the self-help center in Los Angeles that has been promoting self-help groups and offering volunteer and work opportunities to anyone who is interested.

This past year has been an example of the resilience of Recovery International, as the organization began to rebound from the challenges wrought by the pandemic. We know from Dr. Low that “control of our internal environment is infinitely more important than all the possible triumphs we may be able to score over external environment.” We also know that our members, donors, volunteers, leaders, Board members and staff rose to transform many of the obstacles brought by the pandemic into opportunities.

The number of Zoom and phone meetings, and meeting attendees, have continued to increase and have allowed new participants from all over the world to find the support they need. We have members from Canada, Croatia, Germany, India, Ireland, Israel, Sweden, as well as the United States and Puerto Rico. Over 2,500 peer-led meetings were held last year, serving more than 68,000 participants. In-person community meetings are beginning to resume. Attendance at the new Spanish-language Zoom meeting exceeded 350 last year.

Meeting contributions have not returned to pre-pandemic levels yet, but they were offset by some very generous bequests. These funds are helping us to replenish reserves depleted by recent crises. We are even more grateful than ever to those who are able to contribute a little extra through higher-level memberships and philanthropic gifts. Every dollar helps! It is this group-mindedness

which allows us to continue to provide services to those currently unable to contribute, and to work toward better mental health for all.

What is most touching, of course, are the personal stories from individuals about the difference RI has made in their lives. Events such as the pandemic bring home the importance of putting Dr. Low’s Method into practice regularly and having peer-support available through meetings seven days each week. Our hearts help to stir us to action, and to feel the difference this organization is making. Thank you for your role in serving this higher purpose, and in helping others to achieve Better Mental Health.

Warmest wishes,



Nicole Cilento
Nicole Cilento
Acting President



Karen G. Hall
Karen G. Hall
CEO

Programs and Outreach

Our programs serve the mission of helping people gain skills to lead more peaceful and productive lives using the method and tools created by Dr. Low. Here’s what we accomplished in 2022 toward that mission:

- Celebrated the 85th Anniversary of Recovery International!
- Overhauled the RI website with new features, testimonials, and training opportunities.
- Held over 2500 peer-led meetings, serving more than 68,000 participants.
- Opened another Spanish meeting which served more than 350 people.
- Trained 64 new Group Leaders and Power Your Mind Leaders.
- Offered 18 continuing education sessions with 250 participants.
- Held 44 monthly training meetings for Area Leaders and Group Leaders.
- Published the *Better. Mental. Health. for Everyone* workbook.
- Presented at three national and 21 regional mental health conferences and events reaching more than 2,100 mental health professionals, veterans, first responders, care givers, and others.
- Held the RI Annual Meeting and third holiday event via Zoom.
- Continued Daily Spots, Weekly Wisdoms, and the quarterly Recovery Reporter.
- Expanded online outreach through Facebook, Google Ads and Linked In.

Thank you for being part of the RI community! These accomplishments would not be possible without you!

Looking ahead ...

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. In 2023, look for:

- The 5th edition of *Mental Health Through Will-Training* which includes key concepts and tools at the beginning of each chapter and advanced spotting at the end.
- An RI app for your mobile device to have daily spots, tools, meetings and more at your fingertips.
- A more compact version of the teen/young adult workbook, *Power Your Mind: Tools to Build Resilience*, and an online version for students to use in schools.
- Expanded reach to students on college campuses.
- Special marketing efforts to the licensed professional audience so we continue to get referrals to RI meetings.
- Video library of recorded continuing education special sessions so you don’t miss anything.

2022 Financial Statements

In 2022, Recovery International again benefitted from generous bequests. This provided a significant increase in our revenues for the year. Introducing more remote meetings — online and via teleconference — has enabled us to reach new people and continue expanding our mission. As community meetings resume in person, we expect to see continued growth.

-Hal Casey, Treasurer

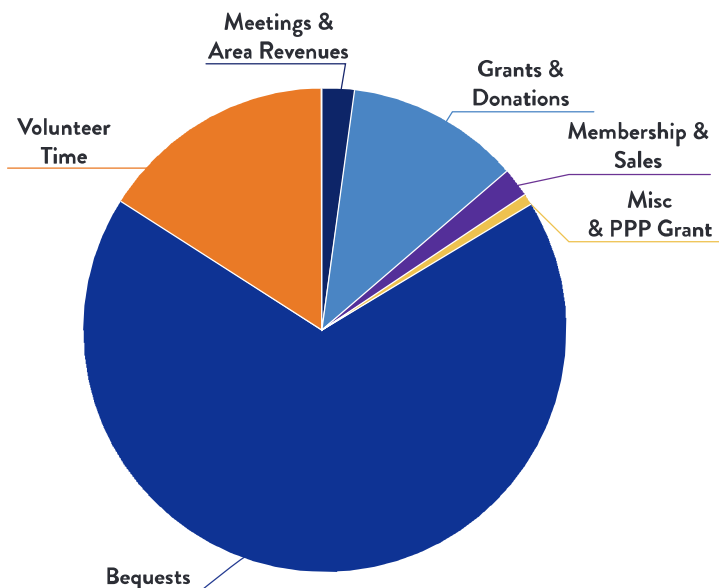
Balance Sheet

	2021	2022
Current Assets	\$ 3,429,927	\$ 5,440,564
Fixed Assets	\$ 10,599	\$ 4,132
Total Assets	\$ 3,440,526	\$ 5,444,696
Current Liabilities	\$ 12,930	\$ 17,619
Long-term Liabilities	\$ 1,352,186	\$ 1,389,047
Equity	\$ 2,075,410	\$ 4,038,030
Total Liabilities & Equity	\$ 3,440,526	\$ 5,444,696

Financial Activity

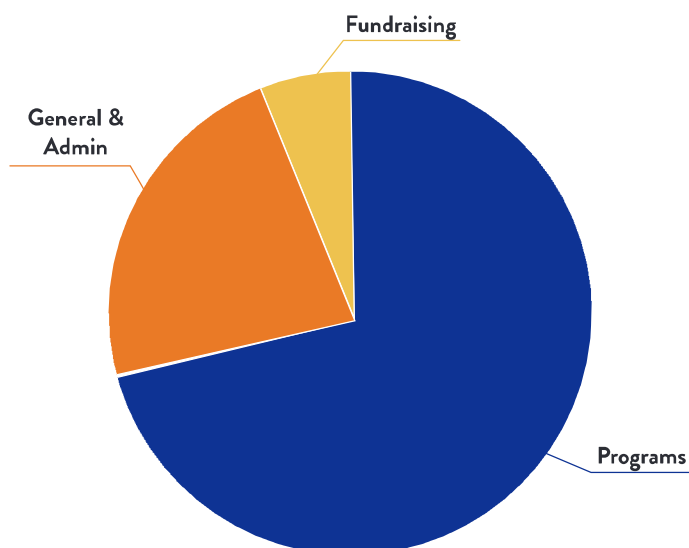
Revenues

	2021	2022
Meetings & Area Revenues	\$ 61,492	\$ 71,279
Grants & Donations	\$ 389,881	\$ 397,303
Membership & Sales	\$ 50,133	\$ 71,105
Misc & PPP Grant	\$ 129,737	\$ 6,112
Bequests	\$ 183,852	\$ 2,283,881
Volunteer Time	\$ 494,521	\$ 533,662
Total	\$ 1,309,616	\$ 3,363,342



Expenses

	2021	2022
Programs	\$ 847,696	\$ 976,182
General & Admin	\$ 275,872	\$ 313,580
Fundraising	\$ 74,808	\$ 82,325
Total	\$ 1,198,376	\$ 1,372,087
Net	\$ 111,240	\$ 1,954,307



RI Across Generations

When Martha Zausmer was a young mother living in Michigan in 1975, her sister-in-law Florence recommended that she attend Recovery meetings. There had been a *Detroit News* article about Dr. Low and Recovery in the Ann Landers advice column. Martha had noticed positive changes in her sister-in-law since she had joined Recovery. Martha bought Dr. Low's book but was hesitant to attend meetings in case there was someone there she knew. But after her first meeting, she was hooked.

Another woman at that first meeting was also a young mother, about Martha's age. She talked about how the Recovery Method helped her raise her children. That resonated with Martha.

After attending six months of meetings, the group leader, Annette Serling, who became a mentor to Martha, asked Martha if she would become an assistant group leader. So Martha completed leader training. Eventually, Annette moved permanently to Florida, and Martha began running the meetings year-round.

Recovery helped Martha raise her three children, survive the deaths of two husbands and a divorce. At one point, Martha felt inspired to follow her lifelong passion of art, and went to college. She became an artist using watercolors and oils. She developed close friendships in art school with other women, and those friendships remain strong today.

Martha's three children grew up hearing about Recovery. "They don't want to hear me talk Recovery anymore.... They know the words now." Her daughters said that the Recovery mindset was ingrained in their lives when they were young, and in how they learned to approach life's challenges.

Martha's daughter Nancy says she was about 13 when her mom started attending Recovery meetings. She noticed that her mom was changing, shifting her habit patterns, and was parenting differently. When Nancy was at college, she started attending local Recovery gatherings. As a young mom, she would put her kids in the stroller and head off to meetings. Nancy said that Recovery, "saved my life, saved my marriage." "When lower tones are present, you know it will pass...It takes the emergency out of it." Nancy shares her mother's artistic vision and is a jewelry designer – a field that requires perfectionism. "I learned to have a sense of humor

and not take myself so seriously. I can't even imagine my life without it." According to Nancy, "There are no adequate words to express the value of RI for all of us onto even our next generation!"

Martha's daughter Jan was also "raised in Recovery." She started attending meetings at the age of 14. She said that Recovery "was a language I grew up with." Jan said it is important to understand the nuances of Dr. Low's teachings, to trust yourself and follow your own common sense. Recovery became an anchor in her life. "I routinely Spot – it's second nature." It saved her life in college. She feels the Recovery Method was ahead of its time when Dr. Low developed it. Jan said that practicing the Method regularly allows one to become more discerning and insightful.

Without Recovery, Martha says, "I don't know where I would be today. It would be a completely different life. I feel good about myself. I like myself. It shows. People feel that, when they're with someone who feels good about themselves. I am doing some nice stuff now." Martha led meetings for 45 years until the pandemic shut down community meetings three years ago.

Recovery has been a family affair for the Zausmers – and they continue to share its values with their children and grandchildren.

It has helped them develop resilience, a sense of humor, and more connection and peace as a family. "Recovery is generational with my family" ...and it shows. Jan says, "Thanks, Mom, for including Dr. Low in our lives!"



Martha Zausmer with her daughters
Jan and Nancy

Society of Dear Ones

We are grateful to the people who have already let us know that Recovery International is included in their estate plans. This generosity will keep the work alive to serve generations to come. We express our gratitude to the members of the Society of Dear Ones. If you'd like to consider joining them by including a gift to Recovery in your will or estate plans, contact donate@recoveryinternational.org or call (312) 337-5661 for more information about planned giving. There are several ways that you can plan your gift:

- **Bequests** - Including Recovery International in your will or estate plans is an easy way to support future programs.
- **Life Insurance** - You can make Recovery International the beneficiary of paid-up policy.
- **Life Income Trusts** - Life Income Trusts provide income during your lifetime with the principal released to RI later.
- **Charitable Lead Trust** - Trust assets provide income to RI for a specified time period, with principal returning to donor or designee afterward.

Bequests

Recovery is able to continue our important work through the thoughtful, forward-thinking and group-minded actions of people who have planned ahead and included Recovery in their wills. The generous bequests from the past two years from those who appreciate the role Dr. Low's Method played in their lives include the following friends:



Mary Brawley



Philip Dahlgren



Philip Gorelick



Susan Miller



Kathleen Quinlan



Suzanne Plain Walder

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
Ancient Order of Hibernians
Community Health
Improvement Partners
Dillon Marcus LTD.
Sachnoff Charitable Family
Foundation
SHARE! (Self-Help and
Recovery Exchange)

Platinum Level

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Mia Aca
Alia Ashraf
Lesley Baehr-Sinkin
Elneta Baqi
Jane Bardolf
David Bartlett
Robert Bessen
Carol Biesanz
Charles Blumberg
Katherine Bolton
Patricia Brady
Scott Bushbaum
Helen Carniglia
Paul Chevalier
John Christiansen
Eugene Cliff
Sherri Crispin
Douglas Day

JoAnn De Poalo
Gretchen Dill
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Space does not allow us to list all donors under \$250 but we thank each of you for your contributions. We make every effort to report our donor list accurately. If you believe we omitted your name in error, please contact us at info@recoveryinternational.org or 312-337-5661.

Roaming the Globe



We'd like to acknowledge all our RI affiliates — Recovery Canada, Recovery India, and Recovery Ireland — for all the work they do keeping the Recovery Method active in their respective countries.

India

Our weekly Google Meet groups in India are growing. Our Marathi-speaking group in Pune has an average attendance of 12-25 people. We also have a group in Pune for caregivers that about 12-25 people attend each week. In addition to practicing the Method, we are reading from Dr. Low's works in English. Every first Saturday of the month, we have a combined meeting of the two groups.

Ganesh started an English-speaking group in Chennai that meets Wednesdays 7pm India time. Last time I was there, 17 people attended. People have been coming through word of mouth. We call our groups Eklavaya, which means "teaching oneself." Group members formed the Eklavaya Foundation to promote Dr. Low's method and teachings through a bimonthly newsletter.

To express our gratitude towards Dr. Low's philosophy and the self-help movement, an article was written and published in late February in Sacral, a Marathi-language daily newspaper that is widely read in Pune.

Chimney is one of the Pune group members. He is now at Lamprey Goliath Borolo Regional Institute of Mental Health getting a master's degree of philosophy in clinical psychology in order to become a counselor. He plans to use Recovery in his practice. He says that the Kavala group's testimonials of success are quite well accepted by the psychiatrists. In India, he would like to see the psychiatric community embrace Recovery groups.

Chimney P., Pune, India

USA

Area 141 (S. Central Ohio and KY) Annual Party

The RI Area 141 team got together for their Annual Party at a favorite location they've made a haven and a well visited venue for over a decade! The Courseview Restaurant and the Great 18 in Mason, Ohio, on the renowned Grizzly Golf Course grounds, provided us a day of laughter, song, food, remembrance, and camaraderie. Area 141 has hosted annual parties and events for well over a decade. We warmly welcome all new RI members and offer open opportunities to those who will join us in the months ahead.

Happy Leadership Anniversary, Elizabeth!

I have been a leader for RI for one year as of April 1st. It has not been easy. I've had my challenges, but I never gave up. I find being a leader to be very rewarding. I love helping other people in Recovery. I watch people get better and grow. I also love attending the nationwide Leaders meeting the first Saturday of each month. I get support, learn new things, and listen to other leaders' challenges – which are like mine. This all helps me become a better leader. This is the most rewarding thing I have ever done in my life and I'm glad I never gave up.

Elizabeth B., Area 131, NY

Step 1:

I am a teacher. On my student's birthday, he gave chocolate to his friends but not to me.

Step 2:

I felt very sad. I felt angry at what he did. I wanted to complain a lot.

Step 3:

Maintaining inner peace is my primary purpose. My inner peace is more important than my anger.

Step 4:

Had I not known these tools, I would have kept insulting him all day that he had treated me like this. But this time, my vexation quickly subsided. I endorsed myself for how I handled it.

Help provided by other group members:

- I should lower my expectations.
- Excuse rather than accuse.
- Feelings are not facts.
- I don't have control over my external environment, only my internal environment.

Anonymous, Pune, India



USA (continued)

¡Las reunion en español de RI celebran un año!

Hace ya casi 3 años que empecé a participar de las reuniones de Recovery International después que una amiga compartió conmigo un buen ejemplo de como mantuvo la calma ante una interacción irritante con una persona conocida. Pensé que ese método que ella estaba practicando me podía ayudar a lidiar mejor con mi estrés diario. La asistencia regular, la participación en las reuniones, las lecturas y práctica del método de RI me han ayudado a no dejar que las irritaciones triviales de la vida cotidiana me causen tensión. He aprendido a reconocer (“spot”) mi “temper” temeroso y enojado y a utilizar las herramientas que me ayudan a mantener la calma. Algunas de estas herramientas son “No tomar nuestro querido “YO” tan en serio,” “Las personas hace cosas que nos irritan, pero no necesariamente para irritarnos,” “Ser líder de sí mismo y no dominado por el “temper” ni los síntomas.”

En febrero acabamos de celebrar el primer aniversario del grupo de RI en español que se reúne por Zoom donde Rex es el líder y yo soy su asistente. Nos reunimos todos los viernes a las 2:00 pm EST, presentamos lecturas de los trabajos del Dr. Low y damos ejemplos de la vida cotidiana donde utilizamos el método de 4 pasos que aprendemos en RI.

Los exhorto a que nos visiten los viernes a las 2:00 pm EST y vean como a través de la práctica persistente del método que aprendemos en RI, ustedes también pueden lograr Mejor Salud Mental. Pueden visitar www.recoveryinternational.org/Spanish-materials para registrarse y asistir. ¡Los esperamos!

Fedora S.

RI Spanish Meeting Celebrates One Year!

It has been almost 3 years since I started participating in Recovery International meetings after a friend shared with me a good example of how she kept her cool in the face of an irritating interaction with a familiar person. I thought that the method that she was practicing could help me better deal with my daily stress. Regular attendance, meeting participation, readings, and practicing the RI method have helped me not to let the trivial irritations of everyday life cause me stress. I have learned to recognize (“spot”) my fearful and angry “temper” and to use the tools that help me stay calm. Some of these tools are “Don’t take our dear selves so seriously,” “People do things that annoy us, but not necessarily to annoy us,” “Be the leader of oneself and not dominated by the” temper “or the symptoms.”

In February, we just celebrated the first anniversary of the RI group in Spanish that meets by Zoom where Rex is the leader and I am his assistant. We meet every Friday at 2:00 pm EST, present readings from Dr. Low’s work, and give examples from everyday life where we use the 4-step method we learn at RI.

I encourage you to visit us on Fridays at 2:00 pm EST and see, how through persistent practice of the method, we learn in RI that you, too, can achieve Better Mental Health. Visit recoveryinternational.org/Spanish-materials to register and attend. We are waiting for you!

Fedora S.

Don’t Work It Up!

After visiting the doctor office previously, I was informed the doctor wanted to run a few additional tests. I immediately then started to “work it up.” My original complaint about some minor heartburn turned into fearful thoughts about a diagnosis of stomach cancer. Well, it turned out to be nothing, but I noticed on subsequent visits, I started to focus on my minor symptoms again, processing them into the deadliest diagnosis possible. Thus, I was starting to connect a routine office visit with impending disastrous diagnoses. By learning to spot this thinking, I prevented another potential anxiety symptom from taking hold.

Jim C., Northern KY/Cincinnati

Example

Whether my life is one of frustration or fulfillment depends on how I manage my expectations.

Recently, I sent an email to our congressional representatives, but I did not get much of a response. That is when I began to get worked up.

My symptoms included feelings of being ignored, experiencing preoccupation with what I wrote, self-blame for having quit as a leader – thinking I could have made a difference, feelings that I have to be right, processing my thoughts over and over again, experiencing an impulse to argue, and feelings of helplessness to do anything.

I made the following spots: Temper is, among other things, blindness to the other side of the story; I might be wrong about my feelings and thoughts, I had the courage to make a mistake; I became group-minded as they must get a lot of emails and mine is just another opinion to them, if they even read it; and helplessness is not hopelessness.

Before my Recovery training, I would have continued being preoccupied with what I wrote, experiencing regrets over my past, and feeling anger at leaders for not listening to me. Now, with my RI training, I've been able to apply the RI tools I've learned and enjoy inner peace. I endorsed myself for having had the courage to express my feelings calmly and for speaking up. I also endorsed myself for being open and honest in what I said.

Douglas M., Harrisburg, PA

In Memoriam

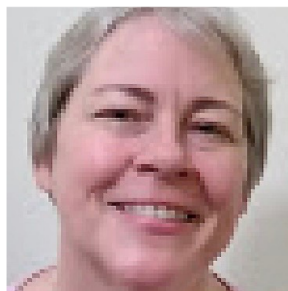
Marilyn Peppin

Marilyn was an RI group leader for 30 years in the Los Angeles Area. She passed away at the age of 93. Besides being a group leader, she was a district leader and mentored many people. She was devoted to RI and to helping others practice their skills to regain and maintain their mental health. In this photo, she was at the 50th Anniversary of RI at the Palmer House in Chicago.



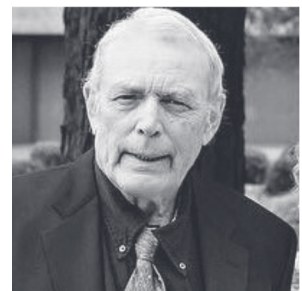
Denise Marie Hayes Daniel

Denise, New Port Richey, FL, fought a valiant battle against multiple cancers and other mental and physical challenges. Denise was a veterinarian for over 20 years and has been reunited with her beloved cats and dogs, especially her dog Bradley. She enjoyed planting flowers, admiring the butterflies, and the birds eating at her feeders. She was an enthusiastic artist and loved the environment.



Stephen E. Round

Steve, a native of Canada and longtime member of RI, was a strong proponent for reading and studying Dr. Low's works as a means to get well. Steve joined the RI Telephone Groups in 2013 and facilitated the Friday evening meeting until his retirement this past July. His leadership played an important role in helping individuals regain and maintain their mental health.



Stories of Hope

“ I was diagnosed with schizophrenia when I was 23. I am 72 now and a Recovery leader. Even after all these years, I am self-conscious that my behavior may appear maladjusted. For example, when I lead a meeting, I think, “I should not have said this or that, but the members are too kind to tell me.” I read Celinda’s story in the “You Are Not Alone” section of the Leaders’ Guide and learned that she also had schizophrenia. When I took the leadership training that she and Angela gave, I looked forward to meeting Celinda. She led the leaders training with such confidence that she inspired a new confidence in me. I hope I can share that confidence with others. The Recovery Method works when you work it! ”

Janice G., Area 145, Cleveland, OH

“ Gary W. has been our group leader for one year. He has transformed from being an average member to a confident, inspiring, and enthusiastic leader. Because he is group-minded, even before becoming a leader, he brought us through the pandemic by setting up the duo platform so that we could continue as a group. Most importantly, we are the only evening Recovery meeting in Suffolk County. Gary attended Recovery group leader training and is constantly learning new concepts, like the Big Five, and incorporating them into the group. He is flexible with members that are struggling with the concept, allowing them to focus primarily on the four-step process. He is sensitive to the feelings and needs of the group members, always encouraging them by acknowledging their progress.

Gary leads the meetings in a caring, upbeat, and organized manner. It’s like having an evening out with friends! But our goal is to help each other in achieving better mental health and decreasing symptoms. He encourages participation by creating an environment where members feel valued and accepted. He is generous with praise. Our members are getting well and we thank Gary for that! ”

Area 131, St. James, NY

“ I am Dr. Rujuta Kasle from India. I am currently pursuing an M.D. in microbiology. I experienced emotional turmoil in the form of a psychological illness seven years ago. I came to know about the self-help group Eklavya Foundation. Being an introvert, I was reluctant to join and share, but after 1-2 meetings, I became comfortable because of volunteers and fellow group members. I learned about Dr. Low, his tools, and self-help groups from groups that ran in the U.S. I am very thankful to Dr. Low for his tools and for initiating the idea of a self-help group. I am grateful to the Eklavya Foundation volunteers, and fellow group members for the beautiful meetings. And I used 5 minute phone calls to Chinmay, a great friend and always ready to help and share information, Manjiri Maam, Smita Maam, Vartak Sir, and Pallavi Maam. I got extended family in the form of this group. Recovery tools and a self-help group helped me cope with my stressful life and emotional turmoil. I can describe Recovery tools as a lifeline. I would like to add that my parents and younger brother were the stronger backbones throughout the journey. For survival, we can focus on many good things out there, and Dr. Low’s Method is one of them. Thank you. ”



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Wisdom of Dr. Low

When Agnes threw her tantrum, she engaged in the romanticist game of staging a scene full of excitement, danger and drama. She played, with coarse and boisterous dramatization, the role of one threatened with death and destruction, posing as the helpless victim of a fatal emergency, all the while striking well calculated terror into the minds of husband and mother. A theatrical performance of this kind, being grotesque and ridiculous and utterly illogical, cannot be maintained convincingly unless the actor or actress blind themselves against the protest and cynical smile of logic and reason. Shut off reason and you can be a romanticist; employ reason and you must become a realist. When Agnes, a year after her gruesome midnight performance, had a similar experience with torturing symptoms, she turned REALIST, did a good piece of sound, logical thinking, and the developing tantrum was aborted in the space of seconds or minutes.

"Blindspotting and Spotlighting," *Selections from Dr. Low's Works*, p. 24-26