



Give the Gift of Group Mindedness

Here we are entering the most festive time of year — the holidays and the season of giving. Even though gifts are part of the holiday season, what is a gift really? Simply said, a gift is something given, willingly, to someone without payment.

How does giving pertain to this issue's topic of group-mindedness? Dr. Low emphasized that the philosophy of Recovery is opposed to the sense of self-importance and favors the sense of group-importance.

Let's for a moment consider what group-mindedness is NOT, from *Mental Health Through Will-Training*, pages 153-155.

"Frances, entrusted with a relatively unimportant, short-range task, went at it with an ambition which would have graced any responsible, long-range endeavor. For some reason, presumably irrelevant, she felt that 'things went wrong,' that she 'had to take a hand,' and that 'all the responsibilities' were on her. This is exactly the philosophy of petty romanticism. The romantic person is intoxicated with his own importance. His feelings, experiences and observations appear to him to be singular, exquisite, interesting; hence, he feels important. Being important, he knows how to do things. He knows what is 'proper,' and 'right' and 'adequate.' He knows, but the others do not. These others are not important. They do not know how to do things 'right.' When they try, things tend to 'go wrong.' When this happens, the romantic soul feels impelled and obliged to 'take matters in hand,' to show people how things are done, to direct them, advise them, push them around."

Does this example remind us of how we sometimes get in the heat of the holiday strife and bustle? Or perhaps, what we may be thinking when someone else's perspective is much different than ours? Dr. Low said, "In point of distorted views, Frances is not alone among my patients. They all are romanticists (or romanto-intellectualists) with romantic ambitions and romantic, unrealistic goals."

This Holiday Season, let's emphasize the true meaning of giving — giving others the best of ourselves. This is the outcome of our practice. In Dr. Low's words, "If there is any realistic pursuit, it is health. It is long-range and calls for the exercise of extreme patience and relentless perseverance."

Enjoy the Season and Happy Holidays, Everyone!

Your contributing Editors, Dave and Helen

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News from Headquarters

It was seventy years ago this month that Dr. Low passed away, on Nov. 17, 1954 at the Mayo Clinic in Rochester, Minnesota. After an attempted surgery where the depth of his illness was finally understood, he remained unconscious for 36 hours. His strong heart continued to beat.

Dr. Low demonstrated a fighting spirit his entire life. And how glad we are for that. Dr. Low fought for his patients and their families. He fought to eliminate the stigma and criminality then associated with mental illness. He fought established psychiatric structures because he believed in the healing power of peer support and peer leadership. He believed in his patients' ability for self-leadership.

Eighty-seven years after the founding of our non-profit, Recovery International is still here, still active, still helping. We can imagine that Dr. Low would be pleased with his legacy, with how many lives his work continues to help daily. We have his family and his many friends and supporters to thank for that – for their efforts to make sure that his teachings were made available in print to live on. We are grateful to you – to our members, volunteers, leaders and donors – for continuing to ensure that his legacy survives and thrives.

In this newsletter, we talk about our annual giving campaign – our yearly fundraising drive so essential to the survival of

Recovery International. You will also read about a special bonus appreciation gift we are offering to donors – a color print of Dr. Low's portrait which hung in Recovery's Chicago Headquarters for many years. The restored portrait photo now hangs in RI's Oak Brook office in its original frame. It is wonderful to have Dr. Low's kind eyes watching over us.

We have new pathways opening as ways to share Dr. Low's teachings. New e-book and audiobook versions of *Manage Your Fears Manage Your Anger* will soon be available. *The Better. Mental. Health. Workbook* will be in print soon in Spanish. *Power Your Mind*, our workbook for teens, is now available in Hebrew as well as in English. The new Power Tool Cards are for sale - a great way to introduce people to Dr. Low's teachings. In the coming year, we will have e-book and audiobook versions of *Mental Health Through Will-Training* available.

We are very grateful to all our wonderful members, volunteers, leaders, donors, Board members and staff. We wish all of you a very happy and healthy Holiday Season!



Karen G. Hall, CEO



Board Announcement: Fran Goldstein, Vice President

We are pleased to announce that Fran Goldstein, Board Member from New Orleans, has accepted the role of Vice President and was confirmed unanimously at the recent Board of Directors meeting. Fran is also the Chair of the Programs and Area Leader Support (PALS) Committee as well as an Area Team Member for the Southeast Region of RI. The Reporter often shares her poems and other whimsical art items that make us know Fran has developed that inner smile. Thank you, Fran, for all your contributions to RI.



Members' Corner

Our Will

We each have a parent inside; its name is the Will.
The Will makes decisions. It tells us if there is danger or not.
The Will is a realist—it separates fantasy from what's realistic.
The Will has the voice of choice—it is rational and wise and knows what to accept and what to reject.
We are all lovable and innocent beings who have been molded into believing we are not okay.
The Will sees who we are without the imprinted insults we've suffered.
The Will has the power to change our beliefs.
The Will makes way for love of Self and greater health.
Dr. Low teaches us to strengthen and work the Will.
An active Will builds a life of peace.
- Fran Goldstein, LA

Habits

The expression of bad habits will multiply like rabbits till you spot them.
Dr. Low says, 'Let them go!'
And replace them with more healthy ways to live.
Don't just try, 'cause that's a lie, use your Will, and effort you must give.
And practice, practice, practice, 'cause the fact is, it takes time.
To banish the bad ones, you must do the work inside.
A strengthened Will is the key to create the change you want to be.
If you train, train, train, then Self-Leadership will reign.
You'll design a better life, all thanks to Dr. Low and his incredible insight.
- Fran Goldstein, LA

Online Meetings Celebrates 10th Anniversary!

A decade ago, we embarked on a journey with the mission to implement RI's vision of supporting our community anytime, anyplace, anywhere. This journey to our current success was not without hurdles. The first two weeks of those initial online meetings saw only three attendees. However, using some simple spots: "Patience and perseverance," "Taking things in part acts," and "Endorsing for all our efforts," we are on track to have over 12,000 attendees this year via Zoom.

As a result of the 2020 pandemic, the use of digital interventions and online providers swelled to numbers never before imagined. While we had already established a successful online platform through WebEx, the word "Zoom" became synonymous with online meetings both personally and professionally. The "online platform" had a profound impact on the delivery of services in various industries throughout the world, among them mental health. Fortunately, we were able to meet the needs of our current community and, more importantly, we were flexible to

provide meetings where and when people wanted to meet. Almost overnight, our transition to Zoom led to an explosion in attendance.

Recovery International now offers over 60 weekly Zoom meetings. We have participants from 15 countries and 4 continents. In addition to standard meetings, we now offer three meetings in Spanish, one in Japanese, three welcome meetings (including one in Spanish) and four special focus meetings – for LGBTQ+, College-Age, Caregivers, and those with Chronic Physical Conditions. Thanks to Zoom, Area Leader and Group leader meetings, planning committees, Board meetings, annual meetings, professional presentations, continuing education, trainings and other RI gatherings are now an option. Dr. Low was always thinking outside the traditional status quo and even he could not imagine meetings being attended virtually from around the world.

While we are grateful for all that Zoom can provide, it is our volunteer

Group Leaders who are at the heart of our success. Being group-minded is predicated by individual passion, expertise, and dedication. This has been instrumental in driving our growth and delivering the outstanding results we have seen in the past 10 years. We want to thank all our leaders for their dedication not only to their mental health, but to the RI community as a whole. In addition to our Group Leaders, we want to extend a heartfelt appreciation to our Board of Directors who has supported this platform along the way. As we celebrate the 10th anniversary of online meetings, we have so much to endorse for!



*Steve Ferradino
Online Meetings
Manager*



*Rob Silver
Asst. Online
Meetings Manager*

Our treasured Group Leader of many years, Stella Benkel, has decided to retire at age 93 and to "pass the baton" to one of her loyal assistant leaders, Lesley Baehr-Sinkin. Stella served as the Group Leader for a weekly meeting in Yonkers, NY and then White Plains, NY for 40+ years. In March of 2020, her meeting had to switch to a phone meeting and has continued until the present on Tuesday afternoons. Stella has always been a strong advocate of Dr. Low and a devotee of the Recovery International method. That has made all the difference in the way she leads a meeting. She is loved by all of us who have had the pleasure of attending her meetings. Not only is she enthusiastic about the method, but she also has a great sense of humor. Stella has a very supportive family that includes two daughters, three grandchildren and five great grandchildren. Thank you for your years of service, Stella!
Beth Friedman and Eva Suchow, Area Team Leaders 133 NY (Yonkers)



I attended a celebration of life recently to support my friend who was celebrating her husband's life. My friend and I have both been in Recovery for 23+ years. At my friend's house, I gave her a prayer shawl. She has attended my meetings from 2013 to 2016, driving an hour to get there. She and I have continued with meetings and we have moved onto Cindy's Zoom RI meetings. I have a picture in her backyard for the newsletter. To date, we are on the phone with each other weekly for mutual aid, etc.
Laura Connell, Ontario, Canada

Roaming the Globe

CANADA

Donna McFarlane (pictured at right) is the group leader of the Mount Forest Recovery meeting in Ontario. This past May, she had the opportunity to give a presentation on Recovery to a meeting of about 80 members of the Retired Teachers of Ontario. Donna had a display of Recovery materials and spoke with the attendees about Recovery programs for young adults. The presentation was limited in time, but it went so well that Donna was invited to come back and do a panel demonstration on the Recovery method. *Way to go, Donna!*



Recovery Canada Leaders Training Conference

This Conference, titled "Endorse, Practice, Endorse" represented a joining of the Recovery families to further the work yet to be done. Between in-person and Zoom, we had over 25 members join. Joyce Oliver and Jean Fielding were able to attend — both of whom deserve special mention as both have 50+ years in Recovery. Debbie Robb was introduced as the new Area 201 Leader with Paul Caldwell rotating out after his valued service. Via Zoom, RI Staff Karen Hall and Angela Sullivan and Board Member John Seney updated the attendees on new programs, committees, marketing efforts and ways Recovery Canada Group Leaders can receive further training through nationwide monthly meetings and special sessions. With a focus on marketing and membership growth, Ricky Shetty provided a high-level outline of the Recovery Canada Marketing Team initiative and plan. Betty, Donna, Cindy, Brenda, Rita and others compiled and displayed an in-depth assortment of Recovery Canada historical memorabilia since its inception in 2009. To round out the entertainment, Jeremy provided outstanding John Denver songs. Additionally, participants enjoyed some great swag—T-shirts, totes and mugs designed by Donna and Lori. Door prizes were given, and the silent auction included donated handmade paintings and other items. We consider this a "high average" success!



Fall NAMI Walks around the USA



Leader Scott Bushbaum and friends at NAMI Montgomery County, Dayton, OH.



Chicago staff Vera Kramer and volunteer Rose Hamann at NAMI McHenry County, Crystal Lake, IL.



Chicago staff Karen Hall and Angela Sullivan at NAMI DuPage County, Wheaton, IL.



Leader Margaret Floyd and NAMI Austintown, OH members at NAMI Austintown, OH.

The Deptford, NJ meeting will be celebrating 20 years in November 2024. Many long-time friendships have been formed through mutual understanding. Over the years, we have witnessed many successes. Jeffrey Howard (*plaid shirt*) made a 12-hour round-trip from Virginia to attend the picnic. Ann Smith, taking the picture, graciously opened her home for the event.



SUMMER EVENTS AROUND THE USA

Mental health and wellness events were flourishing. We are grateful to RI Leaders, members and staff who participated in these. Here's just a sample!

- John Seney set up a table at the Old Home Fair in Londonderry, NH to help spread the word about Recovery.
- Scott Bushbaum attended a local holistic health fair presented by the Wellness Healing Studio in Dayton, OH.
- Jenna Sobelman and Jouiie Ames attended the Outreach Parent and Caregiver Summit in Los Angeles, CA.
- Staff Lisa Garcia and Eric Gonzalez hosted a table at the Psychiatric Emergency Response Team (PERT) Resource Fair in San Diego.
- Staff Karen Hall, Jessica Shurba, Hina Sowinski, Angela Sullivan and Vera Kramer worked a table at the Chicago Social Work conference with 400 licensed professionals from all around the country.
- San Diego staff Lisa Garcia and Eric Gonzalez set up a booth at the Pre-Release Resource Fair for those about to leave the Donovan San Diego Correctional Facility.
- Chicago staff interacted with guests at Theosofest in Wheaton, IL — hosted by the Theosophical Society which welcomes healing practices from many traditions.
- For the second year in a row, San Diego staff and members were at "Black Tech Health & STEM Fest," with an emphasis on youth.
- Celinda Jungheim, Lisa Garcia and Eric Gonzalez gave a presentation at NAMI California titled "Recovery International's Life Coping Skills Promote Resilience and Better Mental Health" in addition to hosting a resource table with the help of RI members.
- Staff Hina Sowinski presented *Power Your Mind* to over 100 attendees at the "Children Come First" conference hosted by Wisconsin Family Ties.
- Staff in San Diego hosted a resource table and presented a breakout session at the Mental Health America "Meeting of the Minds" conference.
- Dayton, OH Recoveryites Kelly O'Keefe and Gloria Huey staffed an RI table at the Dayton "Out of the Darkness" walk sponsored by the American Foundation for Suicide Prevention.



(From left to right) Hiram Lloren, MaryAnn Santos and Davies Rodriguez at "Un Nuevo Amanecer" event in Ponce, PR which brought together non-profit organizations.



Chicagoland members came together for an RI meeting and reunion. Special thanks to Patty Werber who organized the event.



San Diego members and staff (left to right) Mike Radelow, Kim Monari, Eric Gonzalez, Lisa Garcia and Judi Bakke were grateful to share RI with those attending the "Survivors of Suicide Loss Walk" during Suicide Prevention Month.

The Greater Los Angeles Area held its virtual picnic and had fun learning more about each other. We found out we have an Eagle Scout, a trained lifeguard, and retired professional mental health worker among attendees. Our emcee was Jenna Sobelman, and Cliff Brown led us through some fun questions about Dr. Low and the RI Method. We all felt like we learned more about each other, and some even stayed on to chat after the official picnic ended. It was fun!!!!



18 Years of Practice

I was lucky enough to find RI shortly after graduating from high school, and this summer marks my 18-year anniversary with the program. That's half a lifetime practicing the Recovery Method. It's given me a chance to reflect on step four. I was born a nervous person and the first half of my life was filled with anxiety, fearful thoughts, avoidance and low self-esteem. Through practice, I have led a much fuller life. I can face my fears, and I have a much better, more balanced view of myself and others. Without Recovery, I never would have gone to college, had a career, gotten married, or had children. I still have nervous symptoms, but I am self-led, not symptom led. Thank you, Dr. Low!

Emily Bouch, PA

Grateful to Group Members and Dr. Low

On Friday the 13th, my car broke down and on the same day I received a letter from the Dept. of Social Services stating that my food stamps were cut down. I was frantic and the stress seemed unbearable. John and Lidia picked me up for a Recovery meeting at St. Joseph's Church in Ronkonkoma, NY where I was greatly helped. Afterwards, John and Lidia took me to a grocery store for food since I was without a car. I kept using Recovery spottings – "Bear the discomfort, comfort will come" and many more. I got through it. My last breakdown was 36 years ago. I am very impressed with Dr. Low, Recovery and RI members. Without RI, I would not have gotten through this. I finally got my car back and I dropped the anger against Social Services. Endorsing myself.

Elizabeth Brechter, NY

I Owe My Life to Recovery

I have been in Recovery for 44 years. My troubles began in 1980, when as a very young person I became anxious. Because I didn't eat for weeks, I ended up in a hospital where they ran a myriad of tests. After about a week of finding "nothing physically wrong," the medical doctor sent in a psychiatric doctor who diagnosed me as "psychoneurotic." I was sent home, having lost 40 pounds. I did not have any help, felt bewildered, and eventually fell into a deep depression. I was angry with the illness, fearful of my symptoms, and in a complete spiral of fear, anger and more fear. I was so distraught that I contemplated taking my own life and developed hallucinations. Getting through each day with severe fatigue and hopelessness was nearly impossible. I couldn't figure out how a "sick brain" was supposed to cure a "sick brain."

Oddly, a relative who must have recognized my penchant for perfection and my anxious nature had given me a book a few years prior called *Mental Health Through Will-Training*. At the time, I skimmed through it but did not find anything that seemed to apply to me. I didn't think I had ANY temper. I put the book away where it collected dust. Later, in one of my darkest hours, I remembered the book and I started to read it again. This time, it was a revelation! Every page seemed to describe me. While I knew I had a long road ahead, I was absolutely convinced I had found the answer to my troubles. And to think it was written by someone who was no longer alive, but a true healer nevertheless! I couldn't wait to find a Recovery meeting, which was easy since I lived in Chicago. Low and behold, there was a weekly meeting just a block from my apartment.

I practiced Recovery with as much "will" as I could muster at the time. It was not a straight path to wellness. Plenty of times I sabotaged but I knew I was slowly getting better, and I was determined to stick with it. It took two years until I felt completely well. I was able to get a good job. And although I had a two-year set-back a few years after my first bout, I got through that as well using Recovery. Since the late 80's, I have enjoyed a normal life with a wonderful career and great family. We are apprentices in life, but that is ok because it has given me empathy and understanding of those who suffer. I will forever be grateful to Dr. Low, who made Recovery available to anyone, regardless of their financial circumstances. He was a genius and a saint. It is not a stretch to say that I owe my life to Recovery.

Leslie H., Chicago, IL

Recovery Examples

Step 1 – I wrote and sent a letter to the editor of my local newspaper this morning about my religious beliefs regarding the upcoming election. About two hours after I sent the letter, I heard a voice starting to tell me something about a major religious leader and my letter. This is when I began to get worked up.

Step 2 – I experienced the following symptoms: I had angry thoughts that this voice was going through me. I felt some lowered feelings that I wasn't being talked to about my feelings by anyone, but instead was hearing voices. I experienced some feelings of regret for having spoken up. I experienced some preoccupation with what I wrote, processing it over and over again in my thoughts.

Step 3 – I spotted I had some angry temper about having to endure these voices. I felt some fearful temper over the idea I did something wrong. I used the following RI tools to help me work through my feelings: "Treat mental health as a business, not as a game;" "If you can't change a situation,

you can change your attitude towards it;" "Helplessness is not hopelessness;" "Have the courage to make a mistake;" "Nervous symptoms are distressing, but not dangerous;" and "Sensations and feelings rise and fall provided you do not attach the idea of danger at the moment the curve reaches its peak." I endorsed myself for bearing the discomfort and finding humor over the voice I heard and not taking it seriously.

Step 4 – Before I had my Recovery training, I might have listened to the voice or taken it seriously, instead of maintaining my self-control and just laughing, saying to myself, "Here we go again." I would not have realized the voice was just encouraging me in my symptoms and behaviors to mentally process things over and over again or puff me up. With my Recovery training, I commanded my muscles to ignore the voice and do the list of labors and tasks I had before me to do, thus raising my self-respect and feelings.

Doug Morrison, PA

Annual Giving Campaign has Special Thank You Gift This Year

Every year, Recovery International writes to our members and friends at the holiday season, asking you to please remember RI in your year-end giving. This year, we will be able to provide a special thank you gift to everyone who donates \$100 or more.

RI has had in storage a portrait of Dr. Low which was damaged in a flood. Even art conservators told us that the painting was beyond repair. Thanks to a talented digital restorer, we now have a photo of the original portrait, with its original image restored.

In "My Dear Ones," the biography of Dr. Low by Neil and Margaret Rau, there is a picture of the original portrait hanging in RI Headquarters in Chicago in 1970. Dr. Low's daughters, Phyllis Cameron (r) and Marilyn Schmitt (l), are shown admiring it.

We are fortunate to be able to offer color prints of this beautiful portrait

in appreciation for your generosity this holiday season. If you donate \$100 or more, we will send you a free 5x7" color print. If you donate \$250 or more, we will send you a free 8x10" print. These are unframed but are standard photo sizes – you can easily find a ready-made frame for your photo.

Recovery International needs your support. We offer our programs at no charge to those who are not able to contribute. But that means we depend even more on those who are able to give. This organization has been around for 87 years, and we would like to be here for another 87 (and counting!).

Our annual letter asking for donations will be mailed later this



month. But you don't have to wait to receive it – you can contribute today online at our website (recoveryinternational.org), mail your check to RI at the Oak Brook office (1415 W. 22nd St., Tower Floor, Oak Brook, IL 60523) or call Jessica at 312-337-5661. We all know how life-changing Dr. Low's work is. Please help us continue to help others by sharing his powerful teachings.



Welcome New Life Members

In each issue, we will highlight new Life Members to RI. Thank you for increasing your membership level to support our programs and help pay for others who can't afford to give.

Breck Brush

I've been with RI since 1985. I was working in the D.C. area and met a lady named Henrietta Strattle. Henrietta told me about RI and I started attending meetings.

Favorite Memory: The day Jessica (RI Administrative Manager) called to inform me that my dear friend Mike Jennings purchased a Life Membership for me.



Mike

I've been with RI for 20 years. I was referred by my aunt and uncle. I serve on the Veterans Committee and am the Assistant Group Leader with Judi Bakke's meeting at Alvarado Parkway Institute in San Diego.

Favorite SPOT: Judgment of ourselves and others robs us of our inner peace.



Gay

I've been with RI since 1970. I haven't attended in recent years, but am getting back to RI now.

Favorite Memory: I enjoyed giving examples around Recovery principles.

Rose & Larry Hamann

I've been with RI since 1971. Dr. Earl Solon sent all of his patients to Recovery International.

Favorite SPOT: Nervous symptoms and sensations are distressing but not dangerous.

Favorite Memory: So Many! Meeting Patty Werber who came and built up the meeting.



Dolores G.

I've been with RI on and off since 1980. I heard of RI at a book discussion meeting at a local synagogue talking about *Emett* by Miriam Adahan.

Favorite SPOT: A thought produced it, and a thought can stop it.

Favorite Memory: Going to meetings in Woodside (Brooklyn, NY) and going out for coffee after.



Joanne James

I've been with RI since 2004. A friend in my 12-step program referred me.

Favorite SPOT: There's no right or wrong in the trivialities of everyday life.

Favorite Memory: The opportunity to be in other settings with a group of people who understood.



Kim from Omaha, NE

I've been with RI since 1985. I attended another support group, and a fellow named Fred told me that if I was serious about getting well, I should attend an RI Meeting. There happened to be one at 1:00 p.m. that day and that was that. Since 1997, I have been able to steadily work.

Favorite SPOT: In order for the imagination to be in balance, thoughts of security need to materialize.

Favorite Memory: The National Conference in Chicago and talking to the Board about the future of RI.

Linda & Jorge Lindenbaum

I've been with RI since 1981. My mother found a pamphlet on RI at the local library, and I tucked it away in a drawer for six months. Then I found it again and started going to meetings.



Favorite SPOT: If you can't change a situation, you can change your attitude towards it.

Favorite Memory: Coming to Chicago for the Conference and being welcomed by the Low daughters and the Recovery family.

Leslie H.

I've been with RI since 1980. After not being able to eat for weeks, I was hospitalized and diagnosed as psychoneurotic. A relative gave me *Mental Health Through Will-Training* but it was years before I read it and realized it applied to me. (See more of Leslie's story in the *Stories of Hope* section.)

Favorite SPOT: Humor is our best friend, and symptoms are distressing but not dangerous.

Favorite Memory: At one of my first meetings, a Chicago cop gave an example. I remember thinking, "Wow, if a cop wants help here, it must be the place to be!" In 1980, there was much more stigma about mental health problems than there is today. It impressed me that one of Chicago's finest was trying to get help, and it made me realize that no one was immune, no matter how tough they seemed.

Linda Schwartz

I've been with RI since 2017. I Googled on the Internet and happened to come across RI.

Favorite SPOT: Recovery stands for realism, plain common sense and unspoiled way of viewing life.

Favorite Memory: Attending the 2018 Conference in Chicago and meeting Lisa Garcia, Steve Ferradino and Dave Wiesner. Lisa and Steve had an amazing story and really stood out.



John Stepanik

I've been with RI since 2002. I saw a posting in a local newspaper about RI Meetings.

Favorite SPOT: Bear the discomfort in order to gain comfort.

Favorite Memory: When I attended my first meeting, the group leader was Mike Turoski. Mike welcomed me and was very understanding and patient.

Karen Owen

I've been with RI since 2000. When my husband, Jay Lippman, passed away, I stopped for 10 years. Now I'm getting back to RI. My membership is dedicated to my late-husband, Jay, who was a group leader in the Sacramento CA area for over 20+ years.



Favorite SPOT: Try, fail; try, fail; try, succeed.

Favorite Memory: Meeting my late husband Jay at a meeting, but also going to Sunday meetings (rain or shine). Vacations would be cut short to attend the Sunday meeting.

Mary McNamara

I've been with RI since 1979. I joined RI because my mother, Patricia, joined when I was three so I grew up on Recovery.

Favorite SPOT: Remember to endorse yourself.

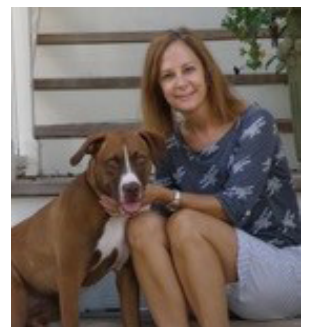
Favorite Memory: Trip to Chicago for the 50th Anniversary at the Palmer House and I met Ann Landers.

Julia Kelly

I've been with RI since the 1980's in NYC. My therapist was insistent that I attend meetings.

Favorite SPOT: Do the thing you fear and hate to do.

Favorite Memory: When I lived in NYC, I was an actress and felt non-existent and in a dark place. I was grateful to find RI, spotting help and other people in the same situation.



2025 RI Conference

The 2024 Regional Conference in San Diego was a success. We also heard from many members who wanted to attend via Zoom instead of in-person due to the expenses of travel, convenience and personal preference. To that end and due to rising costs, the Board of Directors has voted not to hold an in-person conference in 2025. Instead, we will have a Global Zoom Conference with sessions spread throughout the year. We also welcome our Recovery affiliates in Canada and Ireland to be part of the virtual conference. Specific sessions and dates will be posted in 2025. We are accepting proposals for sessions. Those will be reviewed by the Program and Area Leader Support (PALS) Committee. The deadline to submit is December 31, 2024. Contact Angela or Hina for a proposal form:
Angela@recoveryinternational.org or Hina@recoveryinternational.org

Some sessions are already set and more to come! Look for registration for these events in Weekly Wisdom or call Jessica at (312) 337-5661. Attendance at these sessions is free for members, \$5 for non-members.

Easily and Comfortably Spot Sabotage Wednesday, January 29, 2025, 7:00pm Eastern time

When we ignore or choose not to practice what we have learned in RI or we do not do what is best for our mental health, it's called sabotage. Rexie Brauchle will describe the importance of recognizing and spotting sabotage and facilitate practice activities to help you better identify sabotage in your own lives and in examples given at meetings.

My Dear Ones Discussion - First Half of Book

Sunday, February 23, 2025, 4:00pm Eastern time

Written by Neil and Margaret Rau, this biography traces Dr. Low's life from its

humble European beginnings to his death in America as a venerated healer to thousands. The turbulent period when his Method was under attack from within the profession is vividly recreated here, as are his triumphs and moments of personal joy and fulfillment. It is also a love story, revealing the strong bond of compassion between this devoted psychiatrist and his patients. Judi Bakke will lead a discussion of the first half of the book in February, and the second half in March. Don't own the book yet? Order a copy from Jessica in the Oak Brook office at 312-337-5661 for the special sale price of \$15 (plus \$5 shipping). A great holiday gift!

My Dear Ones Discussion - Second Half of Book

Sunday, March 23, 2025, 4:00pm Eastern time

Announcements

Book Sale of Older Editions of Mental Health Through Will-Training

The Oak Brook office has been cleaning out its storage and we were delighted to find additional copies of the 3rd and 4th editions of *Mental Health Through Will-Training*, RI's primary text by Dr. Low. For the holidays, we are offering these books at a special discount. We hope to have the 5th edition in print soon!

We are selling the hardcover 3rd edition, or the paperback 4th edition (out of our Oak Brook office) for only \$10 each, plus \$5 shipping and handling per address. This sale will last through December 31st or while copies are available. We are also selling *My Dear Ones*, the biography of Dr. Low by Neil and Margaret Rau, for \$15 in preparation for our Zoom book discussions lead by Judi Bakke this winter.

To order, call Jessica at 312-337-5661 during business hours, and she will be happy to take your order. These books make wonderful holiday gifts – and are great reading any time of the year!



Power Tool Cards Make a Great Holiday Gift

Power Tool Cards are available in two designs, either a botanical portrait or watercolor landscape theme. Each boxed set contains 50 unique tools. The two sets together provide 100 spots. They can be purchased through our store for \$24.95 each at RecoveryInternational.org/store or call Jessica at (312) 337-5661 to place an order.

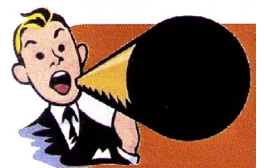
Call for Submissions

Please submit your Stories of Hope, Examples, and local news and photos for the Spring issue of the next *Reporter*. Email editor@RecoveryInternational.org or mail to **Recovery International, 1415 W. 22nd St., Tower Floor, Oak Brook, IL 60523.**

Book Study – Sunday, November 24, 2024, 5:00pm Eastern Time

Topic: Group Mindedness

If you received an email for the previous book club session, you are on the list. Otherwise, please email davesdecafe@gmail.com to be added to the list. You will receive a reminder email the week before. (This is a Zoom meeting. The email will have the meeting code, no password, as well as dial-in instructions for those who wish to participate by phone.) Free for everyone!



In Memoriam



Patricia McNamara, Windsor, Ontario

Patricia joined Recovery in 1964 in the Michigan area. From that point on, Patricia was very active in Recovery, leading a meeting in Dearborn, MI until her retirement in 1988, attending the annual Convention in Chicago at the Palmer House, and participating in panel demonstrations and functions in her area. Her daughter, Mary, shared, "My mom demonstrated the method in our home. We learned to be group-minded and control our impulses and language from the time we were children. When I became ill with panics and anxiety, I knew where to go. She was a wonderful woman, partner, mother, grandmother, etc. Even though she is gone, I hear her whisper in my ear, 'Remember to endorse for all the effort and discomfort you are bearing. You can always trust your basic functions.' I will be forever grateful to Dr. Low for his Method, and for members demonstrating Recovery, Inc. It brought peace and balance to our family and home."

Joan Pedersen, Rockville, MD

Joan was a 49+ year member of RI and was a very active member of Recovery beginning in the 1970's until her passing. She was suffering from postpartum depression and anxiety. She described RI as an "answered prayer and a beautiful miracle" the day she found a small article about Recovery, Inc. in a local newspaper. She attended her first meeting near Rockville, MD and the rest is history! Her family watched her get well and transform into an amazing butterfly practicing the tools and diligently applying Dr. Low's Method that she generously shared with many others. Her renewed mental health will continue to have a ripple effect on generations to come. She made lasting friendships in Recovery, and regularly attended meetings and conventions with lots of enthusiasm. Joan's family expressed their gratitude for Recovery and the restoration of mental health that it provides to multitudes.



Georgia Roed, West Bloomfield, MI

Georgia was a lifelong RI member since 1991 and a great asset in groups - on the ball with her spots and comments. Georgia was adept at Recovery and often spoke in meetings about the deer and other animals that came into her backyard garden, which everyone enjoyed hearing during mutual aid. Sometimes she would even give an example about them. Georgia attended nearly every "Making Art with RI Spots" session offered since it began two years ago. Her RI group was a place where she felt emotionally safe and comfortable in getting the help she needed.

Sue Scully, Jupiter, FL

Sue was born in Chicago and moved to Coral Springs, FL where she was co-owner of Biggy's Sandwich Emporium. Sue suffered from chronic depression but found help with RI. She became an Area Leader and formed her own Boca Raton/Ft. Lauderdale area meetings. She served on the Board of Directors, which allowed her to travel and do outreach for the Self-help Method that she said, "Saved her life!" Sue devoted over 40 years to RI and helped many along the way. One member of her group praised her for her encouragement when he needed help. He credits Sue for being able to take control of his own mental health and inspiring him to become an RI Leader.



Leanne "Annie" VanWormer, Shepherd, TX

Annie's first meeting with the Livingston, TX group was in 2011. She also attended AA groups but said Recovery was "more meat and potatoes." Annie completed Group Leader Training in 2021 and her trainers remember her kind and fun spirit. Shortly after training, she became an Assistant Leader to that same group. Group Leader Robert shared that she liked to laugh and was a firm believer that "Humor is our best friend."

Larry Weeks, Saint Peters, MO

Larry was an RI member for over 25 years, attending community meetings in the St. Louis, MO area. He was a very private person but grateful to the Recovery Method and friends he met along the way. Larry was generous in his support of RI. He will be missed.





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1415 W. 22nd St., Tower Floor
Oak Brook, IL 60523
ph. 312-337-5661
info@recoveryinternational.org

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<<PRSRT>>

<<OEL>>

<<SK>> - <<PK>>

<<NAME>>

<<ADDRESS1>>

<<ADDRESS2>>

<<CITY>>, <<STATE>> <<ZIP>>

Wisdom of Dr. Low (*Manage Your Fears Manage Your Anger*, pg. 255)

“ Group-Importance Versus Self-Importance

If your feeling of self-importance is hurt, then you become angry, and you develop temper. And the temper causes tenseness, and tenseness produces symptoms in a nervous patient. It doesn't have to do it in others. The nervous patient is allergic to tenseness, to the tenseness of the kind that derives from temper particularly. And if your individualistic feeling of importance is bruised or hurt, and you become angry, then you develop tenseness, temperamental tenseness, and that produces symptoms.

Betty...is not indifferent to herself and what concerns herself. But she is indifferent, or largely indifferent, to the importance of herself. In point of importance, she thinks of her son first and of a few other things second and third, and of herself least, or very little. And so, she has achieved something that is remarkable and that we foster here in Recovery: a balance, a balance of feelings, which is the most important balance in life. And I want to tell you briefly what is meant by balance.

Balance in life does not mean what it means on the scales. It does not mean that two things are equal in quantity or quality or intensity. In life there is no equality. At any rate, it wouldn't mean balance. In life there is a different kind of balance. In life it is so arranged, or it should be so arranged, that the group feelings overbalance the individualistic feelings without eliminating them. The individualistic feelings are our nature, and they should not be eliminated because they can't be eliminated. They are our nature, and you can't eliminate nature. But they should be kept under control. This means the group feelings and group entities should have a preponderance over the individualistic entities. The group feelings, in other words, should just overbalance the individual feelings, but the individualistic feelings must remain. You can't eradicate them. You can't throw them out of your body. They remain with you from birth to the grave. There is nothing to be done about nature except to control it. And that's what you learn here. The most important feeling that must be controlled is a feeling, the individualistic feeling of self-importance, and to get it overbalanced by the group feeling of group importance.

And let me tell you, the setbacks to which a nervous patient is liable are mainly caused by the renewed tenseness that comes from a renewed temper, which stems from the renewed importance that you give yourself — again, self-importance. ”