



Welcome to Spring!

We are finally emerging from under the cloak of winter. Spending much of the last few months in cozy indoor environments during rainy or snowy days may have given us more time for reflection. By April, we might feel recharged and ready to start new projects and set some personal goals, such as establishing better habits to gear up for the year ahead. The RI practice is about becoming aware of our thoughts and actions through the daily practice of spotting. Dr Low said that you would never sit down unless you thought that the act of sitting was safe. Secure thinking precedes every action. Spring is a time of action with all its growth and birth. The Recovery practice is action, as well.

The benefits RI provides are the proof of changed habits for the better. Your editors were on hand at the recent RI Conference in San Diego to witness just that! We had the wonderful opportunity to speak with many members who had marvelous stories of triumph. In fact, many overcame symptoms in order to attend the conference because they were able to trust their basic functions to overcome their fears and doubts.

Keep spotting, reading the literature, and attending meetings, and please join us for the Spring Book Club session on “Balance,” as part of our 2024 focus on Habits and Trusting our Basic Functions, on Sunday, May 19. See you there!

Happy Spring,
Your Editors, Dave and Helen

Save the Date for the RI Annual Meeting

Saturday, May 18, 2024

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 2023 and hear what's new for the future. Look for email announcements to register, or email jessica@recoveryinternational.org or call (312) 337-5661.

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Regional Conference Highlights

The first Recovery International conference in over five years was held in San Diego, CA on February 16th. We were delighted to welcome over 100 attendees from community partners, RI members, non-members, board members and staff as we celebrated the theme “Affirming Our Fellowship and Commitments: Together Again.” Attendees joined breakout sessions and RI community meetings throughout the day and evening. With generous local sponsor support and mental health partners, the conference was filled with insightful topics, meaningful conversations, delicious meals and fun memories. More regional conferences will be announced soon – 2025 in New York State and 2026 in the Midwest. For conference photos see RecoveryInternational.org/recovery-reporter.



Jack Nalbandian, Fran Goldstein, and Kelly O'Keefe at the photo booth sponsored by Mental Health America of San Diego County.

So Much to Endorse For!

As part of an effort to give back to the local San Diego community, new socks were collected for the unhoused. San Diego has a large homeless population and socks are among the top requested items. Lisa Garcia, RI staff in the San Diego office, has worked closely with Temple Emanu-El, where she leads a weekly community meeting. Temple Emanu-El has a long commitment to community service. They agreed to help distribute the socks we collected from conference attendees – assuming we might collect 20 or 30 new pairs. Thanks to all our conference goers, and even those who didn't attend but mailed them, we are proud to announce we collected over 800 pairs of new socks – for kids, teens and adults in all styles and colors – covering 1600 feet! This was a true act of group-mindedness by all! Thank you for your donations!



Poetry Corner

Dr. Low, An “Average” Individual

He is an exceptional mentor, a persistent trainer and a compassionate person,
He has a reluctant giving up spirit on his most difficult patients.
He is a profound thinker, encompassing all those different artisans,
He conjures magic for the sufferer with apparent inattention.

His teachings gave me patience with unhindered relaxation,
He gave me focus, controlled distractions with escape from helpless notion.
Satisfied my hunger with tools of recovery, a different thing to imagine,
I could protect myself with harmful rebounds to one's inevitable deceiving.

Thinking what's an Average Individual, let's discuss this thought for better,
If I have success in society, isn't it a hard achievement and my batter?
Thinking it over, I realize that success doesn't give me special power,
I am subjected to setbacks as usual and same mental challenges to conquer.

Dr. Palavi Gambhir, India

(For the full poem, go to the Spring 2024 issue at RecoveryInternational.org/recovery-reporter)

Roaming the Globe

OHIO

On a cold and sunny Sunday, February 18 morning in downtown Dayton Ohio, folks were welcomed at the PNC Annex on Second Street to talk and gather at “Love Shack 2024,” the annual occasion that celebrates community spirit, holistic wellness, nurturing touch, sound therapy, meditation and more. Recovery International hosted a table this year, as we have for at least four years. I thanked organizer, Misty Brown for her work to have RI at Love Shack 2024. Here is her response, “Hey Scott! Thank you so much for taking the time to leave me that message. It truly meant a lot. I’m grateful to you for spending your day connecting with people and giving out resources. I’m so happy to hear that you were so successful! One of my favorite parts about Love Shack is giving other people a platform to share what they love. Thank you for being a part of it and know that you are welcome to return anytime we do an event. I usually do them three or four times a year.”

I counted at least 83 people in total at one time at Love Shack! Knowing that so many came out in the cold to be together felt warm, reassuring and fun! Let’s look to more from Love Shack as we volunteer our cause to bring better mental health to anyone who stands to benefit from Recovery International!

Scott B., Area 141



NEW YORK

Holly W., Area Team member for Area 130 (New York City) was interviewed by the local Queens Chronicle newspaper about the newly opened RI community meeting she and co-leader Joe Marino host weekly at the Howard Beach Library. Holly reports that she has already had some new people join the meeting because of this article. Contacting your local media about meetings you hold is good for your meeting attendance and great public relations for the Recovery Method and breaking down stigma. Kudos, Holly!

CANADA

Recovery Canada National Leaders Convention will take place Sept 26, 27 and 28, 2024 in London Ontario. They hosted their first ever Canadian National Leaders Meeting held on Zoom Feb 4, 2024. They have recently updated their website - www.recoverycanada.ca. And recently, the British Columbia Area Zoomed a Panel presentation to BC’s largest health care provider with the goal to be their go-to for post program after care.

INDIA

Dr. Palavi Gambhir attends Zoom meetings in Pune, India where they practice the Recovery Method. She has written many poems, some of which have been published in the Recovery Reporter, as well as contributing her story of hope. In January at a mental health gathering that included a prominent psychiatrist, she was given an award for her poems. Congratulations, Dr. Gambhir!

Recovery Examples

STEP 1: I went out with some friends and heard something that made me feel uncomfortable. That's when I worked myself up!

STEP 2: Angry thoughts about the comment that was made! Fearful thoughts of worry. I had the impulse to walk away - which I did.

STEP 3: I spotted angry temper in the form of hatred and disgust. The spot I used is "Temper is among other things, blindness is to the other side of the story." I spotted fearful temper in the form of worry and fear of damage to myself. The spots I used were "Do things in part acts," "Decide, plan and act," "The judgment of ourselves or others robs us of our inner peace and self-respect," "If you can't change a situation, you can change your attitude towards it." I endorsed for walking away from a tense provoking situation!

STEP 4: Before I had my RI training, I would've been really nervous and afraid. But now that I've my recovery training, I just walked away and didn't say anything!

Alison P., San Diego, USA

STEP 1: Everything was going great lately. My routine and study were disciplined. My exams were due soon. I was studying for my exam but then suddenly had a severe headache. I began to work myself up.

STEP 2: I had sweaty palms, and I got very scared. I used to have these symptoms when I was severely ill. My exams were in a few days, and I became anxious about the preparation. All the past flashed in front of me. My heart started pounding.

STEP 3: Shortly after, I understood my symptoms and started spotting. I spotted sweaty palms and heart pounding. I reminded myself of being self-led and not symptom led. I realized my thought patterns, and I started retraining my brain. I remembered that such a situation rarely manifests. My fearful anticipation is worse than the realization.

STEP 4: Before my Recovery training, I would not have calmed down, and it would have affected my studies. I would have been anxious for days. But after applying Recovery tools, I felt peace within. I started studying again.

Anonymous

Announcements

Your Recovery Reporter More to Enjoy Each Issue!

Due to soaring costs of print and postage, the Board of Directors made the difficult decision to publish the Recovery Reporter three times a year, instead of four. We still promise you the news and stories you have come to expect. Digital issues with even more content are available at:
recoveryinternational.org/recovery-reporter



Dial-a-Spot Helpline

This recording of Dr. Low's spots may help you manage your symptoms and find calm and peace when you are worked up and can't get to a meeting. For the helpline, call (312) 448-9387. It's available 24 hours a day!

¡Nuevo! Número de teléfono exclusivo para hispanohablantes
Si necesita ayuda en español, llame al (619) 383-2056.

New! Dedicated Phone Number for Spanish Speakers

If you need assistance in Spanish, call (619) 383-2056.

H O P E

I have been attending Recovery meetings for 23 years. I first joined a group in 2001, in a church just outside of Toronto, Ontario Canada. I was an assistant leader and took over leadership from 2013 to 2016. Out of Recovery and working on myself during and after the pandemic years, I must say that Recovery has been my constant. I was under George's leadership and to this date, I am so grateful for his mentorship. The spot "Distressing but not dangerous" was a tremendous help with my blurred vision symptoms.

It seems fitting as we just celebrated family day weekend in Canada and as we head into the spring months ahead, that I write an article as the Recovery family has helped me to get back on my feet again. I work with children with special needs and the school system has had their struggles. I took some much-needed time off from work and decided to attend a meeting run by Cindy. With Recovery, I learned that our work and family are outer environments. Before the pandemic, I don't think I truly understood that our supreme goal of mental health is more important than anything else. I also learned, and continue to learn, that we are all apprentices, and we cannot afford the luxury of temper.

I want to wish everyone in our Recovery family a blessed Spring. Remember to endorse for all your efforts. Also don't forget the gains you have made since before Recovery. It is sabotage to not notice the gains you have made.

Laura C., Ontario, Canada

Recovery has helped me tremendously. Without it, I would have died by suicide a long time ago. It helped save my life. I first came into Recovery at 22 years old (in 1974). Before Recovery, I lost my temper every single day but now, only occasionally. When I wake up with anxiety, Recovery helps me to get up out of bed and function. Because of the tools of Recovery, I function at a very high level every day.

Elizabeth B., New York, USA

I'm an assistant leader for area 150 in Portland, OR but earlier this year, I joined a new RI group due to the ease of our Zoom meeting options! I call the group "Jersey" as most of the veteran members are from the New Jersey area. I am an artist and painter and because I was so warmly welcomed into this close knit group, I decided to paint them all. Here are the portraits I painted. I now think of these folks as my RI family. One of my paintings even sold to one of the Jersey members. This story warms my heart and hopefully will warm the hearts of our other RI members this holiday season.

Yaz H., New Mexico, USA



Book Study (Topic: Balance)

Sunday, May 19, 2024 5pm
Eastern time

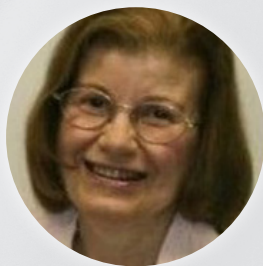
If you received an email for the previous book club, you are on the list. Otherwise, email davesdecafe@gmail.com. (Participants are also welcome to join by phone.)



Call for Submissions

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

In Memoriam



Judith Bassett
Grand Island, NY

Judy spent her career as a teacher of Spanish and Latin. She was involved in RI for 44 years and led a Recovery International community meeting at Trinity United Methodist Church in Grand Island, NY. Judy advocated for RI and was the publicity chairperson for Area 135 (Western NY). She conducted demonstration panels, met with civic groups, and was able to get the meetings listed in the Buffalo Newspaper. She was featured in the Spring 2022 Annual Report highlighting her generosity as a donor to RI during the pandemic. She was a dear friend to many and a very special person who will be missed.



Michael Battista
Bayshore, NY

Michael was the Area Leader for Area 131 NY (Suffolk) since 2021. It was not long after taking that role that his health issues caused him to step down from leadership. Despite his health, he remained committed to attending meetings as much as possible and stayed in touch with the leaders in the area. He was a gentle soul and a kind-hearted person. Bob, one of the leaders in the area, said, "The first time I met Michael, he greeted me warmly, and said I should endorse myself for coming. Since then, I have found Michael to be a positive person, and a solid leader. His presence at our meeting will be sorely missed." *(Pictured here with his loving wife, Jeanette.)*



Anthony Cerone
Newburgh, NY

Tony was a member of RI for many years; initially attending community meetings. Eventually he became a member of the telephone groups where he attended several meetings each week. Tony became a vital member of the groups he attended, clearly demonstrating his knowledge of RI spotting techniques. He practiced with ruthless determination, just as Dr. Low taught us. His favorite tool was humor is our best friend. Tony was an inspirational force in our meetings. He reminded us not to take ourselves too seriously, and to get on with the business of life with inner calm and culture. Tony was a blessing to both leaders and panel members alike. He will be missed.



Michael Disponzio
Hernando, FL

Michael was a member of Recovery International since 1993 and a peer counselor in New York for 12 years. He was a strong advocate for the benefits and rights of mental patients when mental hospitals were closed down. Michael was an Assistant Leader to Joan Spelter's Zoom meeting – continuing in that role even when he moved to Florida to take care of his father when he was ill. He worked very hard on both his Recovery and AA practice. Joan described him as an "angel with the sweetest voice and he even called me weekly before each meeting to check that all was good to go. He was a beautiful person." Michael was willing to help anyone, and he will be dearly missed.



Frances Miller
Kalamazoo, MI

Frances was a registered dietician and an assistant professor at Ferris State College in Big Rapids, MI. She helped write the nutritional element of the Michigan Model for Education and worked for Community Health, supporting low-income mothers and their children. Frances was a leader of a Recovery International community meeting in Kalamazoo, MI. Not only an avid reader, but she also sought out knowledge in all forms and soaked it up like a sponge. A brilliant woman, she was also a kind and patient teacher. She had a huge and wonderful impact on this world and will be terribly missed.



Hector Solivan Ponce, PR

Hector first attended a meeting in his hometown after watching a TV show in Puerto Rico about Recovery training. He had no plans on attending that meeting, but by chance he passed through the front door and decided to go inside. He practiced Recovery for 40 years, becoming an Assistant Group Leader, then named the Area Leader, and was even a member of the Board of Directors for two terms. When diagnosed as legally blind, the RI Method provided him with the tools to cope with this disability. The practice helped him cope with the nervous symptoms that occurred due to his illness. Hector was a kind, gentle soul and will be missed by all.

Annual 2023 Report: A Year in Review

It is exciting to see the resilience in our organization and the gains we are making as we continue to recover from the pandemic. In-person meetings are resuming, although many have discovered the convenience of Zoom, phone and chat meetings. Meetings held virtually remove geographic boundaries so we can reach people who are isolated by physical location or do not have the ability to attend meetings in-person. To get back to the feeling of community, we began planning conferences again. Being in-person together offers a sense of connection that we can't quite achieve through electronics.

As always, if it weren't for our volunteer leaders, we would have no way to offer RI meetings. You are our bedrock, and we are grateful to you. As our meetings grow, so does our need for qualified leaders in a variety of geographic locations. We have members from Austria, Canada, Croatia, England, Germany, India, Ireland, Israel, Sweden, as well as the United States and Puerto Rico. Over 9,000 peer-led meetings were held last year, serving more than 70,000 participants. In addition to the Spanish-language Zoom meeting, a Spanish-language Newcomers meeting was added, as well as a meeting in Japanese.

To support our leaders, we have a strong, talented staff who help us make a difference. Volunteers and staff together have increased leadership training opportunities so that our groups are consistent and high quality. Expanded educational

opportunities for our members and leaders enhance the development of our practices.

The group-mindedness of our members, through your generous financial and volunteer support of RI, allows us to continue to provide services to those currently unable to contribute, as we work to return to pre-pandemic levels of giving. The kindness and generosity of those who remember RI in their wills and estate plans ensures a legacy of giving and continued service.

As Dr. Low wrote, mental health is our supreme purpose. It is an honor to work together to help people achieve greater peace in their lives. We are grateful to you for your support in serving this higher purpose, as together we strive for Better. Mental. Health.

Warmest wishes,



Celinda Jungheim, President

A blue ink signature of Celinda Jungheim.



Karen G. Hall, CEO

A blue ink signature of Karen G. Hall.

Programs, Outreach, and Looking Ahead

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. Our 2023 accomplishments include:

- Planned for our first RI conference in San Diego in over 5 years;
- Started development of an RI app;
- Expanded Special Focus Meeting types to Caregivers, another Chronic Physical Conditions, LGBTQ+, College-aged, and Japanese-language;
- Held 180 weekly peer-led meetings serving 70,000+ people;
- Trained 30 new Group Leaders;
- Offered 24 continuing education sessions with 354 participants;
- Held 27 training meetings for Area Leaders and Group Leaders with 485 attendees;
- Presented at one national and 37 regional mental health events reaching more than 34,000 mental health professionals, veterans, first responders, care givers, and others.

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

Looking Ahead

We have many goals to reach new people, offer new technologies, and provide you more support and content. In 2024, look for:

- Announcements about the regional RI conference in New York State.
- The 5th edition of *Mental Health Through Will-Training*.
- An audiobook version of *Manage Your Fears Manage Your Anger*.
- An RI app for your mobile device.
- *Better. Mental. Health. for Everyone* translated into Spanish.



2023 Financial Statements*

In 2023, Recovery International benefited from continued expansion of meetings post-pandemic. Online and telephone meetings have allowed us to continue broadening our reach, finding new people who can benefit from the Recovery Method. As community meetings and RI conferences resume, we are hopeful that we will see continued growth.

Hal Casey, Treasurer

Balance Sheet

	2022	2023
Current Assets	\$5,440,564	\$5,229,072
Fixed and Other Assets	\$4,132	\$5,927
Total Assets	\$5,444,696	\$5,234,999
Current Liabilities	\$17,619	\$15,361
Long-term Liabilities	\$1,389,047	\$1,425,908
Equity	\$4,038,030	\$3,793,730
Total Liabilities & Equity	\$5,444,696	\$5,234,999

Financial Activity

Revenues

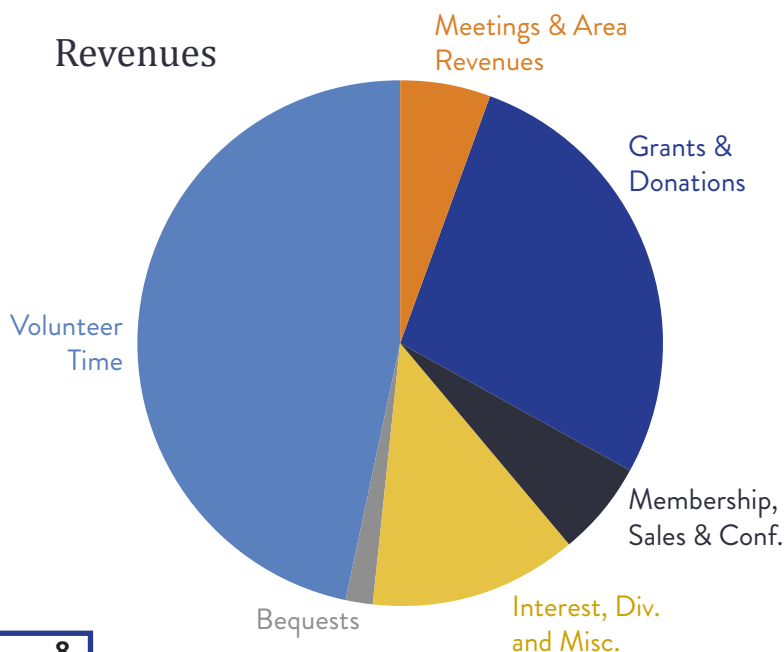
	2022	2023
Meetings & Area Revenues	\$ 71,279	\$ 70,457
Grants & Donations	\$ 397,303	\$ 343,341
Membership, Sales & Conf.	\$ 71,105	\$ 74,135
Interest, Div. and Misc.	\$ 6,112	\$ 158,792
Bequests	\$ 2,283,881	\$ 20,612
Volunteer Time	\$ 533,662	\$ 582,427
Total	\$ 3,363,342	\$ 1,249,764

Expenses

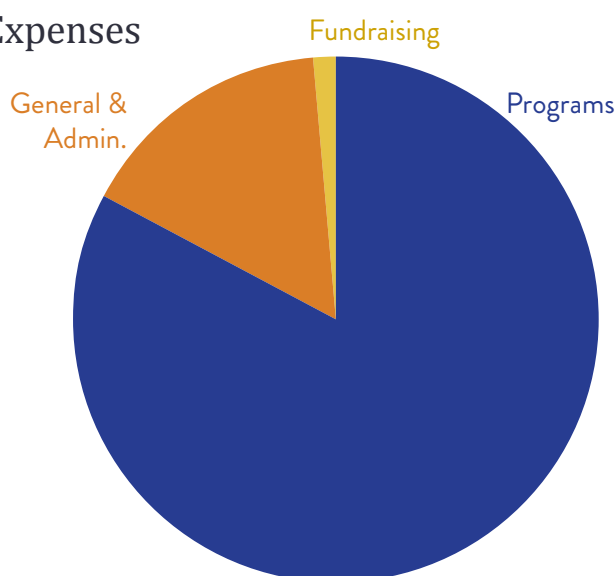
	2022	2023
Programs	\$ 976,182	\$ 1,215,114
General & Admin.	\$ 313,580	\$ 229,200
Fundraising	\$ 82,325	\$ 19,653
Total	\$ 1,372,087	\$ 1,463,967

*Please note that 2023 figures are preliminary and unaudited.

Revenues



Expenses



Judi Bakke: A Journey from Participant to Leadership



Lisa Garcia, Judi Bakke and Jenna Sobelman at the 2024 RI San Diego Conference

Judi Bakke was born in San Diego and raised in a quiet suburban neighborhood. Judi is the second oldest of four children and is still close to all her siblings. As a child, her family moved frequently between the east and west coast. For a shy child, making friends and getting comfortable in new schools was a challenge.

Judi went to college in her hometown of San Diego and graduated with a degree in Economics. After graduation, she went to work for a company that she heard about at the school's Econ Club. Judi was still employed there in her twenties when she found her life being curtailed by anxiety and panic. "I was always a nervous and anxious person growing up and, in my teens, and twenties...I was almost always self-conscious and doubted my abilities, but panic attacks took this anxiety to a new level."

After she started having panic attacks, Judi says that the fear of having another one was very disabling. She could not get on elevators, airplanes, and had to drive herself places so she knew she could leave if her panic level rose. The fear of being trapped was overwhelming.

In a waiting room one day, Judi picked up a pamphlet promoting Recovery International. She started attending in-person community meetings. Judi discovered that the meetings offered her support and the hope that she could recover. During the early months of attending RI meetings Judi credits RI group leader Jan Gale as being extremely instrumental in her continuing to attend meetings.

In the meetings, as people gave examples, Judi thought, "That is how I feel. I did not know other people had these thoughts."

If her leaders had these feelings and they got better, she could too. After attending meetings for a while, Area Leader Jan Elko persuaded Judi to consider taking on RI leadership roles.

Judi started as an assistant leader, made her way to being a group leader and area treasurer. Judi now serves on RI's Board of Directors, is a member of the Board's Finance Committee, chairs the Program Committee, and previously served on the Board's Development Committee. She is also part of the Area Leaders Task Force and helps host RI information tables at local resource fairs. Judi stated that, "I instinctively knew that if I became a leader, it would help my mental health. When you bear discomfort is when you make your greatest gains." Judi also helped organize the RI conferences held in San Diego and was the chair of the planning committee for RI's 2024 conference in San Diego.

Judi would encourage anyone in RI to take leader training, even if they are not ready to become a leader. Judi says, "Start by committing to be a RI assistant group leader because leadership will give you a sense of accomplishment and self-esteem." "Volunteering for RI is a great opportunity to expand – to become friends with new people and learn new things." Judi notes, "Recovery helped me go back to school, get an advanced degree, get married, and stay at a job I love for a long-time...The support and the comradery and the lessening of stigma – these are all a huge part of Recovery." Judi still leads a phone meeting every Saturday morning. Judi says that RI has provided her with support, hope, and lifetime friendships. "Recovery was there for me when I needed it – that's part of why I am so loyal."



Kim Monari, Eric Gonzalez and Judi Bakke at Black Tech STEM Fest 2023

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 a 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.

Lifetime Members

Thank you to our lifetime members for your long-term commitment to Recovery International.

Mamie Adair	Shawn Cribari	Lynn M. Jennings	Ruth Reynolds
Patricia & Richard Aglietti	Claudia DePrenger	Kareolynn Jewole	Joan Rice
Helen Apodaca	Nancy Downes	Dorothy Johnson	Teresa Richards
Marcian Ashby	Cheryl Dyer	Anna Jordan	Jay Roberts
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Kendelyn Beck	Donna Eyman	Sidney Katzson	Dorothy Sariego
Geraldine Beer	Beth Fertig Friedman	Cathy Kurz	Albert Schafer
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Phyllis Berning	Suzanne Flecker	Pamela LePen	Aron Schneiderman
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Margaret Biolchini	Phillip Gerard	Libby Marvin	Nick Silverstein
Aryeh Z. Brodsky	Dan Gillen	Patrick McCormick	Charlotte Smith
Cliff Brown	Mary Gillen	Mary McNamara	Marc Smits
Patti Bucher	Penelope Gillespie	Meta Moder	Mary Jane Spudeas
Thomas Burt	Jocelyn Giudice	Jack Nalbandian	Linda Stanton
Caroline Callery	Fran Goldstein	Joan Nobiling	Jean Steele
Bobbie Candler	Anthony Gonzalez	Kelly O'Keefe	Loretta Styma
Florence Carlson	Julee Goodman	Steven Pappas	Eva Suchow
Jody Carter	Phyllis Greenberg	Imelda Pearce	Richard Sweeney
Laurence Chacon	Carol Guyon	David Penniman	John Tilton
Gerald Chamales	Paul Hartunian	Brian Perles	Leanne VanWormer
Linda Cimo	Martha Hickman	Nick Polizzi	Paul Verschoor
Jeanne Clawson	Kevin Hicks	Noelle Poss	Dolores Vorndran
Robert Cleary	Sandra Hofferth	Rudolph Pruden	Gary Wachtel
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Ace Electric, Inc
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Community Health Improvement Partners
SHARE! (Self-Help and Recovery Exchange)

Dillon Marcus LTD

Platinum Level

Anonymous	Shawn Cribari	Roger Mattioli	Janice Ritland	Rebecca Wightman
Judith Bakke	Gretchen Dill	Patrick McCormick	John Seney	David Wood
Susan & Steve Berthel	Cheryl Dyer	Ronald & Donna Mouw	Nick & Randy Silverstein	Mark Zausmer
Michael Boldt	James Fratrack	Ann Parker	Marlene Smith	Peter Zinnato
Terese Boveri	Emily Gross	Imelda Pearce	Eric Stiles	
Thomas Burt	Julia Kelly	Michael & Carolyn Polizzi	Richard Sweeney	
Gerald Chamales	David Lisowski	Nick Polizzi	Gary Wachtel	
Gary Collier	Jeff Lyon	Sheila Rabel	David Wiesner	

Gold Level

Anonymous	Margot Conard	Howard Jeffries	William Mulloy	Julie Smith
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Joseph Anglim	Douglas Day	Irene Kauffmann	Christy Ray	Jeanie Tolmas
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Stephan Baker	Carol Garibaldi	Michael Larson	James Robinson	Shelley Uram
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Bill Boyd	Stephen Handelman	Peter Miller	Eleanor Seiferth	Joyce Zimmerman
Paul Chevalier	Laura Jannetta	Naomi Mizushima	Natalie Silverberg	

Silver Level

Anonymous	John DeRosa	Arthur Holzmacher	Betty Moore	Steven Shinnars
Carol Abram	Sally Dinerman	Gloris Huey	Consuelo Moran-Romero	Jerome Silber
Daniel Altieri	Michael Disponzio*	Larry Jacobs	Elizabeth Murphy	Bob Slate
Robert & Elaine Appel	Eugene Doherty	Esther Kane	Jack Nalbandian	Jerome Smith
Lesley Baehr-Sinkin	Karen DuPont	Patricia Kehoe	Kelly O'Keefe	Andrea Smith
Jane Bardolf	Katie Elsila	John Keller	John Pendergrass	Fedora Socarras
Carol Barrick	Nanci Evans	Jim Kerr	Noelle Poss	Carolyn Sommerich
Mark Barum	Beth Fertig Friedman	Robert Klein	Kathleen Ramatowski	Lloyd Spangen
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*Deceased but still with us in spirit.

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Wisdom of Dr. Low

“ Mildred subscribed to the philosophy of exceptionality. This is nothing uncommon. There are very few people who do not think of themselves as being of a superior breed, as ranking above the “common herd,” that is, as being exceptional. With most of them, it is merely a dream, an ambition and aspiration. They hope to be exceptional but know they are “nothing but average.” In their dreams and fancies, they are romantico-intellectuals, but in actual practice, they behave as realists. Their sense of exceptionality is properly controlled by their knowledge of being average. If you keep this in mind, you will realize that most, if not all, people embrace both the philosophy of exceptionality and that of averageness. The average person adjusts and balances the two philosophies in such a manner that the one (averageness) is leading and controlling, the other (exceptionality) is led and controlled. If this is done, then, decisions and actions are balanced and adjusted on a practical level, while dreams and fancies are given free play on an imaginative level.

Mildred had no leading philosophy of realistic averageness to tell her which of her decisions were correct, which of her actions were feasible. In her mind, the two philosophies were not held apart, they were not properly distinguished, the one from the other; they were permitted to merge and fuse. The free fusion of the two philosophies produced a confusion of the mind. What directed her behavior were her dreams and hopes, her wild aspirations and vague ambitions. With these unrealistic leads to guide her reactions, her decisions became fantastic (to act, at one and the same time, on four separate jobs in four separate places). As a result, her actions became tangled, involved and as “hopelessly gnarled” as was her clothesline. In the end, she despaired of ever reaching the correct decision and became lost in a sea of confusion.

”

From “The Courage to Make Mistakes,” *Mental Health Through Will-Training*.