



Finding Balance

Balance in life certainly sounds like a worthy goal and most people talk about it all the time. Work-life balance is almost a cliché. But what is a balanced life? According to Dr. Low, the definition of balance is to make ourselves and others feel good. Practicing the Method gives us confidence and trust in ourselves and helps us to help others. Helping others doesn't have to be accomplished in big things. Its significance comes in the work we do for others—no matter how small. Listening in a meeting, making a five-minute phone call, or collecting socks for a donation — all these things make us and others feel good. We don't have to wait to get well to do things; we do things to get well.

Happy Summer!! Some of the best weather of the year is here to enjoy—so relax, it's a perfect time to consider what a balanced life means to you. We are continuing our book club topic this summer and we hope you enjoy the audio sessions about **BALANCE** available on davesdecafe.com.

Endorse!

Grateful members, Dave and Helen

Hal Casey Receives Phil Crane Award

For decades, Hal Casey from Maplewood, NJ has served RI in many capacities, including Treasurer of the Board of Directors, Chair of the Finance Committee, and President of RI, but also as a Group Leader, Area Leader, and as a general support person on whom we could rely. At the May 21st annual business meeting of Recovery International this year, Hal was announced as the recipient of the Phil Crane Award. This award is for Lifetime Service to Recovery International and was deeply deserved. Thank you, Hal, for making RI a priority in your life for so many years.



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News from Headquarters

It's hard to believe how much has happened in 2024 already – with months still to come. The RI Conference in San Diego in February got the year off to a rousing start. We are now in the planning stages for our next conference to be held in Spring of 2025 in Albany, NY.

We have welcomed two new staff members to our Oak Brook, IL office this year. Jessica Shurba is our new Administrative Manager. If you have phoned the Chicago office, you have already spoken with her! Vera Kramer is our new Development Manager, helping RI to raise needed funds to support our work and to spread the word about RI's mission.

Our Board of Directors has also been going through changes. We are pleased to announce two new additions to our Board of Directors. John Seney is a highly experienced leader from Manchester, New Hampshire, and is also the Chair of our new Technology and AI Advisory Committee. Robin Warner is a psychiatrist from San Diego, and a long-time supporter of RI.

Hal Casey, RI's Treasurer, resigned after many years of devoted service, and Judi Bakke from San Diego stepped into that role without hesitation, as well as becoming Chair of the RI Finance Committee. The Program Committee and the Area Leaders Task Group merged to become the Program and Leader Support Committee (or PALS Committee – because we love our acronyms!) and is being chaired by Board Member Fran Goldstein from New Orleans, LA. Time always moves forward, and we are extremely fortunate to continue to have devoted people who want to serve RI and its members.

You – our dedicated volunteers, members and donors – make RI's existence possible. Keeping RI in balance – financially, and with the leadership necessary to run our groups and the organization – requires everyone's commitment. Please know how grateful we are for your support. As we work to re-grow the organization after the pandemic, we seek new ways to find balance. If you are thinking about taking on more responsibility within the organization – perhaps becoming an assistant leader or leader, managing the slides at a Zoom meeting, or helping to market RI – please contact our Oak Brook office. We need you.

Endorsing! With much appreciation,



Karen G. Hall, CEO



Jessica Shurba



Vera Kramer



John Seney



Robin Warner

Balance

Balance is a talent
you develop by spotting.
Spot your temperamental lingo;
see it as sabotage and let go!
Stop the habit of extremes
and you'll find new self-esteem.

Stand on two feet evenly
and balance will come naturally.

Seek the middle ground
and balance will be found.
For symptoms you want gone,
turn the spotting on.
When you feel harmony,
you'll be the best that you can be.

Become average, balanced, stable
and you will be ever able
to live a life of peace.

- Fran Goldstein, LA

Roaming the Globe

AROUND THE USA

Spring was a busy time in the USA. RI Leaders, Members and Staff participated in NAMI Walks, conferences, May Mental Health Events and found time for summer gatherings with Members. Here are some of those events.

- Jenna Sobelman and Celinda Jungheim set up a booth at the NAMI Los Angeles Walk.
- Kelly O'Keefe attended the Suicide Prevention and Gun Violence event in Dayton, OH.
- Connie Moran and Jenna Sobelman promote RI at the Monterey Park, CA Mental Health & Wellness Fair.
- Team San Diego laced up their sneakers for the NAMI San Diego Walk. Over 80 organizations were present – the largest San Diego NAMI walk yet!
- Scott Bushbaum and Kelly O'Keefe attend the NAMI OH Conference.
- Jessica Shurba, Angela Sullivan and Karen Hall set up a display case and info table at an Elmhurst, IL library.
- Mirta Luna Rosado and Jennifer Figueroa Luna at a Puerto Rico Resource Fair.



MaryAnn Santos organized a group to promote RI at a mental health fair in Puerto Rico.



Gary Wachtel and Patricia Kehoe at a Health and Wellness Event in Port Jefferson, NY.



Area 145 Ohio summer picnic.



Beth Friedman hosts a summer gathering for Area 133 (NY Yonkers).

IRELAND

On June 5th, Group Area Leader Charles Kelly gave a talk on Zoom about Recovery Ireland to an audience of over 35 people from India. The talk was sponsored by the Eklavya Foundation for Mental Health, which is the registered nonprofit in India for Recovery groups and teachings. Current members and some interested in learning about Recovery, including family members, were in attendance. Charles directed people to get well using Recovery by reading books by Dr. Low, attending meetings, and continuous practice, and urged their families to show support in the same way. The talk was well received by the attendees. Endorse, Charles!



Recovery Examples

STEP 1: My father is moving to a smaller apartment, since my mom passed away. When I shared bids from moving companies, he got angry about the cost, and that's when I worked myself up.

STEP 2: I had the angry thought, "I hate it when he takes his frustration out on me." I had the fearful thoughts, "I'm sad and I miss my mom, and I can't handle this." My stomach felt nauseous. I had the disturbing impulse to run away forever.

STEP 3: I spotted this was distressing not dangerous. I saw that the belief that I couldn't handle it was sabotage — when we are at the end of our rope, it mysteriously lengthens. I spotted to not personalize my dad's feelings, because outer environment operates based on their own average. I spotted that I could remove myself from a temper-provoking situation.

STEP 4: In former days I would have argued or cried or both. Instead, I spotted my flare — and asked my dad if he would calm himself so we could discuss the bids. When he remained angry, I said let's talk more another day. I endorsed for using the RI Method — moving my walking away muscles, controlling my speech muscles, and not eating the forbidden PIE (personalization, imagination, and exaggeration). My stomach was upset but it was less and didn't last as long as in former days.

Sherri Crispin, CA

STEP 1: When I found out that one of my former classmates wanted to be friends with me again, I began to work myself up.

STEP 2: I had angry, racing thoughts, butterflies in my stomach, palpitations. I had fearful thoughts worrying how she'd react when I told her "No." I decided to act on my impulse to tell her "No."

STEP 3: I had angry temper at her for asking me. I had fearful temper and was worried how she'd react when I explained why I didn't want to be friends with her anymore! And fearful that she was going to use foul language. The RI tools I used were "Calm begets calm, temper begets temper;" "Do Things in part acts;" and "Remove myself from a tense provoking situation." I endorsed for deciding, planning and acting to tell her "No."

STEP 4: Before I had my RI training, I would have spoken in a mean voice about how I felt about her treatment of me, how she doesn't cancel ahead and how I don't want to be friends with her again. Now that I have my Recovery training, I'm going to tell her "No" in a polite, cultured manner.

Alison P., CA

Announcements

Call for Submissions

Please submit your Stories of Hope, Examples, and local news and photos 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.**

2025 Recovery International Conference

We are inviting session proposals for the 2025 RI Conference to be held in Albany, NY in 2025. The date and location are being finalized and will be announced soon. We will have hour-long breakout sessions as we did in San Diego. We welcome proposals for a 60-minute presentation or workshop on an RI-related topic. For details about submitting and to obtain a form, contact conference@recoveryinternational.org or call (312) 962-5992.

Book Club Session

Sunday, October 13, 2024 @ 5:00pm Eastern If you received an email for the previous book club session, you are on the list. Otherwise, email davesdecafe@gmail.com. (This is a Zoom meeting but participants are also welcome to join by phone.)



Telephone Groups Celebrates 20th Anniversary!

In 2002, Joan Nobiling had a vision. Having been an RI Community Meeting Leader for 20 years, Joan moved from Rochester, N.Y. to the small town of Oneonta, NY. The RI meeting being held there was eventually closed. Joan missed the RI meetings and thought about the possibility of creating RI meetings via telephone conference. The pilot program proposal was submitted to the Board of Directors and approved.

This was all new territory, and it took almost two years and a myriad of required steps to bring this vision to fruition. The first telephone meeting was held in July of 2004. A new meeting format of RI was now a reality. The concept of attending a Traditional RI meeting via telephone conference was widely accepted. Members were now able to enjoy the convenience of attending a meeting from the comfort of their own environment. These meetings also benefited those who were unable to attend in-person meetings due to distance, illness, or other various factors.

Part act by part act, additional meetings were added to the Telephone Groups offerings. Over the next few years, the Telephone Groups Area Team created new and exciting innovations - some of which include: an Introduction to the RI Method training sessions for newcomers, Spanish speaking meeting, Special Focus for members with chronic physical problems, Literature meetings, Tool of the Week, and/or endorsement from panel members as the last segment of our meetings. Meeting Etiquette and Example Period Policies, Supplemental Meetings (traditional format in a condensed timeline), the Symptom Management Helpline, and Leadership Training focusing on role play.

Currently the Telephone Groups have 20 meetings per week and 43 caring, dedicated leaders who serve over 430 registered members. Over the past 20 years, these meetings have helped countless members regain and maintain their mental health and we look forward to many more years of service in the future.



Camille Rizzo
Area Leader & Administrator
RI Telephone Groups Area 225



Gilda Marconi
Assistant Area Leader & Administrative Assistant
RI Telephone Groups Area 225



New! Power Tool Cards

The Power Tool Cards have been redesigned in boxed sets with a calming and artistic feel. You can choose from two designs – “botanicals” featuring a variety of botanical borders (printed in a portrait format, top image) or “landscapes” with a variety of nature scenes (printed in a landscape format, bottom image). Each box contains 50 tools, and the tools in each deck are unique for a total of 100 spots. Available through our store for \$24.95 per box. Visit www.recoveryinternational.org/store or call (312) 337-5661 to order them over the phone.



FREE domestic shipping (and discounted international shipping) until August 30th!

I have been a member since 1974. Years ago, I suffered from severe mood swings and depression, and was put on medications. These symptoms went on for many years but over the years in RI, I got better. My mood swings have been gone for about 20 years now and lowered feelings have been gone for over 10 years. RI helped me so much. I'm so very happy with RI.

Elizabeth Brechter, NY

After attending an in-person-meeting, I felt completely different about myself, and my perspective completed a 360-degree turn! I think these things happened because I perceived the commonality of my problems in other people!

Phil Sheridan, MI

Panics, Trivialities and Fear

Reading through all lessons from Dr. Low, I think this stands out for me. Anything small, be it a mistake, suspicion or anything, could make me panic and lose myself. These panics developed a high rate of fear in me. I feared to make mistakes, I feared to fail, I feared to be a loser, I feared not to be loved and at worst, I feared I had bad luck. Yes, bad luck.

Growing up, I lived with different people away from my parents. Each person had their beliefs, likes and dislikes. I think this was part of the problem. I strived to be loved, accepted and to prove that I'm good and beautiful. The fear in me grew stronger as I grew up. I covered my fears and panics to show people that I'm brave. Many people near me saw me as a brave person who feared nothing. I faced every challenge with strength on the outside but with a lot of fear inside. I always put on a brave face. I sacrificed my life at many times just to prove myself. The most dangerous part in this is that the people I was trying to prove myself to really didn't see it or didn't care or took the trials for granted.

I didn't know that it was the fears that were causing me the pain. I only realized this after reading Dr. Low's writings. I learned that fear and anger increase tenseness, how to handle fear, that fear is a belief, and to accept that you don't know something. I learned that fear is overcome by countering the current belief of fear or what is bringing the fear. This was the turning point. I had to look into myself to find out what really was causing all these fears. I also learned that beliefs can be manipulated. Fear is a belief. This is how I started my journey to healing. I am so grateful to Dr. Low for the lessons. Because of these, my mental health is better. Every day I get a new lesson and get better. I am looking forward to more lessons.

Ndagire Joanita Joshirah, Kampala, Uganda

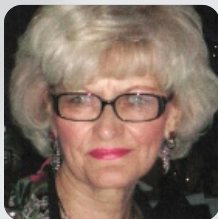
Members' Corner

I was originally a White Plains New York assistant leader. We moved to Modesto California. In 1996, I and assistant leader Norine opened the Modesto Friday night Recovery meeting. Because of Covid, we had to disband the meeting. Norine and I restarted it in February. Hina, at national headquarters, sent posters and business cards. We have friends and acquaintances who hear about Recovery and will probably come around when it is time. We are handling things little by little, day by day and endorsing for the effort. Joan Rice is a former patient of Dr. Low and Treasure Rice's sister-in-law. She recently asked us to visit her new place in a Sacramento area residential home. (Photo of Joan and Dave) We've known her from many RI events and the many skits she wrote for Recovery. She has been a wonderful RI mentor to us throughout the years. Joan is enjoying life, her family, new friends, and many activities.

Dave Bartlett, CA (Area 20 Sacramento/San Francisco)



In Memoriam

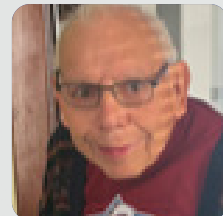


Annette Laszewski - Grand Island, NY

Annette attended meetings for over 40 years and was a very caring person. She recently attended Rena's phone meetings on Thursdays. She also was an assistant leader at another meeting. We will sadly miss her and her bright smile that would light up any room she was in.

Ruben J. Mora - Denver, CO

Ruben enjoyed spending time with family and friends, watching Rockies and Bronco games, boxing, listening to music, reading, and playing with his grandchildren. He was a quiet, kind, and smart person who always enjoyed learning about history. He will be remembered for all the heart he shared with his friends and family. He truly loved each of them.



Perry A. Page - Clearwater, FL

Perry was a great person who practiced his RI Method well. His knowledge of the Recovery Method and Dr. Low's writings helped others in group meetings. He was very much a gentleman, and someone that people looked up to. Perry is greatly missed.

Phil Rice - Oakland, CA

Phil was a longtime member of the Oakland Saturday group. Phil was a regular attendee at both RI and 12-step groups for over 15 years. Phil did not give examples because he said his poor memory prevented him from recalling the spots, so he began writing out examples at home while referring to a list of spots, then read them at the meetings. In the beginning, he admitted to freezing up in casual conversation but gradually he became more relaxed and engaged and a droll humor emerged. Phil's patient, persistent RI practice led to an increased quality of life to the end.

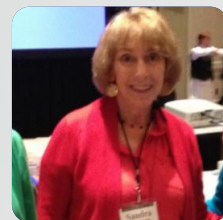


Jim Sroga - Beavercreek, OH

Jim was a longtime member of RI in the Dayton, OH area. He was a proud Veteran and retired astrophysicist. RI Members enjoyed his homemade chili and fellowship at area picnics and holiday parties. One of Jim's favorite spots was "patiently borne, bravely faced, and humbly tolerated." Jim was an integral part of the RI family in Dayton and is already missed.

Sandra Stackhouse - Livingston, TX

RI lost a strong leader with over 40 years of leadership service. Longtime friend and RI member Joyce described Sandra as a "bridge builder" for RI – appearing in the Polk County Enterprise Newspaper frequently, serving on local committees and advisory boards to advocate for better mental health and appearing in newspaper articles. She was a Group Leader who inspired many people as they watched her study, practice and lead the Livingston Group. Sandra was very proud of her Mental Health Through Will-Training book, signed by Phyllis Low Berning, Marilyn Low Schmitt and Treasure Rice Sachnoff.



Loretta Styma - Phoenix, AZ

Loretta grew up in Villa Park, IL and was a licensed practical nurse and a cosmetologist. She loved roller skating and square dancing. She was proud to be a member of the Daughters of the American Revolution and a life member of RI for over 25 years. Her generosity truly had no bounds as she contributed to many different charities and spent her spare time serving her community through her work at Saint Vincent De Paul.

Julia Ann "Judy" White - Centerville, OH

Judy served as an RI Group Leader/Area Contact person from the 1950's until late 2018. She donated the collection of her personal RI photos, RI National Conference programs, local media cassette tape recordings from Dayton area AM radio interviews, an appearance on "The Donohue Show" and other notable RI collectibles and memorabilia to Headquarters. Judy will be remembered and loved for her legacy to Area 141 and her passion for RI.



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Recovery Reporter by Mail

RI Members have asked why they receive both an electronic and printed version of the Reporter. We have decided to save the environment as well as printing and postage costs. Future printed Recovery Reporter issues **will only be mailed** to those RI members without an email on file with us, and members who specifically request a printed edition.

If you have a current email with us **but still wish to receive the printed version via postal mail**, please send your name and address to Info@RecoveryInternational.org and tell us you still want it mailed. You can also call Jessica at (312) 337-5661.

Wisdom of Dr. Low (Selections from Dr. Low's Works, pg. 105)

June 1952, Denver, Colorado - Sherley M. (Courage, Will and Determination)

An example contained in a letter from Sherley M. of Denver to Treasure Rice, leader of the Brighton MI branch.

Dear Treasure:

A lady called me last Wednesday to tell me that if I wanted my daughter, Jill, to be a "Brownie," I would have to attend an organization meeting of 22 mothers on Friday morning. After receiving the call, I felt very low. It always makes me so uncomfortable when there is something that I would like to do for the children that I'm afraid I can't do. And Jill is so anxious to be a "Brownie." I kept thinking, "Oh, if I could only go." I wanted so badly to talk to you, Treasure, but then I knew what you would say — that I'd have to stop working myself up about it, that everybody has sensations.

Then on Thursday evening we had a Recovery meeting at our house, which made me feel further encouraged. Friday morning, I made up my mind to make my muscles work toward getting ready to go to the "mothers-of-Brownies" meeting. I sent Jill off to school, took Susan, my younger daughter, to a neighbor's and went. I realized then that I would be all right when I found I wasn't irritable or tense at all but was actually singing!

It all turned out fine. I wasn't absolutely comfortable but I don't imagine the others were either — meeting all those new people. I didn't have a sign of the old panic. I knew that I wasn't ready to volunteer as a leader of their organization, but I offered to babysit for the leader, do the telephoning, and drive the children around when they wanted me to. I know that all of this is going to lead to a good many meetings, etc., but somehow, I'll take these things as they come. I'm to take Jill to another mother-daughter meeting of the "Brownies" soon. Yes, I'm scared but I'm going anyway.

Dr. Low's Comment:

The phrase "I'm scared but I am going anyway" expresses beautifully the very core of Recovery thinking. It is a veritable declaration of independence from sensations, symptoms and panics and a firm determination to let no scares interfere with the realistic business of daily life. Ignoring fears and moving muscles is the essence of courage, will and determination, which means the essence of Recovery thinking.