



## Welcome to Spring!

This is the time of year when everything seems to breathe new life into us. Spring comes after a long cold winter, and we are inspired to make plans and start new projects. With renewal all around us, what are your plans for spring? Are you feeling inspired? Or perhaps you're a bit distracted from being bundled up all winter against the cold. It may seem like all our progress is gone, but just as the bulbs have always been underground, our progress isn't gone, it just went on pause. A few distractions don't undo all the work and effort we've made! Setbacks are inevitable, but thanks to our practice, we can regain focus and get back on track. It's time to spring into action.

We learn practical skills by doing, not just thinking. When we use our muscles to act and practice, we gain knowledge about what works in real situations. When it comes to learning what actions to take or avoid in daily life, our muscles serve as the primary teachers of our brain.

Happy Spring!

Your Contributing Editors, Dave and Helen

## Book Club

Sunday, June 8, 2025 at 5pm Eastern time      Topic: EXTREMISM

Come and join the conversation! Let's explore together what practice means to us, and how we can apply it in the new year. If you received an email for the previous book club session, you are on the list. Otherwise, please email [davesdecafe@gmail.com](mailto:davesdecafe@gmail.com). You will receive a reminder email the week before with the Zoom link and dial-in instructions for those who wish to participate by phone. Free for everyone!

## Save the Date for Our Annual Meeting

Saturday, May 17, 2025 at 10am PT / 11am MT / 12pm CT / 1pm ET

RI Members can join the Board of Directors, staff, leaders and fellow members via Zoom for the annual business meeting which will recap 2024 and tell you what's new for the future. Look for email announcements to register or email [jessica@RecoveryInternational.org](mailto:jessica@RecoveryInternational.org) or call (312) 337-5661. Hope you can join us!

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# Global Virtual Conference 2025-2026

We kicked off our Virtual Conference in January with special sessions to help you further your Recovery knowledge and interest in mental health and wellness. Earlier this year, we offered a book study on “My Dear Ones,” a session on spotting sabotage and a suicide prevention program called “Question, Persuade, Refer.” We will offer many more sessions spread throughout the next two years. For the upcoming months, we have the following opportunities, free to all. Registration is required by going to the RI webpage: [RecoveryInternational.org/trainings](https://RecoveryInternational.org/trainings) or by calling (312) 337-5661. Please check your Weekly Wisdom for more session announcements.

## ***RI's Private Facebook Group: What It Is and How to Use It***

Tuesday, April 22, 8pm ET

Get introduced to RI's Private Facebook Group, one of the many benefits of RI membership. Three current group moderators will overview the group's guidelines, share samples of example-giving in the group, and talk about how to spot on others' examples. Example-giving and spotting can occur 24 hours a day, so if you're awake in the middle of the night, this group is for you! This session also provides you with a chance to get acquainted with the group moderators, who are all RI group leaders.

## ***How to Set Up a Facebook Fundraiser***

Thursday, May 1, 7pm ET

Nick Silverstein will walk you through the actual steps of setting up a fundraiser for RI on Facebook. A Facebook Fundraiser is a chance to invite your friends and family to give to an organization that is very meaningful to you.

## ***Hello from Recovery Ireland!***

Sunday, May 18, 1pm ET / 6pm Irish Time

Join Charles Kelly, the Group Area Leader for the Island of Ireland, as he updates us on current efforts and the plans for the future of Recovery Ireland, one of RI's key affiliates. Then hear members' testimonials and have the chance to ask questions. An RI Ireland Zoom meeting immediately follows for anyone who wants to join. What a great opportunity to learn more about our RI friends in Ireland!

## ***RI and Your Workplace – Perfect Together***

Sunday, June 22, 4pm ET

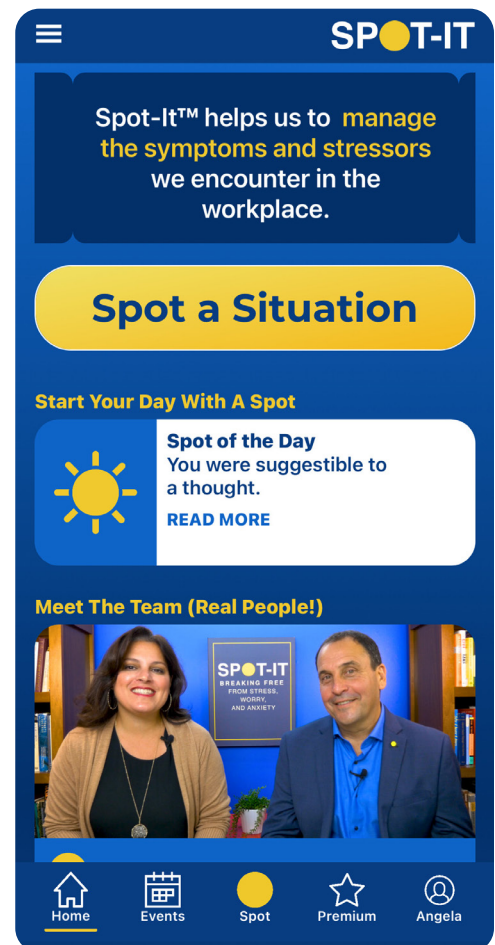
Have you ever thought, “Wow, I wish I could bring the RI Method to my workplace?” Well, now you can. Through a unique relationship with the highly regarded East Coast consulting firm DillonMarcus, you can bring Dr. Low's Method into your workplace with the Spot-It™ program. Join us to learn more about how they bring the magic of the 4-Step Method to workplace professionals.

# SPOT-IT™

**BREAKING FREE  
FROM STRESS, WORRY, AND ANXIETY**

Have you ever thought, “Wouldn't it be amazing to bring the 4-Step Method into the workplace?” Introducing Spot-It™.

Evan and Tara Marcus, co-founders of the consulting firm DillonMarcus ([DillonMarcus.com](https://DillonMarcus.com)), have been practicing the Recovery Method for 20+ years. Tara recognized the potential for the RI Method to make an impact in the workplace. With support from the RI Board of Directors, they developed Spot-It™ which is Dr. Low's Method packaged for organizations. The Spot-It™ workplace offering includes a comprehensive webinar, live training, workbooks and detailed materials. Plus, there's even an app—allowing workplace professionals to practice the method right on their phones. To top it off, DillonMarcus shares any profits with RI and pays a yearly license fee. It's a true win-win! If you're interested in bringing the Recovery Method to your workplace, or if you want to download their free app, visit [whynotspot-it.com](https://whynotspot-it.com).



## Examples

**Step 1:** Recovery International was invited to participate in the United Nations evening at the Lions Club International Ponce, Puerto Rico chapter. I was hosting an information table to exhibit RI promotional materials and represent a country. The country I chose was Japan, but the kimono outfits didn't arrive on time and that's when I got worked up.

**Step 2:** First, I was very excited about the event but then I began to doubt myself and all the effort I was making. I wanted RI and me to look really good, not mediocre, because I'm trying to make a future for RI in that organization and that's important to me. I had lowered feelings and judgment against myself.

**Step 3:** I spotted that I was working myself up because of exceptionality. My fearful temper was fear of damage to RI's image and my own personality and negative expectations were building up. The tools I chose were to "lower my standards," just concentrate on doing a good and "average job without worrying about tomorrow," and to "trust in my basic functions." I endorsed for all my efforts and that of my team. And we looked so good that I'm still endorsing.

**Step 4:** Before RI, I wouldn't even have thought about doing an event like this. My symptoms managed me. Today, I manage my symptoms. I may not be able to get rid of them, but I can function and be of service. Averageness rules.

- Mary Ann Santos, PR



**Step 1:** I told an out-of-state friend who I have not seen for 15 years that I've been lonely since my mom passed away of Alzheimer's. My friend texted me later to say she wanted to come visit me for a week and that she wanted to buy an airline ticket for the end of May, and that's when I started working myself up.

**Step 2:** I had angry temper in the form of resentment at Alzheimer's, which my mom had suffered from, and resentment that I became lonely while caring for my mom these last five years. I had angry temper at grief. I had self-pity about the past, that I did not have help caring for my mom and I felt alone. I had fearful temper, in the form of worry and inadequacy, and thought what if I am "weird" after what I went through with my mom and what if my friend visits and does not have a good time. What if I'm not well enough to have a houseguest for a week and what if we don't get along and I lose the friend. I had the impulse to tell her I'm not well enough to have a visitor (I did not do that). I had sensations of nervous fatigue and feeling weak.

**Step 3:** The spot I used was "duality of the situation" (I want her to visit but I am afraid). I spotted "feelings are not facts, they lie and deceive us and tell us of danger where there is none." I used "decide, plan and act" which I did by texting my friend "I would love for you to come visit." I used objectivity, and thought of enjoyable things we could do each day. I considered asking her to stay a shorter time but decided against that. I instead took secure thoughts that we would have a fun average time together and I would be able to work through any differences that may arise. I decided to "anticipate joyfully or not at all." I endorsed for dropping the perfectionism, insecurity and exaggeration.

**Step 4:** In former days, I would have told her "I'm too anxious, I'm sorry, I can't." Then I would have felt embarrassed and even lonelier. Instead, I see it's average that nervous patients don't like change, and we see panics instead of picnics. I am endorsing for the change. Every nervous fear is the fear of discomfort, and I choose anticipating joyfully instead. Because of RI, I am no longer missing out on the wonderful parts of life and friendships.

- Sherri Crispin, CA

## Stories of HOPE

Recovery International has been instrumental in my recovery and management of my mental health. At the age of 12, I began experiencing anxiety and panic attacks. I also developed OCD with ruminating thoughts and compulsive rituals. This went undiagnosed for over 25 years until I found Recovery in my area. It was a process to learn and implement the Recovery language. With time, I was able to function as a recovered patient and was able to function despite setbacks from time to time. After practicing Recovery for over 25 years, I can say I have fully recovered and do have average symptoms. I can truly testify that at 63 there is hope and I feel great! To inspire others to keep on keeping on, I was able to complete three doctorates, a master's and bachelor's degrees. I have been in business for 30 years, and I am celebrating 25 years married and have two children. I still experience discomfort, but I now look at my symptoms as distressing and not dangerous. I learned to develop what Dr. Low admonishes for us to have as Recovery patients and that is unrelenting self-confidence and security in our minds and body. Remember, there is never a hopeless case. Thank you to Recovery International for always being there.

- Eddie DelValle, FL

# Roaming the Globe

## AROUND THE USA

### ***Welcoming RI Members from Wisconsin in San Diego, CA***

Wisconsin resident Steve Vincent travelled to San Diego to escape the cold weather. Sharon and Mike organized a get together as Steve has made RI Friends in the area. Steve even attended all the community meetings in the area during his visit! Not only was the food delicious, but there were lots of laughs and group-mindedness. *Pictured Left to Right: Natanee, Diane, Lisa, Sharon, Mike, Nancy, and Steve*



### ***Goodbye and Goodluck to Eric Gonzalez, San Diego, CA***

San Diego area members threw a goodbye party for Eric Gonzalez, RI's Outreach Coordinator (pictured center), who departed the organization in February. Over his two years, Eric helped with numerous outreach events in San Diego, connected with youth groups to deliver the Power Your Mind program and helped our Spanish-speaking members get started and find meetings (among many other duties). We will miss him and wish him well on his next adventure!



### ***New Year's Read-a-Thon, Los Angeles, CA***

Since 2005, we've held a party at Maggie Hutchinson's house on New Year's Day to bring RI people and a few interested friends and spouses together. Besides a joyous New Year's spirit, it's lovely to start off the new year seeing people, reading literature, eating and sharing memories. This year, almost 20 people gathered. The time flew by, but Maggie kept us on track, graciously encouraging people to eat, introduce themselves and read some portions of Dr. Low's works. There were even a couple of examples. This type of event was started many years ago by Floretta Morris of Texas as a fundraiser, when she served on the RI Board. People were to send the number of minutes they read to Headquarters where it would be added to a total and shared through the Recovery Reporter. Although the Los Angeles group has evolved, the spirit is the same and gets the year off to a good start. Thank you, Maggie!

### ***Celebrating a 47-Year Old (and Counting) Meeting!***

I am the Group Leader of the Harrisburg, PA Group and an Area 155 Team Leader. We recently celebrated our 47th anniversary on January 8th! The late Bill and Jeanne Kelly founded our group on January 8, 1978. When they retired in 1985, I took over as the group leader and I still am very proud of our group even though it is now a phone meeting. I've been an RI member since 1978, and I know I could never have been a group leader if not for Recovery. For more info about our group, please contact me at (717) 236-3941 or sandpirate@comcast.net. - Rick Rubin

### ***Thank you, David, for Many Years of Service to Ohio!***

David Norris served as the Area Treasurer for the Northern and East Ohio Area for over 25 years. Always thorough gathering meeting attendance and donations from all the Group Leaders, he sent the data to headquarters each month. Even when the Area Treasurer positions were dissolved a few years ago, David continued to help the Group Leaders in this capacity, ensuring RI receive donations and data in a timely manner. David has stepped down from this role, but we thank him for his many years of service for helping the Area run smoothly. We appreciate all the effort and time he put into serving Recovery.

## ABROAD

### ***New In-Person Group Meeting Launched, British Columbia, Canada***

Canada Leader Danielle Casey launched a new in-person meeting in Maple Ridge, British Columbia! The meetings are held weekly on Friday mornings at 10:15 a.m. at the Maple Ridge Public Library. “We are grateful to the folks who have already attended to support the launch of this new group meeting!” stated Danielle. Group Leaders Danielle and Billy Niven (pictured on the left, with Shannon at right) have been energized by this opportunity to serve the community of Maple Ridge. “The experience of having a newcomer join us at this new meeting was incredibly vitalizing. The Recovery Method settled in at a deeper level for us as leaders, understanding the reality that today someone’s life was changed in a good way through the sharing of this lifesaving discipline,” said Billy. Contact [danielle.almcasey@gmail.com](mailto:danielle.almcasey@gmail.com) for questions.



### ***Recovery India***

Welcome 2025 from India! We have been reflecting on a year of impactful events and important conversations that shaped our mental health journey. The Eklavya Foundation is holding workshops for the empowerment of caregivers of people with mental illness alongside their regular Recovery meetings. #EklavyaFoundation #MentalHealthRevolution Photo: Facilitators of the Recovery meetings posing with their new Recovery banner.



### ***Welcome Chinmay!***

Chinmay Pathak is from Pune, India. He joined the San Francisco Wednesday Zoom meeting when he was an intern at the Eklavya Foundation, giving and leading examples and sharing his beautiful photos. Congratulations to Chinmay who recently earned his master’s degree in counseling. He plans to start meetings for patients and caregivers using the RI Methods. Endorse, Chinmay, for everything you do!

## RI Featured in Newsweek Magazine

The December 20th edition of Newsweek magazine features an interview with RI’s President Celinda Jungheim and an article about Recovery International! A portion of the article is included here.

“At Recovery International, we empower individuals by fostering self-reliance and resilience, providing simple yet proven tools for lasting mental and emotional transformation. Many people go through life reacting to irritations and frustrations without truly understanding the toll it takes on their well-being. Our program equips participants with practical tools to navigate life with greater peace and productivity.

I joined years ago while struggling with serious health issues, and I’ve witnessed many individuals who are overwhelmed by stress—often about things that never come to pass. Our volunteer-led groups offer a supportive environment where leaders, experienced in the program, guide participants. Recovery International emphasizes that we are perpetual learners; there are no masters, only apprentices. My hope is that these tools become part of everyone’s life skills, starting in schools. If children learn these principles early, they could avoid many challenges later in life.”

For the full article, visit the link on the homepage of [RecoveryInternational.org](https://RecoveryInternational.org) or call (312) 337-5661 for a printed copy.

PangeaGlobe

“We help people better understand what’s going on with their lives. Most people don’t stop to think about what causes the irritations and frustrations that work them up. At Recovery International, we learn simple tools that allow us to have more peaceful and productive lives.”

**Celinda Jungheim**

President | Recovery International



As seen on **Newsweek**

# Special Focus Meetings

Over the last few years, we have opened several special focus topic meetings. These are designed for members of specific communities with a facilitator with lived experience of the topic. Examples given in these meetings may extend beyond the usual ones you hear but still focus on daily stressors as related to that topic.

- **Caregivers**
- **Chronic Physical Conditions**
- **College-aged/Young adults**
- **LGBTQ+**
- **Spanish**
- **Japanese**

Late in 2024, RI Member Erika emailed RI Headquarters asking for support in reaching her walking goal. We concluded that others might also appreciate such support. On January 2nd, Celinda Jungheim and Hina Sowinski joined about 20 others in the new “**Spot Your Progress**” Supplemental Meeting that includes reporting their goal. In subsequent weeks, each person has reported on their status with their goal—no judgment, just support, with spotting when requested. This is a weekly group, and anyone may join at any time. Additionally, the *Spot Your Progress* journal was developed as an aid for those who want to use it. It is available on Amazon or through the Oak Brook office.

If you identify with one of these communities, try the meeting! You can find these at [recoveryinternational.org/special-focus-meeting](https://recoveryinternational.org/special-focus-meeting).



My life became difficult at age 37. Along with being a nervous patient, I was diagnosed with a severe form of Rheumatoid Arthritis. I was told I would be in a wheelchair by age 50. Well, I am 64 now and walk every day with my best buddy, my dog, Polly. Two years ago, I began to think of how I could use my RI practice to include my arthritis. Since October 2023, I have facilitated the Chronic Physical Conditions Special Focus Meeting. We use *The Wisdom of Dr. Low* to address such topics as being diagnosed with a second illness, multiple doctor’s visits, waiting in pharmacy lines (when not feeling well), dealing with insurance companies, having to miss social events, lowered feelings when in a flare and especially feeling alone when trying to express ourselves to family and friends. I am especially grateful to be in a meeting every Thursday with people who understand.

- Jennifer Schulkin

I’m grateful for the weekly “Spot Your Progress” meeting. My goal is to better address my lowered feelings, a long-term and deeply seated habit. Having a meeting where I can focus solely on that is proving effective. The meeting includes a portion where everyone reports on their goal and the progress they’ve achieved, and it’s good to hear everyone’s progress (or sometimes setback, which has occurred for me, as well). It reminds me that, despite how long-term and deep-seated my lowered feelings are, they are average, not exceptional, and by continuing to practice the RI tools I will make progress. I’ve chosen specific spots related to lowered feelings and have been immediately applying them when lowered feelings come. Progress, not perfection.

- John Stepanik

“It’s simple but not easy,” as Dr. Low says. The “Spot Your Progress” group helps me incorporate the concept, Method and language to one average simple realistic goal. Repeatedly utilizing Recovery on one goal and reporting my progress with this singular goal has made the process very simple. After only a few weeks, I realize this Recovery practice is spilling to other areas of my life with less effort than before this group.

- Erika D.

I used to think of life as a black and white movie. Even when I get disorganized, I complain less and become organized again. I walk every day since attending the “Spot Your Progress” RI meeting. I have found a way to eat and not deprive myself of things such as ice cream. I can control panic attacks and hope to relate versus re-live. I appreciate actually staying around people who aren’t mental health professionals. I care less about what people think, including wearing sweats! I don’t eat hot dogs anymore.

- Holly Martin

## Poetry Corner

### Practice

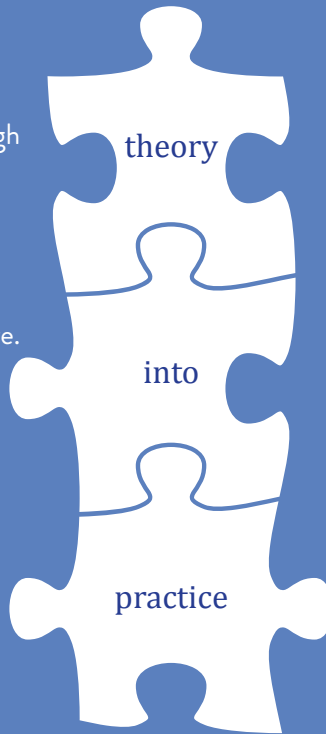
Practice makes perfect, they always do say.  
Dr. Low shows us a different way.  
You must be an apprentice to learn through and through  
his Method of self-help and commit to be true.

Perfection's a dream, Doc states to us all,  
If you want to be perfect, you're in for a fall.  
Lower your standards, your performance will rise.  
You're average and human—it's for Real you must strive.

Practice is doing, it's walking the walk;  
feet on the ground, not just useless talk.  
The tools are for using, not just in the brain;  
they're for muscles to act on. That keeps you sane.

You follow his teachings and work with the spots  
to unlock fear and anger, to untangle the knots.  
You're no longer alone when you have spots and tools,  
thank Dr. Low for his life-saving rules.

- Fran Goldstein, LA



### I Might NEED This

I know you'll be awed by my latest Discovery:  
A needed Guide, a true Help, it's RECOVERY.  
Can Lift you up, or Calm you down.  
And even unwind that spinning around.  
A misbehaving laptop, or overflowing pot,  
Could ruin the day, but with RI, Surely Not.  
You can always Amuse, rather than mentally abuse.  
When a path seems unclear, with RI You can Choose  
Always Credit yourself, things will Change if you could.  
Since it's possible that No One else would.  
It's a HELP, it's a GUIDE.  
Brings us Out when it's easier to hide.  
Steps are Vital. We Only have FOUR.  
But it's Fine for those who routinely use More.  
A Guide that tackles our Own Thought as the Foe,  
A Guide Gratefully Given us by Dr. Abraham Low.

-Kimberley Monari, CA

## May is Mental Health Awareness Month

Celebrating Mental Health Awareness month with gratitude for the gifts we were given by the Recovery Method! We can maintain peace and calm and drop the judgment in the trivialities of everyday life (and sometimes in more challenging times, as well). Established in 1949, Mental Health Awareness Month is celebrated annually in May. If there are local mental health fairs you'd like to participate in by hosting an RI table, contact [info@RecoveryInternational.org](mailto:info@RecoveryInternational.org) or (312) 337-5661.

## Bill's Song

Thanks to Bill Chin for sending us his original song, dedicated to Group Leaders, volunteers and staff at Recovery International. Here are the lyrics:

*When lightning fills the skies or the streets are full of danger,*

*I hope for someone like you.*

*When my car is broken down or I'm feeling broken hearted,*

*I hope for someone like you.*

*You're the kind of stranger who can heal a broken world,*

*You can make a difference today.*

*When I feel like giving up or ready to give in,*

*I hope for someone like you.*

*When I'm feeling down and need a helping hand,*

*I hope for someone like you.*

*The kindness of a stranger can heal the broken hearted,*

*You can make a difference today.*

*So many broken people, so many lonely tears,*

*Let's bring them all together for one group hug.*

*The kindness of a stranger can heal the broken world,*

*You can make a difference today.*

*Thank you, all my friends, each and everyone.*

*You were once a stranger to me,*

*The kindness to this stranger has healed this broken soul,*

*You made a difference to me.*

## Announcements

### Mental Health Through Will-Training

Fifth Edition

Abraham Low, M.D.  
Founder of Recovery International

#### ***Mental Health Through Will-Training, 5th Edition Now Available!***

We know you've waited a long time! The latest edition is here! You'll find each chapter begins with some key concepts and helpful tools. A summary of each chapter includes additional spots. We are happy to offer you this new edition for \$19.95 with free shipping via Media Mail in the US and Canada and discounted international shipping for orders placed through the office at (312) 337-5661. Or you can order online through Barnes & Noble.

### Manage Your Fears Manage Your Anger

*A Psychiatrist Speaks*

By Abraham Low, M.D.  
Read by David Davino

#### ***Manage Your Fears Manage Your Anger Audio Book***

We are excited to announce that the audiobook and eBook versions of Dr. Low's *Manage Your Fears Manage Your Anger* are now on sale on Amazon. Prices vary depending on your Amazon Prime membership or Kindle membership. (You do not need a Kindle membership to make a purchase.) The audiobook may also be found in Apple Books. Just open the Apple Books app on your Apple phone, watch or device and search for the title.

### Better Mental Health for Everyone

Recovery International

#### ***Better Mental Health for Everyone***

Updates to the *Better Mental Health* workbook have been made and the second edition is now available in our bookstore and through Amazon for \$10.95 (plus shipping).

### Spot Your Progress

An Accountability Journal

With excerpts from the teachings of  
Abraham Low, M.D.

#### **New Accountability Journal and Weekly Meeting**

In January, we launched the "Spot Your Progress" accountability group meeting to support you in your goals. Dr. Low encouraged people to work toward making improvements in their lives and also recognized how challenging this could be. Join Celinda Jungheim and Hina Sowinski to report on progress toward your goals each Thursday, 6:00 p.m. Eastern via Zoom. We also have a new RI accountability journal, *Spot Your Progress*, that can be used as part of the group or on your own. It has a two-page spread for 52 weeks of self-reporting and self-endorsing in making progress toward your goal. It features a different spot each week from Dr. Low. Order through the Oak Brook office (312) 337-5661, on Amazon or by going to RI's bookstore at [RecoveryInternational.org/store](http://RecoveryInternational.org/store). Cost is \$9.95 (plus shipping).

## In Memoriam



### **Virginia "Ginny" Ann Allen, Allegan, MI**

"Ginny" was vivacious, active, social, and had many talents and interests. She was a mother of four and obtained her real estate license as a salesperson and thoroughly enjoyed "matching people to homes." Despite, or perhaps because of her own lifelong struggle with depression, she was a fierce advocate for mental health awareness. This mission led to her involvement in Recovery International. She was dedicated to helping people who were suffering from depression and other issues that negatively impacted their lives. Her 15+ year involvement as a Group Leader for meetings benefited countless people.



### **Nancy Joseph, Hudson, OH**

Nancy was born in Buffalo, NY to the late Leonard A. Kurczewski. She was the beloved mother of two children, a cherished grandmother of eight, an adored great-grandmother of two, and sister of four siblings. Nancy worked as a medical secretary for Buffalo General Hospital for almost 20 years. She was an RI member for over 25 years and Group Leader of the West Seneca RI group. She was honored for her dedication and service to people struggling with their mental health. After early retirement, Nancy resided in Apex, NC to be close to her family.



### **Tom Kane, Floresville, TX**

Tom served as the South Texas Area 171 Team Leader and ran RI meetings for over 18 years. His dedication to Recovery International and sharing Dr. Low's method of helping individuals learn how to deal with stressful symptoms is extraordinary and truly admirable. His leaders and participants noted his positive interactions, stating he was a "Die-hard RI leader and practitioner. His example of practice, his constant support and just his overall presence will be dearly missed." RI Staff is also saddened by the loss of such a dedicated Area Team member, who had such a calm soothing demeanor, and contributed greatly to monthly leader training meetings.



### **Barbara L. Kharouf, Penn Hills, PA**

Barbara first heard about RI through her psychiatrist in the late 1960's. Recovery helped her do the things she feared and hated to do, including leaving her house, flying in an airplane and sitting in a crowded theater in the middle of a row. She attributed her Recovery practice to making her life less "disabled." Barbara was the daughter of a Titanic survivor (her father, William, who was 11 at the time) and gave many lectures on the tragedy to interested groups. She loved music and enjoyed singing and participated in choir.



### **Rosemarie Masina, Wappinger Falls, NY**

Rose was a long-time member of RI and sister to Gilda Marconi, RI's Assistant Area Leader for phone groups. Rose started going to meetings in NY with Gilda many years ago. When Gilda began facilitating a telephone meeting in 2006, Rose became part of that group. Rosemarie loved nature – gardening and feeding the birds that visited her house. She was a devoted wife, mother, and grandmother and a strong, kindhearted person. Gilda shared, "Rose practiced Recovery until her last days. She would call, and I would give her spots. She still used the spots to get her to move, eat and work down some of her mental discomfort. We know that Recovery International is for trivialities, but it can also help with things that life brings that are real and unexpected."



### **Natalie Silverberg, Cleveland Heights, OH**

Natalie was born in Cleveland, OH and graduated from Cleveland Heights High School and Western Reserve University. She worked as an elementary school teacher prior to starting her family. After raising her daughters, Natalie continued her lifelong passion for education by earning her master's in early childhood development from John Carroll University and she worked as an educator at the Early Childhood Enrichment Center. Natalie was an RI member for over 25 years and a generous donor. She was an avid bridge and tennis player and loved reading fiction. Natalie was an independent spirit who cared deeply about her family and friends.



### **Jean Steele, Palm Desert, CA**

Jean Steele was born in Hinsdale, IL. After graduating from high school, she attended Stanford University. Jean and her husband lived from coast to coast until they settled in Victorville, CA in 1956 where she lived for 60 years. During that time, she became a Recovery member for over 25 years and a generous donor. Jean was also a U.S. Mail Carrier for 22 years in Victorville and on George Air Force Base. After retirement, she loved to travel.

## Annual Report 2024: A Year in Review

One of the many strengths of Recovery International is the way we embrace and practice our shared values, the values taught and demonstrated by our founder, Dr. Abraham Low. The spirit of group-mindedness within our organization is evident in the way we work together to help ourselves and others strengthen and maintain better mental health. The collaboration among members, volunteers, donors and staff is a testament to our shared commitment to developing a supportive and productive organization.

In 2024, RI continued to expand our footprint. The number of in-person meetings continued to grow after the pandemic, balanced by the efforts of those running Zoom and phone meetings. We held our first in-person conference in San Diego since the pandemic. We launched new publications, such as the audiobook and eBook versions of *Manage Your Fears*, *Manage Your Anger*, and two new sets of Power Tool Cards.

Partnerships with our affiliates, including the Recovery organizations in Canada and Ireland, grew stronger. Our Israeli partner led the translation efforts of *Power Your Mind* into Hebrew to share with Israeli teenagers. Through our relationship with the non-profit CRF Behavioral Healthcare in San Diego, new meetings were launched for their program participants, and their peer leaders were trained to facilitate groups teaching the Recovery Method. These are just a few examples of the way RI has grown this past year.

We are so grateful for our many volunteer leaders and their assistants, who are essential to the provision of our self-help meetings. Over 9,000 peer-led meetings were held last year, serving more than 70,000 participants. Almost 24,000 volunteer hours were generously donated by RI leaders and members in 2024. RI has members from Austria, Canada, Croatia, England, Germany, India, Ireland, Israel, Sweden, as well as the U.S. and Puerto Rico.

Of course, none of these gains would have happened without the dedication of our volunteers, the generosity of our members and donors, and the commitment of our staff. The unwavering support and collective spirit of our volunteers, members and donors have been the cornerstone of our success. Your generous financial and volunteer contributions to RI enable us to extend our services to those currently unable to contribute. The benevolence of those who remember RI in their estate planning has allowed us to bridge the gap during challenging times and maintain our resolve to strengthening everyone's access to mental health services.

The dedication of our community is truly remarkable, and it is through this collective effort that we continue to build a lasting and effective organization. RI is stronger through our united efforts to better mental health. As a whole, we are stronger than the sum of our parts.

Warmest wishes,



A blue ink signature of Celinda Jungheim.

Celinda Jungheim, President



A blue ink signature of Karen Hall.

Karen Hall, CEO

Thank  
You!

With great appreciation to our dedicated volunteers, who donated almost 24,000 hours of their time in 2024. We would not be here without you. We are so grateful!

### Programs, Outreach and Books

Our programs serve the mission of helping people gain skills to manage their thoughts and control their impulses to everyday stressors to lead more peaceful and productive lives. Our 2024 accomplishments included:

- Held the first in-person RI Conference in San Diego in over five years with 100 attendees including local community partners, RI members and non-members, board members and staff;
- Collected 800 pairs of socks for the unhoused in the San Diego area as part of the RI Conference;
- Developed and expanded the Power Tool Cards in two different designs with 100 spots;
- Launched a new Accountability meeting and corresponding *Spot Your Progress* journal;
- Released audiobook and eBook versions of *Manage Your Fears Manage Your Anger*;
- Translated *Power Your Mind: Tools to Build Resilience* for teens/young adults into Hebrew for Israel mental health partner;
- Hosted 185 weekly peer-led meetings serving over 70,000 people;
- Trained 60 new people for Group Leadership roles;
- Offered 13 continuing education sessions to the RI community with 275 participants;
- Held 18 nationwide training meetings for Area and Group Leaders;
- Presented at 38 regional events reaching more than 11,000 mental health professionals, veterans, first responders, caregivers and others;
- Reached 53,000 people through social media platforms – Facebook, Instagram and LinkedIn;
- Developed new brochures on fundraising and estate planning.

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

### Looking Ahead

We have many goals to reach new audiences, offer new technologies and provide you with more support. In 2025, look for:

- The release of the 5th Edition of *Mental Health Through Will-Training*, available at Oak Brook office and Barnes and Noble;
- Virtual conference sessions throughout the year;
- Release *Better Mental Health for Everyone* in Spanish and the 2nd edition of the English version;
- Release an audiobook and eBook of *Mental Health Through Will-Training, 5th Edition*;
- Launch the RI app for tools, meetings, membership and more at your fingertips;
- Expand Zoom Welcome Meetings for Newcomers;
- Develop new marketing materials about the complementary relationship of RI and 12-Step programs.

## 2024 Financial Statements

In 2024, Recovery International benefitted from the 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 begin to flourish again, we are hopeful that we will see continued growth.

Judi Bakke, Treasurer

| <b>Balance Sheet</b>       | <b>2023</b> | <b>2024</b> |
|----------------------------|-------------|-------------|
| Current Assets             | \$5,229,072 | \$4,918,359 |
| Fixed and Other Assets     | \$5,927     | \$4,590     |
| Total Assets               | \$5,234,999 | \$4,922,949 |
| Current Liabilities        | \$15,361    | \$19,264    |
| Long-Term Liabilities      | \$1,425,908 | \$1,392,633 |
| Equity                     | \$3,793,730 | \$3,511,052 |
| Total Liabilities & Equity | \$5,234,999 | \$4,922,949 |

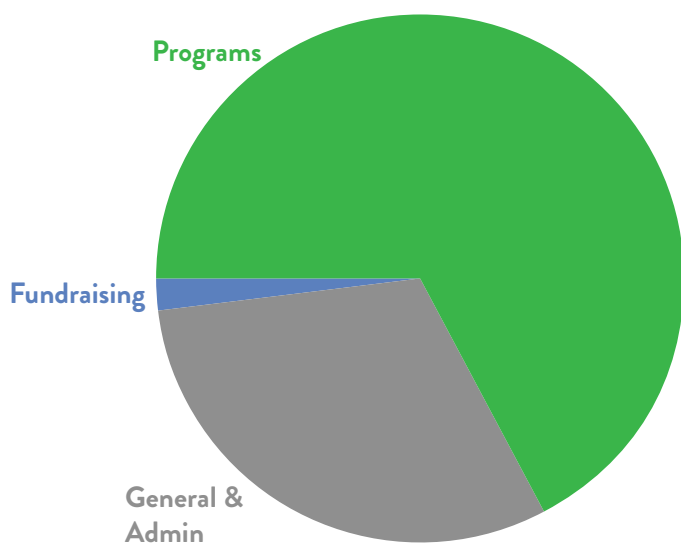
### Financial Activity\*

| <b>Revenues</b>           | <b>2023</b> | <b>2024</b> | <b>Expenses</b>  | <b>2023</b> | <b>2024</b> |
|---------------------------|-------------|-------------|------------------|-------------|-------------|
| Meetings & Area Revenues  | \$70,457    | \$72,613    | Programs**       | \$632,687   | \$722,651   |
| Grants & Donations        | \$343,341   | \$504,200   | General & Admin. | \$229,200   | \$352,651   |
| Membership, Sales & Conf. | \$74,135    | \$89,857    | Fundraising      | \$19,653    | \$19,624    |
| Interest, Div. and Misc.  | \$158,792   | \$181,636   | Total            | \$881,540   | \$1,094,926 |
| Bequests                  | \$20,162    |             |                  |             | \$0         |
| Total                     | \$667,337   | \$848,306   |                  |             |             |

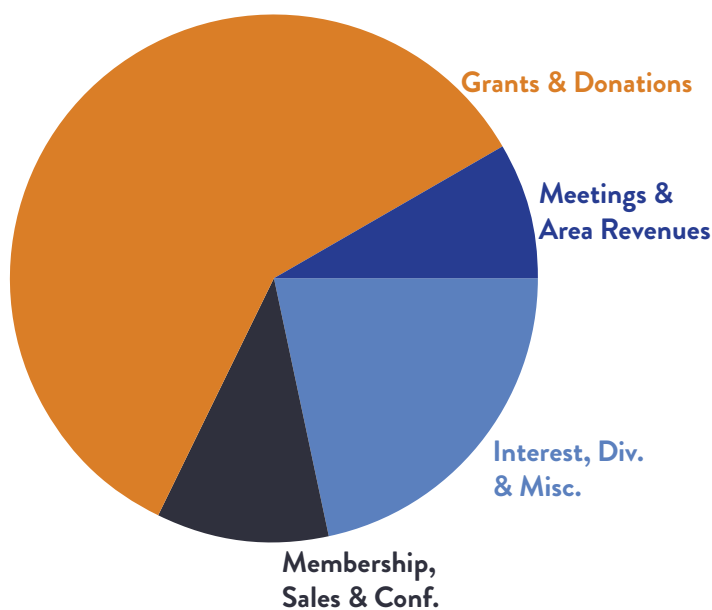
\*Please note that 2024 figures are preliminary and unaudited.

\*\*The dollar value assigned to volunteer services has not been included in the 2024 Balance Sheet and has been removed from 2023 for comparison purposes.

### Revenues



### Expenses



## Joan Spelter: Life-long Dedication to RI

Over 64 years ago, a young, married New York woman named Joan traveled by train twice a week from Queens to Manhattan to attend an RI Meeting. At those meetings, she listened intently as the leader and others spoke about how they felt before learning the Recovery Method and the difference the program made for them. Joan realized that she had found the place she needed to be. By dedicating herself to studying Dr. Low's books and attending weekly meetings, she found some relief. She also found that she wasn't alone in what she had been experiencing.



Even as a “new student” of Recovery, her dedication to the program was apparent. In Joan's second year of membership, she became more involved and became an Assistant Leader and went on to train for a Group Leader role. Flash forward to 2025, and today we celebrate Joan Spelter's 64+ years of service and devotion as a Group Leader and Area Leader for the Schenectady (Northeastern New York) area.

At 95 years old, Joan is still holding weekly Zoom meetings (4:00pm ET) and going strong! Even the pandemic didn't stop her. When Covid started, she quickly learned Zoom so people could continue to access the mental health support they need from the program. Joan stated, “Consistently being a part of RI has been something I've enjoyed sharing with my children as they grew up. It has given me purpose, motivation and support to keep going every day. One of my sons has been involved with RI himself and we are able to be there for one another for 5-minute phone calls.”

Joan's daughter, Joan Horgan, alerted headquarters of this incredible milestone. “I am one of five children, and we have all benefited from Recovery not only through my mother's well-being from her practice of the Method, but also from what we have learned from her and the program itself. The ripple effect of Dr. Low is beyond measurable. Recovery has seen my mother through many things, not the least of which has been the loss of two spouses. Through it all, it has been her bedrock and anchor in the storms.” Today, Joan feels blessed with humor and that she can laugh at her symptoms and not take them too seriously.

As many of our Leaders know, volunteering with RI takes a “high average” degree of dedication. And Joan served multiple capacities over so many decades. She is a truly incredible person and extremely devoted to Recovery International. RI staff are appreciative of all our volunteers for sharing their passion and time to help so many people!

Thank You *Joan!*

# 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 plan, contact Karen@RecoveryInternational.org or call (312) 337-5661 for more information. There are multiple ways that you can plan your gift, including:

- **Bequests** - Including Recovery International in your will, trust or estate plan is an easy way to support future programs.
- **Life Insurance** - You can make Recovery International the beneficiary of a policy.
- **Retirement Plan** - Name Recovery International as a beneficiary, or a contingent beneficiary, of a 401K, an IRA, a Pension Fund, or a Profit-Sharing Plan.

## Lifetime Members

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

|                             |                      |                   |                         |
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| Patricia & Richard Aglietti | Cheryl Dyer          | Anna Jordan       | Joan Rice               |
| Helen Apodaca               | Marilyn Eldridge     | Karen Jordan      | Teresa Richards         |
| Marcian Ashby               | Trudy Engel          | Celinda Jungheim  | Jay Roberts             |
| Judith Bakke                | Donna Eyman          | Sidney Katzson    | Bruce Sachnoff          |
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| Aryeh Z. Brodsky            | Penelope Gillespie   | Libby Marvin      | Nick Silverstein        |
| Cliff Brown                 | Jocelyn Giudice      | Patrick McCormick | Charlotte Smith         |
| Joseph Breck Brush          | Fran Goldstein       | Mary McNamara     | Marlene Smith           |
| Patti Bucher                | Anthony Gonzalez     | Meta Moder        | Marc Smits              |
| Thomas Burt                 | Julee Goodman        | Jack Nalbandian   | Mary Jane Spudeas       |
| Bobbie Candler-Buyalos      | Phyllis Greenberg    | Joan Nobiling     | Linda Stanton           |
| Caroline Callery            | Dolores Grosso       | Kelly O'Keefe     | John Stepanik           |
| Florence Carlson            | Vilma Gulla          | Karen Owen        | Eva Suchow              |
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| Robert Cleary               | Kevin Hicks          | Nick Polizzi      | David Wiesner           |
| Gary Collier                | Sandra Hofferth      | Noelle Poss       | Kate Wilks              |
| Joan Crable                 | Thomas Hulton        | Rudolph Pruden    | Mark Zausmer            |
| Jim Crawford                | Joanne James         | Sheila Rabel      | Martha Zausmer          |
| Shawn Cribari               | Laura Jannetta       | Michael Radelow   | Peter and Sandy Zinnato |
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\* Deceased but still with us in spirit.

Space does not allow us to list all donors under \$250 but we thank each of you for your contributions. We make every effort to report our donor list accurately. If you believe we omitted your name in error, please contact us at (312) 337-5661.



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## Wisdom of Dr. Low

“ Practical knowledge, the knowledge of how to behave, of what to do at a certain time in a given situation, comes to you from acting and practicing, that is, from the activity of your muscles. With regard to that variety of knowledge and experience that tells you what to do and what not to do, there can be hardly any doubt that the muscles are pre-eminently the teachers and educators of the brain.

That a flame causes a burning pain, the child learns after the muscles have touched the burning object. Once the pain and burn have been experienced through muscular action, the brain forms the rule that the finger must be kept at a safe distance from flames. The relationship is clear: Muscles teach the brain, and the brain, enriched by knowledge, guides the muscles.

From “Muscles and Mental Health,” *Mental Health Through Will-Training*, (4th edition) pages 66-67.

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