

Rosecrance alumni and families are invited to reunite in the spirit of recovery

A Day of Help, Hope and Recovery

Participants will take part in Back to Basics, presented by national speaker Carver Brown. The Back to Basics program was originally created by Wally P., who is known within the recovery community for rediscovering the 1940s AA beginner meetings, where participants were guided through the 12 Steps in four sessions, each an hour long.

The Rosecrance Alumni Reunion Day will include:

- Back to Basics
- Networking with alumni and staff
- Educational breakout sessions
- Alumni speaker
- Youth in recovery
- Sponsorship
- Family support
- Spirituality with Father Jim Swarthout



Carver Brown



Event Details

When: Saturday, November 7, 2015

Time: Registration 8 a.m., event 9 a.m.

Where: Rosecrance Ware Center, 2704 N. Main Street, Rockford

Guest: Carver Brown, Alumni Coordinator, Pine Grove Behavioral Health, Hattiesburg, MS

Cost: Free of charge, but registration is required

Food: Continental breakfast and lunch provided

Bonus: On Sunday morning, Carver Brown will lead alumni and family through the 11th Step Meditation just as Dr. Bob and Bill W. did. Meditation will start at 8:45 a.m. sharp at Rosecrance Griffin Williamson Campus, 1601 N. University Drive, Rockford, IL.

RSVP: Registration is required for Saturday and Sunday. RSVP to Melissa Garrison, Alumni Coordinator, by Nov. 1 at 815.387.2537 or mgarrison@rosecrance.org.

Celebrate! Alumni Anniversaries

Mike J., RHC/Greendale, **3 month** anniversary on **9/15/15**, sobriety date - 6/15/15

Kristin S., Greendale, **4 month** anniversary on **9/7/15** sobriety date - 5/7/15

Nick L., RGW/Hillman, **7 month** anniversary on **9/9/15**, sobriety date - 2/9/15

Aaron C., RGW/Hillman, **8 month** anniversary on **9/24/15**, sobriety date - 1/24/15

Jasmina O., RHC/Greendale, **1 year** anniversary on **9/24/15**, sobriety date - 9/24/14

Brandy H., RHC, **1 year** anniversary on **9/27/15**, sobriety date - 9/27/14

Brendan W., RHC, **2 year** anniversary on **9/29/15** sobriety date - 9/29/13

Kyle W., RGW/Hillman, **3 year** anniversary on **9/15/15** sobriety date - 9/15/12

@ Rosecrance would love to know your recovery anniversary date (days, months and years) so we can celebrate your successes with fellow alumni! **Contact Missy at mgarrison@rosecrance.org.**

Do you have other news you'd like to share? Let us know.

Rosecrance Recovery Walk

The 2nd annual Rosecrance Recovery Walk was held Thursday, September 24th, 2015, at the Rosecrance Harrison Campus. More than 400 alumni, family, friends, clients and staff took time to walk one mile, enjoy music, speakers, lunch and recovery. Three Rosecrance alumni members—Jasmina O, Brad R. and Marty C.— shared their experience, strength and hope throughout the day.



(Left) Brad R. inspires listeners with his journey to a healthier, happier life. (Right) Celebrating her one-year sober anniversary, Jasmina O. (RHC/GD) shared her struggles and triumphs in recovery.

The 7th Annual Recovery Rally on the Rock

It was a beautiful day for celebrating recovery in downtown Rockford at the Recovery Rally on the Rock on Saturday, September 26, 2015. The day was filled with live music, inspirational speakers, food, fun and best of all networking with others in the recovery community.

Attendees enjoyed Culver's ice cream, coffee from Starbucks, popcorn and donuts from "Mini's on a Mission."

When they were not sharing messages of recovery and hope, Rosecrance alumni and family members volunteered their time speaking, face painting, singing and handing out popcorn. All the speakers and musical acts had use of "Austin's Journey Mobile Resource Center," which provided a fully equipped "state-of-the-art" stage for the event.



(Top left) Kevin S. (RHC/GD) shared the gifts he's received from the community while in recovery. (Top right) Eileen S., Kevin S. and Missy mingle at the event. (Bottom) Rosecrance Alumni Youth kept the popcorn poppin throughout the day.

Rosecrance Alumni Referrals

When someone asks you for help in seeking services for substance abuse, listen, share your experience and direct the person to hope. Anyone seeking help can call Rosecrance 24 hours a day, seven days a week at **815-391-1000** or **888-928-5278** to speak with someone confidentially.

Recovery Food For Thought

"We should be sensible, tactful, considerate and humble without being servile or scraping. As God's people we stand on our feet; we don't crawl before anyone."

— *Alcoholics Anonymous BB Page 83*

"My favorite six words in recovery are: trust God, clean house, help others."

— *Matthew Perry*

"The first step towards getting somewhere is to decide that you are not going to stay where you are."

— *Unknown*

"There is no chemical solution to a spiritual problem."

— *Unknown*

About the Alumni Program

The Rosecrance Alumni Program is focused on helping alumni through a journey of lasting recovery. We provide information about activities, quarterly workshops, support groups and recovery-related community events. The Alumni Program is available to anyone who has completed substance abuse treatment at a Rosecrance facility and their family members.



**LIVING LIFE ON
LIFE'S TERMS
WITH 12 STEPS
SHIVANI K.**



Step Nine

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Hey guys! First of all, I want to apologize for having missed August's issue; my grandfather passed away unexpectedly, and therefore I was out of town and very preoccupied. So, in this issue, I will combine steps eight and nine. So, here we go.

Step eight: Made a list of all persons we had harmed, and became willing to make amends to them all. Key words?

Became willing. Step eight is one that may need to be taken slowly, because step nine comes with action unto others whereas this step is more focused on action within us as individuals. As I previously mentioned, I lost my favorite person in the whole wide world last month, my papa. If you remember, I lost my grandmother back in February. She used to always joke that if she went first, my papa wouldn't last more than six months without her. Well, my papa made it exactly six months and one day before joining her to share their love for eternity.

Losing the both of them so soon brought about so many memories, and quite a few of those memories from the more recent years have to deal with the eighth and ninth steps. What better way to relate the steps to my life than to share the story of making my amends to my grandparents in light of their passing. What I am going to share with you will show not just that I harmed others, but how I harmed them and why a formal amend needed to be made.

Okay, let's rewind about three and a half years: It is Christmas Eve, and I am getting high in my grandparents' garage while the rest of our family and friends are enjoying our annual Christmas Eve Pajama Party. After passing out, falling off of a bar stool and cutting my chin open on my way down on my papa's saw table, my parents took me to the nearby urgent care to get stitches. When I got back to the party, I found out my parents had told everyone I had just fallen off of the stool by mistake. They had not shared the truth behind why.

So, the night went on. The next morning on Christmas Day as we left my grandparents' house, my parents told them the truth

about what had happened. I will never forget my papa opening the car door to say goodbye, grabbing my arm and looking me directly in the eye as he said, "You can do this baby, okay? You can do this." I remember him having the most complex expression on his face. He was furious with me, he was hurt and sad, but mostly he was afraid. My grandmother did not come to the car to say goodbye to me, though I remember looking out of the car window and seeing her with her head down.

Fast forward about a year from then when I sat down with my sponsor to come up with this list of people who I owed an amends to. I referred to my fourth step quite a bit while making this list, as it covered most of them. It was not too long before I came to my grandparents. I knew in my heart I had harmed them. Not only had I been getting high in their home and therefore taking advantage of them, but also I had been harming myself, someone whom they loved and cared for so deeply. I had harmed them by harming myself, and for that I was truly so sorry. I realized then that harming others does not always involve a direct action taken toward another with ill intentions; it can just as easily be indirect and still truly harm them.

So, Step nine: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Shortly after making my list, I happened to be visiting with them for the weekend. I sat them both down outside and began to explain why I was having this conversation with them, why it was important for me to do and for them to hear, and that their forgiveness is not what I was seeking, but rather their willingness to listen. I went on with my amends, telling them what I knew I had done wrong and apologizing for the pain I had caused them. My grandmother cried a little bit, and they both told me that they appreciated my words but that all they truly cared about was that I was living such a happy, healthy, and wonderful life now. Luckily for me, they were willing to put the past behind them and choose instead to look at the present and future with joy.

I do, however, want to quickly touch on the fact that amends do not always go as smoothly as they did with my grandparents, and that the last part of step nine is very important to understand. Step nine ends by saying, "except when to do so would injure them or others." "Others" can mean you. You do not need to make an amends if in doing so you may hurt yourself or anyone else in the process. If this happens, remember that you can make your amends to this person vicariously by living the principles of the program and being willing to make amends if the opportunity (safely) presents itself. There are times, too, where someone may not accept your amends. That is okay. The point of these steps is that you have come to terms with the harm you have done, you have accepted the responsibility and consequences of it and are ready to share your findings with others in hopes to settle and ease past wrongs with current and future rights. There is nothing you can do or say if someone else is unwilling to hear or accept what you have to say; find peace in the fact that you have come to this point and the best is yet to come.

Five Ways to Well-being

A review of the most up-to-date evidence from the National Health Service suggests that building the following five actions into our day-to-day lives is important for well-being.

Connect



Positive social relationships are essential to well-being and recovery. These may come through family, friendships, mutual aid, peer support, education, clubs, associations. Invest time in your relationships.

Be active

Exercise makes us feel good and improves health. Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.



Take notice



Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savor the moment, whatever and with whomever you are. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Keep learning

Try something new. Rediscover an old interest. Sign up for that course. You will feel good when you learn and master new things. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.



Give



Do something nice for someone. Thank somebody. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connects around you.

Alumni Cafe Support Groups

Rosecrance alumni are welcome to attend alumni café support groups to receive encouragement and share what's happening in their lives.

Rosecrance Rockford Alumni Café Support Group meets every 2nd Thursday of the month and every 3rd Monday of the month at the Harrison Campus, 3815 Harrison Ave, Rockford, IL. Alumni meet from 6 to 7 p.m.

Rosecrance Lincoln Park Alumni Café Support Group meets every 3rd Thursday of the month from 7 to 8 p.m. at the Rosecrance Lincoln Park office, 2835 N. Sheffield Ave., Suite 209 (ring buzzer), Chicago, IL.

Rosecrance Crystal Lake Alumni Café Support Group meets every 4th Tuesday of the month from 7:30 to 8:30 p.m. at the Rosecrance Crystal Lake office, 422 Tracy Court, Crystal Lake, IL.



Stay Connected

For information on alumni events or to get involved, contact Alumni Coordinator Missy Garrison at 815-387-2537 or mgarrison@rosecrance.org. You can also find all of the alumni events at rosecrance.org by clicking on the Alumni tab. Follow Rosecrance on Facebook and Twitter.

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