

This Issue is dedicated to all those who create, plan and make Recovery Events possible throughout the state of Nebraska.

Philosophy

AA is a synthesis of all the philosophy I've ever read, all of the positive, good philosophy all of it based on love.

I have seen that there is only one law, the law of love, and there are only two sins;

The first is to interfere with the growth of another human being, and the second is to interfere with one's own growth.

I stood off and took a long look at life and the values I found in it.

I saw a paradox, that he who loses his life does indeed find it.

The more you give, the more you get.

Bill Wilson

Don't Isolate....Participate! Get Into Action!

Dear Friends of Recovery,

On September 21, 2008, Nebraskans will gather at the State Capitol and around the state to celebrate National Recovery Month. Once again the Nebraska Recovery Network will sponsor the Lincoln event with the help of all 6 Behavioral Health Regions and other organizations. The event will include the annual "Serenity Moment", a walk around the capitol building, speakers, food and entertainment. The goal is to show all of Nebraska that recovery from addiction to alcohol and other drugs is a reality.

Though we would hope that many friends of recovery make it to Lincoln for the rally, we also realize the time and expense of making such a journey for many Nebraskans. If you or your group is unable to attend in person, we do have some alternatives:

1. Hold a Recovery Rally in your area in late August or by mid-September, and;
2. Create a video message (stories of recovery, messages that recovery is a reality in your area and community, messages of support of recovery). Send it to us and it will be shown at the Capitol Rally, or;
3. Obtain sponsorship in your area and send a delegation, or;
4. Send donations to ensure this year's event is better than ever.

We know that you are aware of the costs of addiction to our state and the countless benefits addiction recovery brings to all of us. Your support, involvement and action would help send the message that our state recognizes that addiction recovery is possible. Tens of thousands of people will gather at locations around the United States on the weekend of September 20th & 21st to celebrate National Recovery Month. Nebraskans have participated in this effort for the past several years. By joining together to help spread the message of recovery, we hope to encourage those who still suffer from active addiction to seek help and continued recovery.

Please join us on Sunday, September 21st., from 1:00 until 3:00 p.m.

Yours very truly,

Jack Buehler, MA, LMHP, LADC
Director, Nebraska Recovery Network

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and **The Nebraska Behavioral Health Regions (I, II, III, IV, V and VI)**

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Advocate for Recovery!

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NEBRASKA RECOVERY NETWORK

Partners in Recovery Foundation

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All Roads Lead to Recovery!

Picnic/Benefit - July 12th. -Antelope Park, Lincoln, NE
for: The Misty Smith-Luebbert Treatment Scholarship Fund- Noon—8p.m.

Community United for Recovery from Drug and Alcohol Abuse

FOOD ♦ FUN ♦ MUSIC ♦ ENTERTAINMENT

For information: Jim Robinson, First Step (402) 477-2377-Rand Wiese, NRN (402) 476-7029
EVERYONE IS WELCOME! VOLUNTEERS ARE NEEDED! SERVICE WORKS!

CAMPOUTS!

**Just about any Summer weekend:
Check with a 12-Step Group or
a local Central Office.**

*Many area 12-step groups are known
for throwing some great Fandangos...
Check it out and shake a leg!*

Dances!

Picnics!

*Food and Fellowship just seem better
outside! There is one listed above...If you can't
find one, plan one or more. Great sober fun!*

Held monthly in Lincoln. Is there one
near you? Start a jam! Musicians, a place
and listeners make for joyful noise!

Recovery Jams!

Recovery Rally!

September is Recovery Month!

Join us Sept. 21 at the Capitol, in Lincoln, or join
one in your area. Help Show Recovery is a Reality!