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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

National Roads: Behavioral Health's Big Lifeboat, or: "We Are All Survivors"

Recovery is a hopeful word to many of us. For those of us in addiction recovery, it can mean both a surrender and a daily victory over our disease. Recovery is a medical term to many: a return from serious health issues to a normal healthy life, free of pain and sickness.

As I work with various groups involved in the Behavioral Health arena, I have found some who only associate the word recovery with addiction. They have told me they do not like the stigma attached to the word. To them the word smacks of drunks and junkies. Their "people" have a mental illness and we should not use the same word to describe the mentally ill and their struggle for a better life.

When our federal, state, regional and local governments created the system that we now call Behavioral Health, they included the three main aspects: Mental Health, Substance Abuse and Addiction and Gambling. While it definitely did not, and does not now, please everyone to be linked together, it is what it is.

As the various groups fight for funding for their constituents, the ideal is often lost: the goal is to improve the lives of all those suffering with mental illness, substance addiction and gambling.

I like to use the analogy of the lifeboat: the cruise ship has gone down and we are a group of wet, battered survivors. There are crew and passengers, there are the dunks, the clinically depressed, the suicidal and others with problems. There are only two paddles and the shore is far away. In our joined despair, we pray for rescue.

The choices become simple: to continue surviving, to move the lifeboat through the sea, to insure that all aboard make it to shore, there must be cooperation. And sharing. And caring. For all aboard, no matter their problems.

No one really wanted or wants to be in the lifeboat, but circumstances have made it the only salvation available and we should all be grateful that at least we are on the boat and survivors. For without our leaky, confining, messy, crowded lifeboat, we would all be at the bottom of the sea.

So, we can complain about the system, complain about our fellow survivors and grumble when we feel that someone else is getting more funding or services. The time and energy used in complaining has never solved a problem. Solutions are found in collaboration, calm discussion and true respect for everyone's views and position. Until we all begin to speak the language of love, for all those who suffer from these afflictions and work together, we are truly missing the only lifeboat around.

While I am not addicted to gambling, yet, I do find the word "recovery" a hopeful description for my continued reprieve from my active addiction and the once crippling mental illness which I endured until I received help. As I have heard often, "We are all in recovery, from something". Let's all begin recovering from the things which divert us from our goal.

As for that word, I believe it would make a wonderful name for a boat! rw



State Roads:

The quantity, quality and variety of events in the coming month for and about recovery in Nebraska are exciting. We are going to highlight a few of them, to let you know about the options for fun, entertainment, information, fellowship and service.

Recovery Rendezvous

A rendezvous is a *meeting, a gathering, a coming together*. As the flier on page 3 shows, we are gathering again to celebrate our artistic talents on May 3rd, in Lincoln. This event is continually growing, but no artist is ever turned away. Share your gifts of talent and recovery, so that others may see the possibilities for growth and fulfillment in our way of life.

Recovering Veteran's Armed Forces Day Picnic

May 16th, on the Veteran's Administration campus, in Lincoln, there will be music, recovery, speakers and food, food, food! This event is being put together by alumni of the VA's treatment program (SUDP), staff and friends. The musical line-up for the day is top-notch and the Vets always put forth the maximum effort in everything they do. Expect a fabulous time with great chow, and strong fellowship (You do not have to be a veteran to attend, Everyone is welcome!).

Community United for Recovery

2009 Misty Smith-Luebbert Picnic/Benefit, July 18th

Year 2 of this event promises to be one of the largest gatherings of recovering people in Nebraska. In 2008 the turnout was fantastic and '09 looks even better. The reasons are many: Get together all the treatment centers, non-profit agencies, government, many businesses, some 12 Step groups, and lots of volunteers, place all that in Lincoln's largest park, add music, food, a car show, a huge silent auction, outreach, family & kid's activities, motorcycles, clowns, balloons, prizes AND a few thousand people in recovery and their friends. Mix in months of planning, great leadership and add prayer. Toss in fun and rewarding work! All proceeds go to addiction treatment and recovery. ALL ARE WELCOME!

"Misery is Optional" **RECOVERY EVENTS ABOUND!**

RECOVERY RALLY at the CAPITOL

It's not too early to begin talking about September, National Addiction Recovery Month. We are starting to gear up for another rally at the Nebraska Capitol and throughout the state.

The importance of being seen and heard as recovering people by our lawmakers, decision makers and the general public cannot be understated. The impact of real people, real Nebraskans, showing that continued recovery from addiction is not only possible, but happening every day, is very powerful. We can no longer be silent about the disease of addiction, the toll it can take or the miracle of recovery. Our actions and testimonies can change minds and opinions.

I am sure you are aware, but let me remind you, that there are still many, otherwise intelligent people who have all the facts wrong. Unfortunately, many of those are in decision making roles or are influencing those who are.

There are those who still believe that addiction is a lack of self-control, a lack of discipline and those with addiction issues lack the will power to quit.

There are those too, who believe that all those with addiction are criminals and should be locked away. There are even those who believe that they don't know, or have never met a recovering addict or alcoholic, (*Well, I guess we can blend in pretty well*). We can change these opinions with action.

nebraskarecoverynetwork.org

The events we have talked about here and many more, are on our web-site. Our webmaster Fred Marks keeps up to date on all the happenings in the region (Nebraska and surrounding states). You can read and download information, fliers, and registration forms. Post your group's event and links with us for more exposure. Fred runs a number of wonderful recovery sites and would love to hear from all those interested in recovery.

ADVOCATE for RECOVERY

As our nation deals with troubling times and many of us face hardships and challenges, we would ask that you offer prayers to the Higher Power, of your understanding, for wisdom and strength for our leaders and for us all.

Prayer is advocacy.

Thank you.

rw

The Nebraska Recovery Network presents:

RECOVERY RENDEZVOUS

'09

"A Celebration of the Arts in Recovery"

MAY 3rd, 2009

1:00 until 5:00 p.m.

Auld Pavilion/Antelope Park

ARTISTS WANTED!

VISUAL, MUSICAL, PERFORMING, FABRIC, CERAMIC,
DANCING, SINGING, PHOTOGRAPIC, COMIC, POETIC,
PROSE WRITING, PAINTING, SCULPTING, MOBILING,
ACTING, QUILTING, JEWEL MAKING, SEWING etc.

WE NEED YOU and IT'S FREE!

To reserve display space, performance time, to volunteer, or more information:

Rand @ (402) 476-7029, randwiese@hotmail.com

Web: nebraskarecoverynetwork.org

ALL ARE WELCOME! THE COMMUNITY IS INVITED!

(The Nebraska Recovery Network is partially funded by a grant from Nebraska DHHS, Division of Behavioral Health.)

NEBRASKA RECOVERY NETWORK

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The Superhighway: Giving it away to keep it.

The Nebraska Recovery Network was established to encourage grassroots advocacy for substance abuse and addiction recovery in Nebraska. Through funding assistance from the Nebraska Department of Health and Human Services, Division of Behavioral Health, our primary aim is to connect people in recovery, their families and friends of the recovery community with individual and community advocacy opportunities.

Send More Information. I want to be on the mailing list. Mail to: Nebraska Recovery Network
2501 South St., Lincoln NE 68502

Yes, I want to help people with addiction to alcohol and other drugs by advocating for recovery issues. I am willing to: (Check all that apply)

- Add my name to those supporting recovery in my area
- Receive e-mail alerts and information about recovery advocacy activities
- Write letters to, call, or visit my elected officials on recovery issues
- Attend local advocacy events
- I want to help with special projects at the local level, like working with others in local recovery programs.
- I am enclosing a tax deductible donation \$.

Name
Address
City State Zip
Phone
E-mail
nebraskarecoverynetwork.org

Though the Nebraska Recovery Network is funded partially by a grant from Nebraska's Department of Health and Human Services, Division of Behavioral Health, we would ask for your support in time, in energy and financially. Please, give some thought to joining us in advocating for recovery throughout our state and beyond. Life after addiction to alcohol and other drugs is a real in Nebraska. Your action is essential to continue the progress made thus far and to further expand our ability to help others join in recovery. NRN

**WHAT IF NO ONE
WAS THERE FOR
YOUR RECOVERY?**