



Awareness Window

*A newsletter for those in recovery
and their families*

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Please share your story or
materials you find helpful in your
walk of recovery.

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Points to Ponder: Step Nine – TAKING RESPONSIBILITY

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

“I preached that they should repent and turn to God and prove their repentance by their deeds.” (Acts 26:20)

When Paul spoke to King Agrippa, he related that God had called him when he was traveling to Damascus. A great light from heaven, brighter than sun, brought him to his knees. God talked to him! At that moment his life changed and instead of “kicking against the goads” (the sharp stick used to prod cattle), he obeyed what the Lord wanted him to do with his life. Instead of persecuting the Lord who loved him, Paul spoke out for him. God worked a change in him.

In our lives we have kicked against the goads, only to hurt ourselves. Even though we were told by loved ones to stop, put on report by employers, and/or given an OWI for driving under the influence, we stubbornly went our way. Yet God lovingly brought us to our knees and the light went on. The light might not have been like bright sunlight, but a knockdown blow: loss of job, jail time, or loss of spouse and family. That was just the first step.

Admitting our sin and knowing forgiveness from our Savior, the recovering process began. God’s Word continues to provide direction and the wonderful Gospel message.

How did loved ones know our repentance was real? It was by our deeds. Not drinking became a way of life. Spending time away from our family became spending time with them. Procrastination and excuses were replaced with getting jobs done and no more lying. “Old drinking buddies” were replaced with sober, caring friends. “Old haunts” or “after work stops” were no longer a part of our routine. Time with the Lord became a daily activity. Now we are living our Christian faith in word and deed.

Sincere effort to make amends to those we have injured is more than words. Every action of our lives gives evidence that our recovery is real. Our promise to lead a sober life, so that alcohol or other drugs do not hurt the lives of others, is kept and shown in our actions. The words “I’m sorry” or “I’ll never do that again,” can be trusted.

Through the love and comfort of God who forgives all our sins, we can amend our lives and be at peace with God and others.

Prayer: O my Savior, help afford by your Spirit and your Word.

When my wayward heart would stray, keep me in the narrow way.
Grace in time of need supply while I live and when I die. Amen

For Your Information: Did You Know That In Wisconsin...

The state of Wisconsin is home to 5,540,200 people and the capitol is Madison. This state currently has 23,000 people incarcerated in state prisons. Wisconsin police will roughly make 33,850 arrests this year for drug charges and 22,560 arrests for DUIs. The state of Wisconsin will also lose 1,555 people from alcohol use and 350 people will subsequently lose their lives from drug use.

All types of drugs are a concern for the state of Wisconsin, and depending upon the geographic area will correlate to which drug is prominent. In the eastern and central part of the state, cocaine in the powder form and rock form can be easily found. High purity heroin is also of big concern in this area. The western part of the state is where most methamphetamine consumption and production happens, but seems to be slowly decreasing.

There are three types of organizations that dominate the distribution of drugs throughout the state: Mexican drug organizations that transport meth, cocaine and marijuana; Nigerian groups that traffic SW Asian heroin; and Dominican groups that distribute cocaine and South American heroin.

Marijuana seems to be the most readily available drug on the market and can be bought in

kilogram quantities. The quality year by year seems to be increasing. One, when caught, can receive a misdemeanor for any amount, six months of jail time and up to a \$1,000 fine.

Wisconsin is also home to 268,145 marijuana users; 117,425 people who abuse prescription pills; 43,950 people who use some form of cocaine; and 2,490 heroin addicts.

For help regarding addiction, please contact the ADDICTION HOTLINE at 1-888-292-5285.

*Although this is information about Wisconsin, you can look up facts and statistics for your state by going online.



PEACE
John 14:27

*My peace I leave with you;
My peace I give you.*

*The comfort of the world is fleeting,
But my hope is endlessly repeating
No matter if you cannot see
the end to your predicament,
No matter if your heart speaks fear;
I promise you through word
and sacrament,
I'll strengthen and be always near.*

*Just rest your cares in faith and trust,
You don't depend on what you see
When you rest on the power of me.*

~ LLS

Retreat 2012: Stinkin Thinkin

Planning for Retreat 2012 has begun. It will be held again at Monte Alverno in Appleton, WI. The dates are April 27-29. The theme will be "Stinkin Thinkin". This phrase is frequently used in the recovering world. Relapse or continued A&DA use are often a result of how we think.

Make plans to set that weekend aside. Share this news and invite others to come with you. More information will be in future newsletters.



Alcohol Abuse in Older Adults & Providing Help

Very often we look at abuse of alcohol and other drugs as a problem among our teenage and college generation, which then continues and becomes an addiction problem through adult life. Although this is true, treating older adults who have not had previous substance abuse history is a present day challenge.

Some of the causes for this appears to be dealing with loss and grieving. Loss comes in many forms:

- 1) loss of career focus that comes from retirement,
- 2) loss of central identity as a parent as their children grow and move out of the home (empty nest syndrome),
- 3) loss of strength and vitality that comes from illness and aging,
- 4) loss of loved ones be it spouse, relatives or close friends through death.

In a study at Rochester

Memorial Hospital it was noted that following the death of a spouse, a significant number of the remaining spouses die within a year due to the heartfelt loss. It was further noted that 75% of patients studied developed their alcohol/drug dependency disease within a week of the death of a loved one.



Social isolation often is a catalyst for the onset of drinking alone to fill the void. The isolation may also especially trigger overuse of pain medication. Since the person is more isolated, problems are not as easily detected. Isolation often leads to poor self-care in both nutritional and medical areas. Bringing satisfaction back into life is a major factor in recovering and preventing relapse. Refocusing on our place in the family of Christ is very important. Reaching out to, and encouraging the use of the varied talents of Seniors, can relieve the isolation factor. Building the reality among older adults that many of the "greats of history put their mark on history" after fifty or sixty.

Become a cheerleader for the older person. Encourage the risk to pursue a long-held dream. There are so many areas of life on which to focus and explore. Social challenges may mean entering the social world alone for a time,

but many communities have groups for people who have lost their partner.

Above all, remember the Lord never forsakes us. The time of grieving does pass and the time for dancing does come. As scripture tells us, for everything, there is a time and a season.

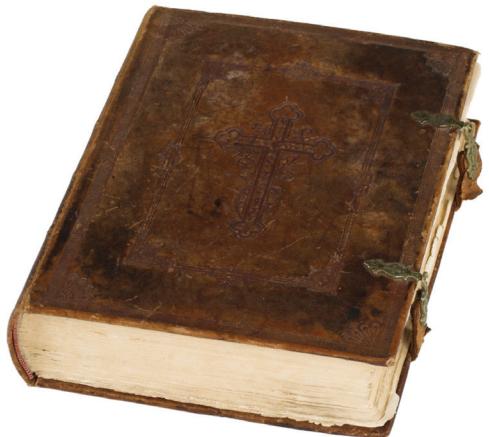
With God's Help

Many events of life challenge our body, soul, and spirit. On our own, we may feel that we can't make it. In the recovering journey, as we hit the bumps in the roads, we can choose defeat or we can look to the Lord.

The Lord promises us his strength for the journey. We can rely on him, not ourselves. As the poet comments in the following poem –God make me... - God's help, his timing, his love help our recovery.

"God Make Me..."

God make me brave for life, oh braver than this
Let me straighten after pain as a tree straightens after the rain
Shining and lovely again.
God, make me brave for life much braver than this.
As the blown grass lifts, let me rise
From sorrow with quiet eyes
Knowing Thy way is wise.
God, make me brave for life brings such blinding things;
Help me keep my sight
Help me to see aright
That out of dark comes light.
~ LLS



A&DA Meetings

DAY	TIME	PLACE	PHONE NO.
Sunday	7:00 p.m.	St. Paul's Lutheran - Onalaska, WI	608-783-2552
Monday	6:30 p.m. 7:00 p.m.	The Gardens of Hartford - Hartford, WI Mt. Zion Lutheran - Missoula, MT	920-988-1266 406-490-9345
Tuesday	7:00 p.m. 7:00 p.m. Varies*	St. Mark's Lutheran - Watertown, WI Resurrection Lutheran - Verona, WI Ascension Lutheran - Harrisburg, PA	920-262-8500 608-848-4965 717-319-5424
Thursday	4:00 p.m. 8:00 p.m.	Grace Lutheran - Oshkosh, WI Bethany Lutheran - Manitowoc, WI	920-233-0437 920-684-9620
Friday	5:30 p.m.	Salem Lutheran (East Side) - Milwaukee, WI	414-964-7036
Saturday	8:00 p.m.	St. Peter's Lutheran - Fond du Lac, WI	920-921-8075

*NOTE: Please, call for meeting times

Announcements:

Canceled Meetings:

- Please note that the Faith group in Fond du Lac, WI has decided to discontinue due to lack of participation. If interest is shown in the future, Bill is willing to start again.
- The groups in Dix Hills, NY and Antioch, IL have disbanded due to lack of interest.

New Meetings:

- A new meeting has started at The Gardens of Hartford - 112 Peace Lutheran Parkway, Hartford, WI. The meeting is at 6:30 p.m. on Monday evenings. Contact person is Curtis at (920) 988-1266. We pray God's blessings for this new group.
- The St. Paul in Onalaska, WI group is starting a group called Peace in Recovery. It will meet the first Sunday of the month. This group will be a Christian Al-Anon meeting. You can call Pastor Bader for more information.
- Please note the new time for Grace Lutheran in Oshkosh, WI at 4:00 p.m. on Thursdays.

Additional Notes:

- If you are interested in attending the meeting at Ascension Lutheran in Harrisburg, PA, call FIRST to check times.

For general information, call 1-800-282-0561.

God's richest blessings to all our groups!