

Recovery Canada Summer 2023 Newsletter

Western Canada Updates

➤ Memories of Phyllis Sanderson

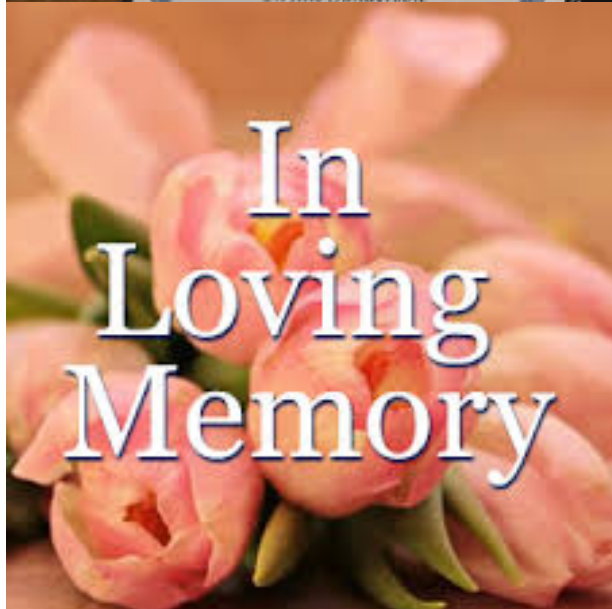
Our local Recovery community here in British Columbia has said goodbye to a friend who served and shared in Recovery. Phyllis Sanderson passed away on Mother's Day, Sunday May 1, 2023. Phyllis was a dedicated Area Leader and Group Leader until 2016.

Diane Matier, veteran member, retired group leader, and friend of Phyllis's shared a few of her memories: Phyllis helped many others through her leadership and generosity. We had many fundraising yard sales for Recovery in her front yard in Port Coquitlam, BC, to which the Mayor of Port Coquitlam even showed up once! Phyllis was tireless in spreading the word about RI. We spent many hours together laughing our way to Recovery. Phyllis would agree, humor is our best friend! She will be missed by all those who knew her.

Teesa Christie, former Assistant and Leader of the Port Coquitlam group shared her memories of Phyllis: Phyllis Sanderson was very influential in Western Recovery Canada. She started the Port Coquitlam group about 14 years ago, and was always a sunny, happy presence in Recovery. I will always remember her humor, as well as the garage sales she put on for fundraising for Recovery, and the little celebrations she frequently arranged. She will be very missed.

Below right is a photo of Phyllis with Sally Frith at the 5 year anniversary of the Port Coquitlam group. The following is a link to the obituary provided by Phyllis's family:

<https://www.affordablecremationandburial.ca/memorials/phyllis-sanderson/5194669/index.php>



➤ **Area 201 Volunteer Appreciation Luncheon**

On Sunday, June 25, 2023, volunteers, group leaders, and veteran members from Area 201 joined together for a volunteer appreciation luncheon in Coquitlam. In addition to the delicious meal that we enjoyed, fellowship, camaraderie, and gratitude were shared by all who attended. We discussed leadership, our group meetings, and our own use of the Recovery Method. Two of our local Area leaders, Anita and Paul, both received certificates from Recovery Canada HQ in recognition of their years of service, and decorative Recovery plaques that were created for the most recent Recovery Canada conference. Pictured below, L to R, Danielle, Kathy, Carol, Greg, Anita, Paul.



➤ Contact Information for Western Canada Free-Will Contributions

Currently, while many of our meetings are still conducted electronically, we are collecting voluntary contributions electronically (or by cheque). If you are attending any of the Western



Canada Recovery group meetings and you would like to participate in the free-will offering, please send an e-transfer to westernrecoverycanada@gmail.com and state which group meetings you have attended (Port Coquitlam, Burnaby, or Delta). Any questions regarding voluntary contributions can also be sent to that email address.

Voluntary free-will contributions are just that – voluntary! We encourage attendees to give what they are able, with a recommended donation of \$5 per meeting. We are aware that many people who are in the process of regaining their mental health may not be able to work, and so contributing monetarily may not be an option. If you cannot donate, please do not let that deter you from attending meetings!

Eastern Canada Updates

➤ Recovery Groups Receive Generous Donation - By Donna MacFarlane

This past March, 2023, our group in the Rural Wellington County area, Ontario, were selected by a charitable organization called “100 Women Who Care” to be the recipient of a very generous grant of \$10,900. 100 Women Who Care is a group of women who share a common desire to give back and inspire local philanthropy in their community. This organization has chapters in many, many different communities. This grant will benefit the Mount Forest group and other local Recovery groups in the Rural Wellington County area, here in Ontario. We are so grateful for this generous support from 100 Women Who Care!



The photo below is of several women from our Monday Night Zoom Group. We attended the 100 Women Who Care meeting to thank them for the \$10,900 dollars we received from their membership, to further the cause of Recovery in our area. We were asked to wear something red in honor of Canada Day. Pictured from the left are: Lori Quarrie, Darlene, Stella Haug, assistant leader, Mary Norris, Donna McFarlane, leader, and Lynne. We are excitedly making plans on how to wisely utilize this money to further the work of Recovery in Rural Wellington County. 100 Women Who Care group requires that the grant money be used to benefit people who live in our area.



I would encourage every Recovery Canada group to check and see if there is a 100 Women Who Care group in your own area, and if so, to write a letter of application to them. Perhaps another Recovery group might be lucky enough to be chosen for this amazing sum of money. We are very thankful and even more excited!

Recovery Canada Updates

➤ Membership with Recovery Canada



A friendly reminder from our Recovery Canada Board to please consider becoming a member of our organization. Recovery Canada's funding comes 100% from the free-will offerings collected through local meetings, and from membership fees. Membership with Recovery Canada is not required to attend or participate in meetings.

Membership is encouraged for anyone who is interested in supporting Recovery Canada. There is no obligation. One quarter of the funds collected from voluntary contributions made to Canadian meetings is paid to Recovery International (RI) as a royalty fee for the use of Dr. Low's teachings. The remainder of the free-will offerings and membership fees that Recovery Canada collects are used for operating meetings here in

Canada. For more information about memberships with Recovery Canada, please contact Cindy Hutchins at purple74@xplornet.com or visit the Recovery Canada Website at <https://recoverycanada.ca>. We thank you for your support!

➤ **Ordering Books and Reading Materials**

At many Recovery meetings, group members read aloud from a selection of one of Dr. Low's books. Reading along in your own copy of Dr. Low's works can be a helpful way to learn the Recovery method and engage with group meetings. Please visit our website at [Books | Recovery Canada](#) to find links for ordering books and other materials. Check with your group leader if you are not sure which book to purchase for use at your group meeting.



➤ **Have Something to Add to the Newsletter? Reach Out to Us!**

The Recovery Canada Newsletter is an informal newsletter prepared and distributed by peer volunteers who attend Recovery Canada group meetings. The newsletter is sent out to members and attendees, both past and present, who would like to hear about what is going on in the world of Recovery Canada. The Newsletter is made up of contributions from people like you! People who attend Recovery group meetings, people who use the Recovery International method to regain and maintain their mental health, and people who volunteer to serve in our organization, so that we can help others regain and maintain their mental wellness.

Do you have news or updates related to Recovery Canada that you would like to share with others? Via the newsletter, share how YOU are putting the Recovery method into action! Please send us your examples of using the RI method, testimonials on how Recovery has helped you, information on group events, or discussions on the benefits of leadership. Please contact Danielle for any newsletter submissions at danielle.almcasey@gmail.com

Testimonials on Recovery

➤ **How Recovery Has Helped Me - by Danielle Casey**

I've been practicing the Recovery method for over 20 years. I am grateful to say that Recovery has become a way of life for me, and for my family also.

When I experience anxiety, I experience physical sensations like nausea, crying, trembling legs, and stomach tension accompanied by a flood of racing thoughts, which are often fearful, sometimes angry. Recovery helps me to change my reaction to situations around me, so that I

don't trigger myself into strong anxiety and panic. In Recovery we learn to control our thoughts and command our muscles, and that is how we ultimately change our reactions to the situations around us. By doing this, Recovery helps me navigate through uncomfortable feelings and sensations so that they can dissipate, and I can maintain my self-control. This allows me to function and carry out my daily life, and not let anxiety, fear, or anger, run my life, or stop me from living it.

Recovery helps us to get well. That doesn't mean that the trials of life don't keep happening to us, it just means that we have learned how to maintain our mental wellness while facing those trials, and that is what we hope to share with others who are struggling.

Years ago, one of our local Recovery group leaders used to hand out packages of life-savers candies at group meetings, because Recovery was such a lifesaver for her. I can truly say I feel the same way. Put another way, when I count my blessings, I count Recovery twice!



Updates from Recovery International

➤ **A Big Thank you to RI**

Billy Niven is one of our Burnaby group leaders and is also the liason between Recovery Canada HQ and RI in Chicago. Billy wanted to share a big "thank you" to RI for the support, Daily Spots, Weekly Wisdom, Recovery Recorder, Leadership training and workshops events, recaps and Method mining sessions that are provided to group leaders on-going. All of these things help us run effective meetings that adhere to the RI method, and help us in our personal, day-to-day use of the RI method.

➤ **Monthly National Leaders Meetings**

A reminder about the monthly National Leaders meetings that are held on the first Saturdays of the month (except July) where Dr. Low's method gets an in-depth overview. This meeting is for RI leaders from Canada, the USA, and Puerto Rico. Both Leaders and Assistant Leaders are encouraged to attend.

To attend, please contact Angela Sullivan at Angela@recoveryinternational.org and she will then send you a Zoom link via e-mail before the meeting is held.