

# Recovery Canada Autumn 2023 Newsletter

## Eastern Canada Updates

### ➤ Public Relations Event in Ontario – by Brenda Lefebvre

This past May, 2023, we hosted a Recovery Canada booth at a local Health Expo. Rita and I spent the day there and we passed out 500 brochures about Recovery!

The first photo is Rita Murphy who has been a Leader of the Sarnia, Ontario group for over 40 years. The second photo is Brenda and Rita.



# Western Canada Updates

## ➤ 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](mailto: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!

# Canada-wide Updates

## ➤ Endorsing our Recovery Canada Volunteer Board of Directors

One aspect of the Recovery method that we focus on as part of our practice is that of endorsing. We use phrases like “endorse for the effort, not the outcome”, or “did you endorse after spotting?” What does endorsement mean in the context of Recovery? In the simplest terms, to endorse ourselves means to give ourselves that mental “pat on the back” for using our spotting tools and making our mental health a business and not a game. Endorsing means giving ourselves a little thumbs up or a mental hug for putting in the effort to use our Recovery tools and get well, rather than let our symptoms run our lives. We endorse for bearing discomfort and still functioning. Endorsing is so important because when we are endorsing, we cannot be self-blaming. Endorsement for use of the Recovery method does not depend on the outcome of the event, or a perfect performance in using the method. Endorsement is warranted when we practice and use the Recovery method as we face the trivialities of daily life.

Endorsing is also something we can encourage others to do. Sometimes we can see that our peers deserve an endorsement when they might not even recognize it themselves. We often forget to give ourselves that kudos or mental “good job!”. Endorsement is so important as part of the Recovery method.

Recovery Canada is led by a volunteer Board of Directors. We want to encourage our volunteers to endorse for the effort they put forth in leading our organization, and for bearing the discomfort that inevitably comes with leading any country-wide volunteer-based organization. Recovery Canada would like to thank the following long-serving volunteer members of the Board of Directors for their dedication and hard work in helping to keep Recovery available so that other folks can regain and maintain their mental wellness:



- Paul Caldwell
- Donna McFarlane
- Cindy Hutchins
- Betty Sim
- Rosanne Agostino
- Billy Niven
- Brenda Lefebvre
- Rita Murphy
- Kathy Feller

### ➤ Membership with Recovery Canada



A friendly reminder from our Recovery Canada Board to please consider becoming a member of our organization. New members are needed to ensure Recovery thrives for the next generation. We are a volunteer-run 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](mailto: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](mailto:danielle.almcasey@gmail.com)

## Examples of the RI 4-Step Method

### ➤ **Example by Alm Casey**

Step 1. I woke up in the morning, and I was getting overwhelmed with all the tasks that I would need to complete at work that day, and all the future tasks that I would need to plan for and make decisions regarding. That's when I began to work myself up.

Step 2. My physical symptoms were:

- Tightness in my chest muscles
- A choking sensation in my throat and the urge to swallow and clear my throat
- Fatigue and exhaustion
- Nausea

My mental symptoms were:

- Reviewing and previewing all the tasks I needed to do and the challenges with each one.
- Imagination on fire about my ability to complete all my work tasks and the challenges associated with each one.
- Negative anticipation.
- Low tones.

Step 3. I asked my wife to do a Recovery example with me and help me to use my spotting tools. I spotted:

- Symptoms are distressing and not dangerous.
- Feelings and sensations will rise and fall, come and go if we let them go.
- Replace an insecure thought (“I can’t do all of this”) with a secure thought (“I can take each task one step at a time”)
- Do things in part acts.
- Be self-led, not symptom-led.
- Stop the reviewing and previewing habit.
- Bear the discomfort and still function.
- Calm one part of the body and the rest will follow.
- Make my mental health a business and not a game.
- Work is the outer environment; we cannot control the outer environment, only how we react to it.



Step 4. In former days, before I had my Recovery training, I would have worked myself up into more of a panic state, which may have induced coughing and vomiting. I would have struggled to begin my work, ending up working long, late hours to catch up. I would have felt worse, physically and mentally, all throughout the day. Being caught in temper would have made my work more difficult because temper blocks reasoning and insight. By controlling my temper, I could regain my reasoning and insight, to effectively focus on my work.

#### ➤ **Example by Billy Niven**

Step 1. I went to use my garburator and it wouldn't work and that's when I began to work myself up.

Step 2. My fearful temper was that even if it was fixable, it would cost a small fortune to fix. My angry temper was why wasn't I more careful about what I was disposing of.

Step 3. I spotted:

- Calm begets calm, and temper begets temper.
- Decide, plan and act.
- Feelings aren't facts (just because I feel guilty doesn't mean I am).
- Replace an insecure thought with a secure thought (I calmed myself so that I could curb the "Worst First" thought).

I endorsed for taking a cooling off period. I endorsed for moving my muscles to go to the computer and search online to troubleshoot the problem and find some information on fixing garburators, and then taking the appropriate action. Finally, I endorsed for being willing to change.

Step 4. Before Recovery, I would have fretted, reviewed, and previewed, and would have procrastinated for months thinking I was incapable of fixing the garburator. Now with practice, muscle movement and allowing the Recovery Method to sink in, I didn't do any of that. Within an hour I found an on-line suggestion for a fix using the end of a broom handle which I tried, and it worked. Thank you, Recovery.

## Updates from Recovery International

### ➤ **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](mailto:Angela@recoveryinternational.org) and she will then send you a Zoom link via e-mail before the meeting is held.

### ➤ **Membership with Recovery International – by Billy Bruce**

Billy Bruce serves on our Recovery Canada board as our liaison with RI Headquarters in Chicago. Billy wanted to remind everyone that not only can we become members of Recovery Canada, but we can also join as members with Recovery International. Membership has its perks! You can sign up to receive "Daily Spots" delivered to your email. You can also receive Weekly Wisdom (which is from the Wisdom of Dr. Low). In addition, you can opt in to receive the quarterly Recovery Reporter newsletter in electronic form. There are also special focus meetings available for Ri members, that focus on helping folks in diverse situations use and apply the RI method in their specialized situations (for example, caregivers, chronic health issue sufferers or practitioners, college students, LGBTQ, Veterans, plus more). Membership with RI can also open the door to leadership and member training, which is integral for our organization to survive and thrive.