

Recovery Canada Spring 2024 Newsletter



Recovery Canada Updates

➤ Update from the Recovery Canada Board and RI Liason

Billy Niven is a group leader in British Columbia, a member of the Recovery Canada Board, and the liaison between Recovery Canada and Recovery International headquarters in Chicago, IL. Billy attended a Recovery International Conference in San Diego, California, on February 23-24, 2024, and provided us with the following summary of his time, and updates:

The San Diego Conference was titled “Affirming our Fellowship and Commitments: Together Again”. I had no pre-conceived expectations for this event, and if I did have any, they would have been exceeded on all accounts! My excitement to finally be together with so many of our RI family kept me balanced for the entire time away at the conference.

I arrived Wednesday evening and was dropped off at a local "In and Out Burger" fine dining location. After dinner I promptly got myself turned around and spent 90 minutes finding the hotel which was located only a 5-minute walk away. I checked in, and upon opening the door was surprised to find another guest already inside. Lots of opportunities to use my Recovery training!

On Thursday, I donned my Recovery International T-shirt that Angela Sullivan had sent to me, and I trundled off to attend Lisa Garcia's in-person Recovery meeting, held at the local Temple Emanu-El. I was warmly welcomed by Lisa, Karen Hall (who is the new CEO of RI, who made the journey from Chicago to attend this conference) and other members. I did not allow anything to get in the way of performing my "Free Will Offering Recovery Wrap" that was originally written by Fran G. After more than three years of zoom meetings, being able to experience these face-to-face in person meetings reignited a vitality in me that had laid dormant for a long while! It was as though I was reconnecting with family.



The meeting was followed by an incredible luncheon, and then an open house at the RI office, where I again met so many members including Eric Gonzales who is another Recovery spark plug. For those that I met - thank you from the bottom of my heart for your kindness, support, and companionship (some names escape me, however the faces and experiences are indelible).

On Friday morning I arrived early at the conference to spend some time with Angela Sullivan and some of the other conference organizers preparing for the day. My, oh my! What a day! From start to finish, the day included many breakout sessions and workshops.

I am so glad that now I can look forward to seeing members that I met at the conference in future Zoom meetings. My heart grew larger and replaced any discomfort of navigating this new experience.

Update: the Recovery Canada leaders convention will be held in London, Ontario, on Sept 27 – 29, 2024. The convention will include a Canadian Board Meeting.

➤ **Spotlight on Membership with Recovery Canada**



A friendly reminder from our Recovery Canada Board that membership really does matter! **Please consider becoming a member of our organization.**

Annual membership is only \$35. Consider that this is an attainable, low-cost way to easily access helpful mental

wellness tools. For some, Recovery may be a low-cost alternative to other mental health services.

There is no obligation - 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.

Recovery Canada's funding comes 100% from the free-will offerings collected through local meetings, and from membership fees. One quarter of the voluntary funds collected at 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 operations here in Canada: running local meetings, annual conference costs, and administration costs.

For more information about memberships with Recovery Canada, please contact Cindy Hutchins at purple74@xplornet.com. Or, you can visit the membership section of 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

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 and state which group meetings you have attended (Port Coquitlam, Burnaby, or Delta). Any questions regarding voluntary contributions can also be sent to this 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!



Practicing the Recovery Method

➤ Spotlight on our Spotting Tools – Have the Courage to Make a Mistake

One of the spotting tools I have found myself using quite often lately is “have the courage to make a mistake”. This spotting tool helps me to function in daily life, because it helps me to endorse for each action I take.

There are thousands of trivial decisions we make each day in daily life. When I drop the exceptional and perfectionistic expectations, and make room for trivial mistakes, I open myself up to a world of possibilities. I can do things and try things. I can function. And thankfully, because we deal primarily in trivialities, when I do make a mistake, it is only a trivial mistake.

Deciding which activity to take my children to, choosing between food items while shopping at the grocery store, volunteering to help with a local school fundraiser, cooking a new recipe, or planning which jacket to wear in unpredictable spring weather, are all examples of trivial decisions that I work myself up about. *What if I make a mistake? What if I'm wrong? What if this doesn't turn out perfectly? What if this doesn't go well?* I can experience fearful and/or angry temper in those trivial decisions. That temper leads to tenseness. That tenseness results in symptoms, both physical and mental, such as racing thoughts, imagination on fire, reviewing

and previewing, lowered feelings, judgment of myself and others, muscle tenseness, urge to cry, and nausea, just to name a few.

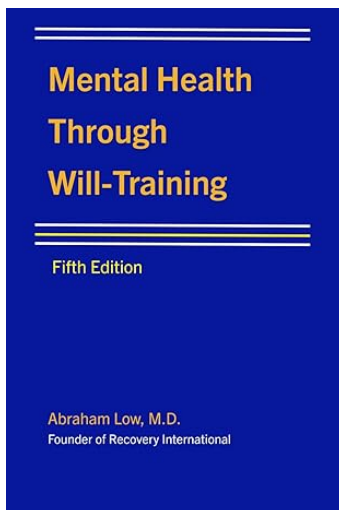
When I stop and spot and remind myself that I can “have the courage to make a mistake” in all these trivial situations, I am enabled to function rather than becoming paralyzed in duality and fear. I can choose a playground to take my children to. I can select food items. I can volunteer in the community. I can try a new recipe. I can pack rain jackets. I can do all those things because I’m endorsing myself for trying them, even if the outcomes aren’t perfect, even if I fumble and make mistakes. Even if there is discomfort. The decisions are trivial and so are any mistakes I make along the way. We don’t try to make mistakes, but if we do make mistakes, we can bear the discomfort and still function. We can endorse for the effort and not the outcome. When I have the courage to act, I can feel the vitalizing cycle of self-confidence. Self-respect and self-esteem follow.



The alternative approach to all of this is to do nothing, not daring to make a mistake. Doing nothing is the only sure way to avoid mistakes, but it gets me nowhere. Engagement with the world around me and functioning in my obligations would cease and that would be detrimental to myself and my family. Self-disgust and self-pity would follow.

Having the courage to make a mistake is how I make my mental health a business and not a game. I am so thankful for all of the spotting tools that help me function and maintain my mental wellness every day!

Updates from Recovery International



➤ Newly Updated 5th Edition of MHTWT Available Now!

Recovery International has published a new revised and updated 5th edition of Mental Health Through Will-Training. In January 2024, RI released this long-awaited edition. The book can be ordered on Amazon. Many meetings may continue to use older editions of the text.