

Summer



Summertime...

So much to enjoy! More outdoor time, picnics, open-air events, vacations. It is the season when things heat up. Those who live up North relish the warmth and the ability to get out of the confines of their heavy coats and heated homes. Whereas the Southern state dwellers are discomforted by the soaring temperatures and thus turn to swimming pools and syrupy chopped-ice snowballs to cool themselves. With all these activities, average conflicts arise, our emotions heat up, and we have the opportunity to practice our spots to help us chill.

In RI, we learn to keep our tempers at bay, so we can stay calm and cool. Dr. Low has offered us the tools to find peace: We plant the spot seeds in our brains and grow insights, to bloom into secure thoughts. We become Realists. Then we add the sunshine of Self-Endorsement, and our lives flourish.

Dr. Low is the guru in my head. His tools guide me to think like a Realist, to make sound decisions, to be spontaneous. Practicing the RI Method takes us there.

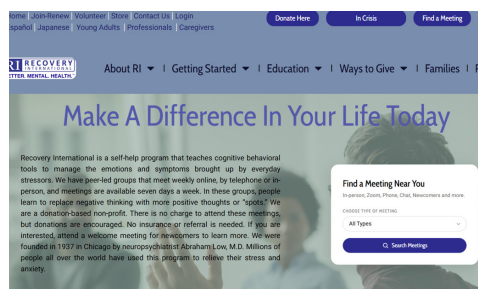
Summer offers vacation days. Pack your RI tools and use them wherever you go, and you'll be more secure, more spontaneous, and you'll find more peace and joy.

Have a secure and enjoyable summer!

RI Board VP and Program and Leader Support (PALS) Committee Chair,
Fran Goldstein

New RI Website

Visit our website for a new look and more features! Check out an improved way to find a meeting. Spot Help, our new AI tool, will assist you in giving a four-step example anytime of the day or night. See recoveryinternational.org.



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News from Headquarters

RECOVERY INTERNATIONAL CELEBRATES 90 YEARS!

Community, Connection & Caring: The 2027 Conference

We are excited to announce the 90th anniversary conference. Registration is now open!

Friday, April 30, 2027 • Chicago Marriott Oak Brook • 1401 W. 22nd Street, Oak Brook, IL 60523

A full day of keynotes, workshops, and a resource fair open to the public from 9 a.m. – 5 p.m.

Our conference hotel is the Chicago Marriott Oak Brook, about 18 miles from downtown Chicago, situated about equal distance between O'Hare Airport and Midway Airport.

Rooms will be available for \$155 per night plus taxes and fees. The hotel is conveniently located across the street from the Oakbrook Center, one of the largest shopping centers in the Midwest. Reservations may now be made at the conference rate through a special link.

The conference on Friday will include a continental breakfast and a buffet lunch. Dinner will be on your own. There are many restaurants nearby. An RI meeting will be held before and after the conference. **The cost of the one-day conference will be \$100 for RI members and their guests and will include the Thursday reception.**



Thursday Reception

A special welcome reception for RI members (and their traveling companions) will be held from 4 – 7 p.m. on Thursday, April 29 at the hotel. Hors d'oeuvres, desserts and beverages will be served. There will also be RI meetings held before and after the reception so you can process any travel trivialities that worked you up.

Saturday Bus Trip

On Saturday, May 1, we will be chartering a bus (with a rest room) to take an historic tour in downtown Chicago. The bus will leave from the hotel Saturday morning and return late afternoon. We will be visiting the Special Collections and University Archives at the Library of the Health Sciences-Chicago, University of Illinois Chicago (UIC), on Saturday morning. This is where Dr. Low's papers are housed, and where they hold early RI historical documents. The librarian will meet with us and will have select documents on display. We will then head to The Berghoff, Dr. Low's favorite restaurant, for lunch in a private dining room. We will drive past the last downtown location of RI's offices, then head to Memorial Park Cemetery in Skokie, IL, where Abraham and Mae Low are buried. **The cost of the bus trip will be \$125 for RI members and their companions which includes lunch and all tips.** (Dinner after the bus trip will be on your own.)

Additional Highlights

The conference hotel is literally across the parking lot from our RI Oak Brook office. We will have designated times when you can visit the office and see where all your phone calls and book orders are received. We will also have a Memories Room set up with some items from RI's archives, including Dr. Low's desk, typewriter, and pipe. Yes, you will be able to have a photo taken of you sitting at Dr. Low's desk!

To register for the conference:

- Visit the conference page on our website: RecoveryInternational.org/RIConference
- You may also call the Oak Brook office and register with Jessica over the phone at 312-337-5661.

We hope you will join us to help celebrate RI's 90th year!

If you'd like to become a sponsor for the event, please contact angela@recoveryinternational.org or call 312-962-5992. Many sponsorship levels are available to help offset costs.

Roaming the Globe

RECOVERY CANADA

Recovery Canada Annual Conference 2026

Recovery Canada is holding its annual Canada Leaders' conference called, "There are NO Hopeless Cases" on September 25-27, 2026 in London, Ontario. The agenda will include an RI meeting on Friday night, various workshops on Saturday and live music on Saturday evening. The conference will include some nice merchandise, conference swag and a silent auction. There are hybrid workshop options available for some sessions if you cannot attend in person. All are welcome to attend from any country. For more information, contact: Billy Niven 604-377-7455.

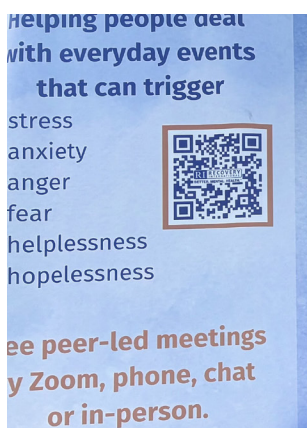
AROUND THE USA



The Black Empowerment Association of Santa Monica (California) held a Mind Over Matter Health Fair. Hosting a resource table for RI were (left to right) Barbara Blazek, Lynn Tumpa and Cliff Brown.



Always having fun, Jenna Sobelman and Cliff Brown attended the "We Rock the Spectrum Gym Fair" in the Los Angeles area with an RI resource table.



San Diego staff and volunteers participated in the annual NAMI Walk. Pictured (left to right) Kim, Mike, Marian, Judi, Connie and Jessica.



Virtual Conference Sessions

Global Virtual Conference Sessions 2026

RI continues to offer virtual conference sessions via Zoom to help members understand RI concepts, learn new strategies, or allow you to connect with your fellow RI members. Most sessions are offered at no charge, but registration is required by going to the RI webpage: RecoveryInternational.org/training or by calling 312-337-5661. Please check your Weekly Wisdom for more session announcements.

Handling Zoom Bombers in Meetings

Wednesday, September 23,

7:30 p.m. Eastern time

If you're an RI Zoom Leader, handling a Zoom bombing incident during your meeting can be tricky if you aren't familiar with your Zoom host controls. In this session, you'll learn best practices for minimizing the risk and controlling the situation if it occurs. If you aren't a Leader but participate in Zoom meetings regularly, this session can be informative to understand what the Leader may be dealing with and how you can be helpful. Everyone welcome.

FREE but [register HERE](#).

Group Leader Training

October 19, 21, 26 and 28, 2026 from

7-9:00 p.m. Eastern time each day

Complete Group Leader Training and work toward becoming a certified Assistant or Group Leader. You'll not only help other members and participants, but you'll also have a positive impact on your own mental health. Leading Recovery meetings gives you the opportunity to practice the RI Method in many ways. To qualify for training, you need to have attended RI meetings regularly for at least 3-6 months, know the concepts and the 4-Step Method. For more information, email angela@recoveryinternational.org.

Fee: \$35 for current members, \$70 for non-members (non-member price includes one year of membership). [Register HERE](#).

Poetry Corner

Thoughts and Tempers

Poor words that we think
do cause moods to sink;
they are thoughts that old tempers consume.

We learn in RI
to open our eyes
and spot so we don't stay in gloom.

Phrases that quote
and sentences spoke
in our minds are thoughts that create
feelings that flare into temper.

Beware!
Use our spots so we won't take the bait.

Ideas that will damage
can quickly be managed—
we change them to positive mode.

The insecure feeling
that at first had us reeling
will weaken when good thoughts take hold.

Dr. Low makes it clear
that those feelings we fear
are beliefs we mistakenly form.
We are persons worthwhile,
keeping our inner smile
so our tempers won't tantrum and storm.

Fran Goldstein, New Orleans, LA

Announcements

New! “Community and Connection Gathering” The third Saturday of each month at 12:00 p.m. Eastern time

All RI members are invited to a relaxed, supportive get-together on the third Saturday of each month. This hour-long Zoom gathering offers gentle social connection outside the structure of a formal meeting. Each month will include a light activity—such as trivia, a conversation prompt, or a simple group puzzle or game—where members can participate as much or as little as they choose. It’s a welcoming space to connect, unwind, and feel part of the community. (This is not a traditional RI meeting but a social gathering for RI members.) Hosted by Steve Ferradino. [Register HERE](#) or call 312-337-5661.

New! Special Focus Telephone Meeting “Using the RI Method for Grief” Saturdays, 7:30 p.m. Eastern time

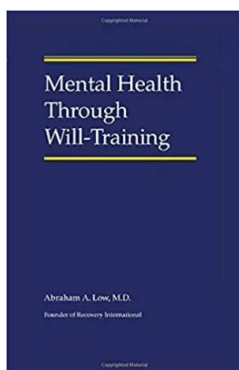
This meeting is like our Zoom meeting that uses the RI Method to deal with trivialities related to loss, except that it is through telephone. This is not a grief group in the traditional sense that we are processing mourning. Rather, we focus on some trivial aspects of life after loss that can be handled using our RI cognitive behavioral tools. A current RI Membership is required to join this phone meeting. To register, please contact Gilda at 352-464-7232.

Summer Book and CD Sale

Past editions of *Mental Health Through Will-Training* are on sale. The 3rd Edition (good condition hardcovers) is \$15.00 each and 4th Edition (slightly worn paperback covers) is \$10.00 each. Includes free shipping & handling in the US.

Self-Help Techniques for Mental Health CD sets – These CD recordings of various people reading selections from Dr. Low’s articles and comments, published in 1966 as *Selections from Dr. Low’s Works*. Published in 2010, the set consists of 5 CDs. Cost is \$15.00 and includes free shipping & handling in the US.

Sale ends September 1st. Please call Jessica at 312-337-5661 to order.



New Life Members

Robert Appelbaum, Texas

Robert has been a member for over 10 years and was a Group Leader at a church in Texas for almost nine years.

Dave Bartlett, California

Dave joined RI in 1973 in New York. He attended 5-6 meetings in person each week and also did committee work back in the 1980's.

Favorite spot: Complications call for simple remedies, whereas emergencies call for heroic actions.



Katie Elsila, Michigan

In 1997, Katie found RI through an old friend who was “speaking words of wisdom.” Katie was so impressed she said she needed to see what RI was all about. The leader of the group was wonderful, and she stayed with RI and became a Group Leader by 1999. Favorite spot: Humor is our best friend. Temper is our worst enemy.



Seth Schacher, New York

Around 2006, Seth was experiencing anxiety and depression and was open to finding help. He went to Joe Marino’s meeting and within three weeks felt like it was working for him. He said RI gave him his life back as he learned to function and move forward.

Favorite spot: Movement of the muscles overcomes the defeatist babble of the brain.



Testimonials

“54 Years of RI and Counting”

I have practiced the Recovery Method for 54 years! I was 28 years old when I saw a very small notice about Recovery on our church bulletin board and will always be grateful that I happened to read it. Thank you for all you do to keep it going!

– Betsy Frank, Maryland

“No Hopeless Cases”

When I was 12 years old, my mother, Rose Malz, had a nervous breakdown. She spent three months on the psychiatric floor for severe anxiety and depression. When she got out, she really wasn't much better, only highly sedated. Shortly thereafter, my father saw a little advertisement in our church bulletin from St. John Brebeuf Catholic Church in Niles, IL. It said: “Do you feel anxious, depressed, overwhelmed? Do you have mood swings, angry temper outbursts, bouts of crying? Are your work and/or family relationships suffering? Then come to the church basement on Monday evenings at 8:00 p.m. for a newly formed self-help group for nervous people and former nervous patients with volunteer Leader Ginny Haave.”

For many months, my father drove her to the meetings and sat next to her. She did go, but as she explained many times to the leader, she felt she was a hopeless case, even though Dr. Low's teachings said there were no hopeless cases. After attending meetings for about six months, my mother explained, “Just going and sitting and listening in those meetings all those months, I got well!” Not only did she get well, but she took over being the Leader at those meetings! Recovery saved both my mother's life and her marriage! (My father is 99 years old and has sung the praises of Recovery for many years!)

I originally learned all about Recovery overhearing the many five-minute phone calls my mother gave to other people (so many calls that our family got a second phone line, which was unusual in the 1960s). I have used spots every day in my life for the past 50+ years. I have passed Recovery teachings to many people myself. RI greatly helped me get through a hurtful divorce. Even though it wasn't trivial, it helped me in many aspects. I recently found the *Better Mental Health for Everyone* book. I just want to say it is a genius that someone came up with this new book, simplifying the RI Method! I'm so very grateful my mother discovered RI in 1963, and Dr. Low's teachings are still relevant and working in my family in 2026! I hope RI will continue to flourish and spread and I wish every person on earth would learn about special Dr. Low and Recovery!

– Kathleen Malz Conley, Illinois



End-of-Summer Zoom Picnic

Sunday, August 30th

8 p.m. ET / 7 p.m. CT / 6 p.m. MT / 5 p.m. PT

Join us for an hour as we celebrate the end of summer with an online “picnic” — please bring your own lemonade or iced tea! We will enjoy a trivia game, some readings and music. Celebrate with us! Free!

Register [HERE](#) or call 312-337-5661.

In Memoriam



Helen Carniglia, Red Bank, NJ

Born in Ontario, Canada, Helen attended nursing school. After emigrating to the United States, she worked as a flight attendant for American Airlines. She was a devoted wife and mother who embraced life with curiosity and enthusiasm. Helen volunteered at the Food Pantry of Flemington and the Hunterdon Medical Center. She was a 16-year RI member and avid donor. Her empathy and generosity touched many lives.



Marlene Dufort, New York

Marlene faced extraordinary challenges, including raising seven children (one of whom passed away as an infant), managing her own health issues and hospitalizations, and coping with financial instability and multiple family moves. After experiencing mental health struggles, she was introduced to RI. She fully embraced the Recovery Method, became a trained leader, and dedicated herself to helping others through meetings and five-minute calls. For over 10 years, she led Recovery groups in the Schenectady, NY area and practiced Recovery for the rest of her life.



Phyllis Goldberg, Palm Harbor, FL

Phyllis was an RI member for over 50 years and became a Group Leader in the 1970s. Most recently, she was a phone Leader for meetings. Her family held a "Celebration of Life" for Phyllis and approximately 10 RI members in her area attended. The love and support her RI family gave her over the years was priceless.



Steven William Lackner, Howard Beach, NY

Steven was raised in Queens, NY. After college, he joined the U.S. Navy where he studied to be a Navy Corpsman, where he became disabled and was medically discharged. Upon returning, he worked and retired from LaGuardia Hospital. He attended RI meetings for nearly 20 years and was a regular donor to RI.

Marilyn Lakey, Wimberley, TX

Marilyn was a dedicated RI member for over 18 years, attending meetings in the Austin, TX area. She was caring and compassionate and helped support her RI group members.



Genevieve Lavix, Plains, PA

Jenny was a graduate of Wilkes-Barre Business College and was a sales representative for Pfizer Pharmaceuticals (Warner-Lambert), American Chicle Division until her retirement. She enjoyed traveling and spending the winter months in Florida. She loved spending time with friends at the Odyssey Fitness Center, the Kingston Senior Center, and the JCC. Jenny was an RI meeting participant for over 10 years.



David Norris, Rocky River, OH

Dave was a devoted and loyal RI member who acted as treasurer for the Northern Ohio area and as a Group Leader of a Tuesday evening meeting in Westpark, OH for many years. Dave was a U.S. Army Veteran and employee of the U.S. government for 43 years. He was a lover of bridges, birds, nature and walks and loved to read and listen to music.



Dr. Gay Perkins, Louisville, KY

Gay graduated with a Ph.D. in Industrial and Counseling Psychology from the University of MN and worked as a Licensed Psychologist at the Assessment and Classification Center, Kentucky Bureau of Corrections. But her true profession was librarianship and she earned an M.S.L.S. in Library and Information Science from the University of Kentucky. She was a professor and Business Librarian at Western Kentucky University and retired as a Professor of Library Public Services Emerita. Gay was an RI member since the 1970s.

Bonny Viskewich, Smithtown, NY

Bonnie was a 30-year member of Recovery International. Her mental health was definitely a business and not a game. This is reflected in the service that she did for RI. She served not only as a Group Leader but also an Area Leader. Her warmth and kindness made people feel comfortable and her knowledge of RI was excellent, which was demonstrated in the wealth of spots she shared. Bonnie was well respected and certainly a role model for all of us.



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Wisdom of Dr. Low

“ Regina had difficulty eating, walking, sleeping. Everything she did required effort. Annette had similar complaints and correctly summed them up as a ‘lack of spontaneity.’ Frances and Frank also added their experiences of having dragged along for months or years without initiative or interest, and having regained spontaneity through the self-help techniques practiced in Recovery. To be spontaneous means to have no difficulty making up one’s mind, to carry out one’s plans and decisions, to feel like doing something and get it done, and all of this means vitality...

Regina and Frances, Annette and Frank demonstrated how the balance can be restored and how life can regain its vigor and vitality... Once this is done, the patient has learned that helplessness does not mean hopelessness. ”

From “Helplessness is Not Hopelessness,” *Mental Health Through Will-Training*, Chapter 7 (5th edition), pgs. 50-53.