RI RECOVERY INTERNATIONAL
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Recovery Reporter

Fall 2026



As we head into fall, we naturally begin to slow down and spend more time at home. We enjoy watching the natural world around us adjust to the cooler weather as we begin preparing for the upcoming holidays. This may include sprucing up our homes, adding seasonal decorations and spending more time with family and friends. Fall is also a season of gratitude and giving. A time when we celebrate with others by sharing meals together, exchanging gifts, and offering warm wishes.

Fall is the time when Recovery International sends out its Annual Giving Appeal. This is an opportunity for members to pause and reflect on how grateful we are to have access to the many resources RI provides. We can attend meetings, access updated literature, use the new RI phone app, listen to audiobooks, give "examples" on the RI Facebook page, and visit the revamped website! These superb additions to the RI "toolbox" are made possible through the financial support of RI's members and friends.

As the Recovery International Treasurer, I have the privilege of seeing firsthand how your donations support Recovery's vision to be the world's premier provider of self-help training for mental health and wellness, available to anyone, anywhere, anytime. So, as you make your list of organizations to support this fall, please put Recovery International on that list. Your gift will support a wonderful organization, help make these valuable resources possible, and is also an investment in your own mental health and the mental health of others.

Thank you for supporting Recovery International and for helping us continue this important work.

Judi Bakke, RI Treasurer and Group Leader

RI 90th Anniversary Conference – April 2027!



In the Summer issue we provided details of our 90th Anniversary Conference being held in Chicagoland on April 29 – May 1, 2027 at the Chicago Marriott Oak Brook hotel. We have a full day of keynotes, workshops, a resource fair, RI meetings, as well as a reception the night before and a post-conference bus trip the following day. If you missed that issue, please visit our website or call us and we'll send you a flyer. Contact Jessica at 312-337-5661 or visit RecoveryInternational.org/riconference.

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News from Headquarters

We hope you can feel the excitement building around RI's 90th anniversary! The conference celebration next April in Oak Brook, IL (outside Chicago) keeps getting better and better! If you haven't already read about the conference, please visit the homepage of our website or call our office at 312-337-5661 for a flyer to be mailed to you. It will be so nice to gather in person again. We would love to see you there!



Thank you for the feedback on our new website. We really appreciate it. We especially enjoy hearing how you are using *Spot Help*, our new AI conversational agent. (You will see this image in the lower right bottom corner of your screen – just click on him.) *Spot* is, of course, the name of our dalmatian mascot. *Spot* has been trained to walk through a 4-step example with you, and to offer you additional spotting. People especially like his availability 24 hours a day, and the privacy that he offers – you can give examples to *Spot Help* that might feel embarrassing to give in a group.

We are happy to announce that the Fifth Edition of *Mental Health Through Will-Training* is now available as an eBook and an audiobook. You can find the audiobook on Amazon, Spotify, and in a variety of other locations. It is read by actor David Davino, who also recorded the audiobook of *Manage Your Fears Manage Your Anger*. The eBook is available at Amazon and through Barnes and Noble. (We only sell the print books in our office – other formats must be downloaded online.) The print version is also available through Barnes and Noble. Our next project is Dr. Low's biography, *My Dear Ones*, where we also plan to add an audiobook and eBook version to the print book.

Fall is the time of year when we do our annual fundraising drive. On the Tuesday after Thanksgiving, *Giving Tuesday*, we have a donor who will match the first $15,000 of donations given, dollar for dollar. For example, $50 given will be matched by the anonymous donor with another $50.

Our end-of-year fundraising mailing will go out in November. Please watch your mailboxes. We will once again be offering a thank you gift to donors who give $100 or more of a 2027 desk calendar with sayings from Dr. Low.

Under the Budget Reconciliation Act of 2025, with the 2026 return (filed in 2027), people who do not itemize deductions on their Federal tax return (who choose the standard deduction) may deduct up to $1,000 of cash contributions to public charities, or $2,000 if married filing jointly. Since Recovery International is a 501(c)(3) non-profit organization, donations to RI qualify.

Since the pandemic, the number of donations collected at meetings has been declining. We know that many people attend phone and Zoom meetings and choose to give online – that's wonderful! We appreciate each and every donation. But it means that we count more every year on these fundraising campaigns to help us meet our financial needs. Please give if you can. We would really like to see RI here for another 90 years!

As always, **thank you!** We are so grateful to you, our members, volunteers, leaders, area leaders, donors, tech aides, Board and committee members, and staff. Please know how much we appreciate your dedication and commitment to this organization. We wouldn't be here without you.

Holidays are a stressful time for many. As Dr. Low wrote, "The attainment of inner and outer peace is your supreme value." (MHTWT 5th edition, p. 137) "Life needs inner and outer peace for producing and maintaining values. The factors which endanger peace are symptoms and temper. Life's principal business is, therefore, to reduce both symptoms and temper to a minimum." (p. 154)

Wishing you all great inner and outer peace during this holiday season,

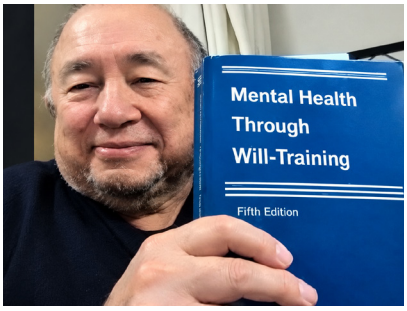
Karen G. Hall

Karen G. Hall
CEO



Members' Corner

Celebrating long-time RI member, Louis Gentile



Lou resides in Connecticut and is a stalwart attendee of our Canada-based Zoom meeting and shares his steeped method practiced over the last 45+ years. Our group wanted to gift our beloved mentor, Lou, a 5th edition of *Mental Health Through Will-Training*. Lou is in his 80s and navigates Zoom technology to attend our meeting while sharing space with a roommate. Lou's will to effort has been a cornerstone for our membership. He sets no limit on the amount of discomfort he's willing to bear, knowing the comfort is coming.

It took two trips to the Postal Service as I got worked up over the tariffs and paperwork trivialities the first time and left. On the second trip I noticed that I had brought my own personal 5th edition instead of the new one I bought for Lou. I decided, planned and shipped it anyway. I spotted to "do the thing that I feared to do," "Try, fail; try, fail; try, succeed." No amount of discomfort was going to sabotage our efforts to gift Lou this book!

- Submitted by Billy Niven, British Columbia, Canada Leader

Thank you for your leadership, Dan!



After many years of leading Recovery International groups, Dan Torchio is retiring from Leadership of his Tuesday afternoon Zoom meetings. He has been in RI for 43 years. He learned about RI after having panic attacks. He had tried anti-anxiety meds and went through hypnosis and other treatments—none of which solved his problem. Then his friend's wife, who was attending RI meetings, called Dan and she seemed to deeply understand what he was going through. That's when he "saw the light at the end of the tunnel" and started going to Recovery groups.

Early on, Dan relished a spot emphasizing effort when a participant said, "You've got to stand up and move your muscles." Dan found his determination, which he keeps strong still today. He realized, "We are stronger than we think we are." And, "If you can't change something, you can change your attitude toward it."

This wise and knowledgeable RI Leader participated almost every month in the Southern States Regional Leader meetings. Dan's wisdom, experience, and depth of understanding of Dr. Low's Method graced these meetings for several years. He is an advocate for mental health and RI. He volunteers to answer phone calls to 211 in Florida from people with mental health challenges, and he spreads the word about RI. But Dan is not done yet, he still attends the Tuesday group and fills in as Leader when needed. We have all gained much from Dan's ability to understand and relate to Dr. Low's Method. Thank you, Dan!

- Submitted by Fran Goldstein, Southern Region Area Team Leader

New Life Members

Tim Rotnem, Ohio

Favorite spots:

- Judgment of yourself and others robs you of your inner peace.
- Be a flower and not a weed.

Marilyn Kopp, Ohio

Favorite spots:

- I can do anything an average person can.
- Temper begets temper, calm begets calm.

Anonymous, Ohio

Favorite spots:

- Self-torture is the nervous patient's favorite past time.
- Don't take yourself too seriously.

Announcements

Community Connection Gathering – New Social Meeting

Third Saturday of each month, 12:00 p.m. Eastern time via Zoom

Dr. Low talked openly about the positive experiences around social connection. This hour long gathering on Zoom offers a relaxed environment where participation is always optional and everyone is welcome. Each month features a seasonal warm up poll, a few friendly questions, a short breakout room, and an easygoing game. The goal is simple: to create a welcoming space where RI members can connect without pressure, enjoy conversation, and share a moment of community. Whether you prefer chatting, listening, or just showing up to see familiar faces, you're invited. We hope you'll join us to continue building this warm, supportive tradition together. To register, go to the **Find a Meeting** search box on the website and search **"Special Focus"** under Meeting Type or call 312-337-5661 to register. Free but registration is required.

Self-Care Reset: Mindful Moments & Tools

Wednesday, November 18th, 8:00 p.m. Eastern time via Zoom

Just in time for the busy holiday season! Pause, reflect, and reset. Participants are shown practical mindfulness tools to support emotional balance, reduce stress, and everyday self-care. Presented by Ashley Warren, NAMI Illinois. Free but registration is required.

Annual Holiday Zoom Celebration

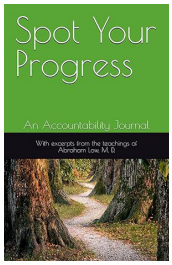
Sunday, December 6, 3:00 p.m. Eastern time via Zoom

Join the festivities as we gather to celebrate the holidays with songs, poems and games about RI. If you'd like to submit a piece to read or sing or have an idea for a short game that can be played on Zoom, contact Angela@recoveryinternational.org or 312-962-5992. Please submit by November 27th. Free but registration is required.

Spot Your Progress Supplemental Meeting
Begins January 6, 2027
Wednesdays, 3:00 p.m. Eastern time

Leader: Celinda Jungheim, Assistant Leader: Hina Sowinski

This accountability group kicks off January 6th via Zoom and offers you a chance to report on progress toward your short or long-term goals. This is a special format meeting, not a typical RI meeting, and serves as a supplemental meeting to support you in achieving your intentions. It will run through the end of March. Look for registration information in the Weekly Wisdom in December or call 312-337-5661 to register.



The ***Spot Your Progress*** journal provides an easy way to establish action steps, a weekly plan, and the ability to monitor "part acts" toward your goal. This accountability journal also includes spots from Dr. Low's teachings to encourage you and keep you motivated. The book is available for $10 on Amazon or through the RI office in Oak Brook by calling 312-337-5661.

***My Dear Ones* book study via Zoom**

Coming soon in 2027 in recognition of RI's 90th Anniversary. Look for dates and times in future Weekly Wisdom issues. *My Dear Ones* is a 1970 book by Neil and Margaret Rau about Dr. Low and his early patients. It explores how Recovery developed over time, highlighting not only Dr. Low's contributions but also the influence of his patients on its formation and growth. The book also describes Dr. Low's early years, providing insight into his compassionate approach to patient care. The hardcover book is for sale for $25.00 through our office. Call 312-337-5661 to order.

New eBook and Audiobook

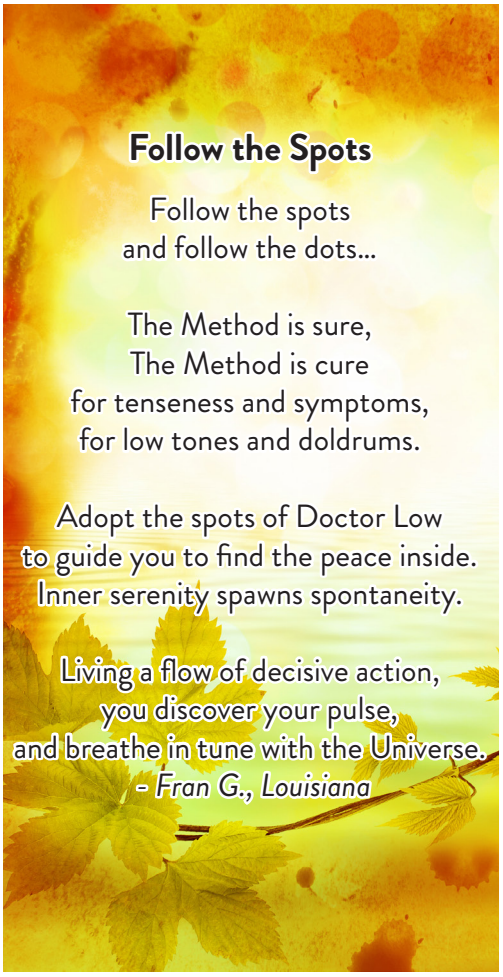


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RI Gifts for the holidays!



If you're looking for a gift for that special someone, go to the Bonfire store and find a variety of RI merchandise. Fun images with RI tools are available in t-shirts, hoodies, long sleeve shirts, tank tops and more. These and other designs come in multiple styles and colors, and most are available in sizes XS-4XL. Bucket hats and baseball caps are also available in a variety of colors. Over 12 designs available! A portion of each sale benefits RI. If you are considering an item for a holiday gift, please order early as shipping may take several weeks. Bonfire is a company that helps non-profits sell our products and gives a portion of each sale to RI. Visit: www.bonfire.com/store/recovery-international/



Testimonials

Spreading RI through Outreach
I enjoy volunteering and doing outreach events for Recovery International because it brings me peace and joy, and encourages and motivates me. "Treating my mental health as a business and not a game" has helped me change my world and prioritize myself. I enjoy seeing people light up when they find the support they need. Teaching new people to "not take your dear self too seriously" has been a favorite spot. I'm looking forward to continuing to practice this Method and to learn ways and places to (as RI says) help people gain skills to lead more productive lives.
- Lisa B., California

60+ Years and Counting
I joined RI in 1965 immediately after returning from addiction treatment. I went to RI meetings twice a week and continued going for over 60 years, eventually becoming an Assistant Leader and then Leader of my group. Without addressing my mental health needs, I would not have been able to maintain my addiction recovery since the 1960s. And without my addiction 12 Step programs, I would not have been able to practice the RI method of self-help. I needed both to get well and remain well!
- Mary L., Nebraska

A Second Family
Recovery International has become a second family. Since RI began offering meetings on Zoom, we can join meetings all over the nation. I can't imagine my life without RI spots!
- Yaz H., Colorado

Example

Step 1: I had a poor night of sleep and was nauseous and that's when I began to work myself up.

Step 2: My physical symptoms were nausea, elevated heart rate, taking deeper breaths, dizziness, dry mouth, lack of appetite. My mental symptoms were racing thoughts (about an uncomfortable conversation that I had the night before), reviewing and previewing about how I would get my work done throughout the day while feeling nauseous, imagination on fire about how I might feel over the next few days, confusion, defeatist babble of the brain, "You're a failure, why do you have so many problems, what if everyone else who had important work to do felt this way."

Step 3: I spotted that:
- I would do things in part acts. I would take one step at a time. I spotted that I would start by commanding my muscles to do a Recovery example with myself.
- I could be self-led and not symptom led.
- I could calm one part of my body and the rest will follow.
- By commanding the muscles to move I could transform the vicious cycle of helplessness into the vitalizing cycle of self-confidence.
- I could endorse for doing things in part acts and endorse for each part act.
- I could lower my standards so my performance will rise.

Step 4: Before I had my Recovery training, I think I would've worked myself up to crying and phoned my husband at work. Instead, I took some time to do this example with myself and felt proud of my self control.

- Danielle Casey, Recovery Canada Leader

Roaming the Globe

RECOVERY CANADA

Recovery Canada Annual Conference 2026



Every two years, Recovery Canada hosts a conference for leaders and board members. Many fun times and conversations were had during these two days with 22 attendees (some virtual) meeting in London, Ontario. Some highlights included:

- Attendance by Joyce Oliver, who was instrumental in working with Recovery International to create and support Recovery Canada.
- Founding member Jean Fielding treated us with a sing-along to Jeremy Smith and John Denver songs.
- RI staff Karen Hall and Angela Sullivan Zoomed in for a session on the latest news from headquarters.

It was an incredible heartfelt gathering of the Recovery Family celebrating our hope-filled lives.



AROUND THE USA

Swarthmore, PA



The Swarthmore, PA group gathered in July for a potluck lunch at the Leader's home (Kathy). We had a fun time enjoying each other's company and we played a game (a version of Scattergories) using only Recovery words. We even had a prize for the winner. Since we are a Zoom meeting, many live far away and could not attend, but we sure missed them.



Las Vegas, Nevada

Jenna Sobelman hosted a table at the Las Vegas Health Expo.



Puerto Rico

Puerto Rico Leaders Leticia and Javier had the opportunity to host a resource table at a local mental health fair.



Southwest and Central Ohio

RI members celebrated the fall season with a luncheon at Doc's Place in Lebanon, OH.

In Memoriam



Delos Dale Fidler, Argyle, TX
Delos worked as an electrical engineer, contributing his knowledge and expertise to numerous industrial, commercial, and public engineering projects. Beyond his professional accomplishments, Delos devoted much of his life to his Christian faith and to serving others. His commitment to helping others also extended to volunteer leadership with the National Alliance on Mental Illness (NAMI) in the Houston area and Denton County, TX, where he dedicated approximately ten years of service. He also was an RI member for 15 years and a Group Leader at the Denton Senior Center in Denton, TX.



Cliff Eugene Fry, Dubuque, IA
Gene was born on the family farm in Wisconsin. He was owner of the Starlite Lounge in Nevada, later employed by the Veterans Administration as Chief of Canteen Services, and worked at John Deer in Dubuque, IA. He was kind, loving, generous and had a sense of humor. He was an RI Group Leader, Assistant Leader and a Leader of phone meetings. He attended Recovery meetings for at least 45 years.



Richard "Rick" Granger, Buffalo, New York
Rick was an RI Assistant Leader at the First United Methodist Church in Niagara Falls, NY, at Fourteen Holy Helpers in West Seneca, NY, and assisted with phone meetings alongside RI Leader and significant other, Rena Massis. He was known for his empathy, kindness, and believed in community service – delivering meals to those in need. Family ask that donations be made to RI in his name.



Phyllis Greenberg, Pittsfield, MA
Phyllis treasured her immediate and extended family and found great joy in the love, laughter, and connections they shared. A former social worker, she was a lifelong learner genuinely committed to personal growth and helping others. She was deeply involved with RI for decades in the 1970s through the 1990s. She was from Paramus, NJ and served as an RI Group Leader for some time. In her memory, the family asked for donations on her behalf to RI, as it was so dear to her heart.



Dolores Hilden, Newtown Square, PA
Dee was a lifelong learner with a deep commitment to helping others and she devoted herself to the nursing profession. She earned her Doctorate from the University of Pennsylvania and dedicated nearly three decades to shaping future healthcare professionals as Chair of the Nursing Department in the Health Sciences programs at Marycrest College and later St. Ambrose University in Davenport, Iowa. She was also a dedicated RI member and meeting participant, and Society of Dear Ones member.



Sam Kosc, Boyne Falls, MI
Sam dedicated over three decades to education, teaching high school, middle school and special education science in Michigan. He owned and operated Sam Kosc Auctioneer, where his quick wit, gift of gab, and ability to connect with people made him a familiar face throughout Northern Michigan. Sam was committed to serving his community through volunteer work and was the Group Leader of the RI meeting held at Christ Lutheran Church in Boyne City, MI. He was a great advocate of RI as it helped him tremendously. If you spent more than a few minutes with Sam, chances are you left with a story, a laugh, and a little more wisdom than when you arrived.



Jayne Reinhardt, San Diego, CA
Jayne was the Community Health Promotion Specialist at County of San Diego before retirement a few years ago. She really loved RI and went to many phone and Zoom meetings. She worked with headquarters to get *Power Your Mind*, RI's teen/young adult program, in various schools with which she had connections. She was passionate about giving young people the RI tools and Method to deal with the little things before they became bigger issues. As a long-time RI member, she was known by many leaders and participants and had the reputation of being a good solid spotter in meetings.

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Wisdom of Dr. Low

"In a group, the members have equal rights, demanding that their rights be respected by fellow members. This is called *fellowship*, which means service, self-restraint and respect for the rights of others. Sovereignty means the reverse: domination, unrestricted power and disregard for the needs, desires, or rights of others. Fellowship is the principle of group action, sovereignty that of individualism. To the extent that a sovereign recognizes other people as his equals, he loses the prerogatives of sovereignty. To the extent that the group grants to any of its members the status of sovereignty, it weakens the principle of fellowship.

Groups are either loose assemblages, such as a crowd in the street, or a close-knit organization like the family. The closer a group is organized, the more it is pervaded by the spirit of fellowship. There is hardly a trace of fellowship in the street crowd; there should be a maximum of it in the family. All kinds of groups could be ranged between the street crowd and the family, with varying degrees of fellowship governing their mutual relations. On this scale, a group of friends ought to be held together by a far greater measure of fellowship than, let's say, a group of co-workers, and the group of co-workers should score a higher rating in fellowship than a group of citizens attending a town meeting."

- *Mental Health Through Will-Training,* Chapter 3, (5th Edition) pg. 20