

# Families in Recovery



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## 2009 Potluck Schedule

Join us for delicious food and company! Bring a dish...your choice. Held at 7:30 on the Friday nights listed below, in the 4H building (#501) at the Evergreen State Fairgrounds in Monroe.

- June 12 AUCTION!
- July 18 BBQ Sultan
- September 18
- October 2
- November 6
- December 11

## Potluck

**NEXT POTLUCK,**  
Friday June 12th

Dear Friend,

## Please Help! Auction, this Friday!

Our annual auction is the primary fundraiser for our picnic in July. It is a great opportunity to re-distribute all the stuff we seem to accumulate, and replace it by picking up some great deals. We are asking for contributions of new or used items in good condition, or of services, that will have appeal to others. This is an opportunity to shed unused items that you no longer need, while helping to fund our July picnic.

Here are items we expect to be auctioned this Friday:

- Antique sewing machine with cabinet
- Home-made candy
- Potted houseplants
- Hanging flower baskets
- Lawn mowing services
- Backhoe services
- Heating system inspection
- Window cleaning
- Gift certificates
- Handcrafted tractor-trailer cribbage board

Other ideas might include:

- Game consoles
- Games/DVDs/CDs/Books
- Kitchen appliances
- A service you or your business can perform
- Handcrafted items
- Tools

Bring your items to the Potluck at the fairgrounds this Friday beginning at 6:00 pm. Some items will be auctioned live, while others will be in a silent auction.

The success of this event will determine what we will be able to afford for our July picnic, so your help both in donating and bidding will be greatly appreciated!

## Board Meeting Minutes

Next F.I.R. Board meeting is June 13th 6:00 at the VGH Recovery Center. Please Come!

**Sharon D.**  
volunteered to  
bring the cake  
this time.

**Auction!!!**  
*Get ready to find  
some great  
deals!*

#### May Potluck Recap

Congratulations  
to May Birthday  
Celebrants!

Roger F. 19 years

#### Winners

Everyone was a  
winner at the last  
potluck! Here are  
those that won in the  
raffle:

Christine D.  
50/50 (\$121)

Lisa H.  
Sewing basket

Jerry B.  
Jack stands

Trish D.  
Hydraulic jack

Patients Chris J. and  
Jeff M. each won a  
leatherbound Big  
Book in the patient  
drawing.

#### **Contacts**

##### **Board Of Directors President**

Jerry S. 360-794-  
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Remember, you can also access our website at <http://www.FIR-Monroe.org> for information, or to sign up for an email subscription.

#### **Write to us!!!**

Tell us what you feel. Send us ideas for articles, or write one. Tell a good story. The email address is [familiesinrecovery@verizon.net](mailto:familiesinrecovery@verizon.net).

## **Recovery**

### **Recovery Based Service**

Of course, we all serve for different reasons. In the beginning I got into service because someone else volunteered me. Someone thought it would be good for me to be a meeting greeter, and I learned to hug strangers. At six months clean I was the secretary of very small meeting. Again, someone believed in me. I felt like maybe I had a chance at this. I still really had no idea what service really meant for me or the fellowship.

At two years clean, I was cleared to go into the county jail (my sponsor signed me up), and that commitment is where I found out that service could keep me clean. I had a commitment there for fifteen years, and there were nights when I was dying with the pain of living life on life's terms in my heart, mind, my whole being. That jail commitment taught me about gratitude, and the gratitude brought my focus back to the other spiritual principles that kept me coming back: empathy, compassion, truth with others, listening, and joy.

I also learned, by others' example, how I didn't want to behave in service. I watched them manipulate, drive themselves crazy with control (mostly lack of it); watched committees pretty much run by one person, not because there weren't others to help, but because they couldn't let go of the reins. I witnessed others' defects cause them much pain as they struggled in their personal recovery through service.

I learned about recovery- based service, not service-based recovery. I've learned in NA that we build people up; let them know they're needed, that they have something to offer. We praise their assets and encourage them to see the good in themselves and their usefulness to the fellowship. We welcome their opinions and ideas, remembering that the unity of our fellowship sustains itself by being inclusive, rather than exclusive.

One way to maintain this attitude at all levels of service is continue to be part of our fellowship at the meeting level. All the knowledge I gained about service, I learned from addicts in my home group. I let people know how I'm actually doing in life when

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**Quick Links**

[Families In Recovery Website](#)

I share myself, not just data about service. How can I possibly be an example and mentor - not just someone who gives back information from other sources - if I'm not present and participating in my recovery meetings and staying current with my friends in recovery?

The people I most admire in service have certain qualities that appeal to me. Other qualities may appeal to you, but I admire vulnerability, honest sharing about the difficult stuff, people who actually say they don't know or don't have the answer, but will find out. People who have humor and don't take themselves too seriously; who accept others' mistakes with no judgment. People who will talk to me directly and not behind others' backs. People who have good listening skills and are willing to think "out of the box." Addicts with qualities of humility, compassion, humor, love, curiosity, spontaneity, joy of life, and maybe most importantly, the ability to say the difficult stuff lovingly.

Sometimes it's all in the way we hear something. Like that old saying, "you collect more bees with honey." I love NA and being in loving service to NA. Doesn't mean that it isn't work or it isn't challenging, but the joy and gratitude of living clean guided by these spiritual principles gives me a purpose and a means to grow along spiritual lines that I would not have imagined for myself in my wildest dreams.

*Anonymous, Hawaii, USA*

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## News From the

# RECOVERY CENTER

AT VALLEY GENERAL HOSPITAL

The Recovery Center is nearing completion of the East Wing remodel. The work that is being completed will provide a front office as well as privacy for our patients. If you visit the center, you will see a new wall and door dividing the patient area from the waiting room area. These changes will allow us to use more of the facility space while still protecting patient confidentiality.

We are also getting closer to opening up a outpatient counseling center on the second floor of the building. The counseling center will lease office space to psychiatrists, therapists and other behavioral health professionals to serve the community as well as our patients. This will be a great benefit to our patients.

We also ask everyone to keep Darrel Young, counselor, in your

[Everett Area AA](#)  
[Everett Area NA](#)  
[Everett Area AlAnon](#)  
[VGH Recovery Center](#)  
[Nar-anon](#)

thoughts and prayers. Darrel will be away from work several weeks while he takes care of some medical issues.

Dave Anderson, Director

### Treasurer's Report

View the Treasurer's Report at our website, at <http://www.FIR-Monroe.org/id11.html> .

### From Our Readers

Letters from our readership are encouraged! We will publish those that may have interest for our members. Email your comments to [familiesinrecovery@verizon.net](mailto:familiesinrecovery@verizon.net).

### July 18th Picnic

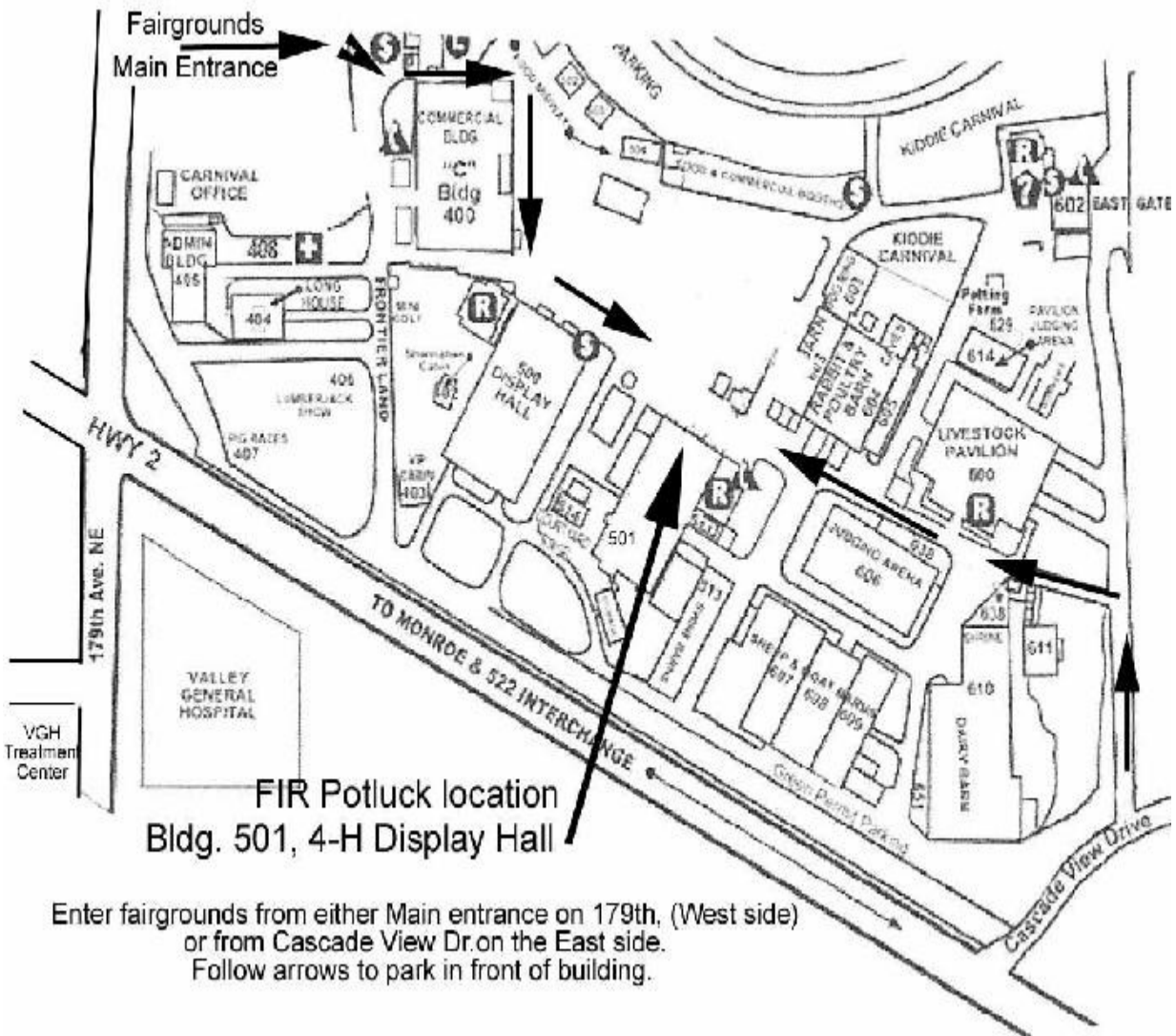
We are in the planning stages for our annual picnic. By popular demand, we are returning to Rudolf Reese Park, in Sultan. Plan on joining in on the fun, with games for kids and adults (softball, anyone?), good food and conversation, and good company. As in the past, FIR will supply burgers and dogs (so long as our fundraising efforts are successful!) and each family will bring a side dish.

We need people to help with any of the following:

- Set-up
- Food/BBQ
- Kids games
- Adult games
- Program
- Clean-up

If you are able to help (please, and thank you) contact a Board member or attend the Board meeting Saturday, May 13th at 6:00 pm at the Recovery Center.

## **Potluck location Map Evergreen State Fairgrounds, Monroe**



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