

Families in Recovery



October 2009

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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.

- October 2
- November 6
- December 11

Potluck

NEXT POTLUCK

October 2nd
7:30 at the

Dear Friend,

IN THIS ISSUE

HALLOWE'EN POTLUCK!

This Friday (10-2), 7:30
Evergreen State Fairgrounds, Monroe
(Bldg. 501, 4-H Display Hall)

[Map and directions at the end of the Newsletter](#)

Come join in the good old-fashioned fun of a potluck. As always, FIR will supply beverages, paper service and serving utensils.

Things to bring:

- Yourself, *IN COSTUME* (if you wish)
- Your Family
- Your friends
- Food to share (your choice!)

We start at 7:30. Come a little early to help set-up, or stay a little after to help clean up.

[!\[\]\(b96b3a660a85c4a0498f921ce823c64a_img.jpg\) Forward to a Friend](#)

DONATIONS NEEDED

Please consider donating your unwanted new or nearly-new used items to our monthly raffle. The raffles are our main source of funds to pay for patients' gifts, newsletter mailings, potluck expenses and all other FIR activities. Just bring the item to the potluck by 7:15.

President's Message

For our September potluck we were back at the fairgrounds. It was hoped that with our return to the Fairgrounds our attendance would increase but that turned out to wishful

Fairgrounds in Monroe.

Debbie G..

volunteered to bring the *Birthday Cake* to the Picnic

September Potluck Recap

Congratulations to September Birthday Celebrants!

Jo B. 2 years

Winners

Everyone was a winner at the last potluck! The 50/50 awarded \$105 to Cam. Mike won the walkie-talkies.

Patients **Rob** and **Patricia** each won a leather-bound big book.

All of the following kids were lucky, and chose a gift out of Wanda's Toy Box:

Aiden B.
Sawyer
Landen P.
Tai B.
Bella B.
Kaila B.

Contacts

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Treasurer

Greg S. 360-568-3207

thinking. The recovery center residents almost out numbered our FIR members. Although our membership turn out was light it was nice to see some of the old timers that we had not seen for some time in attendance. Prior to starting the evening's program the food supply looked very slim so a runner was dispatched to one of the local delis to obtain some chicken to supplement the dinner. The 50/50 raffle was successful. There were only 5 children entered in the kids drawing so names were called until they all became winners. Due to the big auto swap meet to be held at the fairgrounds on the 10th of October our pot luck had to be pushed ahead to October 2nd. I know that this seems like a very short span of time but on the other hand perhaps this will give some of the residents the opportunity to attend two of our events during their stay. This will make me wrong as I announce at the onset of our evening that Birthday people get head of the food line privilege and that the residents go after the birthday people and that they need to take advantage of the opportunity as it will be one year before they will again have the opportunity to have head of line privilege.

Although the event is very early in the month we will still use Halloween as the theme for the evening. Come as you like.

Costumes are optional but best costume will be acknowledged. Please show your support for Families in Recovery with your attendance.

Jerry S. 360-794-4367 jstack1@verizon.net

Board Meeting Minutes

Next FIR Board meeting is Oct. 3rd 6:00 at the VGH Recovery Center. Please Come!

FAMILIES IN RECOVERY MINUTES
September 19, 2009

The meeting was called to order at 6:35 by President Jerry. Members in attendance: Annette, Cam, Dianne, Elaine, Greg, Jerry, Jo, Mary, Wade

MINUTES: The August 15th minutes were handed out and accepted. Annette motioned and Wade seconded.

KITCHEN REPORT: Regular coffee and creamer are needed. There are plenty of plates and cups at this time.

RAFFLE REPORT: \$210 was pulled in for the 50/50. \$105 was the 50/50 payout. Money was lost on the merchandise. There didn't seem to be enough interest.

TREASURERS REPORT: August proceeds are also in this

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Quick Links

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

Treasurer's Report

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

report. See report for details. A budget for the next three months was put together so we can discuss upcoming events and needs. It is not being published at this time. We will begin to plan for Thanksgiving and Christmas expenses.

NEWSLETTER REPORT: Forty newsletters were sent via mail and 120 newsletters were sent successfully via email.

Greg considered asking if the counselors would consider writing something to share for the newsletters as well as seeing what Dave thought about putting in counselor bios. It was suggested that we ask someone at the potlucks to write for the next upcoming newsletter each month.

A blurb needs to be put into the newsletter concerning raffle donations being expected at the beginning of each potluck.

OLD BUSINESS: The leftovers from the picnic are being held at Wally and Cheryl's for a future party.

NEW BUSINESS: The October potluck will have a Halloween theme even though it is quite early. Elaine volunteered to get the 6 large pumpkins and to deliver them to the recovery center this week for the patients to be able to carve for judging at the October 2nd potluck. She will also be picking up 10 smaller pumpkins for the kids to be able to color/paint. Costumes will be encouraged for the costume parade at this potluck and Dianne will write up a small blurb to be posted in the newsletter as such. Jessica will need to be spoken to concerning coordinating the pumpkin carving for patients.

The 50/50 will be held at the October potluck as well as Dianne will stop by Costco for Thanksgiving and Christmas decorations for raffle prizes. Annette volunteered to stop by Ben Franklin to coordinate a raffle prize with a halloween kids theme. All prizes will be \$25 approximately each per board agreement.

Submitted by Jo

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.

Service Opportunity!

As is customary, the people serving the FIR organization relinquish their positions each December. Those that will be retiring are grateful for the opportunity to have served you, and know that others deserve to also reap the spiritual benefits of service. In addition to positions listed below, there are four directors that serve.

- President
- Vice President
- Secretary
- Treasurer
- Newsletter Editor

Please consider one of these positions now. The Treasurer's and Newsletter positions will benefit from some mentoring prior to taking over in January.

In Loving Memory, Joe Vincent



Joe Vincent 2007



Joe and Linda, September 2009

I have to take the next few minutes and express what the last several weeks has meant to me. Hopefully you will hear or have heard from others, what it meant to them.

I don't know if this will be the first time you have heard and if it is, I will give it to you as sympathetically as possible.

The Friend, Husband, Father and Brother we know as Joseph Vincent, departed his body. I understood, from him, that it had gotten beyond a certain point where just didn't have the remaining strength to fight it - as much as he would have loved to remain with us.

In as much as we often feel the total loss at these times, I am comforted in my knowledge that the body is not the total of the individual and in reality, is but another possession of ours. Life is created and never perishes - only the material universe decays.

My connection with Joe over the last months, but much more intensively over the last weeks, has existed mainly on the other side of the "social" threshold - the real and intimate side. I was there for him in a time in his life when he needed me and oddly enough, his experience with me could not have come at a better time in my life. We shared exactly what we needed and were mutually enriched from the experience.

Yes, I have my disappointment with not having a longer, and ultimately successful, battle. Yes, I am saddened by the fact that many easy interactions with Joe are no longer possible. Handshakes

and hugs; Seeing that great smile and those blue eyes twinkling; or just sitting and having a cup of joe with Joe. I have made my peace with Joe and feel like Joe really understands and is satisfied with my mission. I wish for peace in you too.

I hope this experience has enriched your life and I also hope you will decide to remain part of this continuation of Joe's life, partially through this web site, and with the family and friends you feel closer too, as a result of your involvement.

I welcome your comments and suggestions and want you to know that this site will continue to be created as long as it has the possibility of helping others, if only for the time they spend sharing in it.

Be well, rejoice at least in your memory of Joe and entertain the idea that Joe is among us still - just not in a form we are used to interacting with.

Keep your heart and mind receptive.

Love,

Jim (Joe's brother-in-law)

[Joe's Website](#)

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.

Potluck location Map

