

Volume 1, Issue 12

Spring, 2010



ARMS ACRES

Alumni Newsletter

A decorative border featuring a black line with green leaves and pink flowers with yellow centers, framing the central text.

Arms Acres
Alumni Spring
Gathering

**“Planting the Seeds
of Sobriety”**

April 17, 2010
12:00 Noon - 5:00 PM

Check In 11:30 (Sharp)
Alumni Meeting 12:00-12:45
Alumni BBQ 12:45-1:30
Recovery Meeting 1 (On Units) 1:30-2:15
Recovery Meeting 2 (On Units) 2:30-3:15
Recovery Meeting 3 (Alumni Speakers) 3:30-4:30

Please RSVP by 4/3
With your T-Shirt Size

Message From the Alumni Association Coordinator

The Alumni Association is ALIVE and WELL! This past year proved to be a great year for the growth of the association. The Alumni Newsletter is now reaching over 3300 alumni all over the country. Please continue to send me your stories, news, etc. for future newsletters. You, the alumni, are what makes the newsletter so great! We had two incredible Alumni Gatherings this past year with 50 to 60 alumni participating in each. The two events proved to be rewarding for the alumni, the patients and the staff. It gives the staff great joy to hear your stories of success and to see how well you are doing. The patients learn so much from your experiences and you give them great hope to see living proof that "Recovery is Possible". I want to thank each one of you personally for taking the time to come back to Arms Acres to share your strength and hope. I have tremendously enjoyed getting to know each one of you and I look forward to many more wonderful Gatherings. If I haven't met you yet, I hope you can join us at one of the Gatherings in the near future. Thank you for always keeping in touch and staying connected with Arms Acres. Sincerely, Susan Attebery

ALUMNI GRATITUDE GATHERING FALL 2009



ARMS ACRES
IS ON FACEBOOK!
JOIN US AT

<http://www.facebook.com/share.phpappid=2309869772&src=sc&u=www.armsacres.com#/profile.php?id=100000354510367&ref=name>

GUIDANCE

Dancing With God

When I meditated on the word *Guidance*,
I kept seeing "dance" at the end of the word.
I remember reading that doing God's will is a lot like
dancing.

When two people try to lead, nothing feels right.
The movement doesn't flow with the music,
and everything is quite uncomfortable and jerky.
When one person realizes that and lets the other lead,
both bodies begin to flow with the music.
One gives gentle cues, perhaps with a nudge to the
back
or by pressing lightly in one direction or another.
It's as if two become one body, moving beautifully.

The dance takes surrender, willingness
and attentiveness from one person
and gentle guidance and skill from the other.

My eyes drew back to the word *Guidance*.
When I saw "G": I thought of God, followed by

"u" and "i".
"God, "u" and "i" dance".
God, you and I dance.

As I lowered my head, I became willing to trust
that I would get guidance about my life.
Once again, I became willing to let God lead.
My prayer for you today is that God's blessings
and mercies are upon you on this day and everyday.
May you abide in God, as God abides in you.
Dance together with God, trusting God to lead
and to guide you through each season of your life.

Author Unknown ~ Submitted by Fran C.

LETTER OF GRATITUDE TO A CASEMANAGER

Dear Kim, When I walked through the doors of Arms Acres on February 9, 2006, I was a lost little girl, scared and very much alone. It took me every ounce of courage that I possessed at the time just to make the decision to enter treatment. There were a few people within the walls of Arms Acres who made staying and following through with the process of recovery a beautiful healing experience. You were one of them. If it wasn't for you taking on my case and spending so much time working with me, I don't think I would have made it. You were my sponsor, my therapist and my friend. I will always be grateful for the time you spent with me. It allowed me to become honest in a way I never had been before. Honesty is the most important thing to me in my sobriety today and I learned it in Arms Acres, I learned it with you. Thank you so much. Love, Savannah P.

LETTER OF GRATITUDE

Dear Susan, Karen and Jimmy, Just wanted to send a "Thank you" to each of you for giving me the opportunity to be of service to Arms Acres for the Alumni Gatherings and for showing and teaching me "how it works". I've been real humbled by this experience and can hardly wait for the next Gathering. You're all very special...When I entered the doors of Arms Acres, so long ago, (to get sober ONLY), I really had no idea that my life would one day be so enriched and complete as a result of that experience. Although the road since then has been rocky at times, I'm grateful for all that I learned during my stay at Arms and all that I continue to learn on my journey. I'm very grateful to be an alumni member. Many Blessings, Fran C.

INTERESTED IN COUNSELING?

Are you interested in becoming a Substance Abuse Counselor?
The Resource Training Center has opened a school in
Beacon, NY
13-Month Program
Wednesday Evenings, 6-10 PM
Receive the 350 classroom hours required
for a CASAC Credential
\$250 per month.
For info call 914-329-0452 or

ALKATHON NEEDS YOU!

Alkathon is a long time tradition of Arms Acres where graduates come back to monthly meetings to attend groups, meet with other alumni, visit with case managers and of course meet and talk to the patients. The success of such a program is the direct result of the alumni participation. Alkathons are held the last Thursday of every month from 8 AM to 3 PM. If you would like more information about Alkathon or need a ride, please contact us at 1-800-989-2676...Susan Attebery Ext. 6198 or Cathy Sacer Ext. 6145 Thank you in advance for giving back.

"WHERE DO I BEGIN?"

*How do I start?
Where do I begin?*

*To put into words the mess my life was in.
When first I entered the rooms of AA,
I was fearful and frightened,
Never mind being enlightened.
I didn't belong, I didn't want to feel
The pain which I knew was real.
It was suggested that I get a sponsor.
Someone to show me the way.
Little did I know how wonderful
I would feel today.*

*Learning the Steps is never a bore.
"Keeping it Simple" doesn't make it a chore.
"I'm working my program",
"One Day at a Time",*

*The change in my attitude is a miracle to me,
"Good Orderly Direction" the key.
Follow Gods will and not my own
Forgive and Forget and pray alone
Make plenty of meetings and learn to share.*

*I've found so many people who do really care.
Yesterday's gone, a thing of the past
Tomorrow's a dream, but dreams don't last.
I live in the present, the here and now,
And look to AA and God to show me how.*

*Live "Life on Life's Terms" is a tough nut to swallow,
The AA program and 12 Steps is what I must follow.
I'm learning to love and accept myself day by day,
Love your self or you'll have nothing to give away.*

*My gratitude for this new way of life is unending,
I feel myself growing, my spirit is mending.
Good riddens to booze and to those who use.
Thank God this "Long road to hell" is now over.*

*I look to God, myself and friends in AA
to keep me sober.
Lucille H. 1989*

Written after I completed my 90 Days.

Congratulations! Clean and Sober!

- Kim R.....4 Months
- Marissa M.....6 Months
- Kristen R.....1 Year
- Mary B.....1 Year
- Fran C.....2 Years
- Savannah P.....4 Years
- Nat B.....9 Years
- Terri J.....12 Years
- Lucille H.....21 Years
- Margaret B.....22 Years
- Angelie G.....23 Years
- Kim C.....26 Years

ALUMNI NEWS & GRATITUDE

I began Graduate School in Jan. I am in the Professional Counseling Master's of Science Program. God willing, after completion of the program in 2 years, I will take the National Certification Exam leading towards full licensing as a Mental Health Counselor. I plan to work with foster children who age out of the system as well as substance abusers. God is so good. None of this would have been possible without Arms Acres. There is life after Arms Acres and I have tried to live it as full and whole as possible. When I put down the substance I quickly realized that any thing was and continues to be possible. I am so very grateful for the experience that I had at Arms Acres. I am grateful for the staff who enforced rules, made me stay awake in lectures (LOL), was repetitive and drove home the point that I needed to work a 12-Step Program. Arms Acres gave me back my life! Peace and Blessings! Angelie G. 4/4/86

Arms Acres was the LAST of many rehabs for me. I finally got it right after completion of your program. I am successful in business, have a great relationship with my wife, got to see two sons graduate college and the third about to and have experienced many things my addiction took from me. Never imagined life could be like this years ago, by the grace of God.....Nat B.

I'm the chairperson for the "Came to Believe" retreat in L.I. in May, www.cametobelieve.org. Happy to spread the word about that. I'm really excited about something God led me to. I am working with my own alma mater and hopefully other L.I. high schools as long as doors open and administration allows me to share my story & offer hope & support because the heroin problem down here among young people is out of control. I'm also in recovery from an eating disorder & I just want these kids to know that there's nothing wrong with them if they need help. There's such a stigma attached to these addictive diseases & coming from someone who was class president, cheerleading captain, All-State Choir, etc, I want them to know that status does not ensure immunity. This can happen to anyone, but recovery IS possible and so worth it. I just felt compelled to get out there and do as much as I can, not for a pat on the back, but because without the help I received, I know I would have no chance of being here today. I'm not positive where this will go or how much difference just one voice can make, but if I can save even just one life from the pain and suffering I endured, I can begin to make peace with my own pain. I just celebrated my 1 year clean & I'm pursuing my music career, working with a studio to put together a demo. Life is so great! I want to thank everyone at Arms Acres for holding my hand at the beginning of my journey back to me. I hope it assures you that you ARE making a difference & your efforts are not in vain. God Bless, Kristen R.

I have been clean and sober since 12/08. The people at Arms Acres made me feel like I was worth something. They gave me the courage I needed to fight for my life. I was really sad and scared to leave. I would be out of the safe zone. But I knew I could do it if I wanted it bad enough. I think of the people from Arms Acres often and am eternally grateful for the knowledge, strength and hope I received. Mary B.

Thank you so much for the opportunity to find a way out through your program. What an experience I had. Been in recovery 12 yrs 10 months...counting down on lucky 13. I remember the day the van came to my house at exactly 12 pm to take me to a new way to live. God Bless Arms Acres and the State of NY!! Terri J.

Thank you Arms Acres for all of the help I truly needed. As of 2/22/10, I have 158 days clean and I am grateful for the opportunity I have been afforded to start my life over. One day at a time I make it through! Marissa M.

HOW ARE YOU DOING THIS SOBER....

.....was the question my little sister asked me when we were receiving visitors at my mother's wake. Five thousand people came to pay their respects over a 2 day wake period—a New York Italian wake. AA people were so prevalent and had such a strong presence, that it looked as if they had their own seating area. At one point, I asked my friend Susan M. to move over 3 seats so that I could see her from where I had to stand—and she lovingly moved—with no question! Me, my two sisters, my brother-in-law and my father stood lined up at my mother's coffin for the whole two days. I had 18 months sober. My sister's question brought me up short. Her exact words were actually "how are you doing this with no drugs?" Instead of taking offense which would have been ridiculous if you knew my past, I took into consideration what had just happened, thought about it, and answered her honestly. What had just happened was that my brother-in-law had just tried to hand my sister something through the crowd, but it seemed to be an impossible task and so handed it to me. My hand closed around a lot of little things and when I opened up my hand, there were a bunch of pills there. I looked at them and then at my sister, handed them to her (VERY quickly!!) and she explained they were "stomach medicine". And it was for her. Now, "stomach medicine" is what I used to call the pain killers I was addicted to since I was a teenager until I found heroin when I was 21. That and "tooth ache" medicine. It all depended upon which doctor I was trying to con the pills out of at the time. So there I was, at my mother's wake, looking at my sister's beautiful face with her honest question. I was feeling all the pain that she must have went through experiencing my alcohol and drug addicted life and was able to summon (HP) the moment of clarity needed to give her the honest answer she deserved. I said...." It's easier!" Such a shocker!! Really, even to me. I meant it. The disease of alcoholism is a liar. It says you need a crutch and you don't. I'm now 21 years sober. Eight months after my mother passed away, my grandmother died. Later on, my father. Not only didn't I pick up, but I got through each death with a grace and dignity that would not have been present had I been drinking. And I felt I received gifts at each service. My 1st year coin is in my mother's casket and my 2nd year coin is in my grandmother's. My 7 year one is in my father's. The point being, you can stay sober no matter what. Margaret B.

MY LIFE IS GOOD TODAY!

My journey started at Arms Acres Detox on 10/28/09. I walked through those doors thinking, "here I go again. What could I possibly get from here that I haven't gotten from all the other rehabs I was in"?!! During my stay I would go into my case managers office once a week and tell her I wanted to go home, but she or another staff member convinced me to stay by telling me that I deserve to give myself the chance to complete the program and "muddle" through the chaos of living with 30 women. After moaning and groaning, I decided to stay for the 28 day rehab as well. So it began and I sat and I listened and I "learned". I was a newcomer all over again as much as I didn't want to admit it. My life was in serious jeopardy and if I was ever to use again I might die, and quite honestly I wasn't willing to take that risk so I wanted to know everything there was to know on how to stay away from drugs and alcohol. The only way I could have done this is by admitting and accepting that I am powerless over alcohol and drugs and that my life was unmanageable along with working and incorporating the steps in my life. I have a wonderful sponsor, a home group, a coffee commitment, and I attend outgoings with my group members. I also go to an out-patient program five days a week. I'm willing to do whatever I need to do to save my life! The other night I was blessed with the opportunity to share my experience, strength and hope at a Detox. What a gift that was for me to be able to give back something that was so freely given to me!! My life is good today. I have a quality of life like I've never had before and I'm not speaking of material things! I have my family in my life, I have relationships with women, people trust me!! I'm a better person today. I try not to lie, cheat, steal or hurt anyone (I'm not perfect). When I lay my head on my pillow at night I can take an honest inventory of myself and pray for the mistakes I made and ask for forgiveness and for my Higher Powers' guidance to see me through another day. I completed the program on 12/30/09 and I have to say that as I was walking out the door I wasn't expecting to feel what I was feeling. I am so glad and blessed because as I walked out the door to go home I felt as if I was leaving my "home" and the women I have grown to admire and love. That night I went to an AA meeting and have been going every night since. Life is good and I am starting to see the change that I want to be. I celebrated my 90 days of sobriety on 1/29/10. Thank you to all who help make an addicts/alcoholic's life a clean and sober one, ONE DAY AT A TIME. Much love and God Bless, Kim R.

ARMS ACRES ALUMNI DIRECTORY

Are you interested in being listed in an Arms Acres Alumni Directory? All entries would NOT include last names of course. The directory would be given to graduating, Arms Acres patients for AA/NA contacts in their area. If you are interested, please forward the below information via mail, fax or email to:

Susan Attebery, Arms Acres,
75 Seminary Hill Road, Carmel, NY 10512
Fax 845-704-6176
sättebery@libertymgt.com



First Name _____

Telephone _____

City _____

Home Group Loca-



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