

Coffee Cup



VALLEY HOPE

Spring/Summer 2011

A Newsletter for Valley Hope Alumni and Friends

Inside this Issue:

Association News
Letters to the
Editorial Committee
Family Matters
Carry The Message
Foundation News
Friends & Alumni News
Spotlight on 12-Steps
Reflections
Letters from Home
You Asked

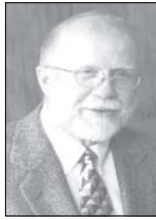


Artist, Carolyn Hitchman

Association News

KISS

By: Ken Gregoire, Ph.D.
President/CEO



Ken Gregoire

I had the privilege of reading Al Robert's article that you can find elsewhere in this addition of the *Coffee Cup* prior to writing these comments. I remember well the days when Al and Susan were the heart and soul of Cushing Valley Hope. We all knew Al and Susan as very warm, kind, gentle, clever, humorous and mostly laid back but always authentic folks and that is how we all knew and experienced Cushing Valley Hope. Our current Cushing folks under the leadership of Mike Miller are great caretakers of the unique ambiance and tradition of this grand old treatment center.

I love Al's article. He writes about the slogan HALT. I would like to add some comments about my favorite slogan....KISS. His article caused me to ruminate again about the value of simplicity in life and in treatment. Like Al I am frustrated with much of what happens in our world today and more specifically what has happened to treatment for the chemically dependent in our health care system. The biggest difference between Al and I in this regard is that he prefers the expletive E-GADS while I am prone to use the expletive UFF DA having grown to manhood in rural Minnesota.

Good treatment is not fueled by the mind. It is fueled by the heart. Good treatment is not necessarily complex and intellectual. The process can be incredibly simple (though elegant). Good treatment is, however, extraordinarily difficult to provide every day. That is because good treatment requires that those who provide it consistently bring great energy, great commitment, great attention and great love to their work every day. And the nature of teams is that frequently when one team member falters so does the entire team. It is also the nature of love that it doesn't matter much if those providing treatment have a general love of the alcoholic and addict. What matters is if those providing treatment can love the unique alcoholic or addict sitting right in front of them--the alcoholic who is vomiting in the

recovery room; the addict who can think of nothing but how to extinguish the craving and the dark voices inside, the patient who complains about everything, the know-it-all "Big I" who can tell us how to run our treatment center and who can work out treatment plans for every other patient in treatment, the patient who can't quell the shakes sufficiently to drink a cup of coffee without help, the patient who can't yet find the path to the dining hall, the patient who desperately needs a bath or clean clothes or a tooth brush. Good treatment for these maladies is simple but requires we love as St. Paul would have us love. You know the words.....*Love is patient. Love is kind. Love is not jealous, it does not put on airs; it is not snobbish. Love is never rude. It is not self-seeking. It is not prone to anger; neither does it brood over injuries. Love does not rejoice in what is wrong, but rejoices with the truth. There is no limit to love's forbearance, its truth, its hope, its power to endure.*

So...if we want to make our treatment better we don't have to make it more complex. We do the basics of good treatment better. We do the simple but effective things well, over and over again. We do the difficult things with as much passion as the easy things. We love each person entrusted to our care even when they are at their most unloveable. Good treatment is simple to provide. It is just difficult to provide. You can't take time off.

Sometimes people think that if something is simple it has no value. But simplicity is valued in most of our human endeavors by the most brilliant of our species.

In the field of epistemology, there is the concept of Occam's razor which asserts that all other things being equal the simplest theory is the most likely to be true.

In religion, the Quaker's believe in the testimony of simplicity which instructs its adherents to simplify one's life in order to focus on things that are most important and disregard or avoid things that are least important.

In science, the principle of parsimony holds that the explanation of a phenomenon which is least involved is of superior value to a more involved one.

AA advises all those who seek recovery to Keep It Simple, Stupid (KISS). Sound counsel, indeed.

Letters to the Editorial Committee

Notes, Cards and Letters from our readers:

Sober 7+ years Thank You! ~ Richard H.

I love receiving the *Coffee Cup*! ~ Karla N.

I enjoy receiving and keeping up with the current events. I am so far way I don't get back often. Thank You for sending them. ~ Sheryl E.

31/2 years clean and sober! Life's Great! Thanks for everything ~ Susan M.

3 years sober! Couldn't have done it without Valley Hope! Thank you ~ Karen P.

Enjoy getting the newsletter, learning new and old familiar faces of experience, strength and hope. Thanks for all of the great work. ~ Danny T.

I always enjoy receiving and reading the *Coffee Cup*. Thank you! ~ Gregg P.

I haven't been back to Chandler since I left and I haven't had a drink either over four years. They do great work. Real nice people. ~ Harry K.

Prairie Miracles, The History of The Valley Hope Association

By: Jan Pogue

Western Kansas is a land of wide vistas and sweeping landscape. You can see to the horizon and you just can't ignore what you see. But a group of people – alcoholics – had been ignored for years. They were thought to be a bunch of drunks who didn't want help. Besides, no treatment would make a difference.

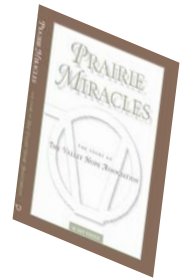
Lynn Colip, a physician from Norton, Kansas, and Bob Adams, a Methodist minister in Jennings changed that. Long conversations at the Norton bowling alley where they played and talked and talked some more, resulted in the idea that alcoholics could be treated, that they could recover—and that Northwest Kansas needed its own program.

This book will take you inside the facilities of Valley Hope Association, revealing the dreams of those such as Colip, Adams, and the many others who followed in their footsteps as

they charted treatment waters never before attempted in Kansas. *Prairie Miracles* also traces the hopes of the individuals whose lives had often sunk so low as to be thought unsalvageable and, just as importantly, their families who suffered in the wake of their loved ones' destructive paths. All names used in this story are used with permission in hopes that their story of recovery will help others turn their own lives around.

Prairie Miracles

Prairie Miracles, The History of The Valley Hope Association is available for \$14.95 at Valley Hope residential centers or on our website, www.valleyhope.org. For each book sold, \$5.00 is being donated to the Valley Hope Association Foundation to benefit patients who otherwise could not afford treatment. Valley Hope and the Foundation are not-for-profit organizations and your gifts help support our mission.



Family Matters

By: Vicki Nash, MA., LADC

I believe in the POWER of love! I love coming to Valley Hope every day. I love working with our courageous family members. My life's mission is meant to be helping struggling families. One of my strong childhood memories, perhaps age 4 or 5, was sitting in front of my house and helping one of my little neighborhood friends deal with a hurtful and sad family situation. Can you believe that? I surely can't remember what the issue was, but I remember her tears and the compassion I felt for her. I was blessed to have begun my life feeling safe, loved, and valued by my parents. After my dad died, from co-addiction and stress, it turns out, (I was 13), my world changed as my mom began dying, as well, from her own broken heart. The next years were filled with my mom's alcoholism, my own eating disorder and other compulsive behaviors associated with keeping my world together. My gratitude is knowing throughout, that I had been and was loved. I struggled through my mother's, step-father, husbands, sons, and my own addictions, miraculously given the gift of recovery, and am now recovering. Through all of this, family has remained the most powerful influence and force in my life, and I have learned so much about being strong and happy through the ups and downs of this family recovery. Thank God, I now have a marriage in recovery, which is God's Grace, again! Steve and God's Grace are the power of love in my life, today. There are so many things I have to share with other family members who are just beginning a recovery journey; it's a passion of mine, now. I don't like to see others' pain and grief, anguish and despair; though I know it needs an outlet and someone to validate those feelings. I know it's the only way we can heal and I want to be that person who listens, shares, informs regarding this disease and all its chaos. Family group members all mention the first thing they feel is some relief that they are not in this alone and that finally they have other family members they can talk with about their pain, anger and confusion. As the groups begin to hear more about co-addiction and adult children of alcoholics, they can begin to turn the focus onto themselves and start identifying their

own troublesome behaviors and vote for change within themselves. That is a beautiful thing to behold! It happened this week, again, just today, a few minutes ago. I heard a husband share with his spouse and the group, that he is seeing himself and his own behaviors through his wife's addiction. He is taking ownership of some of his own behaviors and is also able to better understand the disease concept, the toxic brain, and how long it may take those frontal lobes to wake up or possibly begin developing for the first time. Usually, family members drink in the information we give them, as if they were literally dying of thirst...relief from pain is actually a survival instinct and many family members realize they have been operating out of the survival area of the brain themselves. They find out that's where addiction happens, in the primitive brain, where all our survival instincts are. That helps them to better understand why alcoholics and addicts cannot stop, on their own, and why craving the drug is just like craving that next breath. This also explains why family members have lost control of their own compulsivity. We've all been reactors to life, rather than actors, for far too long. There is immense relief in learning and believing there is a different way for all of us. I love, love, love it when I hear patients ask their family members to go to Al-Anon and to stop enabling them. It's music to my ears when patients tell the family members how they have manipulated and pulled off this disease for so long. It's a new day for all when family members quit blaming themselves for their loved one's disease while understanding how they may have contributed to the disease out of their own fear, guilt, and deep love for the addict. I love when I see both patient and family member become willing to receive the power of love from each other after such a long time apart. How blessed am I to be a part of that miracle! How blessed am I to see whole families in recovery, even years down the road, grateful for the 12-Step programs of recovery. How blessed am I to be able to feel the deep and intense level of gratitude when someone else begins to allow themselves the freedom to feel and experience their own strength, courage and the power of love!

Carry The Message

By: Sam L.

I just wanted to drop you a line by way of greeting and celebration. I was a resident at your facility in January of 1996. I cannot recall my "number" at this point, but figured you'd still have records of it based on the date. I believe I was there Saturday, January 13th through the early part of February for a total of 21 days, if my memory is correct. My primary counselor was Ella Kogl. My address was in Woodland Park, CO at the time.

In any case, the reason for celebration is my 15th year of sobriety! And I got here with your help. Thank you! I truly couldn't have done it myself, as I tried several times before I came into your care. You folks do great work and should be proud of yourselves. Of course I'm proud of myself for my accomplishment, but you are right there on the front lines with new personalities every day. I'm glad someone is there to do that tough job.

On the heels of this momentous occasion I also happened to receive an offer for a new job the same week of my anniversary, so am embarking on a new adventure with the self confidence that only comes from knowing and trusting oneself. This is my first new job in 10 years, and is with an exciting technology startup in my area. Perhaps the best opportunity I've had in a 30+ year career in high tech.

If I could offer one piece of advice to the current set of residents, it would be to listen carefully to the staff and

counselors, and to allow them to help you. As I learned, there is no problem that your <substance of choice> can fix; you get high, crash, wake up feeling like crap, and now you've still got the original problem to deal with and a hangover. That doesn't help anything.

The Higher Power has a plan for everyone, even if it's just taking care of yourself and your family so you have a decent life with minimal strife. It doesn't sound like a lot, but it is something many people don't have. Those times that you find your stress the highest, look at what you're doing; chances are you're going against that plan. Truly, examine and count your blessings. Think of how many people in the world have it worse than you. The opportunity to be healthy and at least try to be happy is yours for the taking, and you are in the best possible place to get the tools you need to learn how to do it.

Finally, I have come to feel that despair saddens my God at least as much as sin; it keeps his creatures from enjoying the bountiful earth that he has provided for them. It's almost as if despair were the devil itself, which makes sense if your Higher Power is a creature of light and hope. And despair is often very closely linked to self-pity. Isn't it funny how much of it comes back to that?

Thank you Valley Hope and good luck to everyone there in all your endeavors. Keep The Faith!

Evil Entity Lost

I have always found life difficult; to my mother I've
always said,
In fact she's my evil entity who talks to me though she's
dead.
She sits on my shoulder and whispers in my ear:
"You are no good missy, you don't belong here."
"You are bad, you're worthless, and not worth a thing."
So go ahead and buy that wine, in fact have several
drinks."
So coupled with the fact that I was in pain and liquor took
it away,
Drinking seemed a good idea; it got me through the day.
But of course the inevitable happened, I ended up on the
floor,
Broken, bleeding, crying, at rock-bottom and shame
oozing out my pores;
"So I win" the entity shouted, "you belong down on the
floor."
So now I am so low when I arrive at rehab, I have no need
to open the door.
This is it, I said, she was right, I have failed at everything I
have no life.
But in rehab I find things different than the world, for
here I am safe, outside is the strife.
From the minute I enter, I see nothing but smiles,
everybody's happy, what's the matter here?
Do they not know that I am shameful and low, yet they
greet me with smiles that are sincere!
They make it quite plain that I am loved and liked. They
obviously don't know what I have done.

Yet everybody here has done the something, and yet is
happy and greets me with love.
So one month later I learn I am not bad, and it's the
voice in my ear that is wrong,
I must not listen to her as she is making me drink and
she wants me gone
So go away voice, because you will not win. I will not
give in to you; I'll not take the bait.
You have ruined me and make me drink so I want you
silent; so do your worst, because I will not break.
But it is not easy to overcome this demon as she is
relentless and will not give up
I follow all the steps and am sitting on the chapel floor
praying and fighting but she will not shut-up
She is strong but with God I am stronger, and though
that chapel looked none the worse for wear
It was only I that saw the remnants of the fight that went
on there.
I was exhausted the next day, I had fought hard and
though it was not physical, every bone hurt
And I was sure there was a great battle in that chapel, I
could still feel the burns;
But by the next morning, and on shaky legs, I managed
to stand and announce it was I who had won.
Though I had my doubts that I could leave sane, I was
cheered on and got many a hug.
Everybody here loves me and the self esteem that was
once in the pits has now increased
And though I may not be rid of her entirely it is I who is
talking to God, and can now live in peace.

~Candice L.

("Carry The Message" continued)

By: Joe H.

I was living in hell! My wife was diagnosed with breast cancer. The stress was tremendous and like I handled stress for a good part of my life, I popped another top.

Daily I worried about how long I'd be able to wait until I had to go buy that beer. Daily I worried about getting caught drinking during working hours. Daily I worried about a \$10,000 DUI. Daily I worried about the \$4.20 a day I was spending on beer.

I wasn't drinking much, just 2-3 a day, tall boys, 5.9% alcohol. And once in a while would come the days where I might drink as many as 5 and 5 of those really left me soused. And then there was the occasional weed smoking. I'd been smoking weed for the better part of 42 yrs., and had joked often how I'd smoke weed up to my last days.

So all this came to a crashing halt Dec. 13th of '09. The details are negligible, 'cept that I got sent to a rehab center full of a bunch of damned drug addicts and alcoholics! Some Christmas present! And I lived in the Rockies at an altitude of 10K. All this at the time my wife was having to go through chemo treatments. The cancer center she was going to for treatment was 52 miles away on the other side of the Divide. She's an immigrant from a tropical island in the western Pacific with no experience driving in winter weather, much less on mountain roads, while all the time taking meds to combat anxiety and depression. She had lost her older sister to cancer just prior to arriving in the states in '03. Yeah, I dug a deep hole and hated everybody and everything for my cursed life. Was raised Catholic but God had deserted me years ago so I had no room in my life for him. Got beat by my old man until I finally ran away from home. Served four years in Vietnam and returned home to a country that hated veterans. Life really sucked! And finally I was forced into Valley Hope. It couldn't have gotten any worse. All this I rationalized out....just as good as the next alcoholic would rationalize how horrible the world was to her/him.

Fast forward 15 months.

I don't spend much time looking in that rearview mirror but some things I can't help but look back at...and will continue to do so, for my own good.

Turns out that '09 Christmas was one of my best. I found out a lot about all those addicts and alcoholics. In reality,

they are some pretty awesome people! Common folk from all walks of life, knowledgeable, intelligent, if not brilliant...some damn near as smart as me. Trouble with them, like it was with me, is that their intelligence and reasoning was impaired by the drugs and alcohol that we all chose to try and mute our pain/responsibility with.

Even to this day, while attending my AA meetings, I quietly marvel at the quality of people who sit with me in those meetings.

And as for being deserted by God, my HP, simply not so. Somebody kept me alive and safe through all those binges and drunks I'd made it through. And even more important, while I was drying out in Valley Hope and my wife was driving back and forth across the Divide, someone...God kept the skies clear and held back the snow. I returned to my wife January 19th and winter hit in full fury. And after turning my back on God for 30+ years, he even reopened the doors of his house to me.

And there is more! I have met tremendous friends, real friends, in Valley Hope as well as at my meetings. And then there are my two counselors, absolutely wonderful people (two as I was blessed with another counselor through Valley Hopes AC/ESS online program).

Now I have the task and duty to stay sober. A task? To be honest with you, not at all. Oh, it was! But I now live in comfort without my beer and weed. I live in comfort in my skin. I live in comfort knowing I have the support of God and friends. And duty?

I owe it to myself, my wife, my counselors, all my AA/NA friends who have helped me through my sobriety. And above all, I owe it to God for giving me the strength to see the true value of myself, to myself, as well as to all who I meet and share this life with.

And as for all of you AA's and NA's



You can now read the *Coffee Cup* online at www.valleyhope.org If you prefer to not receive a hard copy and view it online, please call 800-654-0486 and we will remove your name from the *Coffee Cup* mailing list.

that I have not met, I think of you often. I pray for all of you both at meetings and when at church, as well as the times you all pass through my thoughts during the day.

May your Higher Power help you as mine has helped me.

A little thing that has helped me a great deal, something I learned while at VH, was; **THY WILL BE DONE!**

God help us all.

38 years ago today I found myself in a place that I never knew anything about. This place, in a small town, like thousands of others, was the beginning of a life that I had never known before. Everything I ever wanted, dreamed of being, was realized as a result. As we have heard many times, even then we could not measure the future as it unfolded over the years to come. The gifts of being sober never stop, they only get better. I thank God for the people in my life today. VH not only gave me the gift of life, it gave me a future. 38 years seems like 38 days as I look back. I hope I never forget what it was like then. Today I embrace what it is like now. I owe my life to Valley Hope, just like thousands of others before and after my treatment. I hope to visit Norton this spring to say howdy. Please tell everyone Hi. Gods blessings to you all.

~John M

Coffee Cup

Volume 43 Edition 2

Editorial Committee: Megan O'Connor, Christal Rose and Joni Hilburn

If your address needs to be updated or if you wish to be removed from the subscription list, please call us at

1-800-654-0486 or e-mail recovery@valleyhope.org

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Editorial Committee,
P.O. Box 510
Norton, KS 67654

Building Hope

Valley Hope Association Foundation News

By: Megan O'Connor, BS, ADAC
Director of Development

As the fundraising arm of Valley Hope, The Foundation's Mission is to support Valley Hope's Mission - help alcoholics, addicts and their families.



Megan O'Connor

Valley Hope began 44 years ago because people cared about alcoholics and addicts. A strong commitment and fundraising efforts created Valley Hope Association.

Charitable gifts continue to make a difference in the lives of our patients – and our mission. A nearly new copy machine was

How to Give

- Donate on our website
www.valleyhope.org/donate
- Contact the Foundation by phone
(785) 877-4483 (GIVE)
- E-mail megano@valleyhope.org

I owe a lot to Valley Hope. It was the best 30 days of my life – and I've been sober 26 years. Here's my gift to you.
~David B.

In Kind Gifts:

Norton:

Blood pressure machine was donated by Bob Drake of Beloit in memory of his father, Dr. Douglas J. Drake.



donated by Nex-Tech/RuralTel
– thanks!

If you have an item you'd like to donate to the treatment center, please visit with the Program Director or contact Megan O'Connor at 785-877-4483



To your wonderful staff

This letter is long overdue, please forgive my tardiness. My father, Ted Z., found his sobriety in your program on September 5, 1971. For many years after, he was an active member of AA and drove many others to Valley Hope to find their sobriety. Dad died 2 1/2 years ago, but his legacy lives on, just as yours continues to. My mother, Mary, appreciates receiving the Coffee Cup and being a part of the Valley Hope family even in Dad's absence.

God bless you for all you do to restore people's lives and their families. Thank you especially for giving me 37 wonderful years with my dad. Please accept the enclosed donation in his name.

Sincerely, Janice L.

Zak's Mission

It's the story about a young man and the father he loved very much--and the disease of alcoholism he hates. Zak Yocham is an 11 year old from Coweta, Oklahoma. His dad, Brian, battled alcoholism for years and then lost his life in June 2010 in an alcohol-related accident. Brian never got to treatment. Zak is on a mission to spread the word there is hope and help for those individuals and families suffering.



Zak is building a show truck in memory of his dad. The truck is just like his father's first truck, a Sunkist-orange 1972 Chevy. Zak (with a little help from some of his father's friends) is building the truck, complete with artwork and a mural photo of his dad. Zak is busy finishing the truck and he'll take the truck to as many car shows a possible this year. He'll spread the message there is help for those suffering with alcoholism. He'll provide helpful information for individuals and family members about treatment, recovery and hope.

Zak tells an Oklahoma news station, "I have to build this truck. I want to...I miss everything about him." News videos can be seen on Zak's website www.boysmission72chevytruck.com with video and photos of his progress.

All donations raised will be used for treatment scholarships to benefit individuals and families seeking treatment at Cushing Valley Hope. If you are interested in helping Zak's mission, please visit the Valley Hope website and click on Zaks Mission or mail your gift to Valley Hope Foundation, P.O. Box 59, Norton, KS, 67654 or visit <http://www.valleyhope.org/ZaksMission.asp>

Birthday Club



Send a dollar (or more) for each year of your recovery. Your gifts provide immediate needs for patients, such as dental needs, treatment-related books, etc.

Yes, I'd like to give a gift of hope and join the Birthday Club

Recovery Birthday _____ Donation Amt _____

My gift is to benefit a patient at (specify location) _____ Valley Hope

Your name _____

Address _____ City _____ State _____ Zip _____

Mail to VHA Foundation, P.O. Box 59, Norton, KS, 67654

Gift Acceptance Policy

Valley Hope Association and the Foundation will not accept gifts from a patient in excess of a cumulative \$250 amount within the first two years of discharge from any level of care. This amount was determined to allow everyone the opportunity to participate in fund-raisers, golf tournaments, Birthday Club, etc. Our ethical policies guide us to maintain only a therapeutic and professional relationship with patients, for a minimum of two years following discharge. If we begin accepting donations within that two year period, our relationship changes from therapeutic to donor-social."

Birthday Club

Please consider celebrating Your own birthday with a gift to help others.

On behalf of all the patients who will receive assistance

Thank you! Total \$473



New Birthday Club Members

Michael H. Bruce K. Marletta W. Jim S.
Shane F. Carl N. Nancy H. Patrick O.
Louis T. Kevin C. Ron D.

Happy Birthday to YOU!

Valley Hope Association Foundation

Donations Received from January 16, 2011 to April 18, 2011

Atchison

Unrestricted

Robert & Kathleen Beagle
Linda Brown
Greater Horizons
Teresa Schmeck

William D. Leipold Endowment

Mr. & Mrs. Lanny Frakes

Patient Scholarships

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In Honor of Jeff P.

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Facility Improvements

In Memory of Zachary (Zack) McMullin
Judy McGehee

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In Memory of Brian Yocham

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Patient Scholarships

In Memory of Michael Gregory Morris

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(Donations continued)

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In Memory of Linda Davis

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In Memory of James Costello

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Facility Improvements

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Don and Robin Moos

Patient Assistance Fund

In Memory of Jeremy Gates

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Norton

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Amy Jennings

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Norton VH Change a Life

William D. Leipold Endowment

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Doris and Bud Yeager

In Honor of Scott Bahe

Gary & Tisha Habe

Facility Improvements

Mark Dickey

In Memory of Douglas J Drake, M.D.

Robert Drake

Patient Assistance

Ambassadors Class Christian Church
Covenant Life Church
Lee Glaze
Nancy A. Hastings
Mr. & Mrs. Bruce Kratzer
Robert Krier
Tim Parkman
William & Julie Siefers
Louis & Del Tholen
Marletta Wilkens

O'Neill

Patient Assistance

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Jack Payne
Ron DeVorss

Parker

Unrestricted

Andrea Paulk

Patient Scholarships

Nkin Suwannakorn

In Memory of Michael John Mullen

Ronald Peterson

William D. Leipold Endowment

In Memory of Chris Condron

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Scott Blackmun
Christine Brennan
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Richard Demak
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Claude Felton
Robbert Greene
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In Memory of Chuck Little

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Facility Improvements

In Memory of Michael John Mullen

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Memorial Health System
Steve & Nancy Mullen
Laurie Olson

Dany Osborn
Kaye Reis
Mark Rue
Michael Skov
James & Amy Tepper
Mr. & Mrs. Charles Utoft
Mr. & Mrs. David Utoft
Gladys Van Drie
Mary Winter-Stingley
Faraci Wolanske, LLC

Patient Assistance

Shane Fruth
Parker Valley Hope
Aluminum Can Recycling

St. Louis

In Memory of Richard 'Rick' Ruff

Jo Ann Andera
Ellen Beebe
Pamela Boehm
Cord Moving & Storage Co.
Vince Kramolowsky
Paul Wilson
Steve Windler

All Facilities

Unrestricted

Mr. & Mrs. William Beardslee
David Brockish
Dr. & Mrs. Gary Forrest
Ramona Graves
Melvin Haverkamp
Microsoft Matching Gifts Program
Mr. & Mrs. Al Temaat
Union Pacific Company
Fred Vocasek
Lisa Wilson

In Memory of Gary Martinez

Linda Green

Patient Scholarships

In Memory of Dan Dreblow

Thomas & Jill Dixon
Steven Frank
John & Michele Ross
William Sheppard
Samuel Worthington

In Honor of Pat George

Cynthia Enright

In Memory of Levon Gozbekian

Liz Novick

***In Memory of Ron Kogl and
Honor of Ella Kogl***

Janie Shelden

William D. Leipold Endowment

In Memory of Salle Shepard

Mary Korneman

Al & Susan Roberts Fund

Chesapeake Operating, Inc.
Sunoco, Inc.

Friends & Alumni News

By: Megan O'Connor, Director of Development

Each month I get an email reminding me of Renewal Day. I may not be able to attend, but I get a little cyberspace wink from Valley Hope. It's great!



www.valleyhope.org

Click on Alumni & Friends then JOIN

Receive emails to remind you about:

- Renewal Day and Special Events
- Alumni & Friends Support Group Meetings and Activities
- New Coffee Cup is online

Help us write the Coffee Cup section:

- You Asked...Friends in Recovery Answered

Friends and Alumni News

It's the season for lots of fun, including Valley Hope reunions and Anniversary events.

Celebration Schedule

June 11 – Cushing, OK

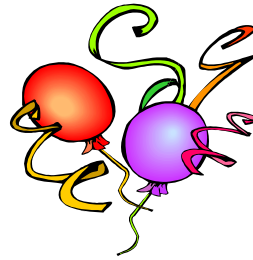
June 18 – Parker, CO

June 25 – Moundridge, KS

August 13 – Boonville, MO

August 20 – Norton, KS

August 27 – O'Neill, NE



I love returning to Valley Hope for the big anniversary event – It's always super special and the inspirational stories of recovery are amazing! MW



Alumni & Friends Support Groups

A Friend and alumni Support Group is not a 12-step meeting and it's not facilitated by a counselor. Some group meetings are

taking place at the treatment centers. Some take place in restaurants, church meeting rooms or other locations. The group gathers to support each other and often have a speaker or enjoy an activity. These groups are coordinated by a volunteer group leader. Contact leader information for each group is available on our website and in each issue of the *Coffee Cup*.

Atchison, KS

Join us each month at Atchison Valley Hope on Renewal Day at 9 a.m. for a Business meeting and 10 a.m. for Road to Recovery when we answer questions from the patient group. Dates: June 17, July 15, August 19. Contact: Dave W. Phone: (913) 271-2500 E-mail: swells4@kc.rr.com

Chandler, AZ

Speaker and group discussion! Every Tuesday 7:15 p.m. in Chandler Valley Hope's dining hall Contact: Ray Pena - Phone: (480) 229-5723 E-mail: rpj164@q.com

Ford / Dodge City, KS

Meet for breakfast, fellowship and speaker on the 3rd Sunday, every other month at 9 a.m. Dates: June 19, August 21 at Blue Herford Restaurant, Ford, Kansas Contact: Damon P. - Phone: (620) 514-0421 E-mail: rightygirthing@msn.com

Goodland / Colby, KS

Breakfast, fellowship and a speaker every 3rd Sunday of each at 9 a.m. Mountain/10 a.m. Central. Dates: June 19, August 21 Where: 1013 Center St. in Goodland Contact: Dave H. - Phone: (785) 728-7022



Grand Island, Nebraska

Plans are in the works for more activities coming up. Contact people for future events include Phil B, 402 968-1702, or Merle or Alvera at 308 381-7833.

Grapevine, TX

Join us for discussion every Wednesday at 2 p.m. in the lecture hall at Grapevine Valley Hope. Contact: Bill - Phone: (972) 263-4789 E-mail: racercarbill@sbcglobal.net

("Alumni and Friends" continued)

Hays, KS

Group meets once per month for breakfast, fellowship and speaker. Sundays at 9:30 a.m. (we'll order breakfast at 10 a.m.) Dates: May 22, June 19, July 17, August 21, at Professors Steak House, 825 East 8th
Contact: Ron S - Phone: (785) 650-1064

Moundridge , KS

We'll meet and greet with the patients in the lecture hall at Moundridge Valley Hope and usually go out to eat dinner. When: 2nd Wednesday of each month at 6 p.m., Dates June 8, July 13, August 10, Contact:
Chris S. - Phone: (316) 644-6516
E-mail: chrissevert@yahoo.com

North Platte, NE

Group meets for an evening potluck & fellowship (often a speaker). Saturday night (3rd Saturday each month) at 5 p.m. Dates: May 21, June 18, July 16, (no meeting in August)
Where: Bethel Free Church in 'the loft', 2700 W. Philip Ave
Contact: Loran P. - Phone: (308) 534-9175

Norton, KS

Alumni group meets to share experiences in recovery every Thursday 6:30 p.m. Where: Norton Valley Hop Dining Hall, Contact: Duane S.
Phone: (785) 675-1966



Oklahoma City, OK

Join us every for a one hour meeting every Tuesday evening at 6 p.m. Where: OKC Valley Hope
Contact: Gerry L. - Phone: (405) 816-1936

Omaha, NE

Alumni and Friends are welcome join us as we organize recovery events in Eastern Nebraska.
Contact: Don H. (402) 290-3945 Rick H: (402) 709-3202
Cathy W. (402) 630-4560 Megan B (402) 750-0369

St. Louis, MO

Alumni group and friends will enjoy a speaker and refreshments. When: Wednesday (4th Wednesday each month)
Time: 5:30-6:45 p.m. Dates: May 25, June 22, July 27, August 24
Where: St. Louis Valley Hope, 12777 Olive Blvd.
E-mail: bncleannsober.SLAAG2010@gmail.com
Contact: The St. Louis Office - Phone: (314) 514-9220

Tempe, AZ

Tempe Alumni group enjoys a speaker, questions/answers and open meeting format. It's a great place to meet a sponsor. Open to patients, alumni, family and friends.
When: Every Thursday evening, Time: 6 p.m.
Where: Tempe Valley Hope, 2115 E. Southern Ave. (Rio Sureno Medical Plaza) Contact: Rick K. - Phone: (480) 232-7587 E-mail: rickknop@excite.com
Contact: Tempe Valley Hope - Phone: (480) 831-9533



Tulsa, OK

Join us every Thursday evening at 6pm for a great meeting. Fellowship Church, 2900 S. Harvard, Tulsa, OK
Contact: Peter G - Phone: (918) 760-6011
Email: PeterGrant@cox.net
Contact: Lori G. - Phone: (918) 510-1713
E-mail LoriGrant@cox.net

Wichita, KS

Alumni group meets the 4th Wednesday of each month at 6pm at Wichita Valley Hope (901 W. Douglas),
After the meetings, we usually go out to eat together. Dates: May 25, June 22, July 27, August 24
Contact: Chris S. - Phone: (316) 644—6516
E-mail: chrissevert@yahoo.com

Why can't my Counselor be my friend on FACEBOOK ?
Our ethical guidelines state we can maintain only a professional and therapeutic relationship.



You can now read the *Coffee Cup* online at www.valleyhope.org If you prefer to not receive a hard copy and view it online, please call 800-654-0486 and we will remove your name from the *Coffee Cup* mailing list.



On the Cover

Art contest entry by Carolyn Hitchman of Waldport, Oregon.
See more of her watercolors, www.carolynhitchman.com



Spotlight on the 12 Steps



By: Kevin Seuser, MST, MDiv.
Moundridge Valley Hope

Brokenness and the Act of Washing: Steps 4-5

I grew up in a family of co-addicts competing for the attention of a “Big I” paternal grandfather who was addicted to women, food, alcohol and work. At age six proudly I declared, “I want to be just like you when I grow up.” My grandmother (his wife) looked at me and said, “careful for what you wish.” I threw myself into research and experimentation for the next twenty years not even knowing all the details. I became lost in trying to become all that my grandfather was and wasn’t, but who was Kevin?

Strangely enough a parallel track was started by my maternal step grandmother, “Mimi.” She started me on a journey to understand brokenness and forgiveness in my childhood. She married my mom’s dad. I found out years later- she had been married three times before my grandfather. Her first husband loved two things a bottle of whiskey and working, especially if he could do both. He died in a job related accident. The second man she married- thought women were made to be submissive as a punching bag. When he would come home drunk without a pay check, he didn’t want any lip. The third man thought- marriage should be open for him and that she should be happy with leftovers. She didn’t want any more of that. She consigned herself to stay away from men. My granddad was a Quaker, non drinker, pacifist and recent widower. He started visiting w/ her every lunch hour five days a week for a long time.

When I was three years old- Mimi let me help make no-bake cookies. When we talked, she would look me in the eyes. What I liked best was when she would take us children on an adventure through the neighborhoods and find bits of broken glass- windows, beer & whiskey bottles, tail lights, head lamps, cups & dishes and much more. She would wear an apron with pockets and make comments about what was broken and how it might have happened. Then she would place these items in her pockets. She was always asked, “Whatcha going to do with that stuff.” She would tell all concerned, “Later, I’ll show you later.”

Our lives are full of pain caused by brokenness. We all suffer from brokenness in our lives- broken moments, broken dreams, broken hearts, broken relationships, and things. Feelings related to grief can

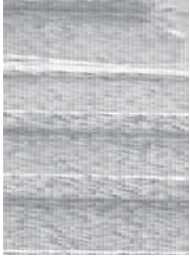
have us experiencing a spectrum of fear and anger. Brokenness weighs us down and easily ties us into our addictions or leads us back into them. In our addictions, self-will cuts all the corners and always brings us back to where we’ve always been. The breaking continues. The brokenness multiplies as long as we continue to use or stay in our stinking thinking. What do we do with that broken stuff?

Valley Hope offers a four part fourth step. The first part looks at our perceptions of self, family, friends and significant others. Part two asked us to consider how we use character defects in our addiction. Part three invites us to name the worst things done to or by us- lying, stealing, abusing, displacing the higher power, lusting, losing gratitude for life and sexual misconduct or indiscretion. The fourth part is sometimes the hardest one, as many of us know more about what we do wrong than what was done right. We admit to being thankful, name the three best things and count 15 character strengths. It is an invitation to a “searching and fearless” moral inventory.

Mimi would come back to her house with her pockets full of dirty broken colored glass followed by an entourage of grand children. Full of excitement, we rushed close to see would happen next. She went to her sink in the kitchen, turned on the water and began taking the broken glass out of her pocket. She washed each piece with soap. Then she reached into the cupboard under the sink and pulled out a honey jar. She put water in the jar and put the broken glass in a piece at time. It layered in place. As she worked, she reminded us of the broken sharp edges.

The intentional naming of the “exact nature of our wrongs” is a washing off. It isn’t about hiding it away, forgetting or pretending it ever happened. It is washing each piece in front of one other person. What is our intention? Are we willing to ask for forgiveness? Those are the questions involved in steps 6 and 7. For Mimi it was about working all the way through steps 8-9 so that the light of forgiveness could shine through the glass and throw a rainbow of light around her kitchen when she placed it in her window.

Reflections



Frustrated?

By: Al R.

This article is from a senior member of our society. I likely come under the heading of an “old f—t”, “the old man,” “cranky old devil,” “greybeard,” etc. As such, I am noted for making the usual observations of the senior set—you know, “that isn’t the way it was in my day:” “the country has gone to ___,” etc. Well, I am to the point that I get totally frustrated watching the news, reading the paper and the internet news, watching all the anger, divisiveness and blaming and our apparent inability to get along with each other. E-GADS!!! (I suspect that if anything dates me, the term “E-Gads” should top the list.) It beats a string of profanity and has a certain explosiveness and a relief-giving quality. Try it, you might like it.

My point here is, I am an alcoholic and if, in fact, the world is getting more contentious, then I must find a way to handle this reality without getting drunk. I have been very fortunate to have experienced recovery and good health for forty plus years after finding Valley Hope, Alcoholics Anonymous, a loving family and many of you wonderful recovering people. I have been blessed and I am grateful. It is a good thing, however, to reflect on our tools to combat the stress and frustrations of living in a fast paced, divisive, sometimes hostile, sometimes tragic world. A world with the latest technological immediacy of all news and happenings right “in our face” at all times.

Remember HALT? – Don’t get too hungry, angry, lonely or tired? Still a good thought, still relevant. I don’t believe I started drinking because of these factors. I drank initially to cover insecurity and inferiority and in the “drink took the

drink” phase, underlying factors had no meaning. I believe issues of HALT have been involved in many a relapse, however. Here are some of the tools that we can reflect upon and perhaps take action on.

- ◀ Take another personal inventory. Try and get me, myself and I out of the way and turn our will over to our Higher Power as we understand him.
- ◀ Maybe it is time to make some amends to those we have harmed.
- ◀ Perhaps redouble our efforts to involve ourselves in a fellowship of recovery and share our lives with more people.
- ◀ Continue to openly share with our family and, again, take our own inventory, not theirs.
- ◀ Try for civil discourse and compromise in our own life and maybe it will be contagious.
- ◀ Search for serenity by trying to accept the things we cannot change.
- ◀ Summon courage and energy to change the things we can.
- ◀ Find wisdom in your reflections and in your sharing and listening to others.

There is nothing new here, right? Well, E-Gads, that’s because this old geezer still reflects on the old tools of our program. I love you all and am so joyful for each day of your sobriety.



Flag Pole was donated by Louis Tholen

Valley Hope Association Norton, KS

Valley Hope Association salutes the brave men and women who fight for and protect our freedom. We recognize and pay tribute to the outstanding service and comfort they provide our great country. Memorial Day, May 30, is a day to reflect, remember and salute all the brave individuals who have served this nation in conflict, peace-time or war-time. You are our heroes – yesterday, today and tomorrow. Thank you for the freedom we are blessed with each and every day. Our flags wave in honor of YOU!

*Thank You for
Serving and
Protecting
Our Country*



Letters From Home

N By: Larry Black, MS, Program Director

O It's springtime in Kansas. One day it's 80 degrees and the next day it's snowing. But regardless of the weather, our family and friends of Norton Valley Hope keep finding their way home. Renewal days have been tremendously well attended all year. The lecture hall has been full and we have had 10 or more birthdays each month. It is such a positive and joyful experience for the staff when the patients come back and share with us. Kent S. returned and shared 40 years of recovery with us. His story touched the hearts of the current patient group.

R We've had some changes take place in our staff since the last *Coffee Cup*. Dee, our head cook has returned after shoulder surgery and it is great to have her back. Johnny H. has joined our maintenance department and we are happy to have him on our team. Claudia S. and Mashelle .J are new additions to the nursing department and it is great to have them on board. Since the last *Coffee Cup*, we have completed a JCAHO survey which is always stressful but which also serves as a useful tool to help us continue to do our best to serve our patients.

T Time certainly flies. Preparations are underway for the 44th Norton Valley Hope Alkathon which is scheduled for August 20 at the Parish Center. We hope you can join us again this year. Until next time, best wishes for your recovery from all of us at Norton Valley Hope.

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Counselor Mickey gives Joy her cup back in honor of her first years sober and clean.



Counselor Mickey congratulates Steffanie on her three year sobriety



Annie helps Ron S. celebrate his 9 years of recovery

Renewal Days
Norton Valley Hope
2nd Friday of each month
begins at 9 a.m.
Join us:
June 10th, July 8,
August 12

Congratulations Bob Speer!

I wish to extend my greetings and CONGRATULATIONS to Bob Speer, who retired after 42 years of service to Valley Hope.

Bob was my pastor during my stay at Valley Hope in the fall of 2006 and again later in the spring of 2007. Although it ultimately took more "blood", as it were, before I finally "awakened" and sobered up, I will NEVER forget this man.

Bob had a way of putting things into perspective that I could identify with. I recall one day I was sitting in his office for one of our regular face-to-face chats and I was telling him I was having difficulty getting my head wrapped around this whole "One Day at a Time" business.

I remarked, "Bob? How can anyone live one day at a time? After all, I've got things I have to do after I get out. I've got PLANS to make, children to take care of, and bills to pay!" He looked at me in that soft manner of his and calmly said, "Gus, you and I are a LOT alike. This whole "one day at a time" business is way too much for me, too." I said, "What do you mean?" He explained further, "Let me put it this way. For instance, when I'm walking across the street, that's exactly what I'm doing, I'm crossing the street. I'm not concerned about what I'm going to do when I get there, because I may not make it." I knew what he meant by that, knowing he was in remission from cancer but I persisted about "tomorrow." He then said, "I'm not saying you DON'T plan. You have to. You're human just as I am. It's just that you can't EXPECT those plans to come to fruition."

I was stunned really. At the end of that session, he got

up and got something off one of his cabinets in his office. It was a small toy school bus. He leaned over, handed it to me, and said, "Normally, I don't give things away but I want YOU to have this." I said, "Why? Why me? Why me of all people?" He said, "Because. It will remind you always that you're not driving the bus." To THIS day, I have that bus. I also have MANY other things. I have MEMORIES. I have memories of Bob and his kind, gentle words.

Because of the lessons he, and others like him at Valley Hope instilled in me, today my life is unlike anything I could ever possibly imagine. One of my favorite sayings is when someone asks me about what staying alcohol-free is like: "I haven't had so much as a sniff of alcohol other than what I get from my \$3 Aqua Velva aftershave I get from the \$1 store since June 5th, 2008." Finally, and most importantly, this journey has brought the most incredible woman I've ever had the honor and privilege of knowing into my life.

There are many people and things I could owe this success to. But there's not a doubt in my mind that Bob Speer and his little toy bus are right near the top of that list. Like I've said many times to many people, both privately and publicly over the past nearly 3 years; "I'm not driving this bus. He is. I'm just a passenger enjoying the ride." And finally, I also add this phrase right after that one now and then; "Life isn't a sprint to the finish line. It's a never-ending marathon with a lot of potholes and obstacles, so we owe it to each other to help one another along the way."

Thank you Bob for that HELP.

Warmest regards and best wishes. ~Gus R.

(Norton continued)

You're Invited! Please Join Us June 10 at Norton Valley Hope



Renewal Day
with a Free BBQ
at noon

Hope to See You All There!



Mark Your Calendars!

NORTON ALKATHON will be held August 20TH!

Meet at Norton Valley Hope for the
Freedom Ride at 12:30

AA & AI-Anon speakers, Supper and Fun!

Check our calendar on our website at www.valleyhope.org

(Friends & Alumni/Calendar of Events)

For more information and a schedule of events!

CUSHING Letter from Home

By: Tami Anderson,
Community Relations Clinician

As you can see from the picture, Cushing is still under construction. It seems in the last month, there really has been noticeable progress. The construction crew is awesome, and it seems they almost work around the clock. Thank you Fuqua Construction. The outcome will be well worth the wait!! It's like waiting on the butterfly to emerge from its cocoon.

We also have new faces at our Cushing facility and Oklahoma City office. We want to welcome two new counselors, Ryan Williams to Cushing, and Breanna Paquette to Oklahoma City.

And one more very important comment. The staff at Cushing and Oklahoma City wants to send out a big "Thank You" to Juanita, Dawn, and Jolene. We appreciate the help in "cleaning up", and the assistance given during the JCAHO survey. You ladies are awesome!!

Be sure to mark your calendars for Cushing's annual reunion June 11th!!



Cushing Valley Hope under construction

Welcome New Counselors

Cushing Valley Hope

Ryan is a Valley Hope Alumni from 1999. He received his Bachelors in History from NSU, and his Masters in Human Relations from OU. Ryan is also an LADC, and states he loves Valley Hope, and it is everything he hoped it would be and more.



Ryan W. (Left) with
Counselor Steve Nash

Oklahoma City Valley Hope

My name is Bre Paquette and I am grateful to be a new addition to the wonderful Valley Hope staff. I really enjoyed spending 30 days in Cushing, learning the Valley Hope way of doing things. It is refreshing to work with so many people who are practicing their own recovery as well as passing it on to others. I received my B.S. from University of Central Oklahoma and M.S. from Southern Nazarene University. I have spent the last two years working in an adolescent inpatient treatment center and learned so much from that experience. I feel the circumstances leading me to this job were divine and just another example of how things work out when we can, "Let go and let God." The AA *Big Book* tells us, "We are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful." I believe this fellowship is alive and well at Valley Hope, and I feel blessed to be a part of it and to be carrying the message to a community that I love so much.



Bre Paquette

37th Anniversary Party

Saturday - June 11

1 p.m. to 5 p.m.

Speakers, Entertainment

Medallions, Awards, Food and Fun

Renewal Days

Third Friday of each month – begins at 9:30 AM

Join us May 20, June 17, July 15, August 19



G Spiritual Interventions for Anxiety

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V
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N
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By: Chaplain, Ken Davila, M.Div, BA

The dictionary defines anxiety as a state of uneasiness or tension caused by apprehension of possible future misfortune, danger, etc; worry. Anxiety is a normal part of addiction and recovery and often feeds our addictions in a number of ways. For many of us we have never been taught how to cope with the events in life and the unknowns we face. Our addiction usually tells us we need a pill or a drink for the cure but you have found that this is a deceptive fallacy.

Spiritual interventions can help us to learn to cope with anxiety and this reading may give you some examples that might help you cope in a healthy way. Another definition of anxiety states it arises from a fear of not being able to cope with a future event. Many of our anxieties are of this nature and so I will address some ways to put the unknowns in our life in order.

The practice of spiritual disciplines may be new to some but their simplicity may make it easier for us to adopt some practices that work. Step three tells us that we need to come to a decision to turn our lives and will over to the care of God as we have come to understand Him. The surrender of step three is not just for us but we can also turn our fears, worries and anxieties over to God as well. Here are some ways that work for me.

Use of the God Box

The God box is one way of turning over those things we are worried about, those things we have no power over, to God. For some who have never used this, it may seem strange and pointless to put a slip of paper into a box. But consider what might happen if we practice some willingness in this process. The idea of the God Box is that you take your worry to God and place it into a box and leave it there with God to deal with and we step away from it with some faith that God could help. In surrendering this to God we ask Him for His intervention and help. In doing so we give Him an opportunity to work in our lives and the results may surprise you. As He begins to intervene in your life, you may realize you are not alone and have someone working for you in more powerful ways than you imagined. Done on a daily basis you may find a peace in knowing that and the things you were once anxious over may seem easier to handle.

Letter writing to God

If you have ever written a journal you may have found that it is a great way to vent and express feelings you may have bottled up during the day. Writing letters to God may be similar but potentially more powerful. In writing letters to God, take the opportunity to relate to God how your day went. Tell Him what happened that is puzzling you. Tell Him how you might have done something wrong and ask for forgiveness. Tell Him what has been happening in your life and the struggles you have had that might still be plaguing you today. But rather than just a complaint letter, ask Him for help in those areas of your life you struggle with. Letter writing helps us get those things out of our heads and surrendered to God. It turns those things over for His help and intervention. It may also improve our prayer lives and personal devotion to God. When my son left for the Army,

I would write him letters every day and as I wrote, I felt as if I was talking to him directly and didn't feel the pain of missing him so much. Perhaps the same can happen to you as you spend those moments with God.

I take the example of Adam and Eve in the Garden when God asked them where they were, as they were hiding. When they responded that they were naked and afraid, the dialogue continued. I like to think Adam was given the opportunity to tell his story to God and find some healing afterward. It helps us to get it out of our heads and to turn that "thing" over to God. It gets Him involved in our lives in more direct ways and when that happens we just might get some peace from it as we see God moving in our lives as never before.

Taking a mental vacation

At times during the day you might want to take a mental vacation. Have you ever visited a place where it was just beautiful and you never wanted to leave? Maybe it was a vacation spot the family went to and the memories easily flood the mind with peace and good feelings. You may want to visit that place with your minds eye and re-experience those moments. Remember the smells, sounds, the colors and views. The laughter and joy that accompanied those moments may bring back those feelings once again. For me thinking of my heavenly home that is promised to me is a nice escape as I imagine the home I get to build as well as the mansion God is preparing for me. I've gone over those plans many times in my head and the peace I get from that no one can take away.

God moment journal

Often we go through life completely unaware of the way God has been working in our lives and we miss the opportunity to build our faith. Most of us can look back at our lives and remember those times we were spared a tragedy or a need was met unexplainably. We may have even said, "thank you God!!", but soon dismissed it afterwards. Maybe it was a possible wreck we recovered from. Maybe it was a bill that someone paid for us because they felt impressed to help. Maybe it was an illness we survived that should have done us in. It could be a number of different things. It would be a good practice to begin writing those things down and reviewing those things once in a while. God moments give us the opportunity to see that our God is an intimate God who is concerned with our lives. One that can intervene, helps, transcends time and space and becomes involved in personal ways to help us. Often we face times when our faith is tried and it is easy to forget those moments so a small note book with those moments written down and kept by our sides can be a tool to remind us that we are not alone. Fortified with those memories and experiences they can help us find the peace in the midst of the storms that come upon us.

Step Three prayer every morning

Finally, our prayer life of surrender to God, practiced daily is the most powerful way to find peace. It is an acknowledgment, an invitation to God that He can be a part of your life just for today. Tomorrow you can do the same, but for today invite Him into your day. Give your problems over to Him daily. Take your petitions to your God and as you do you will see just how easy life becomes because you have the creator of the universe in your corner.

(Grapevine continued)

The serenity prayer challenges us to accept the things we cannot change. In that acceptance we acknowledge that God has to change those things and so we surrender those things to Him. The more we do that the less complicated our lives can become and we find peace.

These are just a few things you can begin doing. You will develop a lifestyle of peace and serenity. Let

me challenge you to practice these things even when the times are good. Establish principles daily so that when the anxious moments come you are prepared and fortified. Let's stop doing the 911 prayers and develop that healthy relationship of trust and hope that our Higher Power is with us. My prayer is that you might find that peace from God that no one can take from you because it is God sent.

**Renewal Days
Grapevine Valley Hope**

Last Friday of each month –
begins at 8 AM

Join us

May 27, June 24,
July 29, August 26

A Leaving the Past Behind

T *Inspiration a divine influence directly and immediately exerted upon the mind or soul.*

By: Dee Munsen, AAPS

C In 2002 I walked through the doors of Valley Hope for the 5th time, wondering if I would ever get this right. The emotional pain I felt was unbearable. There was little hope left and the addiction in me was strong. I was assigned Lisa P. as my counselor and Trish W. as my small group leader. Through their unconditional love and knowledge of the program I began trusting and eventually shared the pain and secrets that had kept me sick...beginning my journey to the freedom of recovery. After one emotional small group, I will never forget Trish taking us out to sand...telling us to take off our shoes and wiggle our toes in the sand. To let go of the pain and be a child again! To let go... By letting go, I found myself that day!

I believe that *inspiration* comes from the people and situations that God puts in our lives. Lisa and Trish have inspired me just like they have inspired many others. In them I see strength, commitment, love and a passion to give back what has been given to them.

Inspirational!!

Gratitude By: Chaplain Gene F.

I stayed sober on "Gratitude" today!

When I was early in my own recovery, I had a sponsor who would announce at every AA meeting the same thing... "My name is Skin and I stayed sober on Gratitude today!" I questioned him about that and his standard answer was "for me, just being sober was a miracle." That was over thirty years ago and "Skin" is no longer here in the physical but his memory lives on forever.

It is my turn to say... "My name is Gene, and I stayed sober on Gratitude today!"

Today, an amazing thing happened to me. A magnificent young lady stopped by my office to visit. I had been privileged to serve as her Chaplain while she was in treatment. She just wanted to talk and be with a person who would listen and accept her and her feelings without "instructions". She talked and tears came to our eyes and she shared how she lost her Father.

I stayed sober on Gratitude today!

Alumni Softball Game

Saturday, July 16th

2:00 pm at

8th and Riley Ball Park.

Come spend the day with us and have a lot of fun, fellowship and food!

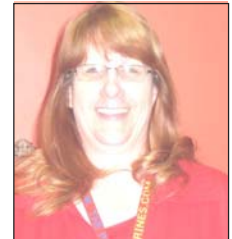
It is also Amelia Earhart weekend! There will be carnival rides, arts and crafts, and Sat. night sit back and enjoy a beautiful airshow and the most spectacular fireworks you've ever seen!

Don't forget your glove!

Happy Sobriety Birthdays



Counselor
Lisa P.



Counselor
Trish W.



Rick M., celebrating 3 years of recovery with his wife Brenda.

The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.

– Vince Lombardi

**Renewal Day
Atchison Valley Hope**

3rd Friday of each month -begins at 9AM

Join us: May 20, June 17, July 15 and August 19

Mission Valley Hope

Last Friday night of each month – begins 6PM

Join us: May 27, June 24, July 29, August 26

B Greetings from Boonville

By: Scott Ehrlich, Chaplain

O As I'm pondering what to write today, I'm reminded that sometimes we simply, "trudge the road of happy destiny." We do have some news to share as we welcome Brad Rowe to our counseling staff. Brad has transferred from O'Neill to Boonville and we are delighted to have him on our team. We have also had some wonderful Renewal Days recently, and have shared numerous sobriety ceremonies. In the past several months the following people have celebrated their sobriety: 1 year – Amber P, Chris R, Jessica P, Jacob D, Debbie K, John M, Karen I, Doug G, Harry M, Sam B, Devon S, Pam P, Matt D, Karen I, Mike K, Nathan A, Brandon T, Mike C, Matt T, Pam S, Aaron S, Tammy S and John O; Multiple years – Howard S [2], Jeff E [2], Donnie E [2], Dusty L [5], Scott G [4], Tom P [2], Kevin L [2] Larry N [3], Deb S [6], and Cheri A [20]. We have also done several "Black Ribbon" ceremonies, however, and we must never forget that our disease is not only, "cunning, baffling and powerful," it's also deadly if we don't treat it. So, as you can see, we

have been trudging along – living lives filled with joys and sorrows, successes and failures, highs and lows. And maybe that's the point. When I was out there ripping and running, I thought life had to be either so "serene" it was just boring or so chaotic I could hardly breathe! In sobriety what I have found is that "life on life's terms" is more than just another cliché – it is a foundational truth. I wish you peace.

St. Louis Valley Hope

By Janet Worthy, Outpatient Program Director

Hello everyone! Remember our big group room with all the cups? Well, we started running out of cup space, so Cassandra has been going through all the cups, playing detective and trying to figure out whose they are. We're sending out letters to former patients inviting them to come see us and pick up their cups. All of us look forward to helping our patients celebrate the first year (or second or third or more) of sobriety.

Of course, everyone's invited to attend our Alumni Group, which is held every fourth Wednesday from 5:30 to 7:00 p.m. It's a wonderful opportunity to share some food, fellowship and fun with other Valley Hoppers. All who want to bring food are welcome to share their favorite recipes with us—but this is certainly not a requirement for attendance. Just bring yourself—we want to see you and hear how things are going in your recovery! Recently Janice W, Kevin L, and Katelyn H have been wonderful speakers. We hope you'll come share these special times with us. Let us know if you have a sobriety birthday coming up so that we can honor you. If your cup is at Boonville and you can't make it for their renewal day, you can arrange to have it sent to St. Louis and we'll hold your medallion ceremony here during Alumni Group.

IOP Plus at St. Louis Valley Hope continues to grow. IOP Plus groups meet on Monday, Wednesday and Friday each week from 6:00 to 7:30 p.m. and the online component is popular for the flexibility it adds to the

Leaving the Past Behind

"We will not regret the past, or wish to shut the door on it." This has always been one of the more confusing of the "12 Promises" to me, because it seems as if I'm going to leave my past behind I'm going to want to shut the door on it. How do I "not regret" all the evil I have done – the people I've hurt, the time I've wasted, the lies I've told? I believe the answer lies in steps 6 and 7, the challenge to give our past to God as we understand Him, so we can enjoy the grace we are offered. Forgiveness isn't about pretending the past didn't happen or that it doesn't matter; it's about putting our history in God's hands and letting Him deal with it. That way I can remember my past without wallowing in it, so that I can learn from my history and avoid repeating it. It's kind of like looking at a scar: I can see where I was hurt, but I can also see where I was healed.

Renewal Day

Boonville Valley Hope

2nd Friday of each month – begins at 8:30AM

Join us: June 10, July 8, August 12

Boonville Anniversary Party

Saturday – August 13

treatment schedule. In addition, St. Louis Valley Hope has added on-site physician and chaplain services for our active patients.

Introducing Our Physician

Dr. Jack Croughan is a psychiatrist and certified addictionologist who provides on-site psychiatric assessments and medical follow-up as needed for active patients. St. Louis Valley Hope is working with Dr. Croughan to offer expanded treatment options for opiate dependence, a growing problem in the St. Louis area. Valley Hope's traditional emphasis on a 12-step based program of recovery remains unchanged, but we believe we can keep some patients engaged in treatment longer through the judicious use of medication approved for extended withdrawal. Outcome studies have shown that patients who remain in treatment for longer periods are more successful in remaining abstinent. This program option can help patients remain at home, where they can become involved with a sponsor and the recovery community, while completing the Intensive Outpatient Plus program.



Dr. Jack Croughan

Valley Hope's original philosophy and mission have not changed. We continue to do what we have always done: provide a safe, supportive and loving environment where chemically dependent patients and their families can gain the tools they need to help them live a life in recovery.

Introducing Our Chaplain

St. Louis Valley Hope is pleased to introduce our newest staff member, Reverend Charlsi Lewis. Charlsi recently joined our staff to offer chaplain services to our active patients. She was ordained in 1997 in Lexington, Kentucky and is a member of the Christian Church (Disciples of Christ). She is currently a student at



**Charlsi
Lewis**

Webster University, where she is working on her Master of Counseling degree. She earned her Master of Divinity from Lexington Theological Seminary. She works as a Teacher's Assistant with the Special School District, adding that she loves working with kids who are living with a variety of special needs. Charlsi has three fantastic kids of her own, two sons, Connor, 12, and Jacob, 10, and a daughter, Ty, also 10. Yes, they are twins. Charlsi loves to sing, read, write, preach ("just ask my kids", she says), watch TV, take long walks with her fiance, Lee, and teach. You can meet her at any of our Alumni Group meetings.

Upcoming Events

The recent community service drive for pet care items for a local animal sanctuary was a great success. The current drive through June 1st is for a collection of new or used recovery books for a patient lending library or to provide recovery literature such as Big Books or Basic Texts for those in need. If you have some recovery or self-help books that you no longer need and feel might benefit others, bring them in! The staff and alumni are also planning a Back to School drive to begin sometime in July in order to collect school supplies and clothing for children in need.

Don't be a stranger! Give us a call at (314) 514-9220 or come join us at an Alumni Group soon. Remember, it's held every fourth Wednesday at 5:30 p.m. Hope to see you there.

Renewal Nights

St. Louis Valley Hope 4th Wednesday

of the month begins at 5:30 p.m.

Join us: May 25, June 22, July 27, August 24

Dear Alcohol & Drugs

How are you? Actually I take that back, as I could care less. If you are wondering how I am doing, I am doing much much better than I was when we were good friends. Best friends you can even say, for several years. We were so close. We told each other everything, but you kept a few things from me. Things I would later learn to be important in decision making. You always had the last say in things too. You were so controlling.

There have been so many parties, events, occasions or even just the random Thursday night. We would be so excited that the weekend was coming and decide, 'We can be strong and only go out for a few drinks'. Then it would be 8:30 in the morning and I would have to call into work and lie and feel terrible while you slept soundly on the floor. I would decide never to let you talk me into such a stupid idea again. But we know how clever and charming you can be. Or how about the most recent time we stayed up for 3 days, overdosed and ended up in the hospital? You thought that was funny and I really didn't at all. Seeing the faces of all the people in my life that I love with concern, disappointment and even anger was far from amusing.

We have been through so much. Yes there have been good times, laughter, and smiles but lately it has been sadness, frustration and tears so that brings me to the point of this letter. After the last time we hung out I decided it is time for us to completely go our separate ways. Please do not call me or text me or send me any emails because I will no longer be answering you.

It is going to be hard, probably the hardest decision of my life. You have been there for me so many times but now I know that your love is not love at all but selfish opportunity. You have caused me pain and heartache for the last time. I have finally seen through your deception and games and there is no question on this decision.

I know several of our mutual friends will see your side in this matter and those people I also will have to let go. Unfortunately, like you, they only live me on the surface and don't really care about me, my future or well being. So goodbye alcohol and drugs. May you never control or trick me again. Toast your glass to this piece of news, as I know you will because some things never change.

~Sincerely, Isaiah

Father's Day

Statements you'll never hear your father say

In honor of Father's Day, here's a list of things you're never likely to hear coming from your dad's lips:

- "I'm lost...so I guess I'll stop and ask for directions."
- "All your friends have a very sarcastic attitude – I like that."
- "Here's my credit card and the keys to my new car. Have fun."
- "What do you want to get a job for? I make plenty of money for you to spend."
- "Father's Day? Don't worry about that, it's no big deal to me."

Quote

If the new American father feels bewildered and even defeated, let him take comfort from the fact that whatever he does in any fathering situation has a 50 percent chance of being right. – Bill Cosby

M Letter from Moundridge

By: Lisa R.

O Kansas Spring is here folks! All who know Kansas; know exactly what I am saying, when it is suggested to a person about “putting some rocks in your pockets or you will blow away”. This spring appears to be as “normal” as ever. We are sharing our neighboring states dust and wind. Go figure, so far this year we are not receiving enough moisture again. My Grandma always said that windy days made her tired, well here at Moundridge we don’t have time to get tired. I am sure many of you reading this bit of news can relate. There is always something more to do and not enough time. The staff at Moundridge is staying active and on our toes to ensure quality love, care and concern for each of our patients and the patients seems to find delightful ways to keep us busy.

U Moundridge Valley Hope will be celebrating our first annual celebration at our new location. Staff members have enjoyed talking and planning for the honored occasion. Some of our ideas will never reach paper due to the fun we had in planning for the event. We sure did giggle and joke around like children. It was nice to have “staff time”. Sometimes we get so focused on the seriousness that we all forget to have fun.

Our first annual celebration at Moundridge Valley Hope will be as follows:

Welcome Home Schedule:

SATURDAY, JUNE 25

AM	Begin receiving guests, refreshments, etc.
11:30	Lunch at the facility (meal tickets are \$5)
1:00	Welcome and Invocation; Announcements Acknowledgements
1:45	Al-Anon Speaker
2:30	AA Speaker
3:00	Break with music by Alumni/Patients
4:00	Golden Hearts & Medallions; Silent Auction closes
4:30	Sobriety Countdown
4:45	Silent Auction & 50/50 results
5:00	Dinner
6:00	Open invitation to any musicians to jam

Are You Stuck? By: Lorna Rae

Past, present or future? Where are you stuck? Are you stuck? Maybe you aren’t stuck, but I sure was in my early recovery. When I got to recovery I was so very miserable and impatient. I wanted a name, date and time to when I was going to get better, which equaled getting out of trouble; legal, family, etc. Getting out of trouble was my main objective. The topic of “me” was the last thing on my mind, along with feeling feelings. I had made a mess out of my life and I needed to hurry to get back to it. After all it was the only life I had, even though it was bad, it was mine to keep. I was determined to clean it up, on my own of course. I was still in my self-made prison and had the “stinking thinking”. My mind worked over time trying to validate my next move on how I was going to get back to the things I had lost; my daughter, abusive relationship, family that did not understand me, no job, no goals or dreams and I didn’t much like myself. I was stuck. I just could not see how anything “good” was going to come my way. I was blind and could not hear any suggestions that people offered to me. I knew it all.

In all my hurrying, I only created more of a mess for myself. I was hard headed and self will ran me to my knees, actually those wonderful policemen helped me, to discover I had to make changes.

We still have some fun planning to do. Alumni/Patients and family members are all welcomed to come and enjoy the day. We felt the best title for this celebration said it all, “WELCOME HOME”. It seems people use that phrase regularly when they come visit us.

There are several changes to announce regarding staff; our Admissions Counselor, Ryan Culver, has accepted the Community Relations Specialist position. She will remain the Admissions Counselor until she trains the new person for that position. The new person hired for the Admission Counselor position is our very own Ed Miles. Counselor Arnie Kimball has accepted the open counselor’s position with Wichita Valley Hope in the outpatient facility. Congratulations and the best to you Ryan, Ed and Arnie. These position changes will take place within the next month.

Hoping for more, doesn’t that about describe the human way. Let’s all focus on being grateful for the things we have and work hard for the things we want. It was nice to be part of writing for the Coffee Cup. I was mighty nervous about writing my thoughts down for fear I would not do justice for my great co-workers and friends in recovery, but then recovery “kicked” in and reminded me that I only had to be me.

Renewal Birthdays

January: Harold T. (8 years), Dan P. (3 years), Steve O. (2 years), Dan B. (5 years), Madelon B. (5 years), Gene P. (4 years), Eldon T. (2 years), Donita R. (1 year).

February: Danielle A (2 years), Laura C. (2 years), Lauren D. (5 years), Julie T. (4 years), Gary B. (1 year), Robin B. (1 year), Jana S. (1 year).

March: William N. (1 year), Fish (8 years), Patricia B. (1 year).

RENEWAL DATES:

Last Friday of each month--8:30 a.m.

Anniversary Party

Saturday - June 25

They were determined to show me the way. I certainly did not appreciate their help, especially when I became a card signer. Thank you police people for making me go to those 12-step meetings to find a new way to live.

Of course I fought the process for many months. I finally got “sick and tired of being sick and tired,” and lonely. I wore myself out to the point I needed to try this thing called “recovery” or I was going to die.

I did get the sponsor that was suggested but I didn’t talk to her. I sure did not understand how “those” people at “those” meetings could be so smiley and happy, when I felt so bad. I didn’t understand the language they used: “easy does it”, “keep it simple”, or “this too shall pass.”. “What?” Didn’t they know I was searching for instant gratification and/or a short cut?” I had no idea what they were talking about and “why” did they want to hug me, when my own family didn’t even answer my phone calls? This truly was a mystery to me; perhaps that’s what caught my attention. At first the meetings were so uncomfortable, but I quickly learned the meetings were much better than being at home by myself stuck with my thoughts.

Eventually, I took a chance at one of those uncomfortable meetings and shared how I felt. My voice shook like an old

AC/ESS

By: Kathy Grant, LPC

So glad the long cold winter is over and we can again enjoy being outside and for me getting back to gardening! AC/ESS, Valley Hope's, online treatment service continues to do well. We have online AC/ESS counselors in 7 states and we are enjoying what we do and it's great to be able to offer Valley Hope treatment to those who may not otherwise be able to participate in treatment. We have people participating in online treatment for all kinds of reasons, but most commonly it is a good fit due to the person having no driving privileges, no transportation, odd or unstable work hours, located too far a distance to come to on ground treatment, people with serious health issues, or small children at home and limited or no child care. For people in these types of situations, AC/ESS online intensive outpatient and continuing care treatment is a great fit and allows them to participate in groups from their home computers. This online programming is still pretty new and Valley Hope is on the forefront of this movement to help bring treatment

services to those who would otherwise have to go to another agency if possible or may not be able to participate at all. I know myself and the other AC/ESS counselors are so happy to be able to use our time and resources to work with AC/ESS patients.

As it is backyard cooking season I thought I would share a delicious dessert recipe I came across recently. It's called cake balls and what you do is take a regular box cake mix (any kind that sounds good), make it in a sheet pan, get some icing (be creative, again whatever sounds good). After you have baked the cake following the directions in a sheet pan, let it cool, then mix the icing into the cake. That's right, just make a big icing and cake goopy mess with this. You can also add some diced fruit if you want. After you have this mixed up then form it into bite sized balls and dip it in melted almond bark, semi sweet chocolate or dark chocolate and put in on parchment covered cookie sheets to cool. Just follow the directions on the almond bark, chocolate, etc. What you get are delicious little cake and icing balls covered in chocolate. All low fat and low calorie of course!!!! Happy Spring from all of us from AC/ESS!

CHANDLER

By: Bobbi S., LSAT, ICADC,

CADAC

Often when our alumni come back as speakers, they look around the lecture hall, and say in hushed tones, "This is a sacred place." Chandler Valley Hope IS sacred! It's a place of miracles! As of this writing, fifteen thousand, seven-hundred and forty-four miracles have walked through these doors.

My original love of Valley Hope began in my ala-maitre: Norton Valley Hope. On June 25, I will have been sober for 38 years as a result of that "sacred place" of Valley Hope. It was chillier there than here, but the integrity of Valley Hope remains. Then, and now, each patient is treated with dignity and respect. True affection for the patients still works its healing power. Yes, each of us that recover at Valley Hope is truly one of the miracles!

organization, "not MY kid" in 1999. This organization was the Moaks' response to dealing with the sickness and recovery of their own teen who suffered substance abuse. "not MY kid" partners with school districts to help families address addiction.



Alison Dean

New Program Director: We have a new Program Director, Alison Dean. Although raised in New Jersey, Alison found her way to us through Valley Hope in Parker CO. She says, in her position, she is "blessed to be surrounded by people who ultimately sacrifice themselves for others."

Sister Mary Honored: Sister Mary Fran Simons was honored for being an employee who helped open the Chandler branch of Valley Hope 25 years ago. The celebration lasted for days! An Arizona Suns fan, Mary Fran and 20 other employees were treated (by a donor) to a ball game between the Toronto Timber Wolves and the Phoenix Suns at the US Airways Center. Mary Fran says the Suns had an exciting win, but she says also awed by the surprise of the inscription lighting upon the halftime jumbo-tron "Congratulations Mary Fran for 25 years service at CVH." The next day there was a potluck over the lunch hour, complete with cake with the patients. Mary Fran states she was working as a Pastoral Assistant In Hoxie, Kansas, in 1973 when she discovered Valley Hope. She went through a Chaplaincy program there "to learn about alcoholism and learned about Mary Fran."



Mary Fran



Kandi M., Jackie E. and Sherri M.

Spring Roundup: The Valley Hope cooks outdid themselves in making a Mexican feed for the Roundup. The "Myron-Rogers" band brought us truly professional entertainment. Alumni recognized these members of the band: Roger Nelson (Community Relations Specialist), Myron Schwartz (Admissions Counselor), and Dr. Boles, (Physician). The Golden Heart award was granted to Steve and Debbie Moak, who started the

Renewal Days

3rd Friday of each month – begins at 8:30 AM
Join us: May 20, June 17, July 15, August 19

Do not wait; the time will never be "just right." Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along.
– Napoleon Hill

(Norton continued)

You're Invited! Please Join Us June 10 at Norton Valley Hope



Renewal Day
with a Free BBQ
at noon

Hope to See You All There!



Mark Your Calendars!

NORTON ALKATHON will be held August 20TH!

Meet at Norton Valley Hope for the
Freedom Ride at 12:30

AA & AI-Anon speakers, Supper and Fun!

Check our calendar on our website at www.valleyhope.org

(Friends & Alumni/Calendar of Events)

For more information and a schedule of events!

CUSHING Letter from Home

By: Tami Anderson,
Community Relations Clinician

As you can see from the picture, Cushing is still under construction. It seems in the last month, there really has been noticeable progress. The construction crew is awesome, and it seems they almost work around the clock. Thank you Fuqua Construction. The outcome will be well worth the wait!! It's like waiting on the butterfly to emerge from its cocoon.

We also have new faces at our Cushing facility and Oklahoma City office. We want to welcome two new counselors, Ryan Williams to Cushing, and Breanna Paquette to Oklahoma City.

And one more very important comment. The staff at Cushing and Oklahoma City wants to send out a big "Thank You" to Juanita, Dawn, and Jolene. We appreciate the help in "cleaning up", and the assistance given during the JCAHO survey. You ladies are awesome!!

Be sure to mark your calendars for Cushing's annual reunion June 11th!!



Cushing Valley Hope under construction

Welcome New Counselors

Cushing Valley Hope

Ryan is a Valley Hope Alumni from 1999. He received his Bachelors in History from NSU, and his Masters in Human Relations from OU. Ryan is also an LADC, and states he loves Valley Hope, and it is everything he hoped it would be and more.



Ryan W. (Left) with
Counselor Steve Nash

Oklahoma City Valley Hope

My name is Bre Paquette and I am grateful to be a new addition to the wonderful Valley Hope staff. I really enjoyed spending 30 days in Cushing, learning the Valley Hope way of doing things. It is refreshing to work with so many people who are practicing their own recovery as well as passing it on to others. I received my B.S. from University of Central Oklahoma and M.S. from Southern Nazarene University. I have spent the last two years working in an adolescent inpatient treatment center and learned so much from that experience. I feel the circumstances leading me to this job were divine and just another example of how things work out when we can, "Let go and let God." The AA *Big Book* tells us, "We are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful." I believe this fellowship is alive and well at Valley Hope, and I feel blessed to be a part of it and to be carrying the message to a community that I love so much.



Bre Paquette

37th Anniversary Party

Saturday - June 11

1 p.m. to 5 p.m.

Speakers, Entertainment

Medallions, Awards, Food and Fun

Renewal Days

Third Friday of each month – begins at 9:30 AM

Join us May 20, June 17, July 15, August 19



O'Letter from Home

By: Deb Ludemann, BS, LADC

N As I write this, the calendar indicates spring. Alas, the current snowstorm indicates otherwise and it is sincerely hoped by the time this hits print, there will be no doubt winter is over.

E An anticipated warm weather activity will be our 2nd Annual Ride Through the Valley Motorcycle Ride. This event will again be held the first Saturday in June. Breakfast will be served from 8-10, ride starts at 10, then return to Valley Hope for supper and speaker, Bob F. of Grand Island. Registration is \$20 paid ahead or \$25 that day. All procrastinators, stand and be proud, and fork over the extra 5 bucks! Thanks Mike H, for your work in organizing this; for more information you can contact him at 308 850-4803.

Looking ahead, please keep in mind the annual Reunion will be held on August 27. This will be held at O'Neill Knights of Columbus Hall.

We want to congratulate Anne Claussen, Peggy Rohde

and Terry Duffy for recently passing the written exam for Drug and Alcohol Counselors.

Happy Spring to all!

Welcome Renee'

My name is Renee' Tiller. I have been in the field of Counseling for about three years. I did my Chemical Dependency training in Omaha, where I lived for about 26 years and where I obtained my PLADC license. I hold two Master's degrees, one in Urban Studies with a specialization in Counseling and the other in Communication Studies. Currently I live in O'Neill with my fiance' Jim. We have a wedding date set for September 23, 2011 and plan on taking our honeymoon at the Grand Teton Mountains in Yellowstone National Park.

My hobbies include: gardening, fishing, camping and a great appreciation and love for the great outdoors! I have 4 children and 6 grandchildren, a 2 year old Lhasa Apso named Amethyst Snow, and a black and white cat named Peyton.

One more thing...I consider it a great honor and joy to be working at Valley Hope in O'Neill, Nebraska!

Renewal Days

O'Neill Valley Hope

First Friday of each month – begins at 8:50AM

Join us: June 3, July 1, August 5

Recovery Ride

Saturday - June 4th

Anniversary

Saturday -August 27

News from Omaha

By: Joe Chavis II, BS, LADC, Program Director Trainee

I have worked here at Omaha for Valley Hope for almost two years now and it seems like I have been a part of the Valley Hope family for much longer! That is because everyone that I have met in our organization has welcomed me with open arms. I have also spoken with many of our alumni and their families and they thank Valley Hope for saving their lives. This is a tremendous compliment that warms

our staff's hearts. As director here, I watch the continual growth of our patients and our staff that I believe is part of the legacy of recovery Valley Hope represents. And visiting our O'Neill facility for me is like going to a family reunion. I have met many patients who will be doing their aftercare in Omaha and they always express their gratitude for treatment at O'Neill and the impact our treatment has made in their lives.

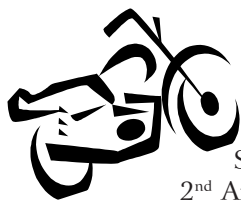
Our Renewal Days here are fantastic! The Alumni speakers are great! What a blessing to be part of Valley Hope's special family!

Renewal Days Omaha

First Tuesday of each month

begins at 6:30 PM

June 7, July 5, August 2



O'Neill Valley Hope Alumni & Friends

2nd Annual *Ride Through the Valley*

Saturday, June 4, 2011, O'Neill Valley Hope Alumni and Friends will hold its 2nd Annual *Ride through the Valley* raising scholarship funds for O'Neill Valley Hope patients. These funds will help supplement the cost of treatment for individuals who have financial needs. We hope to attract motorcycle enthusiasts from all over Nebraska.

We'll be charging each participant a \$20 entry fee. This fee includes a t-shirt (pre-registration only), breakfast and a BBQ at the end of the ride. All the proceeds from this annual fund raiser will benefit people in need of financial assistance to help with the cost of treatment.

We you want more information, please contact: Mike H., Hope Builder Board Member, Ph: 402-336-3747



You Asked...

Friends In Recovery Answered

Question: *Summer fun includes weekend BBQ's and picnics. What's your favorite summer-time beverage?*

The beverage I enjoy is an Arnold Palmer: half ice tea and half lemonade. ~Art S.

Tropical Fruit Smoothie! ~Cindy G.

Lemon/Cherry or Limeade is always good. The best beverage on a hot day is a large chocolate shake. ~James R.

Don't sample the punch until someone you know samples it first. ~Jerry P.

Strawberry and Raspberry Lemonades and Teas, Cucumber Water, Iced Caramel Macchiato and other iced coffee drinks, Honey Ginseng Lemon Iced Tea, Iced Green Tea with Spearmint/Mint Leaf....that's just a few! ~Vance L.

I focus on all of the beverages "I can have and enjoy," and do NOT focus on "what I can't have." Also I can bring a small cooler of my own choices. ~Kathleen U.

Question: *Summer is just around the corner - and there is typically a lot of partying. What can a newcomer expect and how will summer fun be different?*

You will remember the fun and there will likely be a whole lot less drama involved. ~Jared M.

It's best to stick with the winners. There are new AA friends to have fun with and they will really understand where you are coming from. ~Marolyn G.

Most AA & NA groups in this area sponsor camp outs, suppers and speaker meetings during the course of the summer. Being an active AA member helps because there always seems to be somewhere to go or someone to go with. ~Joe F.

Change is just that-change. You can't expect to change if you do not change what, where and with whom you associate. Change only occurs when you make the effort to evaluate each situation PRIOR to getting in it. ~Jay R.

I enjoy golfing, fishing camping and other recovery functions throughout the summer. When I got clean, I thought all the fun and good times were over, but I learned quickly that they were just beginning. ~Dagwood C.

A newcomer needs to have the caution light on....to protect something as precious as sobriety. Pick and choose summer fun carefully. It's important to not fall in to the stinkin' thinkin' of, well, maybe it wasn't all that bad. ~Kelly F.

I know after several years sober, I spend my summers with close friends and family in non-drinking situations. These situations are much more comfortable for me and I wake up the next day not hung over and with no regrets. My prayers go out to all newcomers. It may be hard sometimes, but it is worth it. ~Heather H.

Orange or grapefruit juice with Club Soda and a lemon wedge! Really good! ~Tom H.

Lemonade! It is a great summer drink and still looks "cool". In early sobriety, I always attended gatherings with a buddy to help me out and keep me in check; if not, I avoided those situations - not always the fun choice, but my sobriety was the most important thing. ~Linda M.

On a hot summer day, I have to admit, nothing sounds better than an ice cold beer. Attractive as that may sound, I have learned to "play it out" in my head. I know all too well, how the story goes, and where it will lead. So I have learned to replace that with ice tea instead. Also, since pancreatitis is what about killed me a year and a half ago, I have acquired a taste for fruit smoothies. I even have one of those Ninja blenders, lol. Have a great summer! ~Tony M.

Water, Soda, and a drink from the fountain of SOBRIETY!!

Outside of holidays, summer time was the hardest to get used to when I got sober. When going to meetings, make an effort to get to know people and hang around with others who are sober. Getting involved is the key to making the sober life transition easier and more fun! ~Amy S.

My first SUMMER out of treatment was my toughest. The FIRST is the scariest because it is fear of the unknown. How am I going to react? Will it be fun? Will I be too weak to say no? The Big Book tells us COURAGE is simply having FEAR and doing it ANYWAY! It is like going to your FIRST meeting. Once you get over the hurdle of the FIRST you begin to relax a little and before you know it you are actually enjoying the event. ~Libby H.

This will be my second summer of sobriety and until now I didn't realize how much fun it is to actually get out and do things with my kids and husband sober. Love seeing the happiness in their faces when before I was just dying to get home and take that first drink! ~Cara S.



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