

WHAT'S HAPPENING AT



April 2014

FIRST ISSUE OF
Recovery Today
ATTACHED!

Our New Tradition -- Volunteer Weekend

Remember when we used to have Clean-Up/Fix-Up Day? It was fun! We moved at our own pace, performed really useful service, met new people, lunched together at the picnic tables and had a great sense of accomplishment when we left!

All that goodness is returning twofold! May 3-4 has been designated FSC's first Volunteer Weekend. Both days will start at 9 a.m. and run til whenever. Building & Grounds has a long list of tasks for you to choose from that will offer a variety of time commitments and a wide range of sweat commitment, and you can work with a buddy if you want to.

Soon an advance sign-up poster will appear in the lobby. This will give you an opportunity to nail down the task that you want. Or you can just say "Put me where you need me." You can also just drop in on May 3 or 4 prepared to roll up your sleeves, but it will help Building & Grounds plan for the weekend if they have an idea of how many volunteers they'll have.

Volunteer weekend has the potential to save FSC big bucks if we all pitch in, so PLEASE SIGN UP!

Hospitality Committee to Meet May 3

On May 3 take a break from volunteering and stop in at Room C (11 a.m) for the first meeting of FSC's admirable Hospitality Committee under the leadership of new chair Debbie D. Old timers and new recruits and the merely curious are all encouraged to attend to learn more about the committee and to start planning FSC's social calendar., especially our Memorial Day picnic.

We're grateful to Debbie for volunteering to take on this responsibility, and we're grateful to Dave J. and Diana Z., who did it before her with great success.

Questions? Contact Debbie at ddickinson@hotmail.com or 608-444-9764.

FSC Now Open All Day

Out clubhouse is now open all day, every day of the week from 5:30 a.m. to one hour after the the end of the last scheduled meeting of the day.

A Couple of Bucks in the Basket

A healthy reserve is what everyone should have. It's the money you put aside for special projects or a rainy day or possibly Hurricane Sandy. People need them and so do organizations. Needless to say, FSC has a healthy reserve, but it could be even healthier, which would allow the Board to complete indoor and outdoor enhancements for FSC and still be prepared for rain.

Over the years the price of just about everything has gone up except our recoveries! Maybe it's time to consider putting **two** bucks in the basket!

Recovery Today Is Here

Recovery Today -- FSC's new recovery sharing paper -- has arrived! It will appear quarterly (or as contributions permit) as a supplement to *What's Happening*. Everything in *RT* will be original -- by FSCers and for FSCers -- and, as you can see from the first edition, all forms of expression are welcome.

RT can only succeed if you contribute to it! And you don't have to be a creative genius to contribute. Being in recovery at FSC is all that's required.

Please email all your neat stuff to linty1@mac.com and watch for the next *RT* in July!

Smokers Beware!

There was serious discussion at the April Board Meeting concerning what to do about the Smoking Situation. The Board has received numerous complaints about the smokey gauntlet members must run to get into the building because of all the smoking that goes on right by our front door -- right under the sign that says "No Smoking Within **50 Feet**" of an entrance!

One of the Board's fundamental duties is to keep FSC a safe, healthy place in which to recover, and making people who may have allergies or COPD (not to mention those who merely hate the smell of smoke clinging to their clothes) fight the smoke is not consistent with that responsibility.

And the hundreds of butts discarded everywhere but in the receptacle at the end of the sidewalk make a very negative statement about our pride -- or lack of pride -- in our club.

Handicapped Parking Doubles

Three new handicapped parking spaces have been added to our lot, making a total of six. When you use a space, please be sure your handicapped identification is prominently displayed.

WI Association Conference Coming to Madison

The Wisconsin Association of 12-Step Clubs will present a day-long conference to help boards better serve their clubs at Northport Alanon, 1017 Northport Drive, on Saturday, May 10 from 9 to 4 (registration at 8:30 a.m.) Topics will include board development, grant writing and fund raising, low-cost software for non-profits and much more. If you're on the Board or think you might be someday, this is for you!

For registration info contact Tonya E. at 608-848-3110.

What's Happening at FSC is produced monthly as a service to those who use the Fitchburg Serenity Club. **To receive a free email copy of this news page (or to un-receive it), contact Linda M: linty1@mac.com or 608-278-8689.**



Heart Cards

Bridget B.

One of the great gifts of recovery is learning to accept ourselves (and others) exactly as we are, with our strengths and our flaws. Working the 12 Steps has helped me let go of copious

unconscious shame. Toxic shame that had a stranglehold on my life.

In Steps 4 and 5, I learned to discern the "exact nature of (my) wrongs." This means, I learned to stop pointing my finger or bludgeoning myself, and really look at where I had been selfish, dishonest, self-seeking, frightened or inconsiderate.

Moreover, I learned to recognize and admit my part in every difficult relationship in my life, whether with a person, place, or thing. And a hidden benefit of mucking through the wreckage of my past, was uncovering and discovering my gifts.

Wow! This is who I am--a spirited, uber-creative person; a dyslexic, who loves to write; a people pleaser turned people lover; a perfectionist turned contemplative; a self-taught artist who bends toward poetry like prayer; the proud Mama of a mixed-race son whose native blood reminds me to tend the earth and all living things; the author of two heart-centered novels; an engaging teacher; an inspirational speaker; a writing and creativity consultant; a yoga teacher in training; a gay person who calls herself a "salad-bar spiritualist" who takes what she likes and leaves the rest, and splits her time almost equally between Buddha and Jesus. (Fortunately, they are both good at sharing.) Finally, I strive to be a loyal and loving partner, mother, aunt, friend, and sponsor--who loves to laugh!

One day, doodling during a meeting, I discovered that when my hands were busy, I could focus more clearly. So I started a series of "Heart Cards," which I now love to share with the world. Working the steps and attending meetings has helped me "see" that with my Higher Power's help I can stop hiding out and share my gifts, my own unique self, with the world.

Thank you for your recovery, it makes mine possible!

Black Ink/ On White Paper

Anthony Hendricks

Black ink,
On white paper,
Words appear
Upon a page.

Out of diapers
I toddled across
The floor,
Opened the door,
Went to school
To learn my letters,
And letters
Put together
Form words,
And words
Mean something.

Black ink,
On white paper,
The first word
"A"
An article of faith
Which leads
to another,
and another
cascading
into a chain
until a spark flashes
something ignites
the candle's lit,
a wind gust
fans the ember,
the camp fire
catches flame,
the hearth
blazes to life.



Sooner or later we all
walk on eggshells.

Welcome to RT!

After requests from FSCers and hemming and hawing by the editor, *Recovery Today* is here. We hope you like it, and if you do, we hope you'll contribute to it! Everything in *RT* will be by and for FSCers, which means you are vital to its success, so please follow Bridget B's lead and share your experience, strength and hope with us!

Why We're Here

(A Letter From Dave S's Son)
Thanks for sharing, Dave!

Dad --

Words cannot explain how proud of you I am. I am amazed by the fact that at one point in my life you couldn't be a role model for me, but here you are today as one of my biggest inspirations. I'm sure that your road to recovery has been one of the most difficult things you've had to do, and the fact that you've fought for recovery with such dedication and passion is so incredible. While there are a number of reasons as to why I have chosen to avoid alcohol, you top the list. As of today, I have yet to get drunk or abuse drugs, which is primarily due to the fact that in the past four years, you've shown me that it's possible to live a fulfilled, wholehearted life without alcohol and drugs. Know that I am with you on every step of your journey and that I'm so proud and amazed of how far you have already come.

I love you.



Linda M.

Recovery Today is produced as a service to those who use the Fitchburg Serenity Club. We welcome your **original** contributions, whether writing, art, music, photography, whatever. Send them to Linda M: lilty1@mac.com or call 608-278-8689.