



Thought for the Day

Bob Martin publishes a "Thought for the Day." They are posted on the following weblog or "Blog": <http://recoverythought.livejournal.com/>

Just type in the address and hit enter. Some people bookmark the site. Suggestions are welcome at bobmich@mac.com.

The daily thoughts are a collection of quotes, stories and reflections of a spiritual nature for use in prayer, reflection or discussion.

Moving? Change of Address?

Name: _____

New Address: _____

Phone: _____

Fax: _____

Email: _____

Send to: Guest House - Outreach Dept.
1601 Joslyn Road
Lake Orion, MI 48360

Phone: 800-626-6910

Fax: 248-391-0210

Email: bbooker@guesthouse.org

PLANNING AHEAD? FUTURE EVENTS OF 2010

Regional Seminars

"Stress Management in Ministry"

Presenter: Bob Martin

●Lake Orion, MI

Scripps Mansion, Lake Orion, MI
June 7-10, 2010

●Duxbury, MA

Miramar Retreat Center
June 21-24, 2010

Registration Form included with this mailing.

34th Men's AA Retreat

Scripps Mansion, Lake Orion, MI
Presenter: Rev. David Raterman

April 12-15, 2010

Brochure included with this mailing.

Alumni/Alumnae Association

Conference & Reunion

Scripps Mansion, Lake Orion, MI
Presenter: Fr. Tom Weston, SJ

August 3-5, 2010



WEBSITE:
WWW.GUESTHOUSE.ORG
THE ALUMNI PAGE CAN BE
REACHED BY CLICKING IN THE
TOP RIGHT CORNER



Guest House®

Alumni/Alumnae NEWS AND NOTES

INSIDE THIS ISSUE:

"Proverbs" Continued from Page 1	2
Request for Email Addresses	2
Message from Executive Director M.E. Merrick, IHM	3
Quick & Easy Recipe	3
Thought for the Day	4
Change of Address?	4
Planning Ahead? Future Events of 2010	4

" PROVERBS " BY BOB MARTIN

When we were children, we learned what our parents taught us by way of rules and words of wisdom like "Eat all your vegetables," "Brush your teeth after eating," "Say your prayers before you go to sleep." Later we were told "Finish your homework before you go out and play," "No fighting with your sister!" and "Respect your elders." Every family has some. Every culture has some.

Our parents, teachers, and friends taught us lessons of life. Every time we open a prayer book or attend Mass, we expect to hear more lessons. Scripture is full of them. Proverbs! Guidelines! Words of Wisdom! "A chain is only as strong as its weakest link." "It's better to give than receive." The list is long and usually well respected.

Alcoholics Anonymous has quite a few words to remember, too. We call them slogans. Regardless of what we call them, they become part of our lives—sometimes lifesavers. AA groups stress "Live and Let Live," "Easy Does It," "But for the Grace of God," "Think, Think, Think," "First Things First." With the first words of these slogans, some people like to make another slogan: "Live easy, but think first!" Not too bad! Let's not forget, "Keep It Simple," "One Day at a Time," and "Let Go and Let God." Those words have kept thousands of recovering people on the road to sobriety and recovery.

Google lists 308,000 sites for these slogans and phrases of AA. At a recent meeting, we discussed some of the "proverbs" we have learned that have helped us along the way. I'm sure each of us has come to rely on other favorite sayings. The following are a few that stand out for me.

"You can be right, or you can be happy." I have long believed in the importance of being right. In school we were taught the importance of getting the right answers on tests. Most of us know how important it is to be accurate in the performance of our duties at work. Accurate data is important. I remember many years ago the TV show, 'Dragnet' and Sergeant Joe Friday saying, "Just the facts." Unfortunately, being right all the time has a down side, too. It can take a tremendous toll on our relationships. Misunderstanding, arguments and hurt feelings result when your facts and my facts are different. We end up making mountains out of molehills. Sometimes disagreements occur over important and even vital information. Sometimes being "right" about how to squeeze the toothpaste or which way the toilet tissue sits on the roller can blow up into major problems. It's very human to want to be right or to want to be in control. But sometimes when we're right, or the other person is right, we end up unhappy and angry. Other people can become very unhappy because of our need to be right. "You can be right or you can be happy." But often you can't be both at the same time. It's amazing how the atmosphere at home or at the office is transformed when we let go of the need to be right all the time.

Another favorite of mine is, "A bend in the road is not the end of the road, unless we fail to make the turn." In life, things often happen which result in upset feelings such as anger or resentments. This phrase reminds us that very few of those events last forever. They come and they go. A similar saying is, "How much will this matter a year from now?" Successful and happy people need to adjust their attitude in order to deal with upsetting events on an almost daily basis. "God grant me the Serenity...."

continued on Page 2



Edited by
Bob Martin

Staff
Belinda Booker

“ P R O V E R B S ” C O N T F R O M P A G E 1

At times, all of us need to go along with the changes life presents us. When upsetting changes are thrust upon you, such as new reports demanded by bosses or changes to “the way we always do things around here,” we need to adjust to them or we suffer. A friend reminded me that no one gets into our head, to interfere with our sleep or our prayers, without our letting them in. One of the priests attending the Regional Seminar last week summed it up this way when upsetting things happen – “Anybody dead? If not, let’s work back from there.”

“No is a complete sentence.” One of the unhealthy needs that some of us have is to constantly explain ourselves. Often, we can only say “no” to requests if followed by lengthy explanations. We don’t have to do that. We don’t have to be on the defensive with others. ‘No’ is enough. People may not be happy when we are unable to fulfill their requests, but it’s not our job to make everyone happy. I heard a priest say once, “No is not a Jesus word.” He was referring to something he picked up along the way. We were both able to have a laugh at that one. It’s in our nature to want to serve others. When we have to serve others in order to feel good about ourselves, we cross into unhealthy behavior. It’s okay to say “no” without justifying it.

“Hurt people hurt people.” We all know people who are negative and angry and seem to push others away. Unfortunately, there are priests and religious who seem to push others away instead of invite them to share God’s love. That’s a shame. My experience is that people act that way for a reason. Some call it a need for power or control. The closer I look, the more I see people who have never learned to deal with the hurts and abuses they experienced along the way. Meanness doesn’t happen overnight. Hurt comes from lots of sources, but mostly from being hurt ourselves. Thus the saying, “Hurt people hurt people.” By living in today and letting go of or learning how to deal with past hurts, we become more tolerant and loving people ourselves.

“No one among us has been able to maintain anything like perfect adherence to these principles.” This one, of course, is a quote from Chapter 5 in the Big Book. It reminds me how unhealthy it is to judge others about working their program – or living their life. No one likes to be judged. But it’s so easy to be good at judging others. What I sometimes hear in AA meetings is that there is only one way to work the program – the way I do it! It’s important for my serenity and humility to read the Big Book sentence over and over and to apply it to my life. No one is perfect.

“Forgiveness is giving up all hope of a different past.” It’s really about letting go. It’s done. Whatever the cause of the hurt we experience, we will never get that moment back. Living one day at a time is important to recovery. We try not to live in the future with the anxiety it may present. And equally important, we try not to live with the guilt and

shame of the past. We literally have no hope of ever changing the past. Yet many of us do hold on to old hurts and angers. Old anger, of course, is resentment – referred to in the Big Book as “the number one offender.” Forgiveness is never about others and what they did or did not do. Forgiveness is always about us. It is a choice to stop living with things that cannot be changed. Forgiveness is also not about what others must do to make up for past hurts. It’s just about letting go. The past will never change. It’s better to make peace with the past so we don’t mess up today.

“Thy Will Be Done.” This familiar phrase was lost to most of us during our drinking and using days. During our active alcoholism and addiction, the prayer most familiar to us was “Thy will be changed.” Recovery makes us healthy in many ways – but especially in our spirituality. Addiction always damages our relationship with God. Always! And, of course, some people show more damage than others. A priest told me once after a lecture on Step 3, “It’s hard to turn our will and our life over to God when we’ve been busy playing God.” Wow, what insight. So many of us become self-centered and self-focused in so many unhealthy ways. No one escapes some level of spiritual diminishment. During discussions of Step 11, many are heard to say, “But, I already pray.” Maybe – maybe not! But what we need is more reflection on what the 11th Step asks of us, “praying only for knowledge of God’s will for us and the power to carry that out.” Is there a difference between saying prayers and praying? Is there a difference between reading a prayer and praying? Is there a difference between leading prayers and praying? Is there a difference between asking for our wants and wishes, and praying only for God’s will for us and the power to carry that out?

There is an unlimited store of wisdom passed down through the ages. Proverbs! Words of Wisdom! Slogans! Perhaps I can close with the suggestion that you spend some time reflecting on some of the words of wisdom you hear every day.

REQUEST FOR EMAIL ADDRESSES

Simply send an email to bbooker@guesthouse.org and put “email address” in the subject line. We will add your email address to our alumni contacts and you will receive future alumni communication from Guest House by email. It’s that easy!

If you do not send us your email address you will continue to receive alumni mailings as you have in the past. Thank you for doing your part to help Guest House fulfill its mission.

MESSAGE FROM MARY ELLEN MERRICK, IHM

The new year of 2010 ushered in a new chapter and ministry in my life. On January 4th I stepped into my office at Lake Orion to assume responsibilities as the Executive Director of the Women’s Treatment Program. I had been privileged to be a member of the Advisory Board for this endeavor since 1996 so I wasn’t a complete rookie coming into this role.

As a pastoral psychologist I have framed my clinical practice around the integration of spirituality and psychology. I also had a desire to work with other women religious with various issues of addiction in their lives. Having started at St. Luke Institute in 1983 where I worked with clergy and women and men religious, I developed an attitude of viewing vowed and ordained

individuals as the most important resource any group has. However, when issues of addiction intrude and capture the body, mind, and spirit of someone who has dedicated his/her entire being to the service of God and God’s people, the person is hindered from fully living into promises made. At Guest House we believe the approach to the brain disease of addiction incorporates the progression of the illness and also addresses the vocational choice of the women and men we seek to serve. So, it is with great humility, enthusiasm, and hope that I have begun this ministry to my sisters and brothers who are part of the Guest House family.

Mary Ellen

WWW.GUESTHOUSE.ORG
THE ALUMNI PAGE CAN BE REACHED
BY CLICKING IN THE TOP RIGHT CORNER

Quick & Easy Recipe

Portabella Mushroom Sandwich

Ingredients:

1 large portabella mushroom, stem removed
1 tsp. olive oil
1/8 tsp. salt, or more to taste
2 dashes ground thyme, or more to taste
1 tbsp. fat-free mayonnaise
Dash cayenne pepper, or more to taste
1 stick light string cheese
1 light English muffin
1 tsp. light whipped butter or light buttery spread
2 dashes garlic powder
1 thick slice red onion, all rings intact
1 large slice tomato
1/2 cup shredded lettuce

Directions:

Coat both sides of the mushroom with oil and sprinkle with salt and thyme. Gently rub the seasonings into the mushroom and set aside.

Season mayo to taste with cayenne pepper. Mix well and set aside. Pull string cheese into pieces and set aside as well.

Split apart your roll and spread the inside with butter. Sprinkle with garlic powder.

Bring a large skillet or a grill pan sprayed with nonstick spray to medium-high heat. Place roll halves in the pan with the buttered sides down. Once warm and toasty, remove and plate with the buttered sides up.

Place mushroom in the skillet/pan, rounded side up, along with the onion, side by side. Cook for 5 minutes, and then flip both.

Top mushroom evenly with cheese, and cook for another 5 minutes, or until cheese and veggies have softened.

Place mushroom on the bottom half of the roll. Top with onion, tomato, and lettuce. Spread the buttered side of the roll’s top half with mayo, and finish off your sandwich with it. Now CHEW!

MAKES 1 SERVING

Serving Size: entire sandwich

Calories: 263

Fat: 10g

Sodium: 827mg

Carbs: 33.5g

Fiber: 7.5g

Sugars: 6.5g

Protein: 14.5g

