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TRIVIAL MATTERS

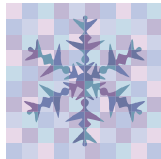
A Recovery Intl. Quarterly Newsletter For The Utah/Wyoming/Nevada Area

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Welcome to the Fall/Winter issue of our Area's quarterly newsletter. We hope you find this edition

informative. As always, if you would like to include articles, testimonials, or offer a Recovery example of your own, just let us know. We'll be happy to feature your input in upcoming issues. Please mail your examples etc. to Area Leader Karen Allgood at: 3258 West Bradford Park Dr., West Valley City, Utah 84119, or email to: karen4recovery@yahoo.com.◇

Utah Recovery Celebrates Its 40th Anniversary

That's right! Forty years ago Laura Haggard started the first Recovery Inc. program in Utah in 1969 at the Salt Lake City Public Library.

Thanks to Laura's dedication to the Recovery self-help mental-health method, the Utah Recovery Area continues to thrive today with six meetings throughout the state as well as supporting two meetings in Nevada and one in Wyoming.

Ten years ago, the Utah Area held a 30th Anniversary Celebration, featuring Laura Haggard as a guest speaker. Our Area was also honored that night to have Dr. Low's daughter Phyllis Low Berning in attendance. Phyllis gave a touching presentation about life with her father and also detailed the history of Recovery.

On this fortieth anniversary, our Area remains grateful for founder Dr. Abraham A. Low and his Recovery Method. Recovery has helped so many of us in our daily lives. On this anniversary, we'd like to take a moment to peek into the past at how Recovery found its way to our region. The following is an excerpt from a *Deseret News* article written by Lois M. Collins in April of 1991, discussing the formation of the Utah Recovery Chapter:

Being perfect wasn't a goal for Laura Haggard. It was a need.

"I was terrified of making a mistake," she recalled. She slipped into another depression, "unable to plan, act, or enjoy" life.

"My psychiatrist was wonderful," Haggard said, "but no matter how dedicated the doctor is, you can't be with him all the time. You have to find ways to help yourself."

She suffered from "nervous" disorders, with symptoms that can include sweating, anxiety, heart palpitations, tension headaches, fear

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of being alone, fear of having company, fear of crowds, fear of open spaces—fear of almost anything.

A desire to be part of her own solution lead her to form a Utah chapter of Recovery, Inc., a national volunteer organization that uses techniques of its founder, the late Dr. Abraham Low, to control temperamental behavior and change attitudes toward nervous symptoms and fears.

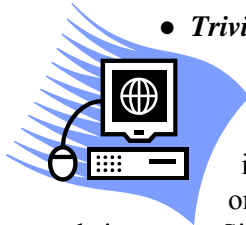
The program has helped Haggard. She returned to school and got a degree, then worked toward a master’s degree. She conquered fear and got a job.

“When I started with Recovery, back in Michigan, I didn’t like the method at first,” Haggard said. “I thought it was dumb. But I learned mine is not a unique situation, that I had to take responsibility for my mental health but there was hope for me. I met wonderful people who didn’t coddle my feelings or pamper my thoughts. And I learned to change my thoughts from insecure to secure. I have the courage to act.” ◇

Recovery Spot Of The Quarter
For obsessive thinking try the tool of: **Spot, Stop, and Drop.** Meaning **SPOT** the obsessive thought, **STOP** it in its tracks, and **DROP** it by replacing it with a **secure/healthy thought.** Repeat as needed until the obsessive thought is defeated.

Area News and Commentary

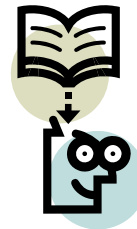
● **Getting Our Party On!**—The Utah/Wyoming/Nevada Recovery Area will hold its annual holiday party on Saturday, December 5th, at 6:00p.m. at the Windsor Estates Clubhouse, located at 3200 West Bradford Park Drive (on the corner of 2800 South) in West Valley City, Utah. Please bring your favorite potluck dish. Party games, prizes, and holiday desserts will be provided. Friends and family are welcome, however no young children please.



● **Trivial Matters Is Now On The ALSHS Website**—Our Area Newsletter is currently posted on Recovery’s website. Simply log on to: www.lowselphelpsystems.org, and click on the Press Room to check it out.

● **Extra, Extra, Read All About It**—Recovery has a new book! *The Wisdom of Dr. Low—Words to Live By* is now available for \$20.00 on the Recovery website. Our very own Regional Leader Cliff Brown helped organize this book into a compilation of Dr. Low’s inspiring words for easy reference. It’s a must-have for seasoned Recovery participants and is ideal for people just looking for daily affirmations or encouraging words for a specific problem. By perusing the table of

contents, readers will find quotes on a myriad of Recovery subjects. In addition, there is a section titled, “Dr. Low on himself,” where Dr. Low shares intimate personal reflections about his own struggles in life.

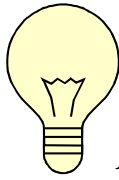


Speaking of books, our Nevada Group Leader Hal Goldblatt, who has been a Recovery Leader for over twenty-two years, has written a book titled, *Anger: A practical Guide to Anger Management*. He was motivated to write this guide after spending years trying unsuccessfully to deal with his own anger. It was only after being introduced to Recovery International that he was able to overcome his anger. The book sells for \$9.95 plus shipping on Amazon.com, and he plans to donate a portion of each book sold to Recovery. For more information, visit the book’s website at: www.handlinganger.info. As the website for Hal’s book states, “Anger is part of our everyday life. It is not whether we have it—everyone has anger. Rather, it is what we do with it that makes the difference between an angry person and a calm one. Anger can blind us to many things. Anger can ruin our health and relationships. Using the simple tools provided in this book will help you to recognize your anger, deal with it and keep it from coming back. The result? A happier, more productive life!” ◇

The Wisdom Of Dr. Low:

"The public at large considers temper the legitimate offspring of 'human nature' and thus declares it as unalterable and inaccessible to education as 'nature itself.' Recovery rejects with vigor the claim to unalterability and brands uncontrolled temper as the illegitimate offspring of a public opinion oblivious to its duties and responsibilities. To Recovery, heredity is no brief for an unrestrained laissez-faire attitude, and 'nature' no carte blanche for domestic cruelty. Both patients and relatives are made to realize that the 'nature' which they inherited is subject to the influence of training and self-discipline. In emphasizing the necessity for self-discipline the author does not intend to assume the function of a moralist or uplift crusader but to perform the plain duty of the physician whose pursuit is to cure effects by removing their causes."

(Found in Dr. Low's book, *Peace versus Power in the Family*, pg. 71-72. These quotes are compiled by our Regional Leader Cliff Brown and edited by Dr. Low's daughter Marilyn Low Schmitt.)



"Spot"-light On Policy And Procedure

From time to time it's helpful to review our organization's policies and procedures found in the *Leaders' Guide*.

This issue's "Spotlight on Policy and Procedure" pertains to the qualifications of Group Leadership, specifically the need for Group and Assistant Group Leaders to regularly attend the Area Leadership Meetings.

Leaders' Meetings were structured and established by Dr. Low. They provide continuous leadership training not only to the Leaders but also to Assistant and Prospective Leaders.

The Utah/Wyoming/Nevada Recovery Area conducts its Leader Meetings via group telephone conference calls. Starting January 1st, our Leader Phone Meetings will be held every other month on the third Saturday at 11:30a.m. Our Area requires its Leaders to attend at least three of the six Leaders' Meetings throughout the year. If a Leader is unable to attend the Area's scheduled conference calls, he or she may join the alternatively scheduled Leaders' conference calls conducted by Recovery's headquarters. These meetings are offered twice a month: The daytime meetings are held the second Tuesday of each month from 2:00-3:00p.m. Eastern Time, and the evening meetings are the fourth Wednesday of each month from

8:00-9:00p.m. Eastern Time. Simply call 1-712-775-7100 and enter access code 756760. No reservations are needed, but you will be responsible for paying the long distance call from your phone. Leaders must advise their Area Leader of attendance at these alternative meetings.

Attendance at Leaders' Meetings provides the communication among Leaders that is so vital to an Area. The benefits of regular attendance include receiving clarification of policies and procedures, realizing that Leaders' problems are average, offering encouragement to other Leaders, and keeping up to date on the latest happenings within Recovery International. ◇

Getting To Know Our Members: Meet Las Vegas, Nevada's Group Leader Hal Goldblatt



Trivial Matters: Please tell us a little about yourself.

Hal: I grew up in a middle-class neighborhood in Southern California. I have an older brother that likes to play games. Game playing is a multi-billion dollar a

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year industry. Many people like to play games, but sometimes the games they play affect other people's lives. My brother likes to argue for the sake of arguing. Not that he really thinks he is right, but just for the stimulation of the argument. This is the game he plays. Growing up, my brother would always tease me or argue with me about anything and everything. I developed a sense of shame, because according to my brother I was WRONG about everything I did or believed in. Over time I bought the message that I could do no right, and just accepted that I was always wrong. This affected my relationships, my school work, and everything I tried to do. Over time it got worse and worse until I sought professional help. I got very little relief until one day a friend introduced me to Recovery International. I knew I needed to change and this seemed like a place where I could learn to change.

TM: How long have you attended Recovery meetings?

Hal: 22 years. I became a leader after only 3 months attendance because it was something I feared and dreaded to do. Even today after 22 years when new people come to a meeting I get reminder symptoms. I have seen many people come to Recovery with such anger issues but not knowing what they are angry about. They leave thinking Recovery can't help them. I wrote a book on Anger to help these people realize their anger and then hopefully they can start dealing with it.

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Weekly Group Meeting Schedule

(Meeting information may change. Please call to verify.)

Northern Utah:

Centerville
 Fridays 2:00-4:00p.m.
 Group Leader: Judy Gilmore
 Phone: (801) 860-3146
 Centerville City Library
 45 South 400 West

Central Utah:

Kearns
 Saturdays 1:00-3:00p.m.
 Group Leader: Karen Allgood
 Phone: (801) 419-2214
 Kearns Library
 5350 South 4220 West

Midvale
 Mondays 5:00-7:00p.m.
 Group Leader: Baerbel Osborne
 Phone: (801) 596-2944
 Valley Mental Health
 7434 South State Street

Orem
 Wednesdays 7:00-9:00p.m.
 Group Leader: Ron Cottle
 Phone: (801) 318-0354
 Orem Community Hospital
 371 North 400 West

Southern Utah:

St. George
 Tuesdays 11:00-1:00p.m.
 Group Leader Shannon
 Martindale
 Phone: (435) 634-8403
 Santa Clara Library
 1099 North Lava Flow Drive

Southern Utah (Continued):

Washington City
 Thursdays 5:30-7:30p.m.
 Group Leader: Jay Finlayson
 Phone: (801) 455-4993
 Washington City Library
 225 North 300 East

Wyoming:

Evanston
 Mondays 4:00-6:00p.m.
 Group Leader: Kathy Barton
 Phone: (307) 679-7589
 Uintah County Building
 350 City View Drive

Nevada:

Henderson
 Tuesdays 6:00-8:00p.m.
 Group Leader: Annie Sattler
 Phone: (702) 897-1929
 Christ the Servant Lutheran
 Church
 2 South Pecos Road

Las Vegas
 Mondays 7:00-9:00p.m.
 Group Leader: Hal Goldblatt
 Phone: (702) 258-4062
 Chabad of Southern Nevada
 1261 South Arville

*Web: www.lowselfhelpsystems.org
 Utah/Wyoming/Nevada Area Phone:
 (801) 966-5991*

Quarterly Quote

(Can you see a Recovery spot in the following quote?)

"People are never so trivial as when they take themselves very seriously."—Oscar Wilde

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TM: How did you discover the Recovery meetings?

Hal: A close friend saw I was struggling with life and suggested I try Recovery. He took me to my first meeting and I had no clue what was going on but he told me I had to have the patience to wait and I did.

TM: What is your favorite Recovery spot?

Hal: Moving your muscles.... The resolute of the muscles will overpower the defeatism of the brain.

TM: What do you enjoy doing in your spare time, such as hobbies, interests, and/or sports?

Hal: I like to take pictures, sail, play chess, chat online and read science fiction. I have a website for my photography at: www.halgoldblatt.com. ◇

Psst, Have You Heard About The Number 68?

Excerpted from an article written by Chris Jorgensen, Director of Marketing and Communications, in the ALSHS Newsletter, "The Total View," Volume 6, Issue 1.

The number 68 is important to Recovery International, because it is the percentage of people who came to Recovery after learning about it from a family member, friend, or professional. Sixty-eight.

Telling someone about Recovery and what it means to you seems

pretty simple, doesn't it? It won't cost you any time or money in developing or printing materials. It's a topic in which you are well versed. People in the marketing business call this, "word of mouth." Think about it. If you had an awesome meal at a restaurant, you would tell people. Well, you've found this awesome program that changes lives, so tell people about it. Tell your story. Tell the story of someone else you know. Share one of the tools with someone if they are struggling with a difficult situation. If you don't know what to say, or if you have fearful temper, that is average, and we also have help for you. Tell people to check out our new website or to visit our Facebook page, where they can see firsthand how Recovery International helps people help themselves. We have plenty of written and video testimonials, lots of information on The Method, tools, meetings, etc., and we continue to add more as the days go by.

What if we did this? What if we encouraged every one of our group members to tell one person a week about Recovery? What if that person either came to a meeting or told someone else, who told someone else, and so on? Think of the impact that would have on people who really could use the help we provide. So, think of 68. This is a number, but it is also an indication of lives that have been changed because someone told someone about Recovery International. ◇

Recovery In Practice: Featuring An Example From Julie Inmon Of The Kearns, Utah Group

This happened a while ago. I was driving down the road with my daughter, just talking and laughing, when this truck pulls out in front of me, causing me to brake hard, and hitting my child's head on the dashboard of the car. Needless to say, I was having Angry Temper. I didn't want to be behind an idiot. I switched lanes and then got in front of him. He kept rolling up on me, yelling and swearing at me, and following me very close. At the next intersection, I turned left, and the guy followed me.

Suddenly I had many symptoms. My brain was telling me he was drunk and that he may have a gun. My heart was beating faster, my eyes were fuzzy, and I feared for us. My brain was going crazy with a million bad thoughts.

That's when my Recovery kicked in. I can't help my child, (who is a nervous person herself), nor help myself in this condition. I tried to think good thoughts instead of the dangerous thoughts. I spotted that there was a police station just ahead and that I had choices a many. I spotted Security vs. Insecurity. I knew I could handle this. Like I said, I had choices: to turn, to stop, to go in to the police parking lot etc., and I spotted Peace vs. Power. So I slowed down, he went around me, and then got in front of me. That was a small price to pay! Just

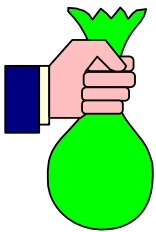
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by changing my thoughts. (Thanks, Recovery.)

Before my Recovery training, I would have slammed on the horn and driven around the guy's truck, flipping him off, and then I would have gotten back in front of him and braked a time or two. I never would have been able to change my thoughts to think securely, and most likely the situation would have ended badly. ◇

Treasury Matters

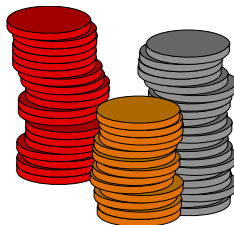


Thank you to all who have donated to our Voluntary Contributions baskets over the past year. Our treasury *does* matter. The suggested

weekly contribution is \$5.00 per person. With the cost of therapy and medication increasing, our Recovery meetings are a great bargain. Please know that we always want you to attend, regardless of your ability to contribute.

Note: Our Area checking account is changing over to our organization's new name: Abraham Low Self-Help Systems.

Please note this when writing your next check to Recovery. Thank you. ◇



A Special Thank You To Our Meeting Volunteers

According to the *Recovery Leaders' Guide*, it is beneficial to involve as many members as possible in routine functions such as arranging the room, placing literature on the table, setting out refreshments, cleaning up after the meeting, and welcoming newcomers. Such sharing of responsibility helps to establish good group morale. It also gives members an opportunity to practice group-mindedness, develop self-leadership, and can be the first step in the process of encouraging a member to become an Assistant Leader or Group Leader.

Our Recovery Area receives support from many of our group members region-wide. Here is a small sampling of a few that we received from our Group Leaders:

Dorothy Allgood—Maintains the Recovery Area Phone Line from within her home.

Debbie Hicks—Creates fliers for the Recovery Area's Weekly Meeting Schedules and The Area Holiday Party.

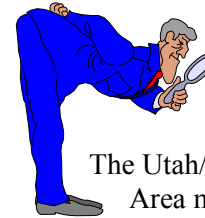
Mary Lou Hughes—Makes Recovery photocopies and helps welcome newcomers for the Evanston, Wyoming Group.

Julie Inmon—Recently answered our "call for volunteers" to post weekly Recovery ads on Craigslist.

Sam Matyjasik—Steps in to lead meetings in the Salt Lake City area when our leaders are unable to attend.

A special thank you goes out to not only the volunteers listed above but to *all* of you who have been group-minded in helping out at our meetings. Volunteering brings a feeling of shared responsibility, mutual support, and the development of self-leadership.

Endorse, endorse, endorse! ◇



Area Statistics

The Utah/Wyoming/Nevada Area maintains nine meetings throughout the region. Here is a glance at our Area's stats for the fourth quarter of 2009:

Average Attendance/Meeting = 6 Attendees. *(The highest attendance for the fourth quarter goes to Karen Allgood's Kearns, Utah group with an average of 9 attendees per meeting. Way to go, Kearns!)*

Average Voluntary Contribution = \$2.60 Per Person/Meeting. *(The highest contributions for the fourth quarter goes to Jay Finlayson's St. George, Utah group with an average weekly donation of \$3.83/person. Good job, St. George!)* ◇

That concludes the Fall/Winter edition of our Area Newsletter. We will be switching our newsletter from quarterly to biannual beginning in 2010. If you would like to contribute to upcoming issues, we'll be happy to feature your input. Until next time, have a good, "average" holiday season. See you at the next meeting! ◇

