

Contact Numbers

Serenity Lane
Alumni Office
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Eugene, OR 97401

Information:
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541-284-8620

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National Websites:

Alcoholics Anonymous (AA)
www.aa.org or
www.alcoholicsanonymous.org

Narcotics Anonymous (NA)
www.na.org

Cocaine Anonymous (CA)
www.ca.org

For Family & Friends:
Al-Anon & Alateen:
www.OregonAl-Anon.org

Adult Children of
Alcoholics (ACA)
www.adultchildren.org

Serenity Lane...
1-800-543-9905
www.serenitylane.org

Stepping Together

Summer 2009

Serenity Lane's Alumni Newsletter

Saving lives and helping put families back together since 1973

**CONGRATULATIONS to Don G., our \$200
"Aha Moment" Contest winner!**

**Something
has got to change!**
by: Don G.

She stood in front of me; her face expressionless and her eyes unblinking as she set the two empty bottles on the table in front of me and said in a voice that left no room for me to misunderstand her meaning: "Something has got to change!"

What that "something" was had finally become obvious. My drinking was out of control and the lengths I had gone to in the last few years to secure, hide and consume ever increasing amounts of alcohol was now staring me in the face. For the first time, I was speechless. I had no excuse, lie or distracting argument to offer. Those empty bottles had suddenly become the final piece of "evidence" that was going to convict me of something I had been denying for much of my life and kept pretending wasn't true. I was an alcoholic who was powerless over alcohol and whose life had become unmanageable. Clearly, the "something" that needed to change was me.

She never said another word. She just turned and left the house. As I continued to sit at the table, staring at those empty bottles, the most incredible sense of peace suddenly washed over me. "It's over!" I remember saying to myself. "I don't need to do this anymore." And with that I got up, walked across the room to where the telephone was, and dialed the number for Serenity Lane. In that moment, I surrendered my self-will to a power I believed was greater than myself and took the steps necessary to turn my life and my will over to the care of someone else whom I believed could restore me to sanity. I hadn't even read the Big Book yet, but already I had taken the first three steps toward sobriety and a life in recovery.

Miraculously, my mental obsession with alcohol and the insatiable cravings for more that came with every swallow I had taken, were removed from me that morning and have never returned. During the three weeks of residential treatment, ten weeks of Intensive Outpatient care, and two years of Recovery Support that followed, I learned about the nature of my disease and was given a myriad of tools and resources with which to combat it. I am now nearing the three-year mark of my sobriety, and I give thanks to my Higher Power every day for the quality of life I have received in return.

From your Editor



Dear Alumni,

After a long rainy season, the sun has finally emerged from its hiding place, illuminating the beauty of the outdoors and ushering in a renewed sense of leisure. It's the perfect occasion to join us in celebrating recovery at Serenity Lane's annual alumni picnics in Eugene and Portland, where you can enjoy great food, exciting prizes and fun games for the whole family.

Summer is a season that was made for children, and I look forward to spending the coming months in a state of childlike enthusiasm. Whenever I have the opportunity to spend time with kids, I am struck by the thought that they have so much to teach me, reintroducing an atmosphere of curiosity, possibility and imagination. Instead of trying to control the behavior of children, we must remember to be receptive to their unique outlook and allow it to influence how we interact with the world. Sometimes wisdom comes from letting go of your assumptions and being open to new ways of thinking.

Life is often complicated and responsibilities can weigh us down, but through the eyes of a child, life feels simple and light. During our hectic routines, we should make time to study an interesting bug in the yard, do a cannonball dive into a pool, paint with our hands and dance like no one is watching. I hope your summer is full of spontaneity, creativity and adventure.

Have fun!

Shely Rahimi

Newsletter Committee:

Shely Rahimi
Angie Delaplain
Mary Daniels

Outpatient Happenings

Bend Alumni activities....

Central Oregon has proved to be a hotbed of alumni activity. Some months ago a dedicated group of Serenity Lane alumni got together and made official application with the state to start a Serenity Lane Alumni Association, complete with bylaws, officers and a calendar of events. They kicked off the year with scheduled organizational meetings, securing officers and volunteers for various duties and events. At their first potluckpicnic (see photo below) they brainstormed about ways to support and inspire new members. Drawing on their experience, strength and hope, they have fostered a plan which includes visits to SL Recovery Support groups, where they hope to bring encouragement, support and friendship to those newly on the path of recovery.



Serenity Lane's Portland Alumni Picnic

For Alumni, Patients, Staff and All Families

Saturday, August 15, 2009 3:30-7:30 pm
Food will be served starting @ 4:30 pm
Cook Park in Tigard

**Bring your whole family for:
Food, Fun, Games & Prizes!**



All about Addiction

10 CEU's are available.

Roseburg Tuesday Evening Educational Series

If you'd like to learn more about addiction and recovery, consider joining us for a dynamic 6-week Educational Series in Roseburg. Offered every Tuesday evening from 6pm - 8pm at our beautiful new facility at 2575 NW Kline Street, in Roseburg. The following topics will be discussed.

August 4th

The Disease of Addiction

Complete overview and pharmacology
Ronald Schwerzler, M.D.

August 11th

The Path from Dysfunction to Healthy Families

Moving from dysfunction to healthy boundaries
John De Smet, L.C.S.W.

August 18th

Addiction-Free Pain Management

For Chronic Pain Sufferers
Rip Sawyer, CADC I

August 25th

Co-Occurring Disorders and Treatment for the Chemically Dependent

Co-Occurring disorders
Kara Litwiller, L.P.C.

September 1st

New Strategies for the Opiate Dependent Patient

Buprenorphine in the 21st Century
Ronald Schwerzler, M.D.

September 8th

Medical Marijuana and Drugs in the Workplace

Legislative issues regarding Oregon Supreme Court Decisions
Jerry Gjesvold, B.S.

Kindly RSVP
541.673.3504



Serenity Lane's Alumni Picnic

For Alumni, SL Staff & Families!

Sunday, August 16, 2009

1 - 4pm

Alton Baker Park in Eugene, structure #2

Parking is FREE (or you can take the bus!)

Bring your whole family for:

**Food, Fun, Music,
Games & Prizes!**

Lunch will be catered by

"HOLE IN THE WALL BBQ"

From 1-3pm...Come Hungry! (Don't be late)



Address Changes/Deletions

Help us keep our mailing list current: clip and send this form to:

Serenity Lane Alumni Office
2133 Centennial Plaza
Eugene, OR. 97401

or email us at: alumni@serenitylane.org

We're going all digital soon. We encourage you to send us your email address, so you don't miss out on future issues.

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email: _____

Serenity Lane/Stepping Together
2133 Centennial Plaza
Eugene, OR 97401

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Inside:

**Something has got to
change!**

Editors Letter

Happenings

Picnic Reminders

**Roseburg Educational
Series**

Sometimes you feel like a nut....

If you think nuts are just another high-fat food, read on. The fats in some nuts are largely “good” fats. Nuts also provide vitamins, minerals and other nutrients. Adding 1.5 ounces of certain nuts a day to a low-cholesterol diet may reduce the risk of heart disease. Try these healthy nuts:

Pistachios rank high in lutein, a vision-friendly nutrient.

Walnuts are rich in an omega-3 fatty acid (ALA), which can reduce inflammation that can damage arteries. ALA can also raise good cholesterol (HDL) while lowering the bad (LDL).

Almonds contain fiber (which makes them filling) and vitamin E, a powerful antioxidant that may play a role in reducing the risks of some diseases.

Hazelnuts provide folate, potassium, calcium and magnesium - nutrients that may be effective against cancer, depression and hypertension.

Pecans supply phytosterols, plant chemicals that lower cholesterol levels.

In a nutshell.... Eat nuts instead of other foods that are high in saturated fats, and limit consumption to 1-2 ounces per day to avoid increasing your calorie intake. Also avoid pre-packaged nuts with added fat and salt.