

# The Atlantic Club's Recovery At the Beach

## SUMMER NEWSLETTER

*Life is..... by: Mother Teresa*

**Life is an opportunity, benefit from it.**

**Life is beauty, admire it.**

**Life is a dream, realize it.**

**Life is a challenge, meet it.**

**Life is a duty, complete it.**

**Life is a game, play it.**

**Life is a promise, fulfill it.**

**Life is sorrow, overcome it.**

**Life is a song, sing it.**

**Life is a struggle, accept it.**

**Life is a tragedy, confront it.**

**Life is an adventure, dare it.**

**Life is luck, make it.**

**Life is too precious, do not destroy it.**

**Life is life, fight for it.**

# THERE IS A SOLUTION....

## Recovery in A.A. – A Mother's Story By: Lynn L.

The other day I was talking with a friend about how our lives had turned out to be so very different than what our youthful imaginations had foretold years ago, and I had one of those moments of clarity when the realization came at me like a powerful blast that something so much greater and bigger than myself was at work in my life. Along with this realization came the complete understanding that this force, this indescribable power that has propelled me through my existence has become recognizable to me ONLY since I have had the spiritual awakening that comes from practicing the principles learned by taking the twelve steps of Alcoholics Anonymous. Wow! What a gift!

Maybe others experience the same epiphany simply through maturity, or through counseling or perhaps with the help of a spiritual mentor or advisor. Those avenues never worked for me. For you see, I am an alcoholic. I am the kind of alcoholic that is described so perfectly in the pages of the 'Big Book' of Alcoholics Anonymous and without the help of my higher power, the fellowship, the steps, and continued practice of the principles in my everyday activities, I am doomed to live a life of despair due to my inability to see the world through eyes of gratitude; Doomed to only see things through eyes of selfishness and self-centeredness which always turns out to be a misconstrued and unpleasant site.

As I said, I am an alcoholic. However, that certainly is not all that I am. I wear many hats and answer to many monikers, "Mom" is the one that warms my heart the most. My sons were ages 9 and 13 when I got sober in 2005 and for a long time I wished that the changes that have happened to me over the past decade could have come a bit earlier. I used to lament that had I gotten sober sooner I could have spared those two beautiful, innocent children from the horrors and confusion that comes from living with and being raised by a parent suffering from active alcoholism. But just like so many other things that I have planned and that I have fervently known to be the 'best way', more has been

revealed to me and today I am overwhelmingly grateful for things turning out exactly the way that they have.

While it may have been difficult at times for them, my children were old enough to remember not just what it was like to watch their mom suffer from active alcoholism, but also have been given the opportunity to watch that same mom recover from a seemingly hopeless state of mind and body. I am not talking about recovering from a physical injury or from a physical illness; I am talking about having a front row seat and being actively involved, themselves, in the process of recovery. A process that transforms our minds, our bodies and our souls; that transforms our families. That's huge.

The Big Book tells us that alcoholism is a family disease, but I can tell you first hand that the same family so torn down and beaten up by active addiction and alcoholism can recover and the individual members of that family unit can be made stronger and healthier and more grateful for having gone through all of the experiences together. I am certain that for every bad experience that my children can recall from the times when I was drinking, there are probably five or more positive ones that they hold in their 'stories' because of the program laid out in Alcoholics Anonymous. My family has grown over the past eleven years to include some of the warmest and loving and caring people I will ever know. These same wonderful people have become 'the village' that has helped me to raise my boys to become the fine young men that they are today. I shudder to think just what my sons' lives might be like today had it not been for Alcoholics Anonymous. Just another one of the many gifts of sobriety that I have been given by simply doing what so many others before me have done.

So, with Mother's Day soon approaching I find myself filled with gratitude for not only the life that I have been given by my higher power and the program, but more so for the life that we all have been given, my two outstanding sons included!

# Mental Health Awareness



- 🌿 Go lime green for the month
- 🌿 Support your local Mental Health organizations
- 🌿 Talk about your experience with others
- 🌿 Promote a healthy mind as well as body
- 🌿 Speak up against the stigma and educate
- 🌿 Share your knowledge with friends and family

## Integrated Care Co-occurring Disorders Treatment

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The  
*Whirling Dervish*

**Is Pain Medication the  
Gateway to Heroin?**

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**An Absolute Game Changer:  
Addiction as an Officially  
Recognized Subspecialty**

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**Fantasy Sports Fueling a  
Rise in Online Gambling Addiction**

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# Activities Corner

The Activities Committee at the Atlantic Club is committed to showing people in recovery how life can be rewarding as well as **FUN** without alcohol and drugs.

In March we had our annual Easter Dinner. We fed approximately 100 people. The children and the adults all had a fun time decorating eggs and hats for the contests. The food was delicious as always.

In April we held our annual Talent Show and Spaghetti Dinner. Unfortunately, we didn't have a large selection of performers this year but those that did perform were terrific. We also had a smaller than normal turnout for the dinner. The food was excellent and those that did attend were extremely happy.

In May we had our annual Springfest Yard Sale. We had a lot of donations to sell for which we were extremely grateful. We had a large amount of pre-sales, sales and post-sales. This event is very important to the club. The funds generated by this event enable us to hold more events and activities for the recovery community.

On June 26<sup>th</sup>, we are sponsoring a Family Fun Day in Recovery at Jolly Roger's. Wrist bands can be obtained at the Tidewater Café for \$15 for members of the Atlantic Club and \$20 for non-members. This includes unlimited access to the Water Park, Amusement Park and 2 mini golf courses from 10am until 6pm. This also includes a lunch that will be served in the

pavilion from 12pm to 1pm. Last year we had a great time and a large turnout.

On July 10<sup>th</sup>, we will be holding our very first Creativi-tea. We will be learning to paint on a canvas and our theme is "Passageways". We will be serving teas and food. Tickets can be purchased at the Tidewater Café for \$10 for members and \$15 for non-members. We are looking forward to this new experience.

On July 31<sup>st</sup>, we will be holding a member's appreciation lunch and art show. We are hoping to show the art that was created on the 10<sup>th</sup>. This lunch is free to members and a fee of \$10 will be charged if a member wishes to bring a guest.

September 8<sup>th</sup>-10<sup>th</sup> is reserved for our Sessions lunches. Lunch will be served from 11am to 2pm. The fee for this is \$5 for members and \$6 for non-members. The food is always great and the fellowship is very welcome.

On September 24<sup>th</sup>, we will be holding our annual Sunfest Yard Sale. We are already accepting donations for the sale.

We have, in the past, held many B.B.Q.'s for people in recovery. Unfortunately, we no longer have the help necessary to resume the B.B.Q.'s. We would like to hold them again for holidays such as Memorial Day, Fourth of July, or Labor Day. But we need people to help with the work involved. If anyone is interested in helping us, please attend one of our next meetings. Sunday, July 10<sup>th</sup>, Sunday August 7<sup>th</sup>, Sunday September 11<sup>th</sup>. Atlantic Club 10:30 am. We welcome new people with new ideas all the time.

# **Worcester County Warriors Against Opiate Addiction**

**Worcester County Warriors Against Opiate Addiction is a local movement aimed at providing resources, support and education for the loved ones of people struggling with opiate addiction.**

**<http://wocowarriors.org/>**



If you would like to contribute to this newsletter by writing a thought provoking article, sharing your experience, strength and hope in some area of recovery from any addiction or if you have a different idea please contact:

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There are also different areas of the newsletter that need writers. Questions, comments, concerns and burning desires are welcomed and encouraged.