

***GIVE YOURSELF THE GIFT OF RECOVERY  
This holiday season ...***



**Join us!**

**ADCARE HOSPITAL'S PATIENT &  
ALUMNI HOLIDAY CELEBRATION**

**WEDNESDAY December 29<sup>th</sup>, 6:00 p.m.**

**ADCARE HOSPITAL, cafeteria**

**107 Lincoln Street, Worcester, MA**

**Appetizers \* Desserts \* Speakers \* Karaoke**

**RSVP to Community Services: 508-453-3068 or [commserv@adcare.com](mailto:commserv@adcare.com)**

***Connect with AdCare on Facebook!***

***More recovery tips and happenings inside ...***



## ***STEP INTO RECOVERY MONTH with WALLY P., AA Historian and Author***



AdCare Hospital was pleased to sponsor **STEP INTO RECOVERY MONTH WITH WALLY P.**, Tuesday evening, August 30th at Independence Hall in Shrewsbury, MA.

AA historian and author, Wally P. gave an overview of the Twelve-Step movement in the early days when beginners meetings took problem drinkers through the steps in four one-hour sessions. This meeting format produced a 50-75% recovery rate.

Wally, who has a bachelor's degree in research chemistry and a master's

degree in statistics, never thought that he would become an historian. But his path from addiction to recovery and AA brought him to his work today.

Upon returning from the Vietnam War, Wally P. was addicted to opiates. For years he went from city to city and from drug to drug. Although Wally said that he could leave drugs alone, he came to realize that alcohol ruled him. AA helped him to discover a spiritual way of life that begins with the first step, surrender and acceptance of "powerlessness" over alcohol.



**AdCare Counselors  
Marty Miller and April Lionett**



**AA in the 1940's**

## **Holiday Alcathons & Narcathons**

### **2011 ALCATHONS**

St. John's Church  
44 Temple Street  
Worcester, Ma

### **Christmas**

Sat. December 24<sup>th</sup> starting at  
noon-through  
Sunday December 25<sup>th</sup>  
midnight

### **New Years**

Saturday December 31<sup>st</sup> at  
noon- Sunday Jan 1<sup>st</sup> midnight  
For a full list of speakers  
please visit:  
[www.aaworcester.org](http://www.aaworcester.org)  
508-752-9000

### **2011 NARCATHONS**

Everyday Miracles  
25 Pleasant Street  
Worcester, Ma.

### **Christmas**

Saturday, December 24<sup>th</sup>  
starting at noon-through  
Sunday, December 25<sup>th</sup>  
midnight

### **New Years**

Saturday, December 24<sup>th</sup>  
starting at noon-through  
Sunday, January 1<sup>st</sup>  
midnight

## *Tips for Coping with Holiday Stress*



**Feeling down? Get out! Go for a walk. A little sunshine can go a long way. It's good to connect with anyone outside of your door.**

**Keep busy; free time is not a good time! Fill your free time with meetings, support groups, hanging out with friends, even walking your dog. Completing three tasks a day is an achievement. Take pride in you!**

**Getting along with family is not always easy, be responsible for how you behave; you have no control over how your family acts. You can determine if you want to attend a gathering and how long you wish to stay. If you think a family event is going to be very stressful, take a friend along or have your sponsor handy.**

**You don't have to be in church to pray. Talk to God wherever you are!**

**Make a new tradition, volunteer! There are many groups and organizations that help underprivileged or hospitalized children, the homeless, the aged and the disabled at the holidays. No one can be depressed while they are helping others.**

**Take care of yourself; it is very easy to get caught up in the stress of the holidays. Plan good meals, take time to meditate or pray, reach out to friend or your sponsor and get out in the sun.**

**Have an attitude of gratitude. Wake up each day and be grateful for the many gifts in your life.**

*“Those who bring sunshine to the lives of others  
cannot keep it from themselves”*

**~ James M. Barrie**

# WCRN830



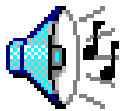
## TRUE TALK

WORCESTER • BOSTON

### Addiction & Spirituality

Pat Hastings, Author,  
Inspirational Speaker, Spiritual  
Life Coach

Tom Thelin, clinician at AdCare  
Outpatient Services Worcester



To listen, click  
on the hyperlink:

<http://800alcohol.blogspot.com>

### *"Coping with Addiction"®*

Every second Wednesday

Broadcast live from AdCare

Community Services, WCRN host  
Hank Stolz interviews experts in  
the field of treatment.

[Listen on Facebook](#)

*Spirituality* means

connecting with yourself

your higher power

other people.

*"People think recovery is about will  
power, but this doesn't work because  
alcoholism and drug abuse is a  
disease."*

*"The program is a spiritual way of life  
that begins with acceptance of our  
powerlessness over alcohol and the  
belief that a power greater than  
ourselves can restore us to sanity."*

*Massachusetts*

*Organization for*

*Addiction*

*Recovery*

*Please join us!*

People in recovery, families, & friends

**MOAR HOLIDAY FORUM**

December 13, 5:30 p.m. – 8:00 p.m.

Mechanics Hall, 321 Main Street, Worcester, MA

OUTPATIENT SERVICES

Boston • Quincy • North Dartmouth • West Springfield • Worcester, MA •  
Warwick, RI

[www.adcare.com](http://www.adcare.com)