

March

2016



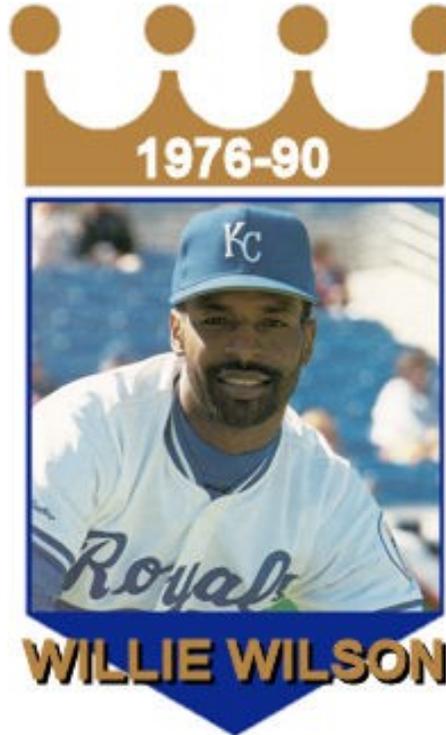
WELCOME HOUSE, INC.

CONNECTION

Recovery

Welcome House Third Annual Breakfast

The Welcome House Third Annual Breakfast Committee is pleased to announce that Willie Wilson, Kansas City Royals Hall of Famer, will be the keynote speaker at this year's event. Willie Wilson is a two-time American League All Star, a Gold Glove winner, and a member of the 1985 World Series Championship team. Mr. Wilson now leads the Willie Wilson Baseball Foundation which provides much needed support to the underprivileged in the Greater Kansas City Area.



For the third consecutive year, Tom Watson will be our special guest and has once again graciously offered to play a round of golf with two lucky guests (one will be selected by raffle, the other by live auction the morning of the event). This year's winners will also have the privilege of playing with Willie Wilson. Raffle tickets may be purchased on the Welcome House website at www.welcomehousekc.org.

The Welcome House Third Annual Breakfast is Wednesday, May 4, 2016 from 7:30 AM to 8:30 AM at the Overland Park Convention Center.

The event is once again FREE and hosted by Table Captains.

The First Annual Breakfast:

- had 41 Table Captains,
- who invited 424 guests,
- and raised \$118,442.

The Second Annual Breakfast:

- had 54 Table Captains,
- who invited 526 guests,
- and raised \$136,448.

This year our goal is 60 Table Captains and \$160,000 raised. **You may register to be a Table Captain at- www.welcomehousekc.org or call (816) 472-0760.**

There will be a Table Captains pep rally at Kelly's Westport Inn, Wednesday, March 2, 2016 from 6:00 PM to 7:00 PM.

Thank you all for your continued support and we look forward to seeing you May 4th!

Sincerely,

Grant Baumgartner,
Board Member &
Event Chair



Rusty Menaugh,
Communications &
Special Events
Manager



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T-Shirts 4 Sale



<http://www.ebay.com/itm/121861888196?var=&ssPageName=STRK:MESELX:IT&trksid=3984.m1558.12649>

\$20

A Mother's Perspective on Recovery, by Anonymous

A perspective from a mother:

I am very proud of my son for the progress he has made toward maintaining his sobriety. He is working two jobs, paying for his own bills, and has reunited with his family members. He attends AA, volunteers at his church restoring computers for mission trips, joined a running club, and recently ran his first half marathon. This is all quite remarkable after 22 years of addiction.

I reflect back to the early years when I saw myself as a good Christian mother that had a confident attitude toward raising her children. I was also a high school teacher, M.A. with years of training in psychology, behavioral disabilities, and drug and alcohol prevention. My children would never fall through the cracks under my watch!

But you already know how the story unfolds. I could not save my son. Nor could I save myself from feelings of guilt and failure. My family joined the millions of others fighting against this disease.

An unexpected series of events triggered a turning point for my son. He admitted himself into an inpatient recovery program. I was welcomed and encouraged to attend lectures, counseling, and small group sessions. It was easy to recognize that the physical, emotional, and financial loss from this disease affecting these people ranged from: prison time, jail time; broken marriages; loss of their own children; loss of jobs, homes, income; loss of family members and friends; and loss of health related issues. Each family, of each member, was pulled apart by this disease. Witnessing this suffering was staggering.

"You have to fight; you have to fight really hard for yourselves, to beat this disease."

I was surprised to be asked if I had anything to say to the members in a small group. A myriad of thoughts flooded my heart and

I heard myself say: I am so humbled to be here and listen to your stories. I can't image walking in your shoes, or knowing how I would cope if I, too, had this disease. You have to fight; you have to fight really hard for yourselves, to beat this disease.

Later, I asked my son why, when he was younger, he did not seek my help. He simply said, I did not want your help, I wanted



to drink. Sadly, it is difficult to reason with a chemically dependent brain.

This is critical to understand, because no amount of begging, scolding, bribing, threatening, punishing, rewarding, or demanding, 'if you loved me you wouldn't drink', will make a difference until that individual is ready to do battle against this disease.

"Sadly, it is difficult to reason with a chemically dependent brain."

But when the battle begins and the recovery process takes place, it's important to be non-judgmental, forgiving, supportive but not enabling, and wipe the slate clean. Surprisingly, each positive step also brings new complications. To increase your awareness, try giving up coffee, pop, unhealthy food, smoking, or an OCD habit, to promote support for your loved one.

I am grateful for all the professionals and staff personnel that came together to help my son and others like him with this difficult journey. I am especially grateful to the Welcome House for providing our men with a safe environment, strictly enforcing the rules; cooking good food, including a sack lunch to go; donating clothes; and preparing our men for reentry back into their lives.

What an amazing contribution the Welcome House is making for our men in Kansas City!

Are you troubled by someone's drinking?

www.al-anon.alateen.org

2016 Miracle Award Nominations

Welcome House is seeking nominations for the **2016 Miracle Award** to be presented at the Third Annual Breakfast. Please nominate a person, group, organization, or company that you feel has played a key role in the success of Welcome House over the years.

You may follow this link: <http://events.constantcontact.com/register/event?llr=xkv8xytab&oeidk=a07ebxpsfej0986de92>

Or mail your nomination to Welcome House. Please include

your name, email, and phone number along with the nominee's name, email, phone number, and a brief explanation why you are nominating them.

Mike Cashen accepts the 2015 Miracle Award on behalf of his family



Resident Spotlight: Dewey, From Tragedy to Triumph, by Rusty Menaugh

Are you familiar with the phrase, “Sometimes God has a better plan for you than you have for yourself?” Dewey W. moved to Welcome House in July of 2014 just to avoid moving to a homeless shelter. What he found, and worked for, were things he never thought possible but are now coming true.

What brought you to Welcome House?

DW: Since the beginning, it’s been the years of drinking... years and years. There wasn’t an event. I actually had about 2 years of sobriety prior to coming to Welcome House. And then one morning I woke up around 3 o’clock, and my fiancé was next to me dead. She had overdosed in the middle of the night. I wasn’t working a program then. I was sober, but I wasn’t happy. And I just lost all concept of everything. I went back out drinking and doing everything that I could get my hands on for months and months. Within twenty-four hours of her passing away, I was committed to a mental institution. That wasn’t by my choice. Then over the next two months, I was hospitalized two more times.

First, I committed myself, knowing I needed help. The second time, I stayed for about two weeks. Each time I went into the hospital, I lost something else. The first time I came out I still had a job. After I came out of the hospital the second time, I didn’t have a job, but I had a place to stay. The third time I was released, I had just lost my place to stay. So not only was I in a state hospital, I was homeless with no job and no money. I didn’t have anything in my life and nowhere to go. All my family loved me and wanted to be there to help me, but were not willing to let me stay with them- it wasn’t an option. For the first time in my life, it looked like I was going to end up at a homeless shelter. But somebody at the state hospital knew of Welcome House and gave me the phone number. I applied from the hospital via fax, and I was accepted.

What happened when you got to Welcome House?

DW: When I first came to Welcome House, I was waiting to go to rehab again. I went through a thirty day inpatient treatment program before. I intended to just stay at Welcome House until a bed opened up at one of the local treatment programs. But I got comfortable at Welcome House and saw people working a program here. And saw that everything I needed to get sober was here. I contacted my case worker and they were absolutely fine with me staying here instead of going through another inpatient

program. Because I had been through treatment before and knew what it was, my case manager thought it might be a good idea to give Welcome House a shot.

Did you get a sponsor right away?

DW: Actually, no. Not immediately. I was going to a lot of meetings. I was a little bit picky on choosing a sponsor. I didn’t want to pick a sponsor that was at the house, because I wanted to force myself to go to outside meetings. And probably within two and a half, almost three months, I got a sponsor. And I’m still working with the same one today. It’s been almost sixteen months.

What’s going on now in your life?

Dewey: Everything is going on in my life, I have a life. When I moved into Welcome I didn’t have a job. I knew that going back to work in restaurants, probably wasn’t the best idea. At least initially. There are a lot of drugs and alcohol in the restaurant industry. Instead, I found a job in telemarketing. I hated every minute of it to begin with. But I stayed with it and was promoted. I was given a job at Welcome House working the desk that involves doing intakes on new residents, doing random UA’s and BA’s, and all kinds of different stuff. It was a lot of responsibility for me at that time. I mean it still is...there’s still a lot that goes into it. I was also made Welcome House Program Assistant on the second floor. I’ve been able to work with a lot of new guys and that’s helped me strengthen my sobriety. Sobriety isn’t something you just work on yourself, you have to help other people.

What’s next?

DW: You know, as far as the aspect of moving from here? I know there are other aspects of my life that I was waiting on, but I didn’t know where to start over. My kids have been in state custody for about the past eleven months. I’ve been trying to decide whether to move back to North Carolina where my kids are and figure out what was going on there. But it just didn’t make sense to try and start over here and then have to move there. I’ve been working with the DSS and going back to court dates in North Carolina about my children. And DSS actually came to me and said I would be the better choice, between my wife and myself, for the kids to live with. So I am getting ready to get my own place and start doing a home study for this to happen. I need to start parenting classes and jump through a lot of hoops to prove that I have changed my life and it’s not what it used to be. And maybe then, in a reasonable amount of time, with a little bit of effort, I’ll be a father again. And that’s a big deal to me! Since the very beginning...that’s been my primary goal, to get back into my kid’s lives. But I didn’t think it would happen. I didn’t know what was going to happen, you know, when I came here. I didn’t know there would be a chance of them living with me. I don’t know, it’s a lot on my plate- it’s a lot going on, but it’s something I’m ready for. I’m happy that it’s happened.

Thank you, Dewey, for sharing your story. The Welcome House Program of Recovery is simple: 1.) don’t drink or use; 2.) go to meeting; 3.) get a sponsor; 4.) get a job; 5.) pay your rent. Dewey is proof that if residents do these simple things, they prepare themselves for wonderful opportunities in their lives.





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www.welcomehousekc.org

Residents Active in Their Recovery, by Casey Urso

At the beginning of February two Welcome House residents attended The Cabin Fever Recovery Convention with over 2000 other recovering alcoholics and addicts for a weekend of guest speakers, workshops, dances and fellowship.

The opening speaker kicked off the convention with a welcoming tone and set the stage for the rest of the weekend with the promises of hope and freedom. All of the speakers that weekend spoke with conviction and a fire for recovery that seemed to renew and strengthen the spirits of those attending especially our two friends from the Welcome House. At one point in the weekend there was a “Speaker Jam” where three newer members spoke, sharing their experience, strength, and hope with the rest of the

fellowship. The Welcome House residents stated that they were easily able to identify with the raw emotion as the members shared their stories.



Mark W. and Ken S. at The Cabin Fever Recovery Convention

Additionally, the workshops held were both informative and inspirational. The workshop leaders honed in on topics like 12 steps, sponsorship, and “keeping it real in the program”.

One of the residents, said, “Just the whole experience of all the people that were there, meeting all the new people, and getting to know people was absolutely amazing to me. It was just an overall great experience. I would definitely recommend it to anybody that is in recovery”.