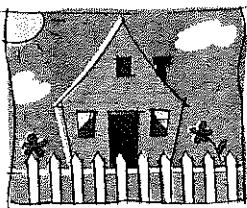


Guest House

Alumni/Alumnae NEWS AND NOTES

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Edited by
Bob Martin
Staff
Belinda Booker

"SELECTED POSTINGS"
BY BOB MARTIN

The following are "Thought for the Day" postings on the weblog or "Blog":

Harmony posted on Monday, May 18, 2009

Did you ever go to a concert? The musicians all play the same song, but each one has a different part in creating the music. Whether they're creating somber minor chords or cheerful major chords, the band is working together in harmony.

I had a difficult time with harmony when I first became introduced to it. I thought owning my power meant crashing like a cymbal wherever I went. It took a while to learn that I could own my power more effectively by harmonizing than by being a discordant note.

Harmony isn't just a value to apply in our relationships with other people. We all go through changes in our lives. At one point, we may be going through a time of discipline, keeping our nose to the grindstone. Then it may be time to play. Then we may move into a time where we have a lot of emotions to deal with, and we're moving slowly. Other times we're sailing through in high gear. Instead of expecting situations to change, we can learn to harmonize with them.

If we really aren't compatible with certain situations, it may be time to leave. But a lot of the time we can make sweet or at least interesting music by harmonizing - or by being flexible enough to meet the situation halfway.

Harmonizing is more than just a musical phrase. It's more than live and let live. It's living together. It's compatibility, being on the same page. It involves enough self-awareness to be ourselves, and enough adaptability and flexibility to fit that self into different situations. Harmonizing means opening up, listening, letting go of self-will, practicing nonresistance, and extending tolerance.

From - "52 Weeks of Conscious Contact" by Melody Beattie

Live and Let Live posted Friday, May 15, 2009

A simple phrase that most people have heard at least once in their lives. Problem is that many people don't practice it. Oh, they want everybody to let them live their lives as they see fit. That's not the problem. The problem is that many people just can't stand to let other people make their own decisions especially when they think those decisions are wrong.

As I share my thoughts here remember we're talking about people who are not your minor children living in your home. Obviously, you as the parent should be making some decisions for your children. If they were totally capable of making their own decisions they wouldn't need parents. The same would hold true for someone you held a guardian-type position for.

Now, with all the disclaimers out of the way let's look at the issue. People can and will make the decisions that affect their lives. Even if these decisions are morally wrong or harmful to themselves they still will make them. Accept it. Get over it. Move on. Every day I see people make terrible decisions. There is nothing I can do about it. I can do things that might influence it but I can't change it.

Some would say I should pray for them and I do. Remember

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"SELECTED POSTINGS"
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this—even God doesn't force people to change their minds. He lets them make their own decisions. It's that free will thing he created us with. Prayer is good though; in fact it's vital. God will move circumstances to make them take another look at the situation. He will cause things they have heard to come back to them over and over. But he will not force them to change. I can also offer advice but that doesn't mean they have to listen to it.

One thing I can do is live my life and let them live theirs. For instance, I no longer counsel women in abusive situations unless they agree to stay away from men for a minimum of one year. Why? Because I know if they don't make the changes necessary they're going to find another abusive guy. I just wasted all my time. I'll offer them hope and solutions. If they don't want them I'm willing to wait until they are. I will not let their bad decisions affect my life. I then can focus on those who really want help. Live and let live works—for them and me!

Lord, kick me when I forget to live and let live. Amen!

The Choice to be Happy posted Tuesday, May 12, 2009

"Life is not always what one wants it to be, but to make the best of it as it is, is the only way of being happy."--Jennie Jerome Churchill

We are generally so certain that we know what's best for ourselves. And we are just as often certain that what we think is best will guarantee happiness. Perhaps we should reflect on all the times in the past when our wishes didn't come true—fortunately.

Did any one of us expect to be doing today, what we each are doing? We may have expected children, a particular kind of home, a certain career, but did we really anticipate all that life has wrought? Addiction, and then recovery from it, was probably not in our pictures. But it does fit into the big picture. The happiness we experience today probably doesn't visit us in the way we anticipated a few years back. But it is measured out according to our needs. The choice to be happy with what is, is ours to make, every moment.

I can take life as it is, and trust that it is just right, just what it needs to be. The big picture guarantees me lasting happiness. Today's experiences will move me a step closer.

From - "Each Day a New Beginning" by Karen Casey

You can find the weblog or "Blog" information on the back page of this newsletter. You can also link with it from the new Guest House website. Check out both the "Blog" & the website soon; you will be pleasantly surprised with all the new ways you can get inspiration, participate in events and encourage support for Guest House.

Dear Guest House Alum,

As you know and was reported to you last summer, Father Peter Deane, S.J., the former chaplain of our sisters' treatment program here in Lake Orion, has been assigned the task of seeking to make contact with each of you to let you know that you are in our thoughts and our prayers daily. To date, Father Deane has talked with nearly 800 of you with very positive results. He has been quite edified with the expressions of gratitude and the spirit of recovery which is being expressed. Contrary to what a few might think, this isn't a "checking up" on you but rather an outreach effort that simply reflects our ongoing love and caring for those with whom we have had the pleasure of meeting in our recovery treatment centers.

The vast majority of you are reporting activity in ongoing recovery including attending AA meetings, priests support groups, counseling, sponsorship, and much fellowship. Quite a number of you, due to age or infirmity, are in stages of nursing care and support.

This effort is one I had hoped to make a long time ago, but it is now happening and appears to be bearing good fruit! You, of course, are perfectly free to converse as long or as little as you want with Father Deane, and no information is being sent to anyone else.

Thanks for your many expressions of thanks to God, to AA and to Guest House!

Daniel A. Kidd, President and CEO

47th Annual Alumni Conference & Reunion

Presenter:

Rev. Michael Myroniuk

***The Scripps Mansion
Lake Orion, MI***

First 16 to sign up will stay in the Mansion

August 4-6, 2009

For Information

Contact Belinda Booker at:

Phone: 800-626-6910 or

Email: bbooker@guesthouse.org

Brochure included with this mailing.

ANNOUNCING LAUNCH OF NEW GUEST HOUSE WEBSITE!!

www.guesthouse.org

It is my pleasure to announce the highly anticipated launch of the new Guest House website.

Many of you have been aware of the development of the site over the past few months. What you may not be aware of is the incredible amount of effort and coordination of department resources that were involved with this project. I would like to thank all of you who have helped to build this site.

The new website is part of an overall plan to integrate the Guest House message and brand across all marketing communications types. For example, the website reflects the look, feel and message of the treatment brochures and conference displays. This marketing tactic is important to create recognition, reinforcement and consistency of the Guest House brand and message to those who would refer a client to our treatment programs.

You will want to explore the following, and many other features:

- On-line registration for events including Alumni retreats; GHI related conferences and workshops; and Scripps Estate and Development related events.
- Showcase photos of both men's and women's treatment centers
- Dedicated sections for Development that focus on various ways to generate revenue through fundraising events and on-line donations.

We welcome your comments and look forward to promoting our new site to our Church leadership, past clients, potential clients and benefactors.

Thank you! I hope you enjoy the new site.

Ron Keller, Director, Outreach - Guest House, Inc.

Quick & Easy Chicken Recipe

Chicken-with-a-Kick Pack

Ingredients:

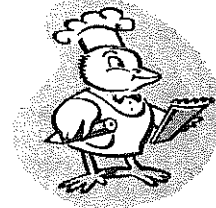
4 oz. raw skinless boneless lean chicken breast, cut into pieces
 1/3 cup canned *no-salt-added* tomato sauce
 1/4 cup canned seasoned black beans, drained
 1/4 cup frozen sweet corn, drained
 1/4 cup chopped green bell pepper
 1 tsp. Tabasco Chipotle Pepper Sauce
 salt, to taste

Directions:

Preheat oven to 375 degrees.

In a medium bowl, combine all ingredients and mix well. Set aside.

Lay a large piece of heavy-duty foil in front of you. Scoop chicken mixture into the center of the foil. Fold and seal the top and bottom edges of the foil,



and then the side edges, to create a well-sealed packet.

Place packet on a baking sheet, and cook in the oven for 15 - 17 minutes, until chicken is cooked through.

Allow packet to cool for a few minutes, and then cut to release steam before opening it entirely. (Careful -- steam will be hot.) This recipe is extra-saucy, so enjoy it right into a bowl. Dig in!

MAKES 1 SERVING

PER SERVING (entire recipe): 245 calories, 2g fat, 443mg sodium, 24.5g carbs, 5g fiber, 4.5g sugars, 31.5g protein



Thought for the Day

Bob Martin publishes a "Thought for the Day." They are posted on the following weblog or "Blog": <http://recoverythought.livejournal.com/>

Just type in the address and hit enter. Some people bookmark the site. Suggestions are welcome at bobmich@mac.com.

The daily thoughts are a collection of quotes, stories and reflections of a spiritual nature for use in prayer, reflection or discussion.

Moving? Change of Address?

Name: _____

New Address: _____

Phone: _____

Fax: _____

Email: _____

Send to: Guest House - Communications Dept.
1601 Joslyn Road
Lake Orion, MI 48360

Phone: 800-626-6910

Fax: 248-391-0210

Email: bbooker@guesthouse.org

PLANNING AHEAD? FUTURE EVENTS OF 2009-2010

GUEST HOUSE REGIONAL SEMINARS

There is still time to sign up!

"Spirituality of Our Story"

The Presenters:

Fr. Gavin Griffith & Bob Martin

SCHEDULE for 2009

Niagara Falls, ON Canada

Carmelite Centre

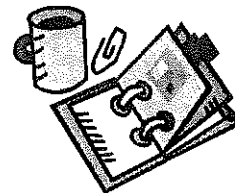
Sept 28-Oct 1, 2009

For Information

Contact Belinda Booker at:

Phone: 800-626-6910 or

Email: bbooker@guesthouse.org



Events of 2010

Regional Seminars

Tampa, FL

Franciscan Retreat Center

January 11-15, 2010

St. Louis, MO

Sisters of St. Joseph Provincial House

June 7-10, 2010

Duxbury, MA

Miramar Retreat Center

June 21-24, 2010

Alumni Association Men's Retreat

Scripps Mansion, Lake Orion, MI

April 12-15, 2010

