



Providing The Way



Editor's Note:

So often, the treatment and recovery experience of our alumni and alumnae inspires them to new and sometimes greater work in their renewed ministries. Father Robert Tuzik of Chicago is a wonderful example of this. We invite you to share in Father's – and our – enthusiasm for his success!

First, I had a first class psychologist, Dr. Vince Pisani, who has been my guide and coach since my return from Guest House. I still meet with Vince about once a month or more often if I have need for guidance. Dr. Pisani is an expert in alcoholism and depression. Our sessions have moved from psychological counseling to professional coaching, so that I can handle the demands and pressures of the numerous jobs that I hold.

Second, I have a support group of priests, whose meetings I still attend. While the support group meets weekly, I find that I no longer have that same need to attend each week that I used to have. However, I usually attend twice a month. The priests say they miss me, when I am gone. It is good to feel wanted. It is also good to hear the stories of how people are coping with the demands of ministry today.

Third, I take care of my spiritual life. I attend a yearly retreat sponsored by the Auxiliary Bishop in charge of our Vicariate at our Cardinal Stritch Retreat House. I have found attending a retreat with priests from the area where I minister is a help. We have excellent discussions and knowing the priests, with whom you are on



Rev. Robert L. Tuzik

retreat, makes for greater comfort in sharing with each other.

Fourth, I attend both the NO-CERCC and the NACPA conventions each year to keep up my skills and awareness of resources. I coordinate the ongoing formation program for priests ordained three years or less. At NOCERCC, I have the chance to interact with directors of similar programs in other dioceses. NACPA keeps me informed of Best Practices that we should be striving to implement in order to maintain a professional approach to dealing with people and give them the best service possible.

Fifth, I attend days of renewal sponsored by our Auxiliary Bishop in our Vicariate. I also attend the Vicariate dinner each year celebrating our ordinations and providing a chance to interact with other priests on a purely social basis. I also find

by Rev. Robert L. Tuzik

Thirteen years ago I went to Guest House to be treated for alcoholism and a mild case of depression. I found out that using alcohol, when taking depression medicine, only makes your depression worse and your life more unmanageable. Drinking to relieve tension doesn't work, but adds to your problems: poor sleep, feeling tired all the time, loss of appetite, lack of a social life, poor prayer habits, etc. In short, when I went to Guest House, I was ready to have someone tell me what I needed to do in order to turn things around in my life.

I received the advice I needed and have been sober ever since my days at Guest House. I left Guest House with a clear program for remaining healthy. Since life had degenerated into a nightmare prior to going to Guest House, I was highly motivated to keep to my program. I also had excellent support back home in Chicago.



Rev. Tuzik

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Deanery meetings to be helpful in networking with other priests, learning from them and sharing with them ideas and programs that work in my parish.

While alcohol abuse has been a problem in my family on my father's side, I came to abuse alcohol rather late in life, when I was in my 40s and 50s. It began as a way to ease tension and developed into an out of control habit that I could not break without professional help. I don't blame my alcohol abuse on "bad genes". No one forced me to take the first drink. I also did not listen to my friends, who warned me to slow down on the drinking. There was help available, but I did not take it or cooperate with it.

Things are different today. When I came back from Guest House, I requested to work in a parish that was 50% Hispanic. After two years working in this parish, I asked for permission to study Spanish at MACC in San Antonio. I went to MACC for three months and came home to take an assignment as a resident at a parish that was 95% Hispanic – the largest Hispanic parish on the South side of Chicago.

When I returned from MACC, I took a full time job as a liturgical consultant to Cardinal George. I have a Ph.D. in Liturgy and Sacramental Theology from the University of Notre Dame. I help Cardinal George with his work with ICEL, the Congregation for Divine Worship and the

Discipline of the Sacraments, and the Vox Clara Subcommittee on Translation of CDWDS.

Ten years ago, I became the Chairman of the Priest Sabbatical Board and am the priest contact for diocesan priests wanting financial assistance from the Archdiocese in order to pursue advanced degrees (e.g. in Liturgy, Pastoral Counseling, etc.). Six years ago Cardinal George appointed me to coordinate, along with one of our Auxiliary Bishops, the program of ongoing formation for priests ordained three years or less. At this time, I was given the title of Special Assistant to the Archbishop, since I had so many diverse ministries.

Ten years ago, I became the liturgical censor for Liturgy Training Publications, Paluch Publications, and World Library. I also publish articles and books for LTP. My latest book is *Reynold Hillenbrand: The Reform of the Catholic Liturgy and the Call to Social Action*. In early fall, I will publish a book of essays: *Exploring the Revised Roman Missal*. Since I have worked on the translation of the entire Roman Missal, I also know all the main contributors to the revised translation. I asked them to submit essays in order to tell the story of how the revised translation came about.

Twelve years ago, I became a liturgical consultant to the Office for Divine Worship. Ten years ago I became a member of the Archdiocesan Art and Architecture Commission, which reviews plans for new and renovated churches. Finally, I work as a consultant to the Priest Placement Board, since

sending priests on Sabbaticals affects the coverage of Parishes where these priests are assigned. I have a very good working relationship with the Board and its Priest Director.

Finally, I coordinate the liturgies in the chapel at the Archbishop Quigley Center (our Chancery). Basically, this involves scheduling priests for daily Mass and then meeting about three or four times a year with a liturgy committee of lay people from the Quigley Center to evaluate services offered the employees and plan special celebrations (e.g. May Crowning, Eucharistic Adoration, All Souls Day Mass, etc.).

I always take all my vacation days and usually (not always) take my day off. I have a lot of different jobs, but am very organized and able to do them all without getting too stressed out. I credit this to my following the program of physical, mental, and spiritual health that I learned at Guest House and which my counselor, Dr. Vince Pisani, and my priest support group have subsequently affirmed. If I look too tired, the priests are on my case to take better care of myself. My brother priests really do look out for my welfare. It's great to feel this kind of support in your life.

Since returning from Guest House, I have been the Cardinal's representative on the committee that organizes the Cardinal's Dinner for Guest House every three or four

Thirteenth Annual All Souls Mass and Vigil Planned

For Guest House, it is a way our priests and religious in treatment can show how much they appreciate the support of our donor friends.

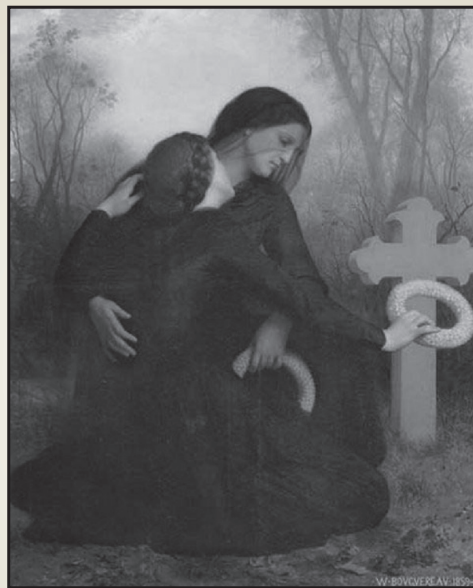
For our donors, it is a sensitive and spiritually meaningful way to honor the memory of departed family and friends. Please participate with us on November 2, 2010 when we will celebrate the **Thirteenth Annual All Souls Mass and Vigil** at Guest House!

You can participate by sending us the names of your departed loved ones and friends whom you'd like remembered on this special day. Enclosed with this Newsletter is an "Eternal Rest" form you can use. Please enclose this form with your regular contribution toward our work. As you know, it is **only** because of the support of our friends that we are able to provide our services and return so many priests and religious to their work in the Church.

At the Vigil, our priest and religious clients, our staff, and our volunteers will be honored to read aloud the names you provide!

Liturgy for the Commemoration Of All the Faithful Departed (All Souls)

Tuesday, November 2, 2010



*Eternal rest grant unto them,
O Lord,
And let perpetual light shine upon them.
May their souls
And the souls of all the faithful departed
Through the mercy of God rest in peace.
Amen.*





Memorials

When sending in your memorial gift, please print all information. Please also include street addresses so that we can be sure to be accurate when notifying next of kin or friends of the deceased. For Special Memorial gifts of \$500 or more, you can have permanent plaque recognition at our treatment center for your departed relative or friend, while providing a major gift to our work. Call our Development Department at 1-800-626-6910 for more information. Thank you and God bless you for your kindness! Memorials listed are from 3/17/10 to 6/25/10.

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Please join us at these upcoming events!

2010

- Guest House Institute
"Harvest Dash" Race for Recovery
Lake Orion, Michigan
Sunday, September 26, 2010
- Portland Bishop's Mass & Reception
The Portland Club
Portland, Maine
Thursday, October 7, 2010
- 52nd Annual Detroit Bishop's Dinner
The Henry Ford
Dearborn, Michigan
Tuesday, October 12, 2010
- All Souls Mass & Luncheon
Scripps Mansion
Guest House Lake Orion, Michigan
Tuesday, November 2, 2010
- Icon Dei Fall Luncheon & Boutique
San Marino Club
Troy, Michigan
Saturday, November 6, 2010

2011

- Rochester Bishop's Reception
Rochester International Event Center
Rochester, Minnesota
Monday, May 16, 2011
- Portland Bishop's Mass & Reception
Portland, Maine
Friday, September 9, 2011
- Chicago Cardinal's Dinner
Archbishop Quigley Center
Chicago, Illinois
Wednesday, September 28, 2011
- 53rd Annual Detroit Bishop's Dinner
Detroit, Michigan
Tuesday, October 18, 2011

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For more information on gift-giving opportunities to assist Guest House in its apostolate, please contact Development, at 1-800-626-6910.

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years, depending on the Cardinal's schedule and the number of fund raising dinners he can sponsor in one year. I have fond memories of my days at Guest House. It literally gave me my life back and helped me become healthier today than I have ever been in my entire life. I would never be able to keep my balance and sense of humor in dealing with so many different groups of people, if I didn't live my program each day.

I hope my story helps others to work their program. A full, happy, productive life will be the result of sticking to the principles learned at Guest House and implementing them on a daily basis. Having a good psychologist and support group to talk with on a regular basis is also a way to ensure that you remain healthy and don't develop self-destructive behavior that can sabotage your recovery. One day at a time does work!

Fr. Bob Tuzik

Rev. Robert L. Tuzik
Special Assistant to the Archbishop

Guest House in New Catholic Encyclopedia

Guest House achieved greater visibility this year with the publication of a new Supplement to the *New Catholic Encyclopedia*. A 700-word history of Guest House, authored by Guest House President and Chief Executive Officer Daniel Kidd, is among the new entries included in the *2010 Supplement*, available in both print and on-line editions. The article, with accompanying photo, details the complete Guest House story, including our history and recent activities.

The two-volume 2010 Supplement, along with the complete Encyclopedia, is available on-line to

eBook subscribers through the Gale Virtual Reference Library. Gale plans to market this new on-line edition to subscribers such as libraries, universities, parishes, Catholic non-profit organizations, and others who require current, updated information. The set is also available in a print edition.

The *New Catholic Encyclopedia* is a 15-volume reference work on Roman Catholic history and belief, edited by the faculty of The Catholic University of America and is published by Gale, a part of Cengage Learning.



Guest House wishes to express its most profound thanks to the following individuals who so graciously remembered us with gifts in their wills, received between March 24, 2010 and July 8, 2010.

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace, Amen.

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The Family's Role in the Addictive Process

In almost every instance, family members play a role in the addictive process that is affecting a spouse, child, sibling, or other family member. Sometimes—such as when an individual joins Al-Anon to come to grips with an addiction in a close family member—it is a positive thing. Other times, family members can actually "enable" the addict's behavior/addiction through their own actions.

Addictions, unfortunately, not only trap the alcoholic or drug-dependent individual, they also ensnare the addict's family in so many ways.

Family members often unwittingly develop behaviors of their own to deal with the addicted person on a daily basis, or they take on certain "roles." Here's how addiction can affect the family:

- They are suspicious of the addict's actions. This can cause conflict.
- They blame themselves for the addict's illness or behaviors.
- They can be afraid of the addict's unpredictability, especially mood swings.
- They are constantly feeling disappointed by the addict because of the addict's inability to live up to commitments or obligations.
- They are embarrassed by the addict's behavior.
- They resent the demands placed upon them by the addict's lack of initiative or inability to complete tasks and assignments.

Family members take on roles, often inappropriate, to cope with the addicted person and his or her behaviors. These can include:

- The **rescuer** who wants to protect the addict from the consequences of his or her behavior by making excuses for them.
- The **caretaker** who tries to compensate for the addict's unreliability and minimize the possibility of trouble.
- The **blamer** makes the addict the scapegoat for all problems while not doing anything positive to change the situation.
- The **adjuster** distances himself or herself from pain by withdrawing from the upsetting situations the addict causes.

Spouses, children and other family members of an addict can get emotional support and advice from a number of support groups, generally located in their community or nearby. These include Al-Anon, Adult Children of Alcoholics, and other 12-step-styled support groups. Local chapters of Alcoholics Anonymous or Narc-Anon are good sources for referrals too.

Your local priest or pastor may be able to offer advice, counsel and comfort. Above all, pray for the addicted individual, and for yourself!

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Email: info@guesthouse.org
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The Guest House Facilities:

- Management Services Offices Lake Orion, Michigan
- Lake Orion Treatment Center and Recovery Residence Lake Orion, Michigan
- Rochester Treatment Center Rochester, Minnesota
- Guest House at St. John Vianney Downingtown, Pennsylvania

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