



Spring is Here!

Spring is a time for renewal and rejuvenation! I'd like to start this issue by giving a huge thank you and recognition to Dave Wiesner and Helen Parnisi for 10 years of editorial services for the *Recovery Reporter*. Everyone deeply appreciates the dedication, insight into Dr. Low's teachings, and the attention that they invested in each issue. The Program and Leader Support Committee (PALS) decided to go back in history to the days when editorial contributions rotated among committee members. In future Reporters, you will hear from a variety of PALS Committee members.

And now back to our spring theme. I've used the word *rejuvenation* over the years but wanted to see what Merriam-Webster's Dictionary had to say. When you look at the synonyms, first, it's amazing how many there are. The second thing that struck me was how many of those started with *re*: rebirth, restore, regenerate, reclaim, reorganize, reawaken, recharge, reconstruct, and many more. No matter where we are in our RI practice, it seems we can relate to one of those words – and maybe choose another word about where we want to go next. Spring is an especially good time to think about all these concepts of *re-whatevering*. Many have been through a harsh winter, and spring brings new leaves, new flowers, and a new awakening of life. It can also give us a feeling of being renewed and starting again. Perhaps "Try, fail, try, fail, try – succeed" should be the spring concept in RI. We hope your spring is renewed and hopeful as we move through this year.

Happy Spring!

Your contributing PALS Committee member and RI President, Celinda Jungheim

Our Annual Business Meeting

Saturday, May 16 at 2:00 p.m. Eastern Time

RI Members can join the Board of Directors, staff, leaders and fellow members via Zoom for RI's Annual Business Meeting which will recap 2025 and tell you what's new for the future. Look for email announcements to [register](#), email Jessica@RecoveryInternational.org or call (312) 337-5661. We hope you can join us!

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Global Virtual Conference 2026

Global Virtual Conference Sessions 2026

RI continues to offer virtual conference sessions via Zoom to help members understand RI concepts, learn new strategies, or just allow you to connect with your fellow RI members. Most sessions are offered at no charge but registration is required by going to the RI webpage: RecoveryInternational.org/training or by calling (312) 337-5661. Please check your Weekly Wisdom for more session announcements.

Question, Persuade, Refer (QPR) Training

Thursday, April 16 at 8:00 p.m. Eastern time

Sertoma Star Services is offering suicide prevention training just for Recovery International. This 45-minute evidence-based training helps participants identify direct, indirect, behavioral, and situational clues associated with suicide. As a certified QPR Gatekeeper, you will learn to:

- Recognize the warning signs of suicide;
- Understand suicide as a public health issue and increase awareness of the associated stigma;
- Offer hope and support;
- Access local and national referral resources;
- Get help and save lives.

Free to all. Please register.

Clearing Up the Confusion between Angry and Fearful Thoughts vs. Tempers

Sunday, April 26 at 5:00 p.m. Eastern time

Recovery International members can sometimes confuse the terms “Angry and Fearful Thoughts” with “Angry and Fearful Tempers” when reporting those in an example. Judi Bakke will clarify the difference between these concepts and explain during which step of the 4-Step Method the example giver should describe their thoughts and tempers. After the presentation and group discussion, attendees will have a clearer understanding of how to correctly identify, distinguish, and report their thoughts and tempers within the Recovery International example framework. Free to all. Please register.

Easily and Comfortably Spot Sabotage

Tuesday, May 19 at 7:00 p.m. Eastern time

Do you sometimes struggle to spot sabotage in an example? Do you need to better understand why you get worked up? Or have you heard terms such as “temperamental lingo” and would like to find out more? Recognizing and spotting sabotage is not easy, but learning to do it enables us to address why we get worked up in the first place. Rexie Brauchle will facilitate participants to identify sabotage, which is the key to reducing our symptoms. Free to all. Please register.

Group Leader Training

June 15, 17, 21 and 23, 2026 from 7-9:00 p.m. Eastern time each day

Complete Group Leader Training and work toward becoming a certified Assistant or Group Leader. You'll not only help other members and participants, but you'll also have a positive impact on your own mental health. Leading Recovery meetings gives you the opportunity to practice the RI Method in many ways. You'll learn to “Do the things you fear and hate to do,” “Be group-minded,” and “Have the will to bear discomfort.” To qualify for training, you need to attend RI meetings regularly for at least 3-6 months, know the concepts and the 4-Step Method. Taking leader training can help you deepen your understanding of the way the Method and our meetings work. Signing up provides you with training but does not commit you to leadership. Not sure if you're ready to lead? Contact us to talk about it. For more information, email angela@recoveryinternational.org.

Fee: \$35 for current members, \$70 for non-members (non-member price includes one year of membership)



RECOVERY
INTERNATIONAL
CELEBRATING 90 YEARS

**RI 90th Anniversary
Conference Coming in 2027!**

**Thursday, April 29 –
Saturday, May 1, 2027**

Save the date for a celebration of RI's 90th anniversary with an in-person conference held in the Chicagoland area. This conference will be held at the Marriott Oak Brook Hotel, located across the street from myriads of dining and shopping options at Oak Brook Center and right next door to the RI Headquarters office. (Don't make your hotel reservation yet – we have a block of rooms reserved and will announce a special price when booking is open.) The conference includes a resource fair, breakout sessions, and a chance to see some RI archival treasures such as Dr. Low's desk, typewriter and pipe!

Of course, you will also have the opportunity to join RI meetings in person. For an additional fee, you can extend your conference experience on Saturday, May 1st with a bus trip to tour local RI sites in Chicago and the cemetery where the Lows are buried. Look for registration announcements and more details in Weekly Wisdom and Recovery Reporter later this year.

Testimonials

“I did it!”

I spoke up with a microphone in front of the whole beach and five park district commissioners at two meetings. I stated my opposition to creating a wave surf park behind my home and in my community. The Sun Sentinel wrote about it and quoted me. I could have never in a million years stood up and spoken in front of a whole auditorium of people, the potential developers of this surf park, and the commissioners of the beach and park district without my Recovery training. Being a leader also has given me more confidence, and I now feel like a new person.

– Reona Zevitkowski, FL

“Recovery Saved My Life”

I came into RI in 1980. Prior to recovery, all my emotions were resolved with alcohol. After being sober for two years, I developed anger and 22 phobias. I was a mess. One of the men at a meeting heard me share my fears. He said, “Deborah, you need RI.” I said, “But I’m already in recovery.” He said, “No, this is something different for your mental health.” So, I began going to meetings religiously. I said “Yeehaw! I think I found an answer.” I went for five years, two meetings a week. One of my phobias was having a baby. I was terrified. As a young girl, my mom did not know how to handle emotions. So, every time I expressed a feeling of anger or sadness because of the trauma that was going on in my family, she said I was crazy and that I would never be able to have a baby. After coming to Recovery, I learned that none of that was true. I had my first baby in 1983 and another child in 1986. My marriage lasted, using my Recovery all along. I then had a goal after getting a real estate and broker license to open my own office. In 1989, I launched my real estate business, which I still have today. I was able to do things beyond my wildest dreams. I even went to comedy college where I learned to be a stand-up comedian! Recovery saved my life! It prevented me from relapsing and I’m very grateful I listened to the older man that gently offered the program to me. Thank you, Dr. Low, for your love and knowledge.

– Deborah W., PA

“I swear by Dr. Low”

Certain mornings, I wake up feeling anxious. I’ve been in Recovery for a long time. Being well does not mean being symptom-free. I walk very early in the morning in the freezing cold temperatures. And I use RI spots: “There is no limit to the amount of discomfort we are willing to bear,” “Bear discomfort and comfort will come,” and other spots. I never end up back in the hospital with anxiety. I have not been hospitalized for 38 years for mental illness because of the Recovery program. Recovery never fails me. I swear by Dr. Low.

– Elizabeth Brechter, NY

“An Average Student in the School of Life”

Before I had my Recovery training, I demanded perfection from myself in everything. If I couldn’t get an A, I felt like a complete failure. My fearful temper told me I was inferior and my angry temper blamed others for my distress. I was sabotaging my own mental health with unrealistic standards. When I discovered Recovery International, Dr. Low’s wisdom spoke to me: “Setbacks are average—no danger.” I realized that everyday life is full of irritations, disappointments, and frustrations. As Dr. Low taught, most of our nervous symptoms come from trivial incidents, not major catastrophes. I was working myself up over distressing but not dangerous situations. Learning to spot my temper was transformative. I practiced using the tools: “Have the courage to make a mistake,” “There is no right or wrong in the trivialities of everyday life,” and “Feelings are not facts.” When I caught myself demanding exceptional performance, I would move my muscles to do something average instead of withdrawing in defeat. I learned to be self-led rather than symptom-led. The 4-Step Method taught me to identify my symptoms, spot my fearful and angry thoughts, and endorse myself for my efforts—not my results. Dr. Low said self-endorsement leads to self-trust, and I needed that desperately. I began accepting my “B average” life: some days went well (A’s), some were challenging (C’s), and occasionally I stumbled (F’s). But that’s average, and average is acceptable, endorsable and, more often than not, enjoyable. Today, I practice self-leadership outside of meetings. When I spot sabotage creeping in, I remember: “If you can’t change a situation, you can change your attitude toward it.” Recovery International gave me the tools to stop grading my life and start living it.

– John Grace, FL



Roaming the Globe

RECOVERY CANADA

Learning in Leadership

Throughout the launch of our newest in-person group meeting, we experienced ebbs and flows in attendance, which we know is average. As we persevered through a “dry spell” in attendance, there were several meetings that only me and the other group leader, Danielle, attended. It seemed like for months we put on a brave face, holding meetings for just the two of us, and I guess personally I wore the mask with respect to a judgment that I had, that Danielle’s tenacity in finding a location and starting this meeting might not pan out, and might be a hard possibility (not short of probability or reality) to face.

Had it not been for Danielle’s unrelenting commitment to not give up, we were blessed to get a “wake up call” by an abundance of newcomers in the summer of 2025. This flow of newcomers is credited to a social media post that Teesa, one of our valued volunteers, was able to post into a local community social media group. Danielle and I reset and retooled our leadership role to further the work that was started. The influx of newcomers caused us to sharpen our skills, plan for future preparation, and streamline how we serve newcomers.

There was a time that I thought I had lost the drive and the desire to reclaim my leadership capabilities. It has only been through muscle movement, both mental and physical, that the vitality of being of service to those in need and also getting to pay back some of the gratitude through service for a life, has been transformed into something worth fighting and practicing for. Dr. Low had a spot about the vitality of our being. I have gone from nervous fatigue to a newfound energy that feeds on my personal endorsement for the effort I’m making, not the outcome. All being done in sustainable part acts.

If any of you have remotely felt or thought that that part of you is gone, please know that it has not gone anywhere. It’s just below the surface and has continued to grow and mature. It would be naïve of me to even pretend that I know what works for others. I stand ready to encourage, support, and work with each and every one of you who would consider reigniting your leadership service at in-person meetings. Please accept this in the spirit of those that have gone on before us, who also bore the discomfort of navigating opportunities so that Recovery can take its rightful place in all communities around the globe. Recovery works!

Yours, in love and service while endorsing like crazy,

– Billy Niven, Group Leader, Recovery Canada



AROUND THE USA

Puerto Rico

Mary Ann Santos, Area Leader for Puerto Rico, organized a holiday luncheon for some of the Puerto Rico Area members. During the event, RI President Celinda Jungheim along with RI staff Karen Hall, Hina Sowinski and Angela Sullivan joined the event via Zoom while Mary Ann presented leaders with certificates of appreciation for their dedication and leadership over the years. Leaders pictured with their certificates (left to right): Gus Ortiz, Letty Ortiz, Javier Nieves Reyes (back), Mary Ann Santos (front), Domingo from Un Nuevo Amancerer (a meeting location), Hiram D. Llorens, Raquel Velez Pellicia and Davies Rodríguez Pérez.



Los Angeles Read-a-Thon

Los Angeles RI Members held an annual Read-a-Thon. Maggie Hutchinson (center in the black and white sweater) hosted the event at her house this year. The group read RI literature, had a wonderful potluck meal (great that RI people are such good cooks!) and lots of mutual aid.



San Diego

RI Staff Lisa Garcia and Marian Carbajal conducted an RI panel and set up a resource table for the Psychiatric Emergency Response Team (PERT) in San Diego. They are pictured here with Dr. Mark Marvin, Director of PERT.



Ohio Holiday Celebrations

Ohio RI members hosted a holiday luncheon with approximately 30 people. They had a potluck and a piano player and sang Christmas carols. (right)



The Ohio Region RI members in Central and Southwest Ohio also celebrated the holidays in Lebanon, OH with a holiday lunch and white elephant gift exchange. (left)



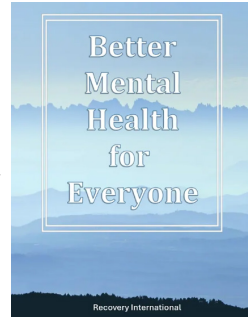
Announcements

Better Mental Health for Everyone workbook – in English and Spanish

\$12 on Amazon or call our office at (312) 337-5661

Help your friends get started with Recovery International by learning the basic concepts and 4-Step Method. This workbook is designed for those seeking ways to deal with anxiety, depression or anger brought on by everyday events. Learn to retrain your brain using these time-tested cognitive-behavioral techniques and better manage your reactions to situations that work you up. The book includes lessons, reflection activities, short readings and over 120 tools.

¡Novedad en español! Comience con Recovery International aprendiendo los conceptos básicos y el método de 4 pasos. Este cuaderno de trabajo está diseñado para quienes buscan maneras de lidiar con la ansiedad, la depresión o el enojo provocados por los acontecimientos cotidianos. Aprenda a reeducar su mente utilizando estas técnicas cognitivo-conductuales de eficacia comprobada y a gestionar mejor sus reacciones ante situaciones que le causan estrés. El libro incluye lecciones, actividades de reflexión, lecturas breves y más de 120 herramientas.



May is Mental Health Awareness Month

Celebrate Mental Health Awareness month with gratitude for the gifts we were given by the Recovery Method!

And speaking of gifts – for Mental Health Month, we are offering a special boxed gift set for someone in your life who needs the valuable life coping skills that have helped you. The set includes:

- *Better Mental Health for Everyone*, an intro workbook to get started learning the concepts and RI Method
- *The Wisdom of Dr. Low*, quotations from various books he wrote
- A set of 50 designer Tool Cards (your choice of botanical or nature landscapes)
- A green ribbon mental health pin
- And a personalized note card -- Jessica will write out what you want the message to say.

The cost is \$45.00 and includes FREE shipping in the US (allow at least 10 days for shipping). Call Jessica at (312) 337-5661.

And if there are local mental health fairs you'd like to participate in by hosting an RI table, contact Jessica. We provide the outreach table supplies at no charge.

RI Merchandise – New Designs Available!

Let others know that you found the best kept secret in mental health by wearing and promoting RI tools in clothing. Fun images with tools are available in t-shirts, hoodies, long sleeve shirts, tank tops and more. These and other designs come in multiple styles and colors, and most are available in sizes XS-4XL. Bucket hats and baseball caps are also available in a variety of colors. Over 12 designs are available! A portion of each sale benefits RI. Bonfire is a company that helps non-profits sell our products and gives a portion of each sale to RI. Visit: <https://www.bonfire.com/store/recovery-international/>



New Life Members

Tammy Kretsedemas, Arizona

Tammy has been an RI member for at least 22 years, but she has never attended an RI meeting. She was given *Mental Health Through Will-Training* by someone and stated, "I immediately got the grasp and have read it cover to cover many times." She practices the method on her own and gets a great benefit from it. She really believes in RI.

Tammy's favorite spots: Don't take yourself too seriously. Do things in part acts.

Paul Chevalier, Alaska

Paul has been an RI member since 1977. He was a group leader many years ago but is now in his 80's and attends phone meetings. His wife Marilyn passed away last year and although she didn't practice RI, she supported him 100%.

Paul's favorite spots: Move your muscles. Do the things you fear and hate to do.

Poetry Corner

Where is it?

Who knows the answer to living a life
Happy, productive, and not full of strife?
Mine is frustrating, depressing and sad.
I just don't do much, although I'm not bad.
I can't sleep, I don't eat, I cry all the time.
Does anyone else have a life just like mine?
I'm tired of our weather – it makes me upset.
It's just like the tropics – how hot can it get.
I hate when it's windy; it blows me apart.
My hair's like a bird's nest and not a bit smart.
I have a few friends – they're content, everyone.
Whenever I join them, it's not really fun.
If we eat together, they praise every meal.
I seldom find food that has any appeal.
Now, one day I went to a meeting with friends.
I said I would go – if I stay long depends...
On the topic and speaker and, "What's the cost?"
I went and, guess what...I just didn't feel lost.
They told lots of stories that sounded so real.
And I felt surprised at the hope I could feel.
One was frustrated with weather and such,
Another was sad 'cause they didn't feel much.
But each story sounded the very same way.
They changed to good habits as they lived each day.
The ending they all gave was always the same.
Now what did they call it and what was the name?
A pat on the back, oh – "ENDORSE yourself now.
Keep using RECOVERY that's showing you how.
So, change your bad habits, but don't take the blame.
Just try to work hard 'cause it isn't a game."
I now go to meetings and tell stories, too.
My life is so changed 'cause my habits are new.
And, things will get better, the farther I go.
Thanks to Recovery and friends that I know!

– Joan Rice, CA (The late Past President of Recovery, Inc. and founding Board Member of the Abraham Low Institute)

My Best Friend

They say humor is our best friend;
Put it to work while you're still on the mend.

We spot our temper both angry and fearful;
We laugh at what isn't. That is a mouthful.

So take care of yourself with lots of humor,
And remove the temper as if it was a tumor.
– John Yugovich, MI

Destination Slumber

When I can't sleep I grind my teeth,
too tense for locomotion.
My chew chew jaws must stop.
Find the platform and on it hop.
Sidle overing step by step,
my grip on luggage loosens.
Nasal whistle exhales down and down.
Wonky brain wheels round and round.
For some station gently bound,
I'm serene and horizontal.
– Cece Ryan Paradowski, CA

Sickness is Selfish

Sickness is selfish.
In illness we follow our feelings;
we stop being group-minded.
Temper is blindness to our impact on others—
we don't see those who suffer
the consequence of our sadness.

Dr. Low is a genius
to teach us group-mindedness—
he opens our eyes
to spotlight our effect on outer environment.
We learn to spot and see what we do,
and how our pain hurts others, too.

Regret comes when we act in temper,
which creates more temper, more symptoms.
Dr. Low teaches us to forgive ourselves,
to stay mindful of the group,
to spot our behaviors, to manage our feelings,
to attain true peace.
–Fran Goldstein, LA

In Memoriam



Bob Bankowski, Detroit, MI

“Brother Bob” was known for his strong work ethic, being a devoted father and loving family man. Bob found joy in the simple things in life: a good cup of coffee, watching sports, enjoying his lakefront home and garden, and spending time with his family. He had a quick wit and unwavering loyalty to those he loved. His deep faith and RI were close to his heart.

Geraldine Beer, Itasca, IL

Geraldine was a longtime life member of RI and passed away at 98 years young! Her daughter, Karolee, said that Geraldine knew Dr. Low and had seen him regularly at his office in Chicago when Geraldine was in her 20s.



Linda Cimo, Cleveland, OH

Linda was an RI life member since 2013. She was loved and cherished by many people including her sons, parents and her sister. And she had a great love of dogs. Though Linda may no longer walk beside us, her legacy lives on: a testament to the enduring power of love to transcend the boundaries of time and space.

Paul Hartunian, Hope, NJ

Paul was a life member of Recovery International for over 25 years and an avid donor. When his health allowed, he attended RI meetings in the New Jersey area, later switching to RI meetings by phone. He was a kind soul and will be missed.



Jean Jarosz – Arcadia, CA

Jean was an Assistant Leader for the San Marino group for many years where she helped Connie Moran, who became a good friend. Jean also led a group at a SHARE! Downtown location and was always an enthusiastic member of RI. Jean said RI allowed her to be her own “wacky self” which we all loved. A nurse by training, Jean knew the value of the RI Method. She was also a member of a Senior Women’s Soccer League, a champion for animals and many causes. She leaves behind her husband and son. A little sparkle has left the RI family.



Connie Harrod, Grand Island, NY

Connie graduated from college later in life and did some teaching in home economics and for special needs students. She worked at JoAnn fabrics and was very knowledgeable and an excellent seamstress. She loved music and played the piano and violin. She was an avid tennis player in her 80s and belonged to several canasta card groups and a book club. Connie was the group leader for the Recovery meeting in Grand Island, NY before Judy Bassette. Since Covid, she has been faithfully joining Fran Goldstein’s meeting by phone. Fran stated, “She was a delight in the group, and she was happy to still be connected with two others who were also members of her in-person NY group.”

Pamela Memmer, Sugarland, TX

Pamela was an assistant leader for Area 225 Telephone Groups. Her leadership time was short, but she demonstrated her dedication to RI with more than 12 years of membership and generous donations.



Teresa Quigley, Dublin, Ireland

Teresa was a valued member of Recovery Ireland for over 30 years, attending the Beaumont meeting in Dublin City. She will be remembered for her kindness, warmth, and quiet strength. She touched many lives through her compassion and generosity of spirit. Sharon, the Beaumont Group Leader, shared, “She is missed by the members and her family and friends. We find comfort in treasured memories of Teresa, a lovely lady.”

Joan Rice, Sacramento, CA

The Recovery International community mourns the passing of Joan Rice, a devoted supporter and friend whose connection to our organization spanned more than seven decades. Joan first encountered RI in 1950 as a patient of Dr. Low while she was attending his classes in Chicago. During this formative period, she met her future husband, John Rice, and joined a family deeply rooted in the Recovery tradition. The Rice family legacy includes her brother-in-law, Bill; his wife, the late Treasure Rice; Joan’s niece, the late Treasure Ann; and Treasure Ann’s husband, Bruce Sachnoff, a valued former staff member and Board member. Joan’s commitment to RI endured throughout her life. She continued to lend her support to the organization for many years, impacting countless lives through her dedication and kindness. Her legacy of warmth, service, and connection will remain a cherished part of Recovery International’s history.



Larry Ryan, Secane, PA

With deep sorrow, the Swarthmore, PA RI group announces the passing of our longtime friend and member, Larry Ryan. Larry was a long-standing member of RI, attending former meetings in Pennsylvania: Bryn Mawr, Ridley and Havertown. He attended the Swarthmore group for the last 10 years. Larry was a quiet and soft-spoken gentleman always with a smile. He was a good example giver and spotter, but most of all someone we could call “friend.”

Sheila Rabel: Moving Her Muscles



For many women, the birth of a baby can bring on powerful emotions: joy, excitement, anticipation and fear. For some, it can bring on the “baby blues” or even postpartum depression. Sheila Rabel experienced postpartum depression after the birth of her daughter in 1974. She was fortunate to have a friend who thought she could benefit from attending a Recovery International meeting held in her hometown Detroit, MI area. “The meeting was convenient to get to from my house, and I met another young mother there. I found so much encouragement in this group, so I kept going back. My friend even bought me *Mental Health Through Will-Training* to get started!” Sheila shared. The leader who ran that meeting asked her to assist and eventually, Sheila took over leading it. Her RI leadership journey was just beginning.

When she moved to Orlando, FL in 1982, Sheila attended an RI meeting in the downtown area. That meeting closed after a while, but with determination to continue this important group, she approached her church for a meeting location. “There were two priests at my church who worked in mental health and were supportive of the Recovery weekly group meetings. I was fortunate to have such encouragement in my church,” she said. The meeting continued at the church for at least 15 years. When she and her husband moved out of Orlando, she had assistants take over the meeting.

Trudie Van Middlesworth shared, “Sheila and I first met in 1982 when she moved to Orlando. I attended Recovery meetings on Monday night with leader Kevin Ward. At Sheila’s first meeting, we started visiting during mutual aid. We looked at each other and said ‘wow’ we both felt like we were looking in a mirror. We had the same symptoms and diagnosis and became friends right there. We met each other’s families and continue to be best Recovery friends to this day. Sheila is my mentor and taught me how to be a leader and advocate for Recovery. She will always be my mentor and a person to always look up to. The friend God sent to me.”

Sheila’s long involvement in Recovery included attending numerous local area outreach events and mini conferences, even supplying the 75th Anniversary give-away mug to attendees! She also attended RI national conferences visiting Chicago at least six times. She met Celinda Jungheim, Dr. Low’s daughters, and so many other RI members. Sheila stated, “I endorsed for navigating the airport, finding the right buses, and finding the meeting rooms in the hotel. I used my RI tools all along the way. RI gave me the courage to do things like that.” Sheila recalled some highlights of these conferences, including attending a workshop on using the internet to join meetings, visiting the RI office on Dearborn Street where she saw Dr. Low’s desk, and a trip to the cemetery where Dr. Low and his wife were buried.

Sheila remained committed to RI and Mary Gillen encouraged her to join the leadership training team. Not long after Hurricane Katrina, she recalled traveling to Louisiana to conduct training for a few RI members, combining that training with a trip to visit her niece. She believes she trained upwards of 30 people over the few short years she was part of the training team, one of those being Fran Goldstein, a current RI Board member and part of the Southern Region Area Leadership team.

Sheila and her husband have been significant supporters of RI over the years. She admits that even while practicing the Recovery Method, she still experienced some manic episodes and was even hospitalized for both depression and mania but remembered that “for every setback there is a comeback.” What she found encouraging in the hospital was meeting others who also had setbacks, which made her feel less like a “failure.”



“It’s important to support this organization as it really helped me battle my issues. I may still experience setbacks, but without RI, I wouldn’t be able to function at all. I practice daily, including endorsing myself and reminding myself to move my muscles. It’s been such a support to me and gave me hope when I first got sick. My children learned RI just hearing me ‘spot’ around the house. They are not interested in joining meetings, but my daughter tells me what she’s endorsed for!”

RI Leaders know the hard work and dedication it takes to run weekly meetings and serve in other support capacity areas such as special committees, outreach and training. Sheila is one of many dedicated volunteers and RI staff thank her and appreciate all our volunteers for their passion and devotion.



Sheila and Trudie with a 10-year meeting celebration cake.

Sheila’s Favorite Tools

- Do the things you fear and hate to do.
- Bear discomfort and comfort will come.
- Move your muscles.
- Anticipation is worse than realization.



Annual Report 2025: A Year in Review

Recovery International is achieving balance and growth, which is a very solid place to be. We have balance because our Volunteers are strong. They offer steady ways to practice our RI Method through groups they lead and educational features they offer to bring a deeper understanding of mental wellbeing. Our Volunteers are supported by a staff that lifts some of the burdens from the leaders, fixing technical and “people” issues with a strong understanding of the RI Method to be compassionate as well as efficient.

In 2025, we offered almost 200 groups weekly in English, Spanish, and Japanese. Our attendees can join from anywhere in the world via Zoom and telephone. Our in-person meetings are growing as volunteers establish groups within their local communities. Our Special Focus groups, including groups for those who are caregiving, are in a 12 Step program, have chronic physical health conditions, are making peace with food, or are grieving a death, loss or lifestyle change, have supported many by allowing them to give examples to a sympathetic group. In 2025, we offered meetings to over 72,000 attendees. Introductory Welcome meetings have now become a staple and a popular way to introduce newcomers to the RI concepts and meeting format and provide a gentle approach to the Method.

We have our challenges, too – one that has been with RI since the days when Dr. Low wrote a personal check to cover the organization’s expenses. Over the past 89 years, we have always survived, and we are very grateful to the many donors who have kept us afloat to do this important work. We currently have an encouraging balance sheet, but we also operate at a deficit each year that eats away at this strong position. We need to find more sustaining ways to keep RI in the black. This is a new habit of sustainability that we would like to practice.

Our growth comes from the dedication of our Volunteers, staff, and our new initiatives. In 2025, we introduced our RI App for both iPhone and Android, bringing RI resources and tools to your pocket. We held 15 online presentations throughout the year as a virtual conference. Some were about our history, and some were ways to help us hone our RI skills. Our *Better Mental Health for Everyone* workbook has been updated and is now available in English and Spanish with a longer list of spots.

We also started initiatives that will come to life in 2026 such as an audio version of *My Dear Ones*, the biographical book about Dr. Low and the development of RI, that includes many of the early members. We will have audiobook, e-book and large print editions of *Mental Health Through Will-Training*, Fifth Edition. And we are excited to announce an in-person conference in Chicagoland in April 2027, celebrating the 90th Anniversary of Recovery International. More details are coming soon! We hope you will make plans to join us.

As Dr. Low wrote, “The attainment of inner and outer peace is our supreme value.” Recovery International is strong and continues to offer the prospect of peaceful and productive lives for our many current and future members. Thank you for being a valued part of that mission.



Celinda Jungheim, President

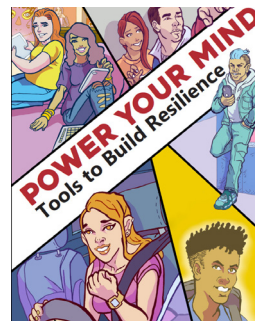


Karen G. Hall, CEO

Programs, Outreach and Books

Our programs help people gain skills to manage their thoughts and control their impulses to lead more peaceful and productive lives. To support our mission and promote growth in the organization, our 2025 accomplishments included:

- Held 15 virtual conference sessions via Zoom with over 400 attendees;
- Translated the *Better Mental Health for Everyone* introductory workbook into Spanish – *Mejor Salud Mental para Todos*;
- Hosted almost 200 weekly peer-led meetings serving over 72,000 people;
- Trained 47 new people for Group Leadership roles;
- Continued our partnership with the Community Research Foundation (CRF) Peer Support Specialists who run meetings at CRF facilities around San Diego;
- Continued to train San Diego County Peer Support Specialists for *Power Your Mind* program delivery;
- Held 17 nationwide training meetings for Area and Group Leaders;
- Presented at 34 regional events reaching more than 9,000 mental health professionals, veterans, first responders, caregivers and others;
- Launched the RI app for tools, meetings, membership and more at your fingertips;
- Reached over 228,000 people through social media platforms – Facebook, Instagram and LinkedIn;
- Developed new brochures about the complementary relationship of RI and 12-Step programs, and to introduce RI to health professionals.



About Us

Member portal

Find a Spot

Find a Meeting

Donate Now

Membership

4 Step Method

en Español

Resources

Thank you for being part of the RI community!

These accomplishments would not be possible without your support!

Looking Ahead

We have many goals to reach new audiences, offer new technologies, and provide you with more support. In 2026, we will:

- Offer at least 10 more virtual conference sessions throughout the year;
- Release an audiobook, large print format, and eBook of *Mental Health Through Will-Training*, 5th Edition;
- Release an audiobook version of *My Dear Ones*, about the life of Dr. Low and the early years of RI;
- Target social media messages to draw new people to specific special focus meetings;
- Update the website for ease of finding meetings and information, and to improve search optimization;
- Integrate an “AI helper” to the website to guide people through an example;
- Launch text communications people can opt into for notifications;
- Add Venmo as a payment option;
- Prepare for the 2027 90th Anniversary conference in Chicagoland.

2025 Financial Statements

In 2025, Recovery International benefitted from the continued expansion of meetings, including a growing number of in-person and special focus meetings. Online and telephone meetings remain popular, as we can continue to broaden our reach and find new people who can benefit from the Recovery Method. Partnerships with other organizations also help us to grow. The year ending total income exceeded budget expectations, and total expenses for the year were under budget which shows strong expense management. Recovery International remains financially strong, with substantial reserves and diversified revenue sources. Careful stewardship of resources and continued donor support will position the organization to sustain and expand its mission in the years ahead.

Judi Bakke, Treasurer

Balance Sheet*	2024	2025
Current Assets	\$4,918,359	\$4,653,418
Fixed and Other Assets	\$4,590	\$3,438
Total Assets	\$4,922,949	\$4,656,856
Current Liabilities	\$19,264	\$34,449
Long-term Liabilities	\$1,392,633	\$1,359,460
Equity	\$3,511,052	\$3,262,947
Total Liabilities & Equity	\$4,922,949	\$4,656,856

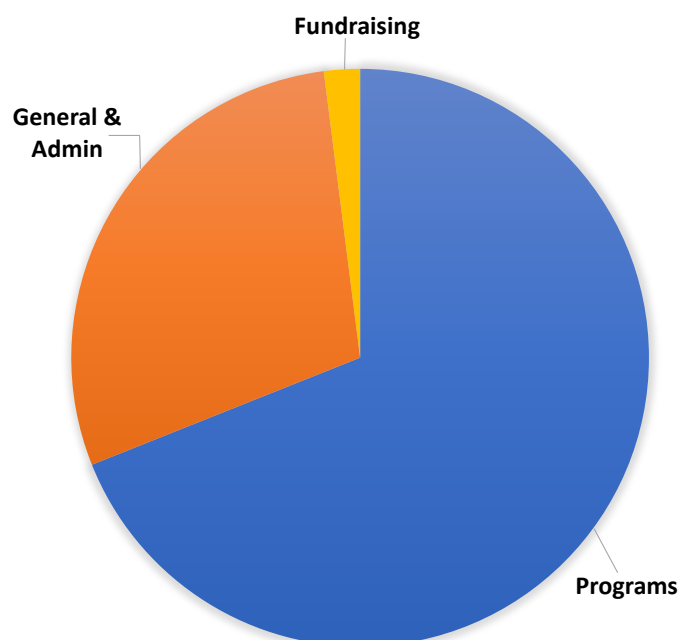
Financial Activity*

Revenues	2024	2025
Meetings & Area Revenues	\$72,613	\$78,451
Grants & Donations	\$504,200	\$595,197
Membership, Sales & Conf	\$89,857	\$72,938
Interest, Div. and Misc.	\$181,636	\$151,474
Bequests	\$0	\$36,073
Total	\$848,306	\$934,133

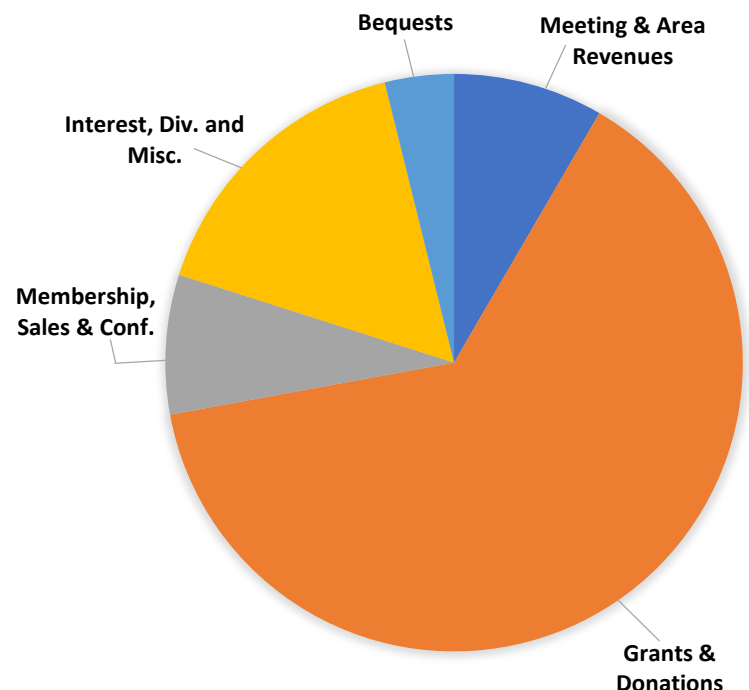
Expenses	2024	2025
Programs*	\$722,651	\$734,820
General & Admin.	\$352,651	\$309,377
Fundraising	\$19,624	\$21,457
Total	\$1,094,926	\$1,065,654

*Please note that 2025 figures are preliminary and unaudited.

Expenses



Revenues



Tribute Donations

Each of us has a unique story of how we found success with the Recovery Method. Perhaps it was an RI leader who guided you to learn the concepts and how to give an example. Or maybe the support of a long-time friend you met in meetings years ago helped you on the journey. It could be that a family member encouraged you to keep with the program and joined you in using the RI tools around the house. It may be that you chose to honor a friend or family member. Whatever your story is, acknowledging that person with a donation “in honor of” or “in memory of” can be done through Recovery International. In 2025, the following were listed as a tribute for someone’s donation. We want to recognize them here, knowing how important they have been to someone in RI.

Amy	Marlene Dixon	Thomas Kane	Eric Sannes
Antonina	John Durkin	Barbara Kharouf	Burt “Doc” Schaffer
Aunt Irmie	Katherine Elicks	Ann Kris	Darlene Schmerge
Captain Bill	Kathlyn Elsia	Lois M. Laux	Sue Scully
Cecilia & Katherine	Dorothy Englbrete	Norbert B. Lewandowski	William Scully
Delores	Cindy Epstein	Linda Lindenbaum	Jan Self
Dianne’s Mother	Janis Feldenhousen	Dr. Abraham Low	Dorothy Shipko
Elaine	Bob Fine	Emily Luisi	Natalie Silverberg*
Joan	June Fisher	Bob MacIntyre	Anita Singer
John from Ireland	Scott Fisher	Martin Marks	Julius Solomon
Mom Abram	Jean Francis	Dale Marxen	Mary Solomon
My brother Harry	Kenneth Freitas	Edward McAuley	Eve Sommerich
Bartlett Adams	Dolores Frost	Aileen McDonald	Billie Spark
Mike Alpert	Nan Gabriel	Ramon McGough	Lisa Spieth
Shirley Austin	Joe Galati	Rose Mecca	Gary Stacey
Thelma Jo Atwell	Rose Giambalvo	Patti Miller	Warren Steeves
Judith Bassette	Fran Goldstein	Carole Mitchel	Barry Stockinger
Joyce Beresch	Harland Haglin	Hubert Moschella	Henry Tiffany
Jerry Beresch	Laurent Hahn	John J. Murphy and Family	Matthew Tison
Karen Boldt	Sharen Hansford	Mary Eileen McCorra-Nestler	Mary Lynn Tlapa
Mary Brawley	Mary G. Harris	Nelly Christian Opie	Dawn Marie Torchio
Stephanie Brill	Jimmie Alan Harrod	Perry Page	Shana Tova
Gloria Calhoun	Paul Hartunian	Bruce Paul	Joan Urban
Hal Casey	Masud Hasan	Frank Penaskovic	Rose VanSickle
Stuart Cherkes	Lynn Heany	Jan Pillen	Don Verger
Marilynn Chevalier	Stephen Hirschman	Emma Prizant	Steve Vincent
Rosemary Clark	Helen Holtz	Rose Marie Pughes	Dolores Vorndran
Stella Coconate	Carrol Howard	Pnina Rabinowitz	Marlayne Weinberg
Elaine Marsha Cohen	Marilyn Howell	Andrew Reis	Patty Werber
Joe Comini	Joseph Hutchinson	Joan Rice	Jerry Williams
Rita Day	Laura Janetta	Treasure Rice	Laurie Williams
Richard Del Rio	Bob Johnson	Don Richards	Edith Windsor
Katherine Del Vecchio	William Johnson	Ralph Rieder	Shirley Zilz
Sally Denesha	Nancy Joseph	Larry Ryan	Military Veterans of the USA
Bob Dey	Celinda Jungheim	Jack Sandheus	RI Staff
Michael Disponzio	Ralph Jungheim	Donna Sagona	And RI Group Leaders!

Society of Dear Ones

The Society of Dear Ones was established as a way to appreciate and honor the people who have let us know that Recovery International is included in their estate plans. This generosity will keep RI's work alive, serving present and future generations. There are multiple ways that you can plan your gift, including:

- Bequests – Including Recovery International in your will, trust or estate plan is an easy way to support future programs.
- Life Insurance – You can make Recovery International the beneficiary of a policy.
- Retirement Plan – Recovery International can be included as a beneficiary, or a contingent beneficiary, of a 401K, an IRA, a Pension Fund, or a Profit-Sharing Plan.

If you'd like to consider joining them by including a gift to Recovery in your will or estate plan, please contact Karen@RecoveryInternational.org or call (312) 337-5661 for more information.

Lifetime Members

Thank you, lifetime members, for your long-term commitment to Recovery International. We are grateful.

Mamie Adair	Poppy Davis	Laura Jannetta	Sheila Rabel
Patricia and Richard Aglietti	Claudia DePrenger	Mike Jennings	Michael Radelow
Joe Anglim	Gretchen Dill	Kareolynn Jewall	Christy Ray
Helen Apodaca	Nancy Downes	Dorothy Johnson	John Reimers
Marcian Ashby	Dale Dunlap	Anna Jordan	Ruth Reynolds
Judith Bakke	Cheryl Dyer	Claire Jordan	John Rice
Eleni Barber	Marilyn Eldridge	Karen Jordan	Teresa Richards
Kendelyn Beck	Trudy Engel	Celinda Jungheim	Jay Roberts
Stella Benkel	Donna Eyman	Sidney Katzson	Bruce Sachnoff
Robert Berger	William Flavelle	Julia Kelly	MaryAnn Santos
Phyllis Berning	Suzanne Flecker	Tammy Kretsedemas	Paul Sarbaugh
Sally Bescak	James Fratrack	Cathy Kurz	Dorothy Sariego
Susan Beyerlein	Beth Friedman	Stephen Landry	Albert Schafer
Jessica Bezemek	Annabelle Furgerson	Kim Leitel	Marilyn Low Schmitt
Maryka Bhattacharyya	Lisa Garcia	Pamela LePen	Aron Schneiderman
Margaret Biolchini	Phillip Gerard	Kerri LeRoy	Linda Schwartz
Aryeh Z. Brodsky	Dan Gillen	Linda Lindenbaum	Steven Sheppard
Cliff Brown	Mary Gillen	Michael Lisinsky	Jean Sherwood
Joseph Breck Brush	Penelope Gillespie	David Lisowski	Nick Silverstein
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Patti Bucher	Hal Goldblatt	Libby Marvin	Marlene Smith
Thomas Burt	Shawn Goldblatt	Patrick McCormick	Marc Smits
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Stacie Dahl	Joanne James	Fernande Pruden	Peter and Sandy Zinnato

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Nancy Steeves
Johanna Steinman
James Sweeney
Michael Valentine
Terence Vrchota
Linda Weintraub
Joyce Zimmerman

*Deceased but still with us in spirit. Space does not allow us to list all donors under \$250 but we thank each of you for your contributions. We make every effort to report our donor list accurately. If you believe we omitted your name in error, please contact us at (312) 337-5661.



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Wisdom of Dr. Low

“When Harriette told recent members of Recovery that she recovered her health after fifteen years of futile search for a remedy, she was met with skepticism. Had she told the doubters that her main means of recapturing mental health was the use of her muscles, their skepticism would have turned into outright cynicism. It is easily accepted that the mind governs muscles. But that muscles can be made to mold and influence mental activity sounds incredible to the skeptic and laughable to the cynic. Yet, Recovery participants know that if a nervous ailment causes central management (the brain) to break down, the peripheral rank and file (the muscles) can be trained to ‘take over.’

And so, Harriette, Frank, Christine and many hundreds of Recovery members learned how to train the muscles to hold the line until the brain could be reorganized and revitalized. After the muscles had demonstrated their ability to keep things going, the self-confidence of the brain was restored, and the body as a whole regained its capacity for action and balanced adjustment. To the skeptic such ‘pinch-hitting’ of the muscles for the brain may sound incredible and laughable. But skepticism and cynicism are offshoots of intellectualism, while Recovery is grounded on realism, plain common sense, and an unspoiled way of viewing life.”

From “Muscles and Mental Health,” *Mental Health Through Will-Training*, Chapter 4 (5th Edition), pg. 26