



# The Abbey

## 1st Annual Alumni Fish Fry Was a Great Success!

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### Coming Alumni Events

- **Yard Sale**  
October 7th, 2006  
Donations accepted in September—save the stuff.....and come help us work this event.

**Alumni & AA Dance** - Details being worked out so stay tuned.

Upcoming Spiritual Retreat—Stay posted for details as plans are finalized.

July 1st we had our first annual Alumni Fish Fry at Shoreline Park, South in Gulf Breeze. It was a hot but breezy beautiful summer day to celebrate the kick off of the 4th of July weekend with good fellowship and food! The Friary Van came and gave the residents an opportunity to visit with family away from the Friary setting. Harold and his wife Rhonda prepared the best hushpuppies ever and fried fish. Harold and

his wife, gave up their Saturday to come and do a wonderful thing for all of us and their efforts are greatly appreciated. We had volleyball, horseshoes and lots of laughter. Hope those of you who attended had a great outing. A special thank you to Chris who put the event together and helped to insure it's success. It is our hope that we do this on an annual basis around this same time every year. Look inside for pictures from



Our "friend" Harold The Master Chef and Chief Fryer



### Friary Continuing Care Coordinator—Waddell

We chose to ask Waddell a series of questions (QUERSTONS as he puts it!) and thought it would be best to include those in this article along with his answers. Waddell heads the Continuing Care program at the Friary and provides us all with his guidance, strength, and spirituality. Here is the "interview" with Waddell...

**Where were you born and raised?** I was born in Beaumont, Texas. I was raised in Oklahoma City, Oklahoma, ages 1-8, Los Angeles, Calif. ages 12-20, and Nashville, Tenn (where I went to Private Religious School from AGES 10-15.

**2. Give us a little of your background.** I was raised primarily by my Grandmother and Mother, very religiously. I knew a brief

*(Continued on page 2)*



## Interview with Waddell—continued

period of drug and alcohol abuse for 2 years from a Step Father. I was between ages 5-7, The rest of the upbringing was stern, devout, absolute, and of course love, joy and peace. I was an A Student for a long time, until High School. Then of course came my introduction to the substances, and a young man who wanted to seek only his own counsel, and the results were predictable as well as inevitable. There was chartered failure, filled with chemical substances, mostly alcoholic beverages. There was a High School Graduation, a little college, then Enlisting in the Air Force. There was a 20 year Military Career, mostly in Law Enforcement. There was a Marriage at 24, lasting off and own, for about 18 years -- we actually married twice before finally divorcing. And we were blessed with two sons. Then came my best Military Assignment after serving 20 years, it was a Treatment Center for Substance Abuse. This not only turned out to be my very best Military Assignment, it altered the course of my life. It is the single most impacting thing which ever happened to me. I have subsequently enjoyed long term sobriety, and newfound relationships within my family. Someone wanted to marry me, and did 10 years ago, and together we have 11 grandchildren.

### How long have you been working at the Friary?

I have been employed at the Friary since 1 June 1994 or 12 years. I started at the Friary as the First Adolescent Tech, during the brief

period we had an Adolescent contingent in 1994-1995. In the late 1990s I would often substitute for the then Continuing Care Coordinators and was assigned that capacity in 2000.

**What do you perceive to be the greatest rewards of your job?** This job is indescribably wonderful. There is a Famous Orator in our Society, who coined the phrase, "Keep Hope Alive." Whenever I see or think I see Hope come alive in one and/or the multitudes of those who have passed through these halls, I would have to say there is no greater reward(s) than this

**If you could encourage someone with just ONE extra thing that you feel could benefit someone's sobriety - what would that be? (there are assumptions built into this question - ) they do have a sponsor, 2) they do go to meetings 3) they are working the steps.**

Consistency, and Continuity. There was an Old Man who came to Our Treatment Center when I was in treatment. He Said "Complete Treatment, but Don't Graduate." Guess who's getting old now? I have not graduated. I would also encourage Service Work. Don't just go (to meetings) but get involved. Doing things like I see you the interviewer doing. Returning and being an active part of your Treatment Center, and active in many or all the functions of your 12 step group. I find that in giving, I am given so much more in return.

**We know the answer to this one...but give it to us anyway...How much time to you have clean and sober?** As of this writing, 17 July 06, I have been sober 18 years, 8 months and 21 days.

**Did you REALLY EVER sing in a choir?** Yes, I did, in the Church I was brought up in. I probably sing too loudly and off key as well. Incidentally during most of that time - I could not blame the drink or any mind or mood altering stuff for the weird noises I was making.

**What would you like us to pass on in the newsletter that is of paramount importance to you?** This precious gift of sobriety is one to cherish. It is a gift to forward into one's life with the greatest degree of care. It can and should be nurtured and cared for and added to every aspect of one's life. As a good friend of mine put it, who is now in the Bigger Meeting Upstairs said all the time, "Reach for a Drunk, Become A Friend, and Lend An Ear." Your life will take on a new meaning and the most satisfying years of your existence lies ahead.

### Editor's note:

THANK YOU WADDELL!!!! You are truly an inspiration and offer hope for me and countless others!



**Don't leave 5 minutes before the miracle and one day you'll discover that the miracle includes YOU....**



## Continuing Care Meetings (maintain sobriety!)

**Continuing Care Meetings are held throughout the area as follows:**

**Tuesday - 6:30 p.m.**

Morris Eady Activities Center  
(Gymnasium)  
Class Room C  
Lakeview Treatment

Center (LCI)  
**Wednesday - 6:30 p.m.**

Paradise Village  
Building C, Suite 8A  
Ft. Walton Beach, FL

**Thursday - 6:30 p.m.**

The Friary  
Point Room (Families)  
Chapel - Friary Alumni and Patient Body

**8:00 p.m. Alumni Only**

Remember that attendance at Continuing Care meetings only aids to strengthen your program thus helping to ensure your sobriety.



***"It works if you work it!"***

## How You Can Help...

**The Friary Alumni Association needs your help to become involved...**

We meet the 2nd Thursday of each month at 5:30 in the Ohstrom Building. We coordinate events such as: Grounds clean-up and beautification; Alumni Retreats; Garage Sales;

Christmas Party with the patients; Temporary Sponsorship; Walmart runs for patients; The Alumni Association coordinates volunteers to make trips to Walmart each Tuesday and Thursday to purchase necessary items for patients. If you would be willing to volunteer **once per month**, or if you would

be willing to be a substitute, please call Lesley K. at 516-1624. This is a simple and meaningful way to give back to the Friary!

Assisting/volunteering is another way of doing service work which we have found to be an instrumental part of our journey in sobriety. Contact Rick F. at tele-

**Keep it Simple...**

**First things first...**

**Do the next right thing...**

**One day at a time....**

**Take the Steps...**

**Work with others....**



