

The Bridge to Recovery

Changing Lives

August, 2009

Homecoming Celebration in September

Come join us for an exciting time of celebrating The Bridge to Recovery. In 35 years, we have helped touch the lives of over 4,000 people. Our program has also become one of the leading centers offering long term residential treatment for Codependency. As cofounders of The Bridge to Recovery, Paul and Carol Cannon have made a tremendous sacrificial

commitment to ensure that this organization continues the work they have started. We are thankful for their years of full time service and we celebrate the work Paul and Carol began back in the 1970's. Come and join us for our **35 year Homecoming Celebration** where the Cannon's will be honored for giving the world this place called The Bridge. We are proud of our heritage



and we are extremely grateful to Paul and Carol for making their dreams become a reality.

Our 35 Year Celebration will meet September 18-20, Friday night thru Sunday.

A Tribute to Paul & Carol Cannon

At Homecoming on Saturday night, September 19, we will pay special tribute to Paul & Carol Cannon. The program in their honor begins

around 6:15 PM at the tent on the grounds just below the lodge. The evening will conclude around 10:00PM. This will be a special

time to honor our dear friends and cofounders of The Bridge. Make plans to join us for this very special occasion.

Homecoming Schedule at a Glance

Friday Night September 18

6:30—10:00

Registration
Sack Supper, Music,
Speaker Meeting,
Bonfire Chat

Saturday September 19

8:30 AM —10:00 PM

All Meals, Workshops,
Speaker Meetings, Tribute to the Cannon's,
Bonfire Chat

Sunday September 20

8:00 AM—1:00PM

Golf Scramble at Crosswinds Golf Course in Bowling Green, KY.

9:00AM—11:00AM

Serenity Breakfast and the "Let Go & Let God" Discussion Meeting at The Bridge

Dr. Stephen Grinstead to present Saturday Workshop

Dr. Stephen Grinstead, AD, LMFT, ACRPS, CADC-II, is senior consultant / trainer for The Gorski-CENAPS Corporation. He is also an author and internationally recognized expert in preventing relapse. Dr. Grinstead is the developer of the widely recognized Addiction-Free Pain Management System. This is a program designed to assist anyone with a chronic pain disorder who needs information about how to manage their pain without becoming addicted to pain medication. Dr. Grinstead is an internationally recognized and respected teacher and trainer of health care professionals, therapists and people in recovery from all sorts of addictions.

On Saturday, September 19, Dr. Grinstead will twice offer a two hour experiential workshop entitled: ***Identifying and Overcoming the Inner Saboteur***. This workshop is

designed to help people identify the internal mechanisms that often stand in the way of people as they seek to take their program of recovery to the next level.

In this experiential workshop participants will learn how to:

- Identify and personalize at least one of the 12 most common denial patterns that have gotten in the way of previous attempts at recovery.
- Create a personalized denial management plan for your individual pattern.
- Develop a simple Relapse Intervention Plan to identify and stop the relapse process or get immediately back into your recovery if relapse occurs.

The life of ongoing recovery is about learning how to “practice these principles in all of our affairs.” This work-

shop will help participants discover how the ***Inner Saboteur*** might seek to sabotage our attempts at integrating these principles into all areas of our lives in recovery.

This workshop is highly acclaimed and has been taught to thousands of people all across the country. The Bridge to Recovery is pleased to host Dr. Grinstead and we look forward to having you join us at Homecoming for this workshop. It is guaranteed to be an exciting time of growth and learning for all of us in recovery.



Dr. Stephen Grinstead

Equine Assisted Therapy Workshop on Saturday

Equine Assisted Therapy (E.A.T.) is a mode of therapy that makes use of horses as vehicles for personal insight into the deeply rooted patterns we as humans tend to cultivate in our relationships with Higher Power, Others,

Ourselves and our environments. This mode of therapy has offered much needed help to our recent clients as they have sought to discover new insights into personal areas in need of healing. At homecoming, we will offer

participants two E.A.T. Workshops. These will be an opportunity to experience and/or to observe the unfolding of insight offered through this innovative approach. We hope you will join us for this exciting time on Saturday.

The 1st Annual Bridge to Recovery Golf Scramble

The **Golf Scramble** will be held Sun. Sept. 20th at Crosswinds Golf Course in Bowling Green, KY. **There will be a shotgun start at 8AM.** To learn more about the course, please visit this web page: www.bgky.org/golf/crosswinds.php

All participants receive the following: Complimentary breakfast, 18 holes of golf, a t-shirt, \$2 in merchandise and 10% off in the pro shop. Trophies will be awarded to 1st, 2nd and 3rd place teams.

Other prizes are pending.

When? Sun. September 20. Shotgun start at 8AM.

Where? Crosswinds Golf Course in Bowling Green, KY

Cost? \$65 per player

How to Register:

You are registered when The Bridge receives payment for your participation. You may register as a team or as an individual.

Please send your check for \$65 per player payable to The

Bridge to Recovery. Please write "Golf Scramble" in the memo portion of your check.

Also, we will gladly accept your VISA or Mastercard payment. In order to use your card, you can either call or fill out the attached registration form. If you call, please let us know that you are registering for the golf scramble. (270) 777-1062.

Proceeds from the Golf Scramble will benefit The Bridge to Recovery Scholarship Fund.

What in the World is a Bonfire Chat?

Homecoming is a great time for alumni and friends of The Bridge to Recovery to get together and share the stories and events that have helped shape who we are as people seeking to live purposeful lives in recovery.

Bonfire chats are opportunities to focus some of our thoughts, insights, stories,

struggles and victories and to share these with our fellow pilgrims on this journey of life.

Bonfire chats provoke humor, wisdom, joy and hope.

There's something special about sharing meaningful conversation around a fire and underneath a blanket of stars. During Saturday night's Bonfire chat, we will

focus some of our thoughts on how The Bridge to Recovery and the Cannon's have influenced the lives we live today.

As we gather together for Homecoming this year, we hope you will make time to participate in these worthwhile times of sharing around the fire.

ALUMNI Workshops after Homecoming Postponed

The September 21-24 Alumni Workshop, "**Overcoming the Family Ties that Bind**"

and the October 16-17 Alumni Workshop, "**How Couples Grow, Heal and**

Cultivate Intimacy in Recovery" have been postponed and have **not been rescheduled.**

Please watch the website, further newsletters and emails for more up to date

information about various offerings for our alumni.

Questions? Please call Scott Whittle, 270-777-1048, ext. 29.

Homecoming Registration Form
(Please Return by the week of September 7)

REGISTRATION FORM

The Bridge to Recovery Homecoming & 35 Year Celebration
September 18-20, 2009

PLEASE COMPLETE & MAIL ASAP

NAME/S: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ E-MAIL: _____

Number attending: _____ @ \$80.00 each (includes 5 meals) = _____ (amount enclosed)

**There are a number of Reduced Rate Registration Scholarships available.
Call Scott Whittle at 270-777-1062 for assistance.**

Golf Scramble Registration Form

Number Attending: _____ @ \$65 = \$_____

PLAYER(S) NAME

SHIRT SIZE

AVG. 18 Holes

CREDIT CARD INFORMATION

Please charge my **MASTERCARD** / **VISA** credit card this amount: \$_____

--	--	--	--	--

--	--	--	--	--

--	--	--	--	--

--	--	--	--	--

Name as it appears on the card: _____

Expiration Date: _____

I HEREBY AUTHORIZE **THE BRIDGE TO RECOVERY** TO PROCESS THIS CREDIT CARD TRANSACTION:

Signed: _____ Date: _____