

From the President and CEO • *Kathy Ford*



Kathy Ford
President/CEO

All through the long winter, I've looked forward to my garden, and to connecting with nature as I witness the miracle of the spring buds pushing new life through the earth. This spring will offer me the opportunity to meet some of our partners for the first time and connect with others who share the same mission as our Foundation. Connection is fundamental to our goals as a Foundation; connection with people in recovery, with our partners and with people who are interested in the kind of philanthropy that we are engaged in. I continue to be touched by the work you are doing and the impact you are making in the lives of people walking the path to recovery, and along with them I say "thank you".

RCF Board Member Profile • *Rev. Paul Hottinger*



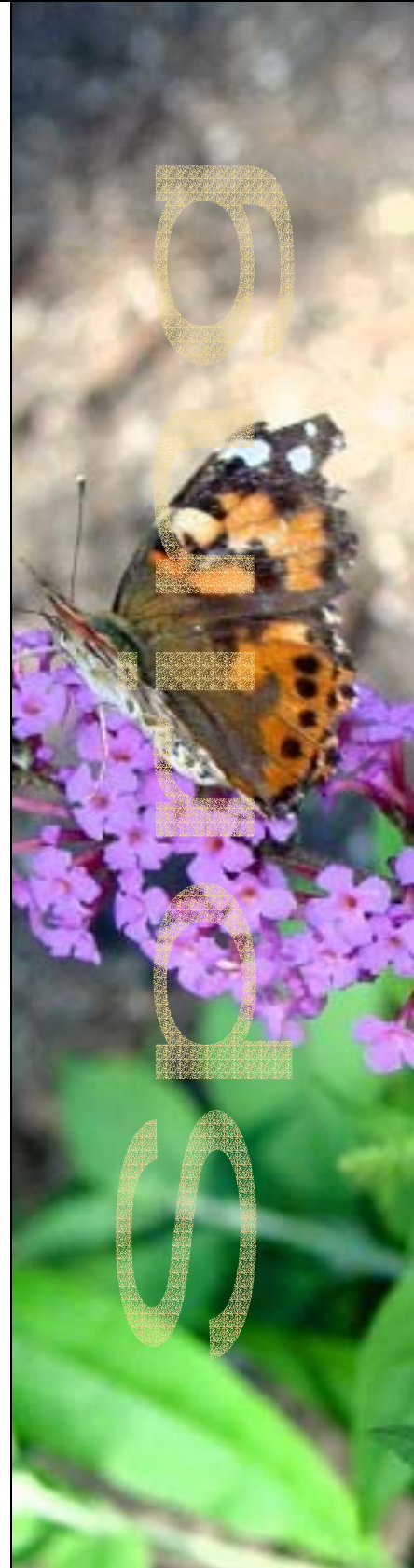
Rev. Paul Hottinger
Director

The Reverend Paul A. Hottinger received a Masters in Theology from Pontifical College Josephinum School of Theology and a Masters of Pastoral Studies in Spirituality from Loyola University. He has been an ordained priest in the Roman Catholic Church since 1975 and has worked in the areas of spiritual direction, enrichment and counseling. He is currently Pastor of St. Joseph's Catholic Church in Downers Grove, IL.

Partner News

"A Reason to Believe", **Cathedral Shelter's** annual auction/fundraiser held on Friday, May 6, inaugurated the agency's 90th anniversary year. Cathedral Shelter has also launched Cathedral Shelter WEST, a new career readiness program focusing on resume writing, interview techniques, workplace behavior and dress, and job search techniques. All services are free of charge. Contact cvaughn@cathedralshelter.org.

Nexus Recovery Center has a new web site for supporters, referral agencies, concerned family members or addicts who have reached the decision to turn their lives around. Nexus hopes they will be inspired by the "miracle of recovery" they will find at www.nexusrecovery.org.



Partner Profile • LIFE ENRICHMENT SERVICES, Wheaton IL

www.Lifeenrichmentservices.com

Life Enrichment Services, Inc. (LES), specializes in the treatment of the Process Addictions, especially Sex, Internet, Cybersex, Compulsive Debting / Shopaholism and Pathological Gambling. Couples are helped to integrate the principles of recovery into a renewed relationship and persons struggling with gender identity issues or sexual dysfunctions receive individualized services. LES is committed to helping free clients from the bondage of addiction, especially Process Addiction, and to providing services that promote healthy, balanced and maintained recovery. Over the past 30 years, Cynthia Power, President, LES, has drawn clients from throughout the upper Mid-West and has become recognized as a leader in working with Addiction Interaction Disorder and in training other Professionals to work with the Process Addictions.

Guest Editorial • “Portals to Recovery” • Ted Klontz,

ONSITE WORKSHOPS, Cumberland Furnace TN • ted@onsiteworkshops.com



Ted Klontz, Margie Zugich
Executive Directors

The recovery process is like a spiral staircase. We start at the bottom and we begin taking some steps. If we glance down, it looks like we have made no progress. The scene below looks all too familiar, and if we look ahead all we see are more steps. If, in that moment, we can suspend our self-criticism, self-judgment, and unrealistic expectations, we can see that we **are** making progress. Recovery is dealing, again and again with our pain, sadness, loss, and fear. However, the ‘dealing’ is never quite the same. Our sadness is not as sharp as the first time we acknowledged it, the fear is less terrifying and the memory has less power. If we can continue to honor that our ‘self’ knows where it needs to go and what it needs to do to heal, and just be with it, as we might a child who needs to tell the story over and over again, our recovery process moves a little faster. I have come to understand that these scenes, memories, and feelings that keep coming back to me serve as portals to the parts of my soul that need healing. I am told we never reach the top, but with each step I’m closer to the divine, my view of the big picture improves, and my gratitude for just how far I have come manifests itself.

Heartbeats

“Recovery Circles Foundation has been a tremendous benefit to me as I continue my journey in recovery. Following release from a treatment program and while I was still unemployed, the funds allocated to me were instrumental in maintaining a continuity of care and transition from inpatient treatment to aftercare treatment and therapy. An abundance of thanks to Recovery Circles for their assistance.”

-JMCK,

Alumni Life Enrichment Services

“Thank you again for your willingness to include BHS in your “dream.” From all of us to you and the Board, and from our future patients and families, thank you very much for the wisdom, generosity and hope that you bestow.”

-Paul Teodo

Behavioral Health Services

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www.rcirclesfoundation.org