

## From The Director

Holiday Greetings! I hope you all had a wonderful Christmas. The New Year has begun. For those of you that just started your recovery road last year, I pray you will continue on your journey throughout this New Year and will celebrate your first birthday with joy and gratitude. Look back and see the victories big and little this year has brought and give him Thanks. For those of you who have been walking the recovery road for several years, I pray you will continue to share your hope and strength with others. You have experienced the growth of your sobriety. The serenity and strength that comes with each New Year is yours. Look back on your personal growth this past year and give him Thanks. For those who are still struggling with this illness, whether it is for yourself or a loved one, look forward with hope. Others have walked your path and are so willing to share their own hope and strength with you. You can find there willing guides in a 12 Step meeting, in Treatment, in Aftercare groups and sometimes where you least expect them. Our prayer for 2009 is that you will find the recovery path and that your hope can be restored.

We hope to see you all at the Mid – Winter Conference in February. Come yourself, bring friends and family. We are going to Celebrate Recovery! See you there.

God Bless Always,  
Carol

## Alumni Notes

Where is 2008? It went so very fast I believe I may have whiplash for the speed of 2008.

I hope all of you have taken up the challenge I gave to you last year in the Keynotes to remind yourselves "it was up to all of us in recovery to spread the message of hope to those who are searching to find hope for tomorrow." Some days can be very bleak, especially in early recovery; however, it takes those of us who have walked the walk for a period of time to again give hope to the people who struggle with the addiction and early recovery. We never know when a little bit of encouragement is just what a person needs to make it through that moment, that hour, or that next 24 hours. Our Higher Power may have put us in that place just for that person, who still may seem lost at times. **REACH OUT YOUR HAND.**

We encourage you to bring friends and family to the Mid-Winter conference. Once again, the conference will be held at the Holiday Inn/City Centre in Sioux Falls. We will be meeting on the first floor in the International room. This room is to the right when you come in the front doors.

We will be having a special evening on Friday, February 6, 2009. We have asked a gentleman by the name of John McAndrew to share his music and his recovery story. The evening will begin at 7:00. Mr. McAndrew writes all of his own music, and also writes for several other music artists in the United States. He shares his recovery story while sharing his music. Mr. McAndrew will also be spending time with us on Saturday morning again sharing his story and giving us ideas to think about in our own recovery.

I look forward to seeing you all at the conference,  
Phyllis Bauerle - Keystone Alumni President

Place  
Stamp  
Here

Keystone Treatment Center  
P.O. Box 159  
Canton, SD 57013



THE BEGINNING OF *freedom...*

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# KEYNOTES

NEWSLETTER WINTER CONFERENCE

FROM THE  
DIRECTOR

ALUMNI  
QUOTES

ALUMNI  
NOTES

CHAPLAIN'S  
CORNER



## An "Interactive" Lord's Prayer

*Our Father who art in Heaven . . . Yes? . . . Don't interrupt me. I'm praying . . . But you called Me.* Called you? I didn't call you. I'm praying. *Our Father who art in Heaven . . . There, you did it again . . . Did what? Called Me. You said, "Our Father who art in Heaven.. " Here I am. What's on your mind?* But I didn't mean anything by it. I was, you know, just saying my prayers for the day. I always say the Lord's Prayer. It makes me feel good, kind of like getting my duty done. **All right. Go on . . . Hallowed be thy name. Hold it. What do you mean by that?** By What? **By "Hallowed by thy name."** . . . It means... it means... good grief, I don't know what it means. How should I know? It's just part of the prayer. By the way, what does it mean? **It means "Honored, Holy! Wonderful."** Hey, that makes sense. I never thought about what "Hallowed" meant before... *Thy Kingdom come, thy will be done on earth as it is in Heaven. Do you really mean that?* Sure, why not? **What are you going to do about it?** Doing? Nothing, I guess. I just think it would be neat if you got control of everything down here like you have up there. **Have I got control of you?** Well, I go to church. **That isn't what I asked you. What about that habit of lust you have? And your bad temper? You've really got a problem there, you know. And then there's the way you spend your money... all on yourself. And what about the kinds of books you read?** Stop picking on me! I'm just as good as some of the rest of those phonies at the church. **Excuse me... I thought you were praying for my will to be done. If that is to happen, it will have to start with the ones who are praying for it. Like you, for example.** Oh, all right! I guess I do have some hang-ups. Now that you mention it, I could probably name some others. **So could I.** I haven't thought about it until now, but I really would like to cut out some of those things. I'd like to, you know, be truly free. **Good, now we're getting somewhere. We'll work together... you and I. Some victories can really be won. I'm proud of you.** Look Lord, I need to finish up here. This is taking longer than it usually does... *Give us this day our daily bread. You need to cut down on the bread too... you're overweight as it is.* Hey, wait a minute! What is this, "Criticize Me Day?" Here I was doing my religious duty, and all of a sudden you break in and remind me of all my hang-ups. **Praying is dangerous thing. You could wind up changed you know. That's what I'm trying to get across to you. You called me, and here I am. It's too late to stop now. Keep on praying. I'm interested in the next part of your prayer... Well, go on.** I'm scared to. Scared? **Of what? I know what you'll say. Try me and see.** *Forgive us our offenses as we forgive those who offend us. What about Mark?* See I know it! I knew you would bring him up! Why, he's told you lies about me, cheated me out of money... He never paid back that debt he owes me. I've sworn to get even. **But your prayer... What about your prayer?** I didn't mean it. **Well, at least you're honest. But it's not much fun carrying the load of bitterness around inside is it?** No, but I'll feel better as soon as I get even. Boy, have I made some plans for ol' Mark! He'll wish he never did me any harm. **You won't feel any better. You'll feel worse. Revenge isn't sweet. Think of how unhappy you are already. But I can change all that.** You can? How? **Forgive Mark. Then I'll forgive you. Then the hate and sin will be Mark's problem and not yours... You may lose the money, but it will be settled in your heart.** But Lord, I can't forgive Mark. **Then I can't forgive you.** Oh, you're right! And I'm ashamed Lord. I really am. I'm sorry Lord, I really am. Up until now I thought if I just prayed the Lord's Prayer every day then I could do what I liked. I didn't expect anything to happen like it did. **Go ahead... Finish your prayer.** Oh yes... *For Thine is the kingdom and the power, and the glory forever. Amen. Do you know what would bring me glory? What would make me really happy?* No, but I'd like to know. I want to please you. I can see what a mess I've made of my life, and I can see how great it would be to really be one of your followers. **You just answered the question.** I did? **Yes, the one thing that would bring me glory is to have people like you truly love me. And I can see that happening between us. Now that some of these old sins are exposed and out of the way... well, there's no telling what we can do together.** Lord, let's see what we can make of me, OK? **Yes, let's see . . .**

Created Nov. 19, 1999 in the Spirit of Love and Peace

# Winter Conference

## February 6th & 7th, 2009

Holiday Inn/City Centre  
100 W 8th St • Sioux Falls, SD 57104  
605.339.2000

(Mention Keystone and get a special room rate)

### Friday, February 6, 2009

Registration ..... 6:00 P.M.  
John McAndrew ..... 7:00 P.M.

John McAndrew is a storyteller, piano player, song writer. It is this unique combination of his recovery story and his music that works for him. "I want to make sense of the things I feel. Lyrics are power. John has a song called This Little town which is described as inspirational and hopeful. He sings of a special place in this world where everybody's really free and safe, where nobody takes from you and nobody knocks you down. McAndrew was born in Rice Lake Wisconsin. He taught himself to play the sax, flute, guitar, harmonica and the piano.



### Saturday February 7, 2009

Registration ..... 8:00 A.M.  
Pastor Al (Final Spirituality Opening) ..... 9:00 A.M.  
Break..... 10:15 A.M.  
John McAndrew ..... 10:30 A.M.  
Lunch ..... 12:00 P.M.  
Bob Bogue (Step 12)..... 1:30 P.M.  
Break..... 2:45 P.M.  
Dr Ron Perkinson (Gambling & Cross Addiction)..... 3:00 P.M.  
Banquet ..... 6:00 P.M.  
Stacy W. & Joe P. .... 7:00 P.M.

### RSVP for the banquet to:

Carol (605.335.7711) or Phyllis (605.335.1820)

Register online at: [www.keystonetreatment.com](http://www.keystonetreatment.com)

(Applications for CEU's & BBCT's are in process)

### 2009 Upcoming Events

Mid-Winter Conference – February 6 & 7, 2009  
Annual Reunion in Canton – August 1, 2009  
Alumni meetings the first Wednesday of the month in Canton at 7:00 PM

## Chaplain's Corner

Hello, good friends in recovery! Another season has gone by and here we are gathered together for a Midwest Winter. These are months where I get caught up with books to be read, lectures to fine tune, and those projects inside.

Step 12 deals with our projects inside. It is rarely that a person gets to Step 12 or sometimes even Step 4 & 5 at Keystone Treatment Center. It is recommended that you try to at least clear out those important things that the soul needs to cleanse before leaving treatment. Step 12 reads: "Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs" NA Basic Text, p. 48.

This is a great time of the year to sit down and either review your story or write up the newer clearer version to help others. See, "as a result of these steps" means we are continuing to work our program after we leave Keystone. Sometimes the "Spiritual Awakening" is just being clean/sober after so long and hearing nature, seeing family, and being a part of the community.

"Carrying" can entail a lot of reference. It is without doubt that those of us that stay clean/sober are the ones who serve. Service is a key to healing.

"Practice" means what it says, over, and over, practice. When you were trying to do something you really wanted to do "well" we practiced before we became a member of the team.

Hey, "all our affairs" is exactly the Spirituality of the program. You didn't just get a higher power concept or even group conscience to just walk away from it all. God is waiting for you to give him a call. When is the last time you dialed up our Heavenly Father?

Hope to see you all at the Mid-Winter Conference. Remember I kick it off early at 9:00 A.M. and guess what it will be on, you're right, Step 12.

Peace, Blessings to You All,  
Pastor Al

### Alumni Quotes

"I've been clean and sober since I left one year ago. Thanks guys you have a tough job." – Bernie G

"I called because I celebrated five years of recovery today and I just wanted to say thank you." – John A

"Recovery is wonderful. I'm active in AA and in my church. God Bless." – Mary T

"A flower leans toward the sun and is thankful for its presence and I too am thankful for the presence of Keystone." – JF



## Want to stay in the Keystone Know?

Forward us your email address to our Alumni President Phyllis at: [pbauerle@crchealth.com](mailto:pbauerle@crchealth.com) or tear off and mail; or drop off at the Winter Conference.

Name:

please  
print

My Email is:

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You can reach Keystone at:  
**605.335.1820 or 1.800.992.1921**

(phones are answered 24 hours a day, 7 days a week.)