



# The Gateway

A Quarterly Newsletter from Fellowship Hall

## This Year's Voice A Slight Departure From The Past

In an inadvertent and unintentional way, Jake W. is about to make history. So far, as anyone currently connected with Fellowship Hall can tell, he will be the first Voice of the Conference who primarily was addicted to drugs.

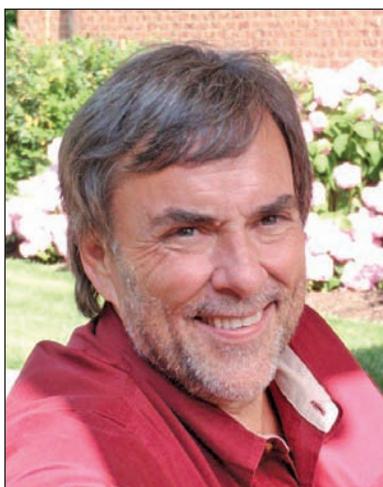
"It's certainly not a big deal to me," said the 57 year-old entrepreneur, "and I wouldn't think it would be to anybody else.

Oh, not that alcohol didn't play a big role in his downward spiral — as his three DWI convictions will attest — but it was cocaine that drove him to death's door.

If Jake were to have picked a line of work perfectly suited for a life of addiction, he made a wise choice by going into the music business, not as a musician, but as everything from a roadie, bus driver, concert promoter, sound technician, road manager and tour manager.

Over the years, he has worked with some of the biggest names in the business, including the Neville Brothers, Ricky Skaggs, Leon Russell, Newgrass Revival, Jimmy Thackery and the Assassins, and Leon Redbone.

"If you want the greatest enabling job in the history of



Voice for the 2012 Conference, Jake W.

mankind, be a tour manager," he said, not jokingly. "There are things I did and saw and was a party to that can only be told in my 5th Step. I've been told that I should write a book, but I'd have to leave too much out. Plus, there's a lot I don't even remember."

In the mid-'90s, as he was flaming out of the music business, Jake parlayed his tour manager experience into a similar job with the Tour du Pont bicycle race. During that span, he was offered a job with the television production crew for the 1996 Olympic Games in Atlanta. Strangely, he turned it down.

"They flew me to Atlanta and offered me the job, and somehow I had the wherewithal to say I couldn't do it," he recalled. "It was a God moment, although I didn't know it at the time, but I would have destroyed it. I guess deep down, I knew I was too far gone to take a job with that much responsibility."

As with many addictive types, somehow Jake continued to stumble uphill, becoming a land developer, even as his life was crumbling all around him.

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## Hall's Signature Event Kicks Off August 3

Invariably, one will hear comments during or after the Fellowship Hall Conference on Alcoholism and Addiction to the effect, "I don't know how they'll top this next year." And the next year we do.

Coming on the heels of the Hall's 40th anniversary conference in 2011, this year's Voice of the Conference, Jake W., knew he had a tough act to follow. But he is convinced that the 2012 event will be every bit as spiritual, convivial and dazzling as any of the previous events.

"No one will leave here disappointed with any of the speakers; I can guarantee that," he said, adding with a wry grin, "The Voice might be sub-par, but that'll be the only thing."

As it has the past seven years, the Hall's signature event will take place the first weekend of August, this year falling on the 3rd, 4th and 5th. It will again be held at the Marriott-Downtown on Greene Street in Greensboro, N.C., with most of the festivities taking place in the second-floor Southern Crescent Ballroom. Those events not at the Marriott will be at

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## A Message from the President, Rodney Battles



Rodney Battles,  
Fellowship Hall President

Greetings, former guests, families and supporters of Fellowship Hall.

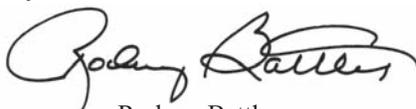
Welcome to the first installment of what I hope will be a regular feature in *The Gateway*. Quite often, I am asked questions about the Hall, so I have decided to launch a column so that you can hear directly from the president.

More often than not, the questions I get fall into one of two categories: What are our plans for the future, and what can I do to give back to the Hall? As you can see elsewhere in this issue, we have just taken a giant step into the future with our Extended Treatment Program. This 90-day, residential program puts us on the vanguard of innovative and specialized care, not just in the State, but the nation.

We currently have several capital projects and advances in our treatment program under discussion, and as soon as they are finalized and approved by our Board of Directors, you'll be the first to know.

As for the second question, we just concluded our Annual Fund Drive, and I am happy to report that we surpassed our goal of \$50,000, raising more than \$54,000. Because of the reservoir of goodwill we've built up over our 40-year existence, I am continually gratified at the outpouring of support, financial and otherwise, we receive. Of course, there are several ways to give back, to pay it forward, if you will, and we will discuss some of them in future issues. For the moment; however, just let me thank all of you who contributed for your generosity and your trust that we will put these funds to the best use possible.

As you know, Fellowship Hall employs the 12-Step model in its recovery programs. Therefore, it would be the height of hypocrisy for us not to use that model in the way we conduct our business and run our organization. If we ever strayed from "practicing these principals in all our affairs," I dare say we would not see another 40 years. We expect you to hold us accountable and welcome input from any and all sources. As president, I assure you that your voice will be heard.



Rodney Battles,  
Fellowship Hall President

### Continued from page 1: This Year's Voice A Slight Departure From The Past

"I didn't lose all my money, but I lost me," he mused. "I hit a spiritual bottom. I didn't lose my house, my wife, my business — I lost all that clean, and that's OK."

Jake finally found his bottom over Labor Day weekend in 2005 at, of all places, the 15th tee at Pinehurst No. 3 golf course.

"I was holed up in a condo on the course," he said. "I'd been up all night, and strangers I was with told me that morning that I was doing too much cocaine, drinking too much, and spending too much money. I chuckled and said, 'fix me another tequila,' and then passed out. I woke up 24 hours later, and went for a jog from the 15th green down to the tee box and stopped and said, 'I can't do this anymore.'"

Meanwhile, his wife had contacted Fellowship Hall — unbeknownst to him. After meeting with a local addiction specialist, he checked into Fellowship Hall.

"I do not know if Fellowship Hall saved my life, whether I could have walked straight into the rooms and gotten clean, but I do know that I went there and I took their suggestions," he remarked. "I learned that treatment is not recovery, but discovery, and they taught me here that it was my job to go find it. And it's because I did those things that I'm here today."

These days the Kinston, N.C. native and Chapel Hill resident has a new business, called Dusty Donuts, a new girlfriend, who will be at the conference August 3–5, and a new outlook on life.

"I don't make a whole lot of money, but I have fun. I'm happy, I work with good people, and work with a lot of folks in recovery," he said with a smile. "I do the same things I did when I got here; work with a sponsor, sponsor some men, do lots of service, and help start our primary purpose area as Treasurer."

As this year's Voice, Jake saw no need for sweeping changes to the conference — "It wasn't broke, so I didn't try to fix it." — but did insist on one change that might be fairly noticeable.

"Among all those big black and white photos around the Marriott Ballroom of Bill W. and Dr. Bob and the early founders, there's never been a picture of Jimmy K., the founder of Narcotics Anonymous," he said. "This year there will be."

Please go to our website at:  
**fellowshiphall.com**, click on our  
e-newsletter sign-up for Hall updates.



## Attention State Employees!

Fellowship Hall has been approved to participate in the 2012 State Employees Combined Campaign (SECC)!

If you are a state employee and would like the opportunity to contribute to Fellowship Hall through the SECC, please see [www.ncsecc.org](http://www.ncsecc.org) or call Murphy for more information at: 336.621.3381.

Many thanks to the 2011 SECC Campaign and the employees who helped to provide answers, hope and a new life for those who suffer from the terrible disease of addiction to alcohol or other drugs.

## Employee Anniversaries

### First and Second Quarters 2012

Sandra Barclay	17 years	Bernard McEachern	6 years
Pone Bautsady	1 year	Reid Martin	9 years
Joy Bechtold	27 years	Lisa Morgan	9 years
Annie Boswell	4 years	Mahala Motzny	2 years
Kelly Bowman	11 years	Pam Murray	1 year
Ruth Brown	11 years	Rosemarie Palazzolo	5 years
Randy Carter	10 years	Linda Phillips	3 years
Charles Chapman	1 year	Robert Poteat	14 years
Pat Cory	1 year	Noi Phaphatsalang	3 years
Jim Fenley	25 years	Joyce Rakes	1 year
Carole Fleming	2 year	Eric Roberts	7 years
Scott Forrester	7 years	Kelly Scaggs	4 years
Lauren Haarlow	13 years	Richard Shaver	4 years
Billy Harrah	6 years	Wayne Smith	12 years
Jennifer Harrison	2 years	Terri Spears	1 year
Wendy Huffman	4 years	David Spillman	4 years
Matthew Irvin	2 years	Murphy Sullivan	1 year
Shelley Kirkman	4 years	Nancy Verdi	8 years
Jennie LaValley	3 years	Billy Wyrick	9 years
William Lickel	4 years	Mike Yow	19 years
Judy McCall	1 year		

## Continued from page 1: Hall's Signature Event Kicks Off August 3

Fellowship Hall itself, namely the picnic at noon Saturday, followed by the Gratitude Sharing in The Big Room. Saturday's session will conclude with the Ice Cream Social, immediately after the speaker.

The always-popular Ice Cream Social is one of the few areas where a slight change has been made. Responding to several suggestions, the event will now offer sorbet to anyone requesting it. "That way no one gets left out because of dietary concerns," said Jake.

Patrons will also notice an expanded selection of merchandise from the "Hall Mall."

Last year, the registration process was streamlined and Judson B., last year's Voice who oversaw the changes, will be in charge of registration.

"It went much more smoothly last year," said Jake, "and I'm very happy that Judson volunteered to head up that committee this year."

When the subject of the roster of speakers comes up, Jake's face positively lights up as he remarks, "I can't tell you how delighted I am with every one of them. They are from all walks of life and every one is in high demand."

So high, in fact, that Judson tried to get one of them last year, Deb. H., the Saturday morning AA speaker, but she was booked solid. "She's the first one I called," said Jake. "She's from New Orleans and, in fact, may ride her Harley up."

The conference will kick off Friday evening with the NA speaker, Ryan H. from Nashville. "He decided to take a year off from seminary to travel around speaking," noted Jake. "He's only 27, but has been clean seven years."

The Al-Anon speaker will be Barbara A, who happens to be the wife of the keynote speaker from two years ago, Dick A. "I told her it would be interesting to get her side of the story," said Jake. "Dick is one of the best around, and I'm sure she'll be just as good."

Saturday night attendees will be moved and uplifted by Karl M., who runs the Puente House, a treatment center in Southern California. "What a powerful story he has," raved Jake.

Tim H., an insurance agent from Louisville, KY, will ring down the curtain on Sunday morning. "Solid as it gets, this guy walks the walk," said Jake.

A registration form to the conference is in this issue, and online registration may be made on the Hall's website at:

**[fellowshiphall.com](http://fellowshiphall.com)**.



## Hall Counselor Learned Hard Lessons at an Early Age

Anomalies, meaning things that deviate from the norm or from expectations, can be either good or bad. Mahala Motzny is definitely the good kind. In more ways than one.

A primary counselor at Fellowship Hall, and, most recently the counselor at Hazel's House, the women's residence of the new Extended Treatment Program, Mahala turns 37 this June, which is nothing unusual. But the fact that she has been sober for 16 years, since age 20, is what makes her an anomaly. Moreover, unlike almost all folks who join AA at that age, she has never had to rejoin, which puts her in a minuscule category.

She credits her family, particularly her mother, for not enabling her by making excuses for her drinking.

"Because my family was willing to draw the line in the sand, it forced me to do something," she said. "Some young people would be angry about that, but it saved my life. My grandmother was an alcoholic, and my mother had a background in ACOA and Al-Anon, so she knew right away that things were not right with me."

Growing up in Winston-Salem, Mahala began drinking in high school, but the moment she got to college, at N.C. State, it took almost no time for her disease to shift into high gear.

"Like, at Freshman Orientation," she laughed, adding, "Once I got to college, there was no turning back. I somehow made it two and a half years before my parents said, 'You're coming home now, we're not paying your rent, and we're taking your car. You can either go do what you do, or you can go get an assessment, go see a counselor, and go get some help.'"

It was then that Mahala had her moment of clarity and agreed to go into the intensive outpatient program at Forsyth Hospital. That was April 4, 1996.

After a couple of years in recovery, she also took care of some unfinished business by going back to school. In 1999, she earned a degree in psychology from UNC Greensboro and continued her education by getting a master's in counseling from the same school in December 2001.

She began her career doing adolescent counseling in Stokes County, before moving to adult and trauma counseling in

Davidson County. She then accepted a job at Fellowship Hall as a primary counselor, from November 2005 to March 2007.

The next chapter of her life involved meeting a man, her future husband Scot, and moving to Minnesota for three years. Here her lively sense of humor kicks in again as she quipped, "I moved up there single and came back married and pregnant."

While there, she worked with people who had both psychotic disorders and substance abuse issues.

"I worked with a great psychiatrist and learned a lot," she said. "I worked with an experienced team of people. We taught people who struggle with severe mental illness life skills. Their lives improved, they felt good about themselves and they got periods of relief from the symptoms of their illness."

In June 2010, after moving back to North Carolina, Mahala was welcomed back to Fellowship Hall. Then shortly thereafter she gave birth to their son Max.

"I really wanted to get back into substance abuse," she remarked. "This is a good place to be, a place where you actually get to do counseling work. I love my new responsibilities with the Extended Treatment Program, too. It's a gift to be able to watch people come

here and get better."

Of course, she's doing a bit more than watching. The very reason they get better is because of her and her colleagues.



*"This is a good place to be, a place where you actually get to do counseling work. I love my new responsibilities with the Extended Treatment Program, too. It's a gift to be able to watch people come here and get better."*



*Pictured left to right: Mike Yow, Assistant Clinical Director; Mahala Motzny, Primary Counselor and Jim Fenley, Clinical Director*

## Mayor and Chamber President Joined the Hall for Extended Treatment Ribbon-Cutting

“It may be chilly, outside but there is a lot of warmth and love here today at Fellowship Hall. I have felt that since I stepped out of the car onto this property,” said Deborah Hooper, President of the Greensboro Chamber of Commerce, April 18. That was the day Fellowship Hall celebrated the grand opening of its Extended Treatment Program.

Surrounded by nearly 100 people, the occasion was celebrated with a ribbon-cutting ceremony at Zander’s Place located on the campus of Fellowship Hall, followed by an open house reception and tour of the facilities.

Fellowship Hall is one of the most respected and successful private not-for-profit alcohol and drug addiction treatment centers in the United States. Licensed as the first specialty hospital in the State of North Carolina in 1972, Fellowship Hall has treated tens of thousands of men and women and is dedicated to providing answers, hope and a new life for those who suffer from addiction.



*The Hall Board of Directors pictured left to right (front row): Richard Miller; Merrill Norris, Tom Smith, Jim Key, Dale Benschoff and John Chisnall, (back row) Jim Medford, Clyde White, Mose Kiser, Jr., and President, Rodney Battles. Not pictured: Sarah Beale, Dr. Terry Bogard, Jimmy Brown, Jan Kanne, and Jerry Shelton*

“Fellowship Hall is a tremendous asset to our city,” said Mayor Robbie Perkins. “You piece the lives, minds and bodies of your guests in treatment back together. You give them back to their families, help them go back into society and work and be productive. That is huge for our city,” he added. “Fellowship Hall has the expertise that is better than any place in the country to work with those who need help and restore their heart and soul and their spirit and get them going back in the right direction. Thank you for the work you do.”

For some, recovering from the disease of addiction to alcohol or other drugs includes extended treatment. Fellowship Hall’s Extended Treatment Program is intensive, individualized therapy and consists of group counseling, medical monitoring, gender-specific therapy, daily attendance to 12-Step meetings, and analysis of other core issues as well as recreational activities.

“From an economic standpoint, Fellowship Hall also contributes to our local economy,” added Hooper. “Over the last 15 months, through the expansion with the Extended Treatment



*Pictured left to right: Clyde White, Fellowship Hall Board of Directors Chair; Vaughn McAlister, Alexander Worth McAlister Foundation; Deborah Hooper, Greensboro Chamber of Commerce; and Rodney Battles, Fellowship Hall President,*

Programs, Fellowship Hall has added 12 positions. We [Greensboro] certainly are investing in people to make certain Fellowship Hall continues to be a world class organization that helps people.”

The Extended Treatment Program includes two residences, Zander’s Place for men and Hazel’s House for women. Zander’s Place accommodates six men and is affectionately named after one of the Hall’s founders and local business leaders, Alexander (Zander) McAlister, Jr.

Hazel’s House is home for six women and named after Hazel McAlister, Zander McAlister’s wife. Hazel was a major benefactor of Fellowship Hall in her own right and a tireless advocate of its mission to help people who suffer from alcohol and drug addiction.

“Forty years ago, there was not a place for alcoholics or addicts to get well except in an institution or jail cell,” remarked Vaughn McAlister, Board Member of the Alexander Worth McAlister Foundation. “Uncle Zander wanted a place where alcoholics and drug addicts could recover, get well and be treated with dignity and respect. We are happy Fellowship Hall has expanded Uncle Zander’s vision to present these extended treatment homes for the men and women who need it.”

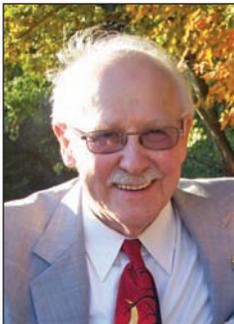


*Pictured left to right: Dr. Alyson Kuroski-Mazzei, Medical Director; Robbie Perkins, Greensboro Mayor; and Mose Kiser, Fellowship Hall Board Member*

## *Ogi & The Old-Timers*

### The Antidote for the Ten-Year Flu

The next chip I pick up, with God's grace, will have the Roman numeral XX on it. Without God's grace, it will be aluminum (or white) and have no numerals on it. Or, even worse, there could be no next chip, in which case I would have rejected God's will entirely.



Naturally, I intend to continue doing the things I've been doing that have earned me a token with an XIX on it. Just as I've been saying since that spring day that I walked out of Fellowship Hall a free man, I don't intend to take a drink this day or any other

day. Yet, for reasons that escape me as much now as then, sometimes folks do take a drink, regardless of the sequence of X's and V's and I's on the chip they hold. It's as perplexing as anything I've ever encountered, but the cold hard truth is that regardless of professed intent, sometimes people ignore the consequences and pick up that first drink. They cast aside everything they've come to believe, every bit of self-respect and standing in the community they've earned, every morsel of knowledge and wisdom they've gleaned, and get drunk. It's as if the preceding years, the meetings, the prayers, the friendships, the sense of accomplishment all went for naught.

I've heard it said that there are a thousand reasons one decides to resume his former way of life, or semblance thereof. And while I don't doubt that statement, I've also heard it said that there is only one reason that people go back out: They want to get drunk more than they want to stay sober. And that too is no doubt true. Thought always precedes action; even though a thought enters our mind, we almost always don't act on it. A drink does not simply appear in our hands and force itself down our throats. At some level we choose. Some say we begin planning a drunk months before we actually pull it; I don't know.

All I know is that it happens all too frequently. The revolving door continues to swing both ways, in defiance of all

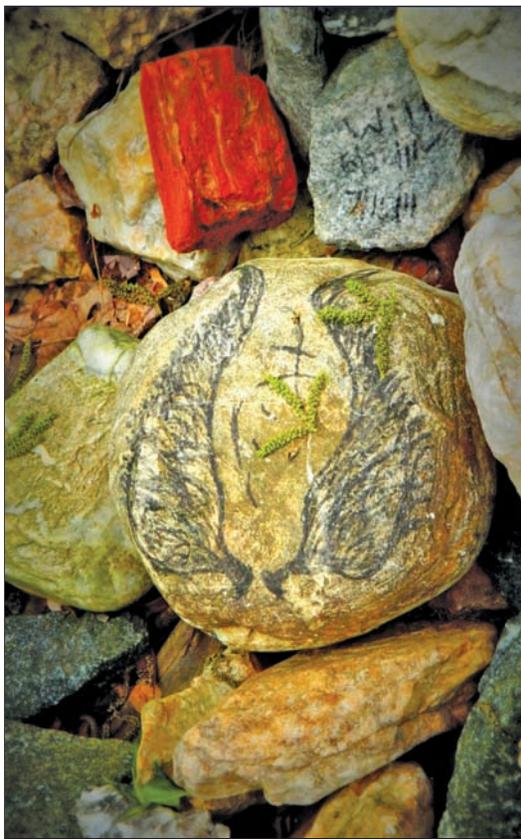
reason or common sense. "Cunning and baffling" indeed. And, might we add, patient.

Lately, I've been hearing the term "middle sobriety" used rather frequently. I take it to mean that nebulous time between newcomer and old-timer; for purposes of simplification, let's say roughly between five and twenty years of sobriety. The late, great Lou Huston (whom many of you who graced the Hall in the '80s and '90s would remember) used to call it the "10-Year Flu," to describe the odd phenomenon of relapse after reaching double-digit sobriety. Recently, two dear friends, both in that undefined period of middle sobriety, caught the 10-Year Flu and made bad decisions with dire consequences. If I were asked, off the top of my head, to name a dozen of the most solid members of AA who had comparable lengths of sobriety as I, both would have been on it. And all of us who know and love them are left to shake our heads and wonder.

Moreover, if we are smart, we are also aware that it's not always the other guy. As the old cartoon character Pogo used to say, "We have met the enemy and it is us." There could come a day that I'm the other guy, that I'm the one who decides to pick up a drink, the one people are shaking their heads about and wondering, why him? If it happened to two guys who appeared to be fully invested in AA, then how can I be convinced it won't happen to me?

If ever there were a time to apply the "There but for the grace of God go I" adage, this would be it, eh? Rather than condescendingly pass judgment on my friends, now would be the time to look inside myself and inventory my own spiritual condition. Now would be the time to turn to my favorite passage in the Big Book and reread it: "We are granted a daily reprieve, contingent upon the maintenance of our spiritual condition." And while I'm saying a little prayer for my struggling comrades, it might be a good time to say one for myself, as well.

Because sometimes the other guy is you.



*Now would be the time to turn to my favorite passage in the Big Book and reread it: "We are granted a daily reprieve, contingent upon the maintenance of our spiritual condition."*

*Back by popular demand, this article is a reprint from Ogi & The Old Timers, Gateway, Spring 2008 Edition.*

# The 11th Annual E. Raymond Alexander, Jr. Memorial Golf Tournament



It's not too late to sponsor or register for our golf tournament held at **Bryan Park**. 100% of the proceeds go to help our guests in need! Please see our website at: **fellowshiphall.com** or call Murphy Sullivan, **336.621.3381** by July 30 for more information.

Name of Sponsor/Player: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Address/Phone/Email: \_\_\_\_\_

### Type of sponsorship:

- Platinum - \$5000
- Gold - \$2500
- Hole in One - \$1000
- Silver - \$750
- Bronze - \$350
- Friends of Ray - \$100
- Cost per player - \$90

Amount enclosed: \_\_\_\_\_

Please mail to:

**Golf Tournament, Fellowship Hall  
P. O. Box 13890, Greensboro, NC 27415**

**Or register online at [fellowshiphall.com](http://fellowshiphall.com)  
or by calling 800.659.3381**



## 62ND FELLOWSHIP HALL CONFERENCE ON ALCOHOLISM AND ADDICTION



**August 3, 4 & 5, 2012**

Marriott-Downtown Greensboro  
Pre-register online until  
noon, August 1 at  
**fellowshiphall.com**  
or complete the form on the back  
and send it with your check to  
Fellowship Hall.  
For more information,  
please call Fellowship Hall  
at 800.659.3381



### Conference Agenda

#### Friday, August 3

**8:00 p.m.** Opening Remarks -  
Southern Crescent Ballroom

**Speaker:** Ryan H. - Nashville, TN

#### Saturday, August 4

**9:00 a.m.** **Speaker:** Deb H. - New Orleans, LA  
Southern Crescent Ballroom

**10:30 a.m.** **Speaker:** Barbara A. - Lithia Springs, GA  
Southern Crescent Ballroom

**12:00 p.m.** Picnic - Fellowship Hall

**2:00 p.m.** Gratitude Meeting - The Big Room  
at Fellowship Hall

**8:00 p.m.** **Speaker:** Karl M. - Covina, CA  
Southern Crescent Ballroom

**9:30 p.m.** Ice Cream Social -  
Southern Crescent Ballroom

#### Sunday, August 5

**10:00 a.m.** **Speaker:** Tim H. - Louisville, KY  
Southern Crescent Ballroom

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The Gateway is published by Fellowship Hall  
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# Fellowship Hall Annual Conference

**August 3, 4 & 5, 2012**  
**Greensboro Marriott Downtown**  
**336.379.8000 or 336.387.8007**

For more information, call 800.659.3381 or register online until noon, August 1 at [fellowshiphall.com](http://fellowshiphall.com) or simply fill out the form below and mail it with your check to:

**Fellowship Hall Conference**  
**P. O. Box 13890**  
**Greensboro, NC 27415**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Telephone (H): \_\_\_\_\_ (M): \_\_\_\_\_  
Email: \_\_\_\_\_

Pre-registration cost for all sessions is \$15 per person or \$10 per person per day. Enclosed is my check or money order for \$\_\_\_\_\_. Make checks payable to: Fellowship Hall.

Note: Registrations at the Conference for all sessions will be \$20 per person or \$10 per person per day.

Name(s), city and state to be printed on badge(s):  
\_\_\_\_\_  
\_\_\_\_\_

Number attending Hall picnic \_\_\_\_\_  
(\$5 per person payable at the picnic)

