



**WHERE**  
*the heart*  
**IS** an intimate look inside the  
Family Program

page 4



# REGISTER NOW!

REGISTER ONLINE AT  
[FellowshipHall.com/conference](http://FellowshipHall.com/conference)  
 or  
**COMPLETE & MAIL IN FORM WITH CHECK**

\_\_\_\_\_  
 First & Last Name

\_\_\_\_\_  
 Name on Badge

\_\_\_\_\_  
 First & Last Name

\_\_\_\_\_  
 Name on Badge

\_\_\_\_\_  
 Address

\_\_\_\_\_  
 City, State, Zip

\_\_\_\_\_  
 Email

\_\_\_\_\_  
 Phone

Total # of Reservations \_\_\_\_\_ x \$25  
 + Picnic \_\_\_\_\_ x \$10  
**A = Total for Conference \$ \_\_\_\_\_**

## PRE-ORDER YOUR CONFERENCE T-SHIRT!

long sleeve \_\_\_\_\_ x \$20

short sleeve \_\_\_\_\_ x \$15

Size and quantity:

S \_\_\_\_\_  M \_\_\_\_\_  L \_\_\_\_\_

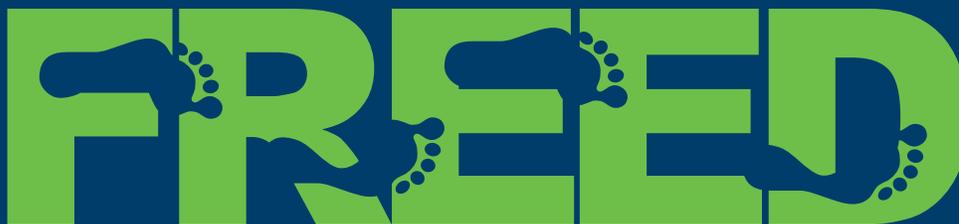
XL \_\_\_\_\_  2X \_\_\_\_\_  3X \_\_\_\_\_

**B = Total for T-shirts \$ \_\_\_\_\_**

**A + B = TOTAL ENCLOSED \$ \_\_\_\_\_**

Make checks payable to Fellowship Hall and mail to Fellowship Hall, PO Box 13890, Greensboro, NC 27415

STEPS TO



This is your personal invitation to join us at our 67th Annual Conference! This year's theme is "Steps to Freedom" which we think captures the road to recovery... one day... and one step... at a time.

We've got a great line-up of speakers joining us from Texas to Kentucky, from NA to AA to AI-Anon. The Fellowship Hall Council has been working hard to line up another great event complete with breakfast biscuits Saturday and Sunday morning, a hearty picnic at The Hall featuring the best BBQ and chicken on Saturday followed by our special Gratitude Meeting, and of course – everyone's (and Mike Yow's) favorite – the Ice Cream Social Saturday night!

But we also have some NEW things happening at this year's conference that we're excited to tell you about.

### LAUNCH OF REGIONAL ALUMNI GROUPS

Have you ever wondered how many Fellowship Hall alumni live near you? Well, there are more than you think! This year at Conference we're launching a new Alumni program to help you reconnect with old friends and make new ones. On Saturday from 6:30-7:30pm in the Southern Crescent Ballroom, you're invited to gather and connect with alumni from the Triad, Triangle, and Charlotte areas for an informational meet and greet. We're excited about this opportunity for our alumni to meet up and hope to establish regional groups that will get together a few times a year for encouragement, fellowship, and information sharing!

### UNVEILING OF NEW SUNDIAL

We are pleased to announce that a special dedication ceremony is planned for Saturday, August 5th at 1:15pm, (immediately following the picnic at The Hall), to unveil a new outdoor artwork by local artist and sculptor, Jim Gallucci. The sundial (whose title will be revealed at the unveiling!) is being dedicated in the memory of a friend of the hall and in honor of two Emeritus board members. It's a surprise for them, so we don't want to say too much—you'll just have to come see it for yourself!

### COME SEE THE ALUMNI WALL OF GIVING

We want to thank all of our alumni who have given to the Alumni Outpatient Center naming initiative! As you know, our goal is to raise \$1 million to name the "Alumni Outpatient Center" in honor of all of the folks who have passed through our halls. To thank the 159 generous alumni who have already given \$89,592, we will unveil the "Alumni Wall of Giving" in recognition of their gifts. The fundraising effort will continue, and we hope to meet our \$1 million goal sometime in the future and add more names to the wall!

### NEW ITEMS IN THE "HALL MALL"

This year, we're bringing some new items to conference! First up we'll have the conference theme "Step to Freedom" T-shirts, available in both short and long sleeve. We'll also have some snazzy new journals, coffee mugs, and window decals featuring the new Fellowship Hall tree logo. Be sure to stop by the Hall Mall and pick up your conference swag! Want to avoid the lines? Pre-order your conference T-shirt when you register!



Speaking of registration, here are the "deets" to help get your conference planning underway!

### HOW TO REGISTER

Register and pay securely online at [www.FellowshipHall.com/conference](http://www.FellowshipHall.com/conference) OR complete the form on previous page and mail in with your check.



**WHEN:** August 4-6, 2017

**WHERE:**  
Greensboro Downtown Marriott  
304 N. Greene Street  
Greensboro NC 27401

**HOW MUCH:**  
\$35 Conference + Picnic  
\$25 Conference Only  
\$10 Daily Rate | \$10 Picnic Only

**CONFERENCE SCHEDULE**

**FRIDAY, AUGUST 4**

- 5:00 pm** Pre-registration check-in (fast pass for those that don't like to wait!) & Walk-up Registration
- 7:00 pm** Meet and Greet Social Hour
- 8:00 pm** Welcome, Recognition for Tournament Winners and Announce 2017 Spirit of Ray Award
- 8:30 pm** Kenneth K. from High Point, NC  
NA Speaker

**SATURDAY, AUGUST 5**

- 8:00 am** Pre-registration check-in & Walk-up Registration + Breakfast biscuits in the Hospitality Room!
- 9:00 am** Christina G from Akron, OH  
AA Speaker
- 10:30 am** Carolyn G from Garland, TX  
Al-Anon Speaker
- Noon** Picnic at The Hall
- 1:15 pm** Sundial Dedication Ceremony at The Hall
- 2:00 pm** Gratitude Meeting at The Hall
- 6:00 pm** Pre-registration check-in & Walk-up Registration
- 6:30 pm** Regional Alumni Group Gathering Meet and Greet
- 8:00 pm** Recovery Countdown
- 8:15 pm** Don M from Louisville, KY  
AA Speaker
- 9:30 pm** Ice Cream Social!

**SUNDAY, AUGUST 6**

- 9:00 am** Pre-registration check-in & Walk-up Registration PLUS Breakfast Biscuits in the Hospitality Room!
- 10:00 am** Jimmy B from Georgia, AA Speaker
- 11:00 am** Closing Remarks and Thank you!



# Mike on the Mic

Summer has arrived here in the Piedmont of NC – which means our Annual Conference is close at hand! We look forward to this time of year when former guests come back to The Hall for a visit and staff are reminded with each returning face, the important work we do here. What a perfect time to reflect on the mission of Fellowship Hall and marvel at the work and effort folks put into their recovery. What a joy to see the blossoming that occurs in lives that have been restored. But it is also a time to remember those we have lost and the magnitude of the work that remains to be done. We consider our annual conference a homecoming, a time to come back to one's recovery roots and embrace gratitude for being in fellowship with one another – a time to celebrate the miracle of recovery.

Like any event, our Conference takes a great deal of planning. Thanks to the vision of our founders, The Council exists to plan and coordinate our Conference each year through a series of meetings that span an entire year! They begin each September to plan Conference for the following August. We are grateful for each Council member who dedicates their valuable time and effort to make Conference happen every year.

Summer also marks that special time of year for the E. Raymond Alexander, Jr. Memorial Golf Tournament. For 16 years running, our dedicated Golf Committee members have organized, supported, and encouraged our local business community to sponsor this outstanding event. The tournament honors the memory of Ray Alexander, a local judge, who was committed to helping individuals live their best lives. He was a true friend and supporter of The Hall. The tournament kicks off our Conference each year, with tournament play beginning at 8am sharp on Friday morning. It's a great opportunity for fellowship, fun, and for some, a determined effort to win the "Judge's Jug!"

On the serious side of things, our golf tournament is a major fundraiser, raising much needed funds to provide one family member of each guest in treatment to attend the four-day Family Therapy Program at no cost (a \$270 value per person). Each year, about 400 family members attend the Program, of those, about 250 are able to attend for free. We know substance use disorder deeply affects families – and we know the more support a guest has from their family, the better their chances for

reaching and staying in recovery. We also know family members need recovery too – and when they get the help they need – the whole family begins to get well.

It is amazing for me and all of us here at Fellowship Hall to witness couples and entire families come out for our golf tournament and annual conference, year after year. We look forward to seeing you again this year! I encourage you to invite a friend or someone in recovery who would benefit from the inspiration and camaraderie. If you're unsure about participating in the golf tournament and conference this year – make the decision to come back "home" to Fellowship Hall! I invite you to come and reconnect, take a tour of the grounds, see the new buildings that opened up just last year. I know you'll be pleased to see the expansion which allows us to serve more guests, help more families, and save more lives. If you've never attended conference or played in the tournament – make this your year! You won't be sorry you made the commitment to join us.

We consider you - our alumni and friends - to be part of our Fellowship Hall family. And like family, you are very important to us. Conference is that special time of year to reconnect with you, live and in person. I'm personally looking forward to telling you about the great new things that are happening here at Fellowship Hall and taking the opportunity to shake your hand and thank you for referring new guests here for treatment, serving as a volunteer on our campus, or agreeing to be a contact for someone as they leave their treatment time with us. We couldn't do what we do, without you.

Take a few minutes to check out the Tournament and Conference schedules and get your registration turned in. The Tournament is limited to 128 players (about 70 are already signed up – so don't delay)! The Conference is open to anyone interested in recovery – so bring your family and a friend. You can choose to join us for just one day or the entire weekend. And be sure to sign up for the picnic, followed by a special unveiling on our campus and annual "Gratitude" meeting.

Come "home" this August... we want to celebrate recovery with you!



# WHERE the heart IS

an intimate look inside the  
Family Program

The heart and soul of Fellowship Hall's Family Program is the parents, spouses, siblings, and friends who walk through the doors each week. Families who come in search of healing and solutions to problems they've only dared to whisper. It is here where our guest's primary treatment culminates and the family healing begins. Where the puzzle pieces fall into place and counselors get to see family dynamics, co-dependency, and enabling behavior—the very things they educate about—play out right before their eyes. In essence, the Family Program is a microcosm of the longer treatment process that our guests experience. In just four short days, the Family Program counselors witness rapid and profound transformations in thinking and behaviors. Transformations that *literally* change lives.

## When It All Began

In some form or another, the Family Program has been in existence at Fellowship Hall since 1976. In the early 80s, family counseling was known as the Aftercare Program. By the early 90s it had evolved into "Family Week." For a brief stint in the mid-90s the program operated a weekend schedule. But for the past 20 years, the Family Program has operated in essentially the same four-day format which includes individual, conjoint (family members and their guest in treatment) and group counseling, lectures, groups discussions, and activities. And the program has bigger dreams still, such as on-campus housing for families who live out of town, thus alleviating the stress of travel and enabling more families to participate in the Family Program.

## Willing Warriors

If the families are the heart of the Program, then its lifeblood is the family counselors and support staff that keep it running. With over 40 years of combined counseling experience, Crystal, Danielle, and Heather each bring a rich and varied perspective garnered from their own personal and professional experiences with addiction and recovery. Crystal began her work at Fellowship Hall as a Therapy Assistant, later returning as a primary counseling intern. Rising from that work and her own personal experience, she felt called to the Family Program. Danielle grew up with an alcoholic grandfather and experienced the helplessness of not having the support and resources, like what the Family Program provides, available to help herself and her family cope with effects of his disease. Heather was drawn to family counseling after years as a primary counselor. She saw the impact that a family's willingness or unwillingness to seek recovery for themselves has on their own mental and emotional wellbeing, regardless of the status of their loved one's recovery. And the glue that holds them together is Mary, Family Program Coordinator. A therapy assistant for several years before transitioning to the Family Program, she is often the first voice family members hear and the first face they see. Her own experiences with addiction and recovery have given her a keen sense of understanding and empathy for the family members who attend the program.

## Witnessing the Work

One of the greatest joys of the Family Program is seeing the transformations of the participants from day one to day four. "Every week we see people who think they're helping their loved one, when really they're hurting them. To see that family member recognize their behavior and then make an effort to take a step back... it's amazing," says Heather. "The recognition, acknowledgment, and acceptance that this is a disease, not a moral deficit, weak will, or 'if you only loved me more,' or 'if you only tried harder'—that is mind blowing, says Crystal. Every week when we do the disease lecture and the families write down all of their loved one's symptoms: the shame, the denial, the hopelessness—and then we flip the switch and say 'What if this was a list of *your* symptoms?' They're blown away by the realization that they have been affected too. Those two things are so profound: one that this is a disease, and two that they also have symptoms." Heather adds, "we're empowering family members to give words to, to give names to, feelings that they knew were there, but didn't understand. To allow them instead of saying what's 'right and wrong' to say 'what's helpful, what isn't helpful,' 'what's working, what isn't working,' and to stop judging themselves and their loved ones so harshly."

## Heartbreaking Reality

While the work can be rewarding, it can also be incredibly frustrating. Along

“God  
in the



Mary, Crystal, Danielle, and Heather meet to discuss their weekly schedule.

with a great willingness to change and grow, the family counselors also see families so deeply entrenched in harmful and counterproductive behaviors that the brevity of a four-day program cannot begin to address the issues at hand. “It’s very upsetting to see family members that are so hooked into their way of thinking that they come up with ways to remain in that mindset, even in the face of alternatives,” says Crystal. At that point, the counselor’s responsibility is to the guest in treatment. To acknowledge and validate that the family member is stuck in an unhealthy pattern of behavior, that the counselor recognizes that too, and then model healthy ways for the guest to set boundaries. “We have an obligation, whether it’s to the family member or the guest in treatment, whomever is more willing to get better. While there is overlap in their

*God is present in this program.”*

recoveries, there is also individuality in their recoveries.” Danielle says one of the biggest lessons for family members is that everyone deserves recovery. “Knowing that they have a right to decide what they allow in their space, instead of thinking they are obligated to accept everything a family member says or does just because they are biologically connected or married to them. Helping them understand that family members have a right to set boundaries and a right to get well.”

Many family members struggle with facing their fears. Fears that their loved one *won't* get better, that they *won't* follow the program, that they'll use again; fear that their loved one will *die*. Those are harsh possibilities that many family members stumble over. Heather says that she acknowledges “this is a possibility, but I remind them ‘you’ve *never* been able to control whether or not that was going to happen.’ Control is just an illusion.” Crystal points to the Al-Anon “3 Cs” as a summary for the family recovery process: We didn’t Cause It, We Can’t Cure It, We Can’t Control It. The role of the Family Program is to give family members the tools and the courage to fully embrace the 3Cs and live their own lives to the fullest,

regardless of what things outside of their control may happen.

### Love Thyself (and thy neighbor)

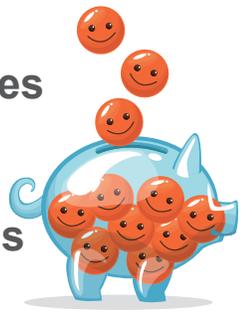
Family counseling is demanding work. Helping families work through such weighty matters day after day can be mentally and emotionally taxing. Crystal, Heather, and Danielle have made a concerted effort to support each other and hold each other accountable for self-care. Crystal is very intentional about a defined boundary between work and home. She also no longer takes work home with her. When Danielle worked in a hospital, her co-workers knew not to give her patients the same age as her daughter. For Heather it’s something as simple as putting her name tag and work keys in the center console of her car when she leaves work for the weekend. Out of sight, out of mind. It really is about practicing what they preach: boundaries, healthy detachment, and being self-aware enough to know when an issue with a family is hitting a little close to home and they need to pull themselves back or ask for help.

### Where The Heart Is

Ask anyone who has either been a family counselor at Fellowship Hall or has gone through the Family Program, and there is no doubt that something special happens within these walls. Recalling a long-time counselor’s words to her when she joined the Family Program, Crystal succinctly sums it up, “God is present in this program. There is a presence here that’s bigger than me, Heather, Danielle... all of us. There is something here that works. I don’t understand it, but it’s bigger than any of the parts that make it up.” Indeed.



## Fellowship Hall Receives Two Grants From Local Foundations



We’re excited to report that Fellowship Hall has received a grant from The Community Foundation of Greater Greensboro in the amount of \$3,000! The grant will be used to create a strategic plan— keeping us on mission and helping us to set a course for the future.

The TEGNA Foundation has awarded Fellowship Hall a \$2,500 grant to promote our new community presentation, *Recovery Takes A Community*. The presentation is for local civic groups, clergy, attorneys, PTAs, universities, chambers of commerce or anyone who wants to understand what addiction is, what the signs and symptoms are, and where to get help.

Fellowship Hall Outreach staff are at the ready to deliver the presentation across the state! If you know of a group or organization that would be interested, contact Warren Lowder, Director of Business Development at warrenl@fellowshipHall.com or 336-621-3381. This is a great way to educate others and provide them with valuable information that may save a life!

We are extremely grateful for support from these local foundations. Now more than ever there is a need for education and awareness about substance use disorder. Through the support of foundations, businesses, and individuals we are able to meet that need and fulfill our mission to save the lives of those suffering from substance use disorder. 

**Hey!**

**CHARLOTTE METRO ALUMNI!**  
*Did you know that there are nearly 1,000 Fellowship Hall Alumni in your area?*

**Join us—**  
**WEDNESDAY**  
**JUNE 28 @ 7:00PM**  
**Grace Presbyterian Church**  
**2955 West Hwy 160**  
**Fort Mill, SC 29708**

You'll hear from President and CEO Mike Yow and fellow alumnus TJ McM, and discuss next steps for more events like this one! Family members are welcome to attend. *Light refreshments will be served.*

**RSVP:**  
**FellowshipHall.com/Alumni-Events**



# A Bridge to RECOVERY

by Ogi Overman

Least one dismiss the ripple effect that the work of Fellowship Hall has on the community at large, consider the case of Eric Phillips. An ex-Marine pursuing a masters in mechanical engineering at UNC Charlotte, Eric, 29, is not an alcoholic and would likely have barely a passing interest in the Hall, save for one connection. His two best friends growing up were brothers Josh and Cameron Adams. Their father, Deane Adams, was a recovering alcoholic who was an active volunteer at the Hall in the late-'90s and early-2000s. Although Deane was not an alumnus of the facility, he felt a bond with the guests, the mission, the staff, the building and the grounds, and all they represent.

Tragically, Deane's life was cut short on August 4, 2001, when he was killed in an auto accident. At the time, Eric was an avid Boy Scout, working his way toward becoming an Eagle Scout. By the time he was a freshman at Western Guilford High School, he was ready to begin his required Eagle project. Deane's widow, Kathryn, who like Deane, felt an emotional attachment to the Hall, suggested that he visit the recovery center and inquire if there might be any projects he could undertake.

During his visit, Randy Barnes, maintenance supervisor at the time, off-handedly pointed out that there was no bridge across the pond, adjacent to the Meditation Trail. Eric took the hint and on his way home turned to his father, Fred, and said, "Dad, I'm going to build that bridge." And so he did.

Now, this was no ordinary Eagle project. It had to be built to code, which meant that architects and engineers had to be involved. It also meant that much manpower would be

*"This is about them, not me."*

needed and that, since all materials must be donated, a fundraising effort of both money and in-kind donations must be organized — all by Eric himself.

He set about rounding up his fellow scouts, church members, advisors, family members, and Josh and Cameron. Each weekend for the next several months, slowly but surely the bridge took shape. It wound up taking over 265 man-hours and costing roughly \$4,500 (all donated). The "S" shaped structure is 28 feet long and 6 ½ feet wide.

The Deane L. Adams Memorial Bridge was dedicated August 2, 2003, which coincided with the Fellowship Hall Annual Conference

picnic, with over 150 in attendance. Kathryn, Josh and Cameron Adams cut the ribbon. "They were like family to me," said Phillips. "Still are. I wanted to do something to honor Mr. Adams, and this just seemed a good way to do it," adding, "This is about them (the Adamses), not me."

Needless to say, Eric Phillips earned his Eagle Scout award. But he also went on to earn the Silver Palm award, which is three ranks above Eagle, the highest honor bestowed by the Boy Scouts. He was presented the medal by U.S. Rep. Howard Coble.

On April 1, 2017, the Phillips and Adams families gathered at the bridge for a small ceremony. It would have been Deane's 76th birthday.

"It's getting a little age on it," smiled Eric. "I'm going to come out here and do a little maintenance on it."

After all, just like Deane Adams, he's now a part of Fellowship Hall's extended family, as are both their families.

And the ripples keep spreading. 



Eric (center) with Josh and Cameron Adams in 2003, and in 2017

# Calling all golfers!

Friday, August 4 | 8:00AM shotgun start  
Bryan Park Players Course

Now that summer is in full swing, it's time to start making plans to play a round of golf with your friends from Fellowship Hall – as part of the 16th Annual E. Raymond Alexander, Jr. Memorial Golf Tournament. The tournament was originally organized by Bill Benson and Mike Whaley in memory of beloved District Court Judge, E. Raymond Alexander, Jr., who passed away on December 31, 2000. Proceeds from the inaugural event went to the Raymond Alexander Assistance Fund which was established to help guests who were in treatment who found themselves in financial duress, complete treatment.



In 2014, after the Raymond Alexander Fund had reached the goal of being self-sustaining, proceeds from the tournament were re-directed to our Family Program to cover tuition for one family member of every guest in treatment to attend our four-day Family Therapy Program. Last year, the tournament covered tuition costs for 93 family members!

In the true spirit of Judge Alexander whose focal point of life was helping others, the tournament's aim each year is to pass along his zest for life and desire to always make help available for those willing to help themselves.

We hope you'll join us this year and help us keep the "Spirit of Ray" alive as we work together to give family members an opportunity to help themselves, learn about addiction, and best help their loved ones find and stay in recovery.

Thank you to this year's tournament sponsors who help us make the tournament access for the Family Program!

**REGISTER ONLINE NOW AT  
FELLOWSHIPHALL.COM/GOLF**

Registration is limited to  
128 players  
(32 teams of 4 players)

REGISTRATION CLOSING  
ON JULY 21ST.

\$110 per player (\$440 per team) and includes:  
breakfast biscuits and coffee, 18 holes of golf, a collector's tournament dry-fit golf shirt, sleeve of balls, Awards Luncheon, and prizes for 1st, 2nd, and 3rd place teams, plus prizes for Closest to the Pin, Longest Drive, and Hole in One.



**The 2016 Winning Team**

Kory Bell, Richard Hale, Drew Hobby, Ed Hobby

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Sponsorships as of June 8, 2017.