

## Sedlacek-ians

# Newsletter

October 2011 #4

## AA MEETING

Meeting number four has come and gone! This Sunday's AA breakfast and meeting was a good one. French toast, eggs and sausage were on the menu. Lawson, Sarah, Stacie, John, Justin and myself were in attendance. Marty sent his hugs and kisses via a text, as he could not join us due to prior church commitments. Katie, I bet you've already guessed, overslept, again. One of these days I'm going to take up a collection and buy her a new alarm clock, her's just does not seem to be working. Nickie had promised me for two weeks now she would be in attendance and stood us up again. I do have to give her a slight excuse as she was having a large family gathering that day and had lots of housework and cooking to do before they got there. I gave her a full pass though later that day when I got word SHE WAS ENGAGED! Her man had taken this opportunity with all the family present to pop the question. Rumor is...we may be headed for VEGAS!?!?!? All and all it was another great meeting. Seeing the gang, catching up and just being together is my breath of fresh air every week. A chance to let out the stress and chaos that the week has put on us. I promise you there have been a couple mornings I have not wanted to roll out of bed and go. I have to leave by 645am to be there in time for breakfast. Yet I have never missed one yet. This is a great day just to regroup, rethink and charge my battery in order to keep fighting this damn disease. I really think you should all try it, just once.

**Every Sunday - 730am breakfast, 830am AA meeting**

**Marion Industrial Club  
225 South 35th St.  
Marion**

## Sunday Fun Day - Oct 23rd

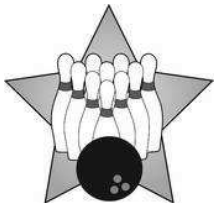
*Past and present Sedlacekians, spouses, children, friends, WHDEVER...let's get our bowl on!*

**Cedar Rapids Bowling Center  
265 Blairsferry Road, Cedar Rapids  
2:00PM till ?**

**ALL  
PLAY**



*\*\*\* Bowling - \$3 per game, Shoe Rental - \$2 \*\*\**



Here is a great opportunity to get all our family and friends together! Show those that have questioned us in the past, we can have *sober* friends and have *sober* fun! Who knows, we may even surprise ourselves!

# SEDLACEK ALUMNI IS NOW ON



I have started a Sedlacek Alumni Facebook page for those of you who use the social media website. I would love everyone and anyone to leave a post on the wall of this page! Let people know what you have encountered through your therapy at Sedlacek, or through the people you have met or through what limited things we've done as the Alumni Group! There is no better way to get the word out to get involved and be connected with those who are trying to keep on the right path.

## SERIOUSLY, someone email me!

I am still looking for feedback on a Thanksgiving dinner for us Sedlacekians!!

- Who is interested?
- Location suggestions?
- Date and time suggestions?
- ANY SUGGESTIONS?

I'm thinking a good old potluck feast for anyone who wants to come-us alcoholic and addicts, spouses, kids, whoever!!!!!! Lets grub!!



Email me your suggestions  
Sedlacekalumni@yahoo.com

**You can't think your way into a new way of living...you have to live your way into a new way of thinking!**



Achievement seems to be connected with action. Successful men and women keep moving. They make mistakes, but they don't quit.



**Celebrate Red Ribbon Week**  
 OCTOBER 22-30, 2011  
 Remembering Kiki Camarena  
 Celebrate Red Ribbon Week - No Use of Illegal Drugs, No Illegal Use of Legal Drugs

Red Ribbon Week is the oldest and largest drug prevention campaign in the country. Although the start end dates can vary slightly depending on the organization and source, Red Ribbon Week generally takes place the last full week in October, with the weekends before and following the last full week included as appropriate celebration dates. This year Red Ribbon Week will be celebrated October 22-30, 2011.

Red Ribbon Week serves as a vehicle for communities and individuals to take a stand for the hopes and dreams of our children through a commitment to drug prevention and education and a personal commitment to live drug free lives with the ultimate goal being the creation of drug free America.

And, perhaps more importantly, Red Ribbon Week commemorates the ultimate sacrifice made by DEA Special Agent Enrique "Kiki" Camarena, who died at the hands of drug traffickers in Mexico while fighting the battle against illegal drugs to keep our country and children safe.



**EMAIL ME!**  
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sedlacekalumni@yahoo.com

## THIS WEEKEND'S THINGS TO DO...



- Haunted Village Tour Ushers Ferry Village  
Saturday, Oct.22, 7-11pm
- Safe Halloween for Kids : Ushers Ferry Village  
Sunday, Oct.23, 1-4pm
- SUNDAY FUN DAY, Cedar Rapids Bowl  
Sunday, Oct.23, 1pm-???

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