



June - 2006  
Published by Volunteers

*gay/lesbian/bisexual/transgender Recovery Groups in Minnesota*

Hello boys and girls. My name is Rand R. I have a very unique opportunity with this article. I can write about whatever I want to. However, being the arrogant, stuck up fag that I am I also want to be read....by you. In order for that to happen I have to select topics to write about that are not only topics for which I am qualified to share my experience, strength and hope, but also are of interest to you.

A little about me to help establish myself as someone who while not an expert, is at least credible to offer suggestions for thought:

I am the adult child of an alcoholic

I sobered up the first time in 1976 through Storefront Youth Action.

I relapsed around 1977 when I was asked to leave my young persons AA meeting when they discovered I had a secret (my homosexuality)

I remember "hopeless day".

I remember Christopher Street and C-Street Cycles. (The first gay treatment center in the world, located in Minneapolis and not 12-step oriented)

I remember when Maverick AA was the only openly gay AA meeting in the country (it is currently the oldest and longest running)

I helped start Brothers and Sisters AA/Alonon and Lambda Sobriety Center

My grand-sponsor used to tell me stories about taking turns detoxing folks in peoples homes

I went through treatment in 1978 when it was NOT ok to mention that you were gay, you are there to sober up, not talk about sexuality

I spent 11 months in a halfway house

I buried nearly all of those men from the early days from the first wave of the "gay-cancer"

I relapsed in 1990 in Detroit, Michigan

I sobered up again in 1992

I relapsed again in 1999

I sobered up in 2002 through Pride outpatient

My longest sobriety was in 12 years

I have a mental illness, PTSD and Adjustment Disorder

I am a graduate of St Thomas BS in Business, minor in theology.

I also have my MBA from Metropolitan State University.

I served in the Army for 6 years as a gay man and was honorably discharged in 1991

I am active in a variety of community organizations and Big Brothers. I attend both AA and NA, and currently sponsor 3 individuals.

I have had 2 very long-term significant relationships, one is dead and the other is doing further research

My life currently is about experiencing gratitude, my home and pets, continued reading and exploration of faith and recovery and now this article

Having told you these things, my hope is that you better know me and can understand that while I am not, nor will ever be a subject expert in the field of chemical dependency, I am at least qualified to offer ideas, founded both in personal experience and in sound academic research that will both entertain you and cause you to think and reflect.

So....I want to hear from you. What do you want me to write about? What is important to you in your recovery? What would u like to hear about? Send your ideas to me here or [rettterr@juno.com](mailto:rettterr@juno.com). I will try to do the topic justice.

Thanks for your time, and happy reading!

The poster for the "Spring into Summer 2006" event features a background of stylized, overlapping leaves in shades of yellow and red. The text is centered and includes the following information:

**Spring into Summer 2006**  
A Clean and Sober Event  
Sponsored by GLBT in Recovery

June 10, 2006 3:00 - 11:00 PM  
Park House  
2120 Park Avenue  
Minneapolis, MN

Cost \$15.00 per Person  
No one turned away for lack of funds

3:00 - 6:00  
Indoor Outdoor Activities  
Volleyball, Croquet, Karaoke, Board Games

5:00  
Annual GLBT in Recovery Membership Meeting  
"All who attend are welcome to vote"

6:00 - 7:00  
Bar B Que Dinner

7:00 - 7:30  
Break

7:30 - 8:30  
Speaker Meeting  
Guest Speaker Bob W.

8:30 - 9:00  
Break

9:00 - 11:00  
Talent Show