



# Wellbriety!

*White Bison's Online Magazine*

Volume 5, Number 1

## The Wellbriety Movement and the Lord of the Rings

An exclusive story by **Willie Wolf**



Willie Wolf (center of the photo at the center) connects the Wellbriety Movement with the popular Fellowship of the Ring Trilogy. WELCOME TO THE FIRST ISSUE OF 2004!



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# White Bison Speaks

## THE LORD OF THE RINGS AND THE WELLBRIETY MOVEMENT

By Willie Wolf

Just finished reading the last of the Lord of the Rings Trilogy book: **The Return of the King**. I felt this was the best of the series and it reminded me of the Wellbriety movement in a number of ways. First of all, for those of you who might not be familiar with the story, there is a group of elves, dwarfs, a wizard, humans and Hobbits who band together on a single mission to overcome the evil in the world. This is not unlike our spiritual community, where I am very close to people that otherwise I might not have much in common with. The fellowship likewise offers support and helps us to realize that we are not alone in our addiction or codependency.

One of the characters is **Samwise**, who is **Frodo's** best friend. He is an excellent example of what it means to have someone love you unconditionally. In the Wellbriety movement, I have a number of friends who demonstrate this quality on a regular basis. Unlike my drinking buddies who only cared if I was going to party with them, the friends I have now are always there for me and if I ever need an encouraging word or just someone to share my feelings with, they are available.

### Step 9: Justice

Made direct amends to such people wherever possible, except when to do so would injure them or others

As part of a larger community, it is important that I realize that I have to do certain things to make sure I am working on my recovery, promoting unity within the group and performing service to others whenever I can. Along the way, the Fellowship encountered many obstacles and challenges, which tried to prevent them from reaching their goal. In our recovery we also face many tests, which try to get us off the Red Road. Some of these can include divorce, losing a job, health issues, and of course, the daily struggle with my old friends *anger, guilt, shame and fear*.

**Gollum** was this strange creature who seemed to be very pitiful and acted like he wanted to help Frodo and Samwise find their way. However, he was actually very deceitful and was leading them to their ruin. This character reminded

me of Iktomini, the trickster, who represents the cunning, baffling and powerful aspects of alcohol. When I first started drinking I thought it was my companion, but it only led me to become someone I never wanted to be.

**Gandalf**, who was the wizard in the story, reminded me of my sponsor who always knows what to say at just the right time. My sponsor tells me things that I don't think I can do sometimes, but then I realize that with God's help I can. I needed a wizard to help me reclaim my power. I was a people pleaser and I seemed to relish the victim role. As a good friend of mine says, first we recover and then we rediscover who we really are.

**Aragon** is a prince who eventually becomes the King. He exemplifies courage, as he is a brave warrior and a great leader. He never asks anyone to do anything he is not willing to do himself. He has tremendous strength and deals with his fears by confronting them. Aragon has the courage to change the things he can, and as a result he is able to accomplish tasks that seem insurmountable at the time.

Towards the end of the book Frodo had an opportunity to kill **Sauron**, the evil wizard. Instead he choose not to—he said he had suffered enough. Even though Sauron had caused tremendous pain in Frodo's life, he was able to forgive him. Thus, we see the gift of the Hoop: Learn to *forgive the unforgiveable*. This is something we learn in the Ninth Step of the program. Once we are able to do this we gain tremendous freedom in our sobriety, and we realize what it means to be *happy, joyous and free*. ✚

*Willie Wolf, Cheyenne River Sioux, is President of WC Consulting, Inc., a Native American owned and operated consulting and training firm that has worked with many Tribal, government, nonprofit, and urban Indian Centers across Indian country, including Alaska Native Communities. WC Consulting is committed to provide state-of-the-art training courses, consultation, and technical assistance to organizations in need of this information. The trainings offered provide the most current information available and all the trainings are culturally relevant. Willie can be reached at (303) 591-0612 or online at [cankuluta4@aol.com](mailto:cankuluta4@aol.com)*

## White Bison Speaks

# An Invitation to... Share With Wellbriety! Online Magazine in 2004



*Richard Simonelli (L), editor of Wellbriety! Magazine, and Blaine (Woody) Wood, head of the Firestarters Program*

**W**elcome to Wellbriety! Online Magazine for 2004! We, at White Bison, Inc., want to extend a special invitation to you in addictions recovery, to you walking the Red Road to wellness, and to you who are part of the Wellbriety Movement, to contribute stories of your own Journey, to Wellbriety! Magazine this year.

We want to especially invite the many Firestarters Circles that are using the Medicine Wheel and the 12 Steps Way to tell us how it is working for you, your family and your community. This is a great opportunity to share what's working in your community with other Firestarters around this sacred land we call Turtle Island, or North America. It's a great opportunity to interest other Native and non-Native people in the extended cultural and holistic approach to the well-known 12 Steps of AA. It's a chance to share a Journey that leads through sobriety and recovery and into wellness and Wellbriety.

Willie Wolf's story about the Lord of the Ring Trilogy and the Wellbriety Movement in this issue is a good role model for a story that was contributed by someone like yourself. Willie was moved to see and make the connection between the books he read and the films he saw, with his own Red Road Journey. It can be that simple. If there's

something you want to say, why not write a short story about your own healing journey and send it to Wellbriety! Magazine? Don't worry about being an accomplished writer. If your story is about addictions recovery and the Journey to wellness in Native culture, we'll consider it for Wellbriety! Magazine. If it's about how you, as a non-Native person, are using any of White Bison's resources to help yourself, your family, or your community, we'll consider it for publication.

### Firestarter's Newsletter

White Bison's Firestarter Program is headed up by Blaine (Woody) Wood. In 2004 we plan to begin a special **Firestarters Newsletter** section for Wellbriety! Magazine. The Firestarters Newsletter will contain newsy items about what's going on in your Firestarters Circle. The Newsletter will be a way for Firestarters Circles to keep in touch with one another and to learn what each other is doing. All it takes is a few paragraphs of information telling us what's happening. If we get enough short bits of information, a clear picture will emerge about who's doing what in both the U.S. and Canada—and maybe around the world. If you send a photograph over e-mail, or by regular mail, then we can connect your Circle's information with a picture.

Photographs can be of individuals, family groups, Drums, community events—things like that. Information can be about upcoming events, membership, unique wellness approaches that you are using—whatever you want to share with other Circles around Turtle Island. Here is what we would like you to include in the information you send:

- Your name
- Your e-mail address and telephone number, in other words, how you can be contacted
- The name of your Firestarters Circle
- The location where your Circle meets
- The Tribal affiliation or affiliations, if any, of your Circle
- How long has your Circle been going?
- About how many people participate?

## THE LORD OF THE RINGS AND THE WELLBRIETY MOVEMENT

By Willie Wolf

- A paragraph or two containing the information you would like to share
- E-mail photo if you have one. Be sure to say what the photo is about and who is in it.
- Send everything to [info@whitebison.org](mailto:info@whitebison.org) and mark it: To Richard Simonelli and Wellbriety! Magazine.
- You can also fax information to (719) 548-9407.
- Or you can mail information, including photographs, to Wellbriety! Magazine, White Bison, Inc., 6145 Lehman Drive, Suite 200, Colorado Springs, CO 80918-3440
- You can also communicate with us through Woody, during one of the Firestarters training programs

### Youth

We especially want to hear from young people in recovery and young people who are dedicated to living healthy, well lives. There are many ways you, as a young person, can be in the **Wellbriety for Youth** Program. Sometimes you'll be involved in the Medicine Wheel and 12 Steps Way, or maybe there are other ways you are staying on the Red Road and exploring your own Good Mind. We want to hear from you.

Are you part of a tradition in your own culture that helps you stay free of drugs, alcohol and other addictive ways of life? Are you in the **Daughters of Tradition** or **Sons of Tradition** programs? Are you doing something in school that helps? What are your own hopes, dreams, and plans for your education? Have you thought about college? Are you learning about writing in an English class? If so, here is a chance for you to be a published writer. Write us a letter, an essay, or a story about something that is important to you. Tell us about what it means to be your age. Tell us about what kind of music you are listening to. What movies you watch. About your friends, your community, where you are going in your life. Do you like to draw? Then share with us something that you drew. If it fits with what Wellbriety! Magazine is about, we'll consider putting it online. Tell us what you're doing in your life.

### Wellbriety Month and the Conference

It's not too soon to be thinking about National Alcohol and Drug Addiction Recovery Month, September 2004. We call that *National Wellbriety Month* in Indian Country. It's also not too soon to think about coming to the Fifth Annual Circles of Recovery Conference in Rapid City, South Dakota. This year's conference will be held from September 22-26, 2004. If you want to know about what took place in the 2003 Conference check out Wellbriety! Online Magazine, Volume 4, Numbers 19-33, which you can find on the White Bison Website under Wellbriety! Magazine.

Wellbriety is working for many people now. Many of us are taking our own wellness journeys in so many diverse ways. Wellbriety! Online Magazine wants to hear from you in 2004.

In Wellbriety! ✚

*Richard Simonelli*  
*Editor of Wellbriety! Online Magazine*

