



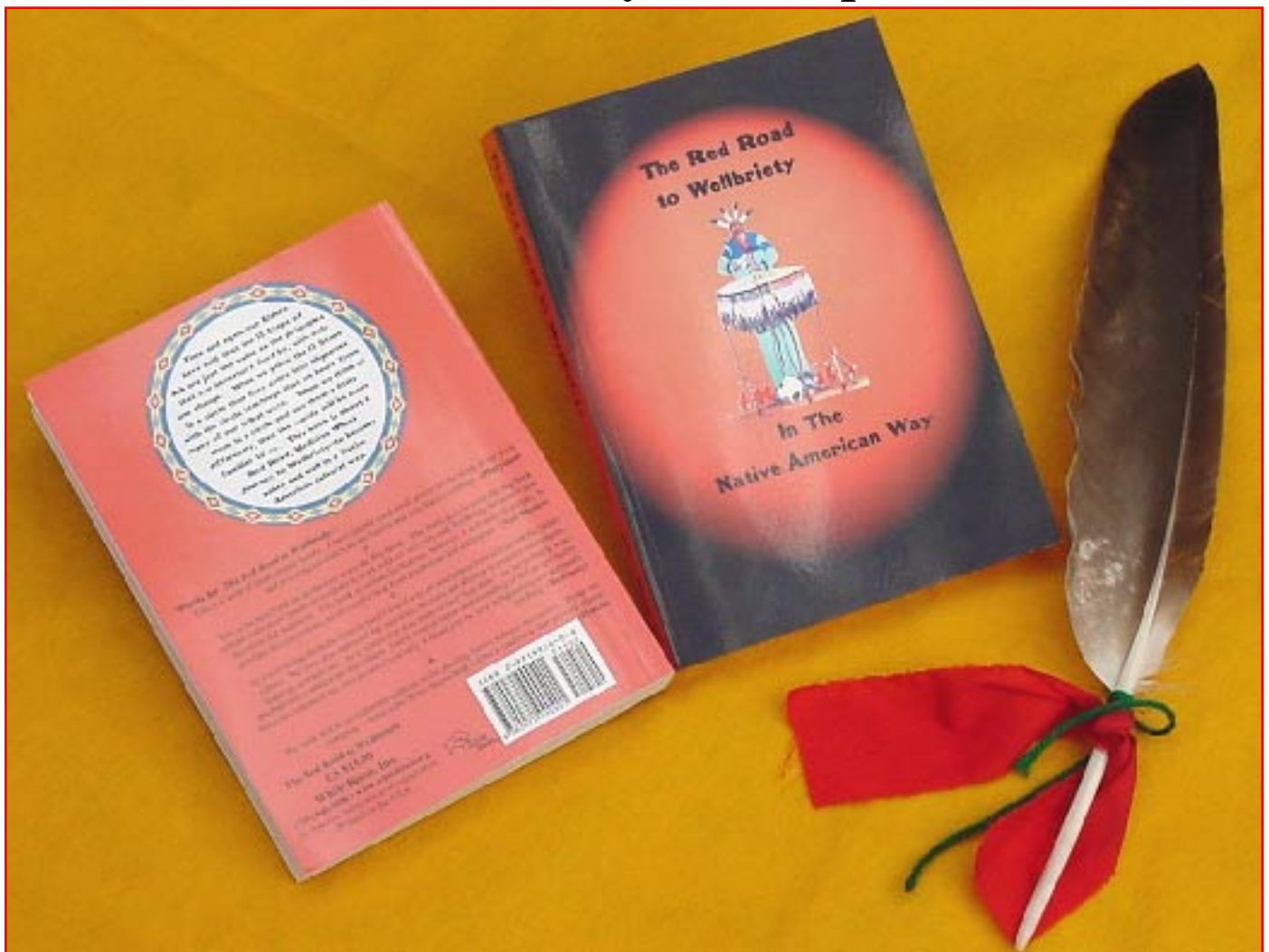
Wellbriety!

White Bison's Online Magazine

Volume 5, Number 9

The Red Road to Wellbriety II

**We're writing it now
We invite you to help**



The Red Road to Wellbriety: In the Native American Way has been in communities since 2002. *The Red Road to Wellbriety II* is being written now. This new book is going to be your story and your book. We need your help.

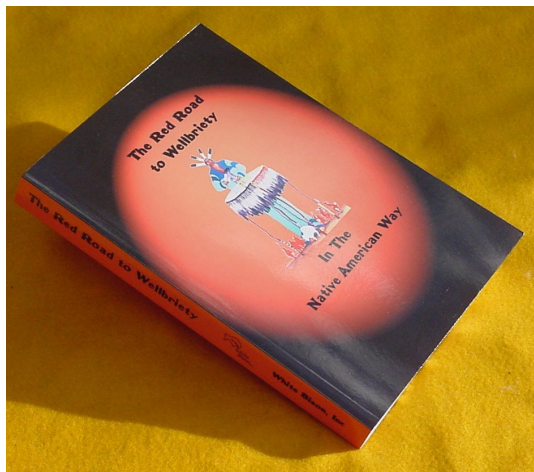


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Please Share Your Mind Maps and Recovery Stories With

The Red Road to Wellbriety II!

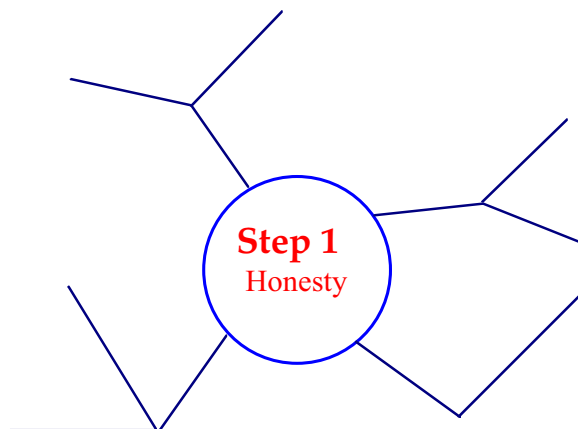


Thousands of grassroots people have been using **The Medicine Wheel and the 12 Steps** (MW-12) in their own personal recovery from alcohol and other addictions. **The Red Road to Wellbriety: In the Native American Way** (the “Indian Big Book” or “RRW”) came out in 2002 to add Native culture into the 12 Steps, especially for American Indians and Alaska Native people. Almost 10,000 copies of the Red Road to Wellbriety are helping people find sobriety and recovery today. Now, White Bison, Inc. is working on a follow-up to the Red Road to Wellbriety so that people can take the Wellbriety Journey even further. But just like RRW-I, this new book is going to be your story and your book. Would you be willing to put some of your experience, strength and hope into The Red Road to Wellbriety II?

RRW-II will be a workbook that takes a person deeper into working the 12 Steps in a Native Way. It will also have more recovery stories from the many different communities of Indian country. It will share the good recovery news from all people who connected with, and found a home in the current Red Road to Wellbriety book.

Please Share Your Mind Maps

Are you or your Wellbriety Circle working the 12 Steps from the Red Road to Wellbriety book and the men’s and women’s Medicine Wheel and the 12 Steps videos? Would you be willing to share your mind maps from **Steps 1, 2, 4, & 9** with the new book? Your mind maps from these Steps will help someone new to recovery learn how to do this powerful healing process. Please make contact with White Bison and learn how you can send your mind map drawings for possible use in the new book. When you make contact and offer to send your mind maps for these Steps, we’ll also ask you to share what it was like for you or your Circle to work the program in this way. You’ll help the newcomers and the next generation of MW-12’ers to find the Red Road.



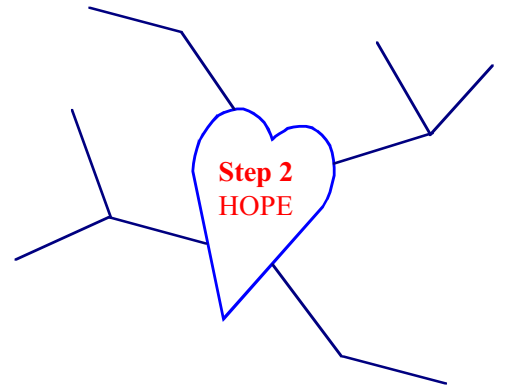
We’re looking for examples of mind maps about UNMANAGABILITY in your life when you were using drugs or alcohol. (p69, RRW)

Please Share Your Stories

Are you willing to share your personal sobriety, recovery and Wellbriety story with the new book? We want to represent as many tribal and multicultural communities as possible in the new book. We want it to include all of Turtle Island—both the U.S. and Canada. Just as you read the stories in The Red Road to Wellbriety and they helped you, we invite you to pass on your experience, strength and hope to the next generation. We also want to hear from couples working on their relationships, and others who are walking a cultural road in their own healing journeys in so many different ways.

Here is a partial list of story topics that we invite you to share:

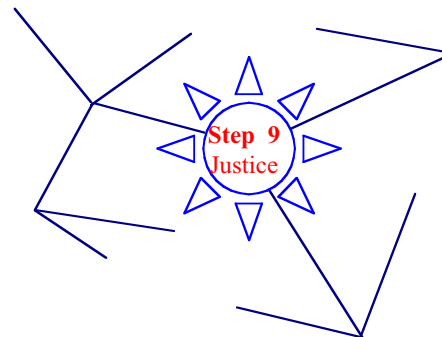
- ❖ American Indians and Alaska Natives in Alanon
- ❖ Those working incest issues
- ❖ Domestic violence
- ❖ Sexual abuse issues
- ❖ Suicide issues and survivors
- ❖ Women's issues
- ❖ Men's issues
- ❖ Native American Church
- ❖ Two-Spirited people
- ❖ FAS/FAE people
- ❖ Boarding/residential school and other intergenerational trauma
- ❖ Those healing from historical trauma
- ❖ Amends stories
- ❖ Relationships
- ❖ Family Stories
- ❖ Children of alcoholics stories
- ❖ And stories from the youth.



We're looking for examples of mind maps of a personal VISION that you want to move towards and become like when Creator is in your life. (p72, RRW)

If you are a young person and are proud to be sober and well, won't you tell your story to help your brothers and sisters of your own age group? Stories for The Red Road to Wellbriety II will share **What we used to be like • What happened to us • What we are like now • And our vision for the future.**

We're looking for examples of mind maps about Resentment, Fear and Sex INVENTORIES (p76, RRW)



We're looking for examples of mind maps on how you made AMENDS as you worked the MW-12 program. (p87, RRW)

HERE'S HOW

We need your help. We invite you to help. You can send your mindmaps as drawings on paper and we will scan and return them. Or you can send scans yourself. You can write your own story, or record it on tape. Or maybe you have a story on tape from an AA Roundup or Convention. We can also work with you over the telephone to get your story. We'll figure a way! Make this your book. Please contact Richard Simonelli at White Bison, Inc. and become part of Native Wellness: The Next Generation. ✚



Richard Simonelli, Communications Specialist
White Bison, Inc. an American Indian non Profit Organization
6145 Lehman Drive Suite 200 • Colorado Springs, CO 80918-3440
Toll-free 1-877-871-1495 • e Mail info@whitebison.org
website www.whitebison.org
