



20+ YEARS ONE SHOW AT A TIME ~ **Who We Are** ~

SUMMER 2010

The Wharf Rats are a group of concert-goers who have chosen to live drug and alcohol free. Our primary purpose at shows is to make ourselves available to anyone who feels we may have something they want. We don't tell others how to attend their show. We offer clean and sober support, strength, fellowship and hope. We are not affiliated with Alcoholics Anonymous, Narcotics Anonymous nor any other twelve-step group. We are a group of friends sharing a common bond, providing support, information and some traction in an otherwise slippery environment. Look for the yellow balloons, signs and the Wharf Rats information table.

From the Wharf Rat List ~~~> I thought it was about music...

Almost 8 years ago a Wharf Rats newsletter that I picked up at a DSO show was my first introduction to recovery. I saw the stickers and candy and stopped to chat with the people at the table. I didn't know who they were or why they were there but they were friendly and handed me the newsletter - I thought it was about music.

I sat on the train home that night reading it with no clue that the Wharf Rat's story I was reading ("Peace, Pot, Microdot to Crack, Smack Watch Your Back") was about to become my life. I was still in the drugs are fun and mind-expanding phase of my use. It was a few months later that my world spiraled out of control and I became the smart, straight-A, full of potential teenage girl turned college dropout, junkie they make after school specials about.

I still have that Wharf Rats newsletter all these years later and the identification and hope I found in it is with me as well. "I'll be picking up a 4 year anniversary coin in November 2010 (god willing)" and my life is relatively intact and moving in the right direction guided by a strong foundation in recovery.

I joined this list for recovery b/c the Wharf Rats tables are such a beacon of hope and light for me when I go to shows. Just knowing I am not alone when I go to a show is enough to tune out all the drug-dealing nonsense and be able to enjoy what I went for - the music! I feel like a special kinship with all fellow deadheads in recovery and value all input whether it be about music, recovery, life or whatever.

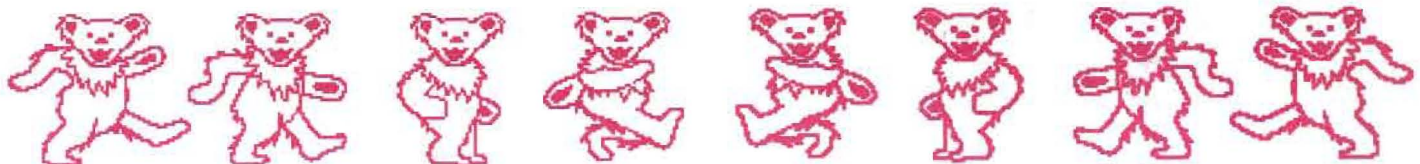
Even if I don't agree with a post or sentiment I try to read it with an open mind. I look at this list the same way I do meetings and the fellowship - everyone has their own story and process to share that may or may not be applicable to me so I listen openly, take what applies today and use it and keep the rest that's based in recovery in my back pocket b/c someday it may apply. I'm amazed when I go through something and a question or solution posed by another addict years prior comes to me and shows me what I need to look at/can do right now to be a part of the solution.

The first tradition of recovery groups talks about unity and how we all need each other to stay clean/sober and recover. Even though this list is a tiny piece of the internet/recovery/music world, some days it gives me just what I need to take one more step in the right direction.

Thanks everyone for being here!

~Jess

(<wr_list@wharfrat.org>)



WR CONTACTS AND TABLE COORDINATORS

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WHARF RAT MEETINGS

East Norwich, Long Island, NY

Save Your Face Group of WR's

Contact: Tom 631-672-6851, or
Alt.: Sabina H. 516-526-4445
Email: beanloveslife@yahoo.com

Tuesdays, 7:15-8:45PM, Community Methodist Church. Take the LIE to Exit 41N (106N), take 106N to 25A (Northern Blvd.), make U-turn on corner of 106N and 25A. Entrance on Vernon Ave., Fellowship door. Come One, Come All!

Indianapolis, IN

Rats NA Drain Ditch

Contact Tim D. 317-319-4697 Email: walstib@netzero.com
Fridays 7:00-8:00PM, Woodruff Place Baptist Church
1735 East Michigan Street, Indianapolis, IN.

WR San Francisco, CA AA

Contact Charlie 415-564-3340 Email: Csmcchar@aol.com
Thursdays 8:15-9:15PM, Holy Innocents Church, on Fair Oaks, between 25th & 26th Streets. Fair Oaks is parallel to and between Delores & Guerrero Streets.

Contact Charlie anytime. If you are in the Bay Area and can't make it to the meeting, join them for dinner before the meeting. If he can help you stay sober today, give a call.

WR Bradenton, Florida

Contact Richard G., Cell: 941-737-3773
Email: rgeib@tampabay.rr.com
Wharfrat NA Thursdays 7:00-8:00PM
has moved to
Faith United Church of Christ
4850 SR 64 East
Bradenton, FL 34208

IF WE CAN'T REACH YOU, NO ONE ELSE CAN ! Meeting contacts whose email addys and/or phone numbers are not active, will be removed from the list. The conclusion being the meeting is no longer active. Please keep us current with your contact info if you want to continue to be listed here. It matters... to the folks out there trying to reach us, it definitely matters. Thanks all.
Your Editor in Service.



ONE SHOW AT A TIME

I have been a Wharf Rat online contributor for a few years. I finally went to a Furthur show sober at the casinos in Connecticut. I have just over three years now. I was really excited. The sweet smelling smoke was everywhere. It was my first sober show. I was alone, so I thought. I saw the table when I came in and talked for a short while. I got really antsy by break. I was going to leave. The urge to suck on a pipe was very strong. So I ran to the table and listened to a bunch of sober heads sharing their experiences. I was blessed. I remembered why I was there, because I love the boys and I miss Jerry very much. I have plenty of live CD's but it is just not the same as seeing them live and in person. The second set was fabulous. The drive home in the snow was no problem. I very much appreciate the other Rats out there that help others without complaint or want. I look forward to hanging around the table at the Mann in Philly in July. Thanks to you for being exactly who you are.

Love, Peace and Happyness,
-Shawn

Good God I Reckon!!!!

That was one of those shows that was actually BETTER than the set list...AND...the set list was amazing! The energy from band and Wharfrats was crackling :-)
Total bliss and happy to be home in bed with coffee and family after dancing hard for two nights and getting to bed at 4AM...
No such thing as "normal" or "real" life..... only LIFE... only LOVE... only GOD.....now, back to my regularly scheduled resentments, fears, and self-pity

((((((((({MICHELLE}))))))))))
((((((((({RATS}))))))))))
-David

HAVE FUN AT THE SHOW!

Comin up on 9 years of clean & sober; This is the story of how my 1st dead show inspired sobriety long before i got sober & how it continues to today.

It was June of 93' in Seattle. I was living w/ some deadheads in OR. I looked up to these guys & gained an appreciation of The Dead thru them. But when one of them miracled me into a show I still had no idea what I was in for.

Before the show, we took some LSD...

"and I heard the trumpet say- I am the Alpha and Omega". Once in the show, the LSD taking effect, I experienced culture shock, having never seen so many people happily dancing. After a bit, I was able to loosen up to the idea of joining them, and before i knew it, I was having a blast falling in love with the band, the music, the scene and everything! The experienced grew and transcended into my 1st epiphany.

"...and I fell at his feet as dead". Towards the end of the first set I saw a man who looked like he lived every second of his life in this culture, but the thing that caught my attention was that he seemed to be severely mentally challenged. I had just-so-happened to be nearing the peak of my acid trip & came to the revelation that this person were 'perma-fried'. One of those people you always hear about who 'took too much acid and never came back'.

All of a sudden my awesome trip went bad. Minutes later the Dead were breaking from their set and left me alone. As the trip descended, ironically I began to wonder if I'd ever get out of this Dead show alive, or end up like that poor wet brain dancin like he just flew over a coo koo's nest. I was fucked, and nothin could save me. I sat pathetically with head buried in arms begging God to give me one more chance to do right. It seemed eternity I sat anticipating death. This, I believe, was my first spiritual experience...

"...He laid his right hand upon me saying unto me, fear not, I am the 1st and the last, and was dead, and behold I am alive forever more". Finally, when Jerry and the band came back on, ironically again, it was though someone had picked me up off the ground, dusted me off, and bitch-slapped my dead spirit back to life; ten fold!! It was awesome. My life flashed before my eyes suddenly making sense of everything up to that moment, and somehow knew I would be ok. What a trip!

Never did I imagine years later how that experience would play a major role in building a foundation for my sobriety. There is so much to share about that one show in relation to my life and sobriety today- it truly is a miracle. Though we all have stories, and I dont wanna hog the spotlight, I think you Wharfrats know where I'm goin with this rambling.

Thank you for continuing to make sobriety fun for us hopeless Deadheads who can never forget the amazing miracle, and the opportunity to share a glimpse of the miracle we received at shows.

With more love than one can articulate,
-Sundawg

Summer's here and the time is right....

Tickets are mail ordered, plans are made, fellow travelers are psyched, anticipation rules and winter weary feet are ready to do some barefootin'!

Thanks to the Wharfrats both on and off the list, face to face friends and cyber souls alike... It was another grateful year of awesome shows...The Dead got us all pumped to know that the Music Never Stopped and Furthur threw us into the 4th Dimension with some Winter shows!

Once again, I had the privilege and honor of sitting behind a bunch of tables (not easy by the way...sitting, that is!) The Dead in Albany, Phish@ Syracuse, The Vibes of course, Furthur @ Barton Hall for a memorable Valentine's day show and on and on...The spirit and the gratitude and the hugs and smiles from all my fellow travelers on this most blessed journey is priceless! There is absolutely no feeling on Mother Earth than the heart pumping declaration heard at a set break meeting than "This is my 1st sober show and I am so grateful..." WOW...and all the C&S freaks cheer and clap and sing and say "Keep coming back"... Look for the Yellow balloons as you Head out this Summer to festie's all over this glorious country...WE will be there...if it's @ Allgood or Red Rock's or Bonnaroo or Summer Camp or my personal favorite... the Gathering of the Vibes...WE will be there! Come rest your weary yet grateful bones... WE will welcome you with a hug and a smile, a newsletter to catch up, some candy for some energy....strength, hope, fellowship and traction all provided...all that is asked of you is to pass it along....pay it forward... share your experience....show the world that you don't need dope to dance!

As I do every year...unconditional love to those that I have shared the road with over the years...Don B... where would we be without his foresight and inspiration? I know where I am because of it...thank you!

All the LI Rats...Dana, Warren, Johnny, Sabina, Michael, Tully...way to many to name...you guys rock! Amanda...what can I say? She has been my table partner for years...turned into friend for life! xoxo Ali, Andy, Kristen, Robert & Carol (I love you all... thanks for letting me be of some service!!! you are the best!)

I hope to see all of you and many, many new faces @ the Vibes this year...find our Oasis when you arrive...you won't be sorry~~~~ peace, prayers and love,
-Murph

Hey now from the long strange trip that has enjoyably evolved into nearly 16 years since my last drink or drug. Life is far from the pink cloud days of early sobriety. I make that statement to remind myself that there are still challenges to be faced on a daily basis. I revel in the satisfaction and comradship I have found with my many wharfratjellfishphellowshipitarian phamily I have gathered with and shared a laugh, a tear and a tune or two with along the way.I wish I could give every newcomer at their first sober show a hug and a smile. That is what I found waiting for me at the tables of the multiple venues I first encountered the wharfrats.

Please always reach out to the newcomer and remember the fear and uncertainty of new found sobriety. Do a little service work, reach out to your sober music community and participate. I will see you dancing at a show soon.

-Chef Larry
cheflarry@sbcglobal.net
P.S. Sent from a Jackie Green show!

"And my friends they come around..."

After being in and out of programs since 1983, I finally hit another bottom in 1998. The difference this time? I surrendered and it made all the difference in the world. But in '83 I was confronted with a dilemma, and that was having to give up live music in order to stay clean. My sponsor at the time said that "Your Higher Power will not take anything away from you that is essential to your personality." And at the same time I had heard another recovering person describe going to a Grateful Dead show and staying totally clean and the freedom that he felt in being able to do this. At this time in my life I was into the punk/hardcore scene and had only heard the fabled stories of the Deadheads and drug/alcohol use. Needless to say, it gave me some comfort and also astonished me. I finally "got on the bus" in DC at my first GD show in '86 at RFK. And my life changed. Through the next 12 yrs I went from hitting lots of shows to living in the streets. Addiction had trapped me and cut me off from the very thing I loved, live music.

Jump to 2003 when the Dead were doing a summer tour and I had several yrs of being clean. At that time I was going through a tough breakup and I shared with my sponsor that I was thinking about taking some time to hit the tour and sell dyes. And shockingly he told me that it might do me some good to see that I could have fun without having to always have a girlfriend around. So I made dyes and hit the tour alone. I had tons of phone # from my support group and called them/sponsor everyday. And EVERYWHERE I went, there were people in recovery who seemed to pop up out of nowhere. And of course they pointed me to the WR.

Now I knew about the WR from going to shows and meeting others in the rooms. Then one day it hit me that the man I heard in 1983 share about being at a GD show clean was Daddy Don. And in Buffalo I had the chance to meet him after 20 yrs! We chatted and he remembered his days in my hometown. Seems that things had come full circle. The WR meeting started and I had tons of gratitude for just being able to be alive and clean at a show! Upon closing, Don chose (as he always seems to do) the lyrics from Black Peter. And he briefly spoke about our times in my hometown and us meeting again. As 30 or more of us WR sang, the sun poked through the clouds and I knew that what my first sponsor had told me was true. And still today, when we all sing that verse "And my friends they come around..." I still remember that wonderful day in Buffalo, and realize that I am truly blessed to be clean and be surrounded by you kind people. Thanks for keeping me clean one more show!!!

Rusty K. (Winston-Salem, NC)



YOUR TRIBE

how can I reach you after the show?

Check out new groups online:

Wharfrats Together: http://health.groups.yahoo.com/group/Wharfrats_Together/?yguid=201137465

Wharfrat Women: http://health.groups.yahoo.com/group/Wharfrat_Women/?yguid=201137465

Tap into clean online communities:

*Camp Traction - Clean & Sober Camping at shows and more...
[http:// www.camptraction.com](http://www.camptraction.com)
[http:// www.myspace.com/camptraction](http://www.myspace.com/camptraction)

*The Jellyfish - String Cheese Incident Fans:
<http://www.scijellyfish.org/>

*Digital Buddhas - Disco Biscuits folks:
<http://health.groups.yahoo.com/group/DigitalBuddhas/>

*The Gateway - Widespread Panic Folks: <http://www.soberfans.com/>

*The Golden Gaters - Particle Folks:
<http://health.groups.yahoo.com/group/GoldenGaters/>

*The Phellowship - Phish Folks:
<http://www.phish.net/faq/phellow.html>

*The Velcro Kangaroos - Yonder Mountain String Band Folks:
<http://health.groups.yahoo.com/group/velcrokangaroos/>

*Happy Hour Heroes - Moe Folks:
<http://health.groups.yahoo.com/group/happyhourhero/>

*Monkeyhill - Gov't Mule fans:
<http://launch.groups.yahoo.com/group/Monkeyhill/?yguid=201137465>



STICKERS! STICKERS! STICKERS!

These are high-quality, durable stickers. They will last you through any weather. We do ask a \$1.00 donation for each sticker. Please send a postal money order, along with an additional 50 cents to cover return postage to the sticker coordinator listed on the second page. Please make sure to specify which stickers you want.

ONE SHOW AT A TIME

✧ Wharf Rats ✧

WHARF RATS
High On Music



Save Your Face

ANOTHER DOPELESS
HOPE FIEND

True Deadheads Get
High On Music

THIS IS YOUR
BRAIN ON HUGS



You Don't Need Dope
To Dance



Let Go & Let Jerry



Save Your Face

STILL CRAZY AFTER
ALL THIS SOBRIETY



WHARF RAT SERVICE ?

If you'd like to be of service at an upcoming show please call the Wharf Rat contact in your area. If there is no contact in your area, maybe you'd consider becoming one. Tables are always in need of support. Table service, or covering tables for bathroom and dance breaks for people who are tabling, donations of candy, yellow balloons, pens, envelopes, all are welcomed. Stop by and see if you can help if you are inclined. Meet your local Wharf Rats, we can certainly promise you a warm welcome and you will walk away with some new clean & sober friends. Thanks to all the Wharf Rats everywhere who tended tables and volunteered in a hundred different ways this last year to meet all the needs of Wharf Rats bringing tables in whenever and wherever we can. Without your loving service we'd be without the family gatherings and traction in this slippery environment that we share at shows.....hugs to you all. Wharf Rat Service