



ONE SHOW AT A TIME

~ WHO WE ARE ~

SPRING 2020

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.

Dust off those rusty strings just one more time ... we'll make 'em shine and fill the air with music this summer – and beyond -- and keep our dancing feet dancing! We're overflowing with endless gratitude for all we've been blessed with. Yes, we have traveled So Many Roads since 1995, but one thing never changes: the strength we find in our recovery and the support we find wherever we see yellow balloons.

There are countless Wharf Rats in places across the globe. Local meetings continue to be established, as our numbers and our dedication grow. "Meet at the yellow balloons at Set Break" – when we see that sign, or fellow concert-goers wearing round yellow stickers, we know that Help is always On the Way.

People ask, "What's a Wharf Rat?" It can be tough to explain. Try this: "Wharf Rats are a group of concert-goers who have chosen to

live drug and alcohol free ..." Our primary purpose is to offer traction and support in navigating challenging environments, and in making good choices.

There are no dues, no membership requirement – no secret handshake. You find the yellow balloons or follow the route to your nearest meeting and you show up.

You might find yourself in a meeting with one other person – or holding hands in an enormous circle of more than 150 singing "Black Peter" to close out another meeting.

For older DeadHeads, we've learned there are second acts in life. First, we seized our recovery, reveled in the joy of clean and better living, while sometimes fending off the haunting demons. The time we've earned in Recovery truly is a second act in life.

We've also joyfully celebrated a second act in life of the Grateful Dead. It's now been 25 years since

Jerry shuffled off stage, but the music, the musicians and the love for our music is thriving. It's never left us – Furthur, The Other Ones, Phil & Friends, Ratdog and many other incarnations have kept us dancing since 1995. It's difficult to deny that this current grouping of talented musicians – call them what you will – is making incredibly great music. These six people are working on the same plane, combining and creating musical genius in their interpretations of the music we love. Live in the moment, and savor it for what it is. Let's not get stuck comparing how "it will never be the same" – we've learned that nothing stays the same. We keep moving forward. (continued on page 3 ...)



WHARFRAT MEETINGS (*In-Person*)

CALIFORNIA

“Wharf Rats San Francisco”

**Has Facebook Page*
Thursdays, 8:15-9:15 PM
Location:
Holy Innocents Church
455 Fair Oaks St.
San Francisco, CA 94110
(between 25th & 26th Streets)
Contact:
Charlie E. (415) 314-8442
(*text preferred)
CsmcChar@aol.com

“Wharf Rats of Los Angeles”

**Has Facebook Page*
Tuesdays, 8 PM
Location:
Chandler Lodge
11455 Chandler Blvd.
(cross street is Tujunga Ave.)
North Hollywood, CA. 91601
Contact:
Jim Colleran (818) 481-7411
jcolleran03@yahoo.com

FLORIDA

“Gone Are The Days”

Sundays, approx 9 PM (during the set break of the weekly Crazy Fingers show)
Location:
Boston’s on the Beach
40 S. Ocean Blvd.
Delray Beach, FL 33483
*Meeting is held in the pavilion on the beach across the street & to the north of Boston’s.
Contact:
Chris S. (954) 232-5441
Chris D. (860) 581-0558
walshed63@aol.com



INDIANA

“Rats NA Drain Ditch”

Fridays, 7-8 PM
Location:
Woodruff Place Baptist Church
1735 East Michigan St.
Indianapolis, IN 46201
Contact:
Tim D. (317) 319-4697
walstib@netzero.com

MASSACHUSETTS

“Wharf Rats of New England”

“Grow the Scorched Ground Green”
**Has Facebook page*
2nd Sunday, 2-4 PM
Location:
Monsignor Tinsley Center
44 Vernon St.
Worcester, MA 01610
Contact:
Ray Donohoe (617) 605-9444
Dana G. - dnagussie@aol.com

NEW JERSEY

“Ship of Fools”

South Jersey
**Has Facebook Page*
1st Saturday, 7 PM
Location:
Enlightened Solutions
600 South Odessa Ave.
Egg Harbor City, NJ 08215
Contact:
Scott C. (609) 705-1639
Opie C. (707) 382-6875

“Help On The Way”

Jersey Shore
**Has Facebook Page*
2nd Saturday, 5-6:30 PM (*subject to change*)

Location:
Shoralon Club
1001 Ocean Ave.
Belmar, NJ 07719
Contact:
Brian B. (732) 908-0901
bbraun4316@gmail.com
Bill Ludlow (848) 220-4818



“They Love Each Other”

Central Jersey
**Has Facebook Page*
4th Saturday, 6 PM
Food, Music & Fellowship
(*meeting ends when all are done sharing; come when you can, leave when you need to!*)
Location:
Sycamore Senior Center
290 Old Rd.
Woodbridge, NJ 07095
Contact:
Pete W. (908) 523-8653
Tegan J. (732) 589-9568
TLEOWharfrats@gmail.com

“One More Saturday Night”

Philly/South Jersey Wharf Rats
3rd Saturday, 7 PM
Location:
245 4th St.
Gloucester City, NJ 08030
Contact:
George E. (856) 412-0439
Email:
geckenroth@gmail.com

NORTH CAROLINA

“Asheville Wharf Rats”

**Has Facebook Page*
Tuesday & Thursday, 8-9 PM
Location:
Asheville 12 Step Recovery Club
22-B New Leicester Hwy.
Asheville, NC 28806
Contact:

Wharfrat Meetings *(continued)*

Douglas McDaniel (612) 799-1656
Adam Reich (828) 337-6823
“Wharf Rats” AA Meeting
Sundays 8 PM
Location:
Oleander United Methodist Church
5810 Oleander Dr.
Wilmington, NC 28403
Contact:
Karen (215) 837-3799
KarenBernatavitz@gmail.com

PENNSYLVANIA

“Need A Miracle” Group of NA
Tuesdays 8 PM
(Music and Fellowship at 7:30)
Location:
Greenstone UM Church
939 California Ave.
Pittsburgh, PA 15202
Contact:
Paula K. (412) 260-8230
Pkassouf@yahoo.com

ONLINE MEETINGS
PAGE 4



(... continued from cover) The music is too beautiful to be gathering dust on the shelf. It must be played. We must dance. We must gather and share our strengths. We generate so much energy in our community and our recovery. We're also blessed with other musicians dedicated to the same goals, whether it's JRAD, DSO, or the Grateful Dead cover band down the street. We are everywhere.

Hey, not everyone can afford the price of the show or has the means to travel. These costs have skyrocketed. Don't know about you, but I can't afford \$200 for a concert ticket, and driving 9 hours there and 9 hours back. Thanks to technology and our network of friends, though, we find solace in sharing concert experiences vicariously. Maybe you live in the area where one of the dozens of grass-roots groups of Wharf Rats meet regularly. Check online. Ask around. Build a network. Find a friend.

When I look around a meeting and see faces I know are younger than 25 years old, I'm filled with joy. Yes, the music brings us all together. And the Wharf Rats keep us together. We are reveling in our second act. Can't wait to see Act III. Meet me at the yellow balloons!
~ Charlie W. (Phoenixville, PA)

All links throughout this newsletter are clickable when viewing on your phone, laptop or digital device!

2020 STORIES / QUOTES *during a pandemic...*

“

I'm Lefty, a Wharfrat from Ohio. I just want to send a little love out to everyone. I am a hugger, but since I don't physically get to see my tribe or much less give or get a hug down the I-try to share love and help in other ways. I attend meetings on zoom to support my sobriety. I maintain my relationship with the cosmic consciousness I call God consistently. I try to be A little more loving, tolerant and overall kinder. I think it was Robert Hunter who said “We Will Survive” Is takes all of us. Be strong, Be kind. Hope to see you all on the road of happy destiny and Tour!

- Lefty, OH

”

“

“I wake up every morning thank my higher power that I'm alive and breathing and have a home and food and my son and puppy to take care of. I've been going to one to two zoom NA or AA meetings a day. Connecting with my friends and sponsees. Playing guitar and singing. planting vegetables and attending my garden that needed a lot of attention. Cooking and baking! Staying in the gratitude and keeping things in perspective Life is a lot easier now even in quarantine than it was out there using.

- Sabina H., NY

”

Zoom Meetings (*Virtual, Online, etc.*)

*** Meeting information is subject to change, and is temporary until physical meetings begin again. This is not an exhaustive list, as some groups prefer their information not be shared widely on public forums. ***

WHARF RATS SAN FRANCISCO

Three Weekly Wharfrat AA meetings:

- **Sundays 6 PM (PT)** "Reflections". (Daily Reflections)
- **Tuesdays 11:11 AM (PT)** "The Eleven". (Meditation)
- **Thursdays 8:15 PM (PT)** "Space". (Speaker)

**Music for all three meetings begins 15 minutes before each meeting.*

All of our meetings may be accessed here:

<https://zoom.us/j/4155634539>
Password (Video): Jerry

Meeting ID 415 563 4539

Non-Video Call-in is also supported:

1 (669) 900-6833 or 1 (929) 205-6099

If asked, the meeting ID is same as above (415 563 4539)

Password (Phone): 559040

ASHEVILLE WHARF RATS

Zoom Meeting

Topic: AVL Wharf Rats Meeting

8-9 PM (Eastern)

Tuesday and Thursday

Join Zoom Meeting

<https://zoom.us/j/447430841>

Meeting ID: 447 430 841

Password: Bobby

"RATS NA DRAIN DITCH"

(Wharf Rat friendly NA meeting)

Fridays 7-8 PM

Zoom ID: 391-075-163

CHARLESTON SC WHARF RAT (AA GROUP)

Sundays, 3 PM (EST)

<https://us04web.zoom.us/j/5133907697>

Password is jerry.

**THEY LOVE EACH OTHER
WHARFRATS GROUP OF
WOODBIDGE, NJ**

(AA/NA Friendly)

Zoom Meeting

4th Saturday of every month

6-8 PM (EST) ... *(or til last person shares)*

Private meeting for safety; visit our

Facebook Group *(not the Page)* for meeting info.

**HELP ON THE WAY -
JERSEY SHORE WHARFRAT
GROUP OF BELMAR, NJ**



**THE ADDICT WHO
SAVED MY LIFE**

"The Addict Who Saved My Life" is a 5-minute sizzle reel documentary about one man's decision to change his own life for the better and, without knowing it at the time, through his choice to become sober, he had changed many other's lives as well.

Watch the video on YouTube:
<https://youtu.be/tPXUqRWcgqQ>

The documentary is on the life of a fellow Wharfrat, Chris L. of New Jersey. It was created by his daughter, Samantha.



Zoom Meetings (*continued*)

Zoom Meeting

3rd Saturday of every month
5-630 PM (EST)

(*time subject to change*)

Private meeting for safety; visit our Facebook group for meeting info.

SISTERS OF SWEET JANE WHARF RAT WOMEN'S MEETING

Zoom Meeting

Female and female aligned
non-binary identifying persons
welcome.

*What in the world ever became of
Sweet Jane? She lost her sparkle,
you know she isn't the same
Livin' on reds, Vitamin C, and
cocaine*

*All a friend can say is "Ain't it a
shame?"*

Fridays at:

7 PM (ET)

5 PM (MT)

4 PM (PT)

Meeting ID: 426 927 4793

Password: Pearly

FELLOW RECOVERY GROUPS - STAY CONNECTED!

*We may have been the first, but we are
not the only ones out there!*

*Fellow "yellow balloon" group meet-
ings, websites and Facebook groups.*

Camp Traction

Clean and Sober Festival Camping
www.camptraction.org

Phish

www.phellowship.net

String Cheese Incident

www.scijellyfish.org

moe.

happyhourhero.org

Widespread Panic

www.soberfans.com

Disco Biscuits

www.thedigitalbuddhas.org

Umphrey's McGee

[www.facebook.com/groups/
muchoblged](http://www.facebook.com/groups/muchoblged)

Pigeons Playing Ping Pong

#Sobird Flockers

[https://www.facebook.com/
groups/1972320896365309/](https://www.facebook.com/groups/1972320896365309/)

Contact Adam Colton or Dana
Gustafson on FB

Twiddle

Daydream Farmers

[https://www.facebook.com/
groups/959250594116432/](https://www.facebook.com/groups/959250594116432/)

Contact Danny Dolenk or Dana
Gustafson on FB

Third Thursday of Every Month Wharf Rat Meeting of Long Island

All Yellow Balloon
Enthusiasts Welcome!

7:30 PM

Thrive Recovery Center
1025 Old Country Road
Westbury NY 11590
Entrance on Bond Street
Press Bell Symbol & 4
on the intercom to enter!

2020 STORIES / QUOTES

during a pandemic...

“

I'm a Wharf Rat named Tonya-my home state is Maryland, but I moved to Arizona 2.5 years ago. I live in a somewhat remote area (Grand Canyon National Park) where I'm isolated from more populated areas, except for the hustle and bustle of the tourist crowds.

Recently the park has been closed and I am in a "bubble" of sorts, which has been fine with me. I don't mind it, since recovery has taught me how to be ok in my own company and always find things to do- and ALWAYS be super grateful, no matter what. I don't have the same connection with my in person recovery community like I did in MD, so this pandemic and strengthened internet connections via Zoom has been incredibly good for me. I have re-connected with people I love all over the country; I get to see their faces and hear what's going on in their lives.

How cool is it that we get to attend Wharf Rat meetings all over the country with people we usually only see at shows now and then?! It's good practice to look at the bright side of the road...

Once in awhile you get shown the light in the strangest of places if you look at it right...

~Tonya W., AZ

”

The Wharf Rats Official website is at:

www.wharfrat.org

The Wharf Rats Official Facebook page:

<https://www.facebook.com/groups/137174436720606/>

WharfRat Stories ...



“So, for those who haven’t heard, Mom has moved on to the great party in the sky, where she no longer has pain, and is probably being serenaded by Jerry Garcia and Janis Joplin. I will miss you terribly until I join you. I know I was the luckiest girl in world to have you for my Mom.”

So for those of you who don’t know who “Mom” is/was... Caroline T. did more to establish and create the Wharf Rats than anybody I know. She was fundamental in our early days giving us a springboard of love, support, and stability from the summer of “87” until early “97” when she moved to Arizona. Every Grateful Dead show on the East Coast it was “Mom” who traveled to and set up the Wharf Rat table during those first few formative years. She coordinated with the band, was well loved by the DEAD office and kept everything running smoothly for us all. She started the Wharf Rat Newsletter and updated and maintained the mailing list for those first ten years of our existence in the early days, frequently, at her own expense.

As the roles of the East Coast, Midwest and West Coast table Coordinator sorted themselves out it was Caroline who became the Glue that held this group together. Thousands of Wharf Rats found this Group through her efforts. Caroline Thomas has

floated away on the big Yellow Balloon and trucked off to that big Parking Lot in the Stella Blue Sky. We LOVE YOU Lots and Lots and Lots and Lots “Mom” and Thank You... for a real good time and your unending LOVE.
- Laura M



February 10th, 2010, Barton Hall at Cornell university for Further. I was standing in the gym, bobbing around with all the other excited heads in eager anticipation of what was to take place in the coming moments. Suddenly, the band appeared! Bob in his signature judo shorts, Phil standing and towering over everyone. Jeff and John standing idly by awaiting instructions from their leader and then Joe tapping on the drums in anticipation of letting loose as only Joe can. That’s when I heard the distinctive clicking of Bobs strings as he tapped off the timing of the opening song and it was at that moment that the chills shot through my body and the hair on my arms stood up on end and I knew that the rush of being in the presence of the re-incarnation of my favorite band would live on forever!! Why you might ask? Because I was attending my first sober show and I was more excited and lit up that I had ever been before. I was a Wharfrat!!! No more chasing the best this or the best that out in the lot. I found the greatest thing that coming to these shows had to offer besides the music, I had found a new way of life, a new way to

enjoy the shows!! Sober!! It was a miracle!! Instead of my head flopping around and stumbling uncontrollably I was twirling and dancing my head off in a way I never had before, the music was not only reaching my ears but it was reaching my soul and I could hear the band pour everything they had into that opening song, “in the midnight Hour” my pulse raced, my heart beat excitedly. And that was only the opening song!! There was still a whole set in front of me and then the Wharfrat meeting where I got to meet other heads just like me and I felt at home. Welcomed and at home in a group of like-minded people, we shared and talked and hugged and said a prayer and it was more magical than any chemical could produce!! I was truly happy and in awe of the whole mystical miracle known as the Wharfrats!! Fast forward now, I just celebrated 12 years of continuous sobriety on 1/27/2019. My 12-year coin was presented to me by everyone’s favorite hippie guru, Murph S. In turn I had the privilege of presenting Murph with his 26-year medalion. I live a life beyond my wildest dreams and continue to enjoy every show the same as the first, SOBER and HAPPY!!!
- Don G.

**ONE SHOW
AT A TIME**

Hey Now Wharf Rat Nation!
I love the Wharf Rats and went to my first Wharf Rat meeting in 2007 at Phil and Friends at the Lyric in Baltimore on Bobby's birthday.
I got on the bus August 6, 1974. I didn't remember this until one of my high school buddies told me, but the original date was rained out. The Dead wanted to play the show at Roosevelt Stadium in Jersey City, N.J. but the authorities weren't having it. We were really close to the stage at that rickety old minor league baseball park that night. The boys dragged the Wall of Sound up to Philly and returned a few days later. We were much further back but still, I was on the bus! Anyway I've listened to the show in the last few years online. I don't remember my socks being blown off at the time, but of course I'm sure we were smoking weed and possibly drinking a bit. I was not your typical Dead Head. The next family show I caught was Kingfish, somewhere in New York state. Pretty sure LSD was in my bloodstream that night. I didn't drop everything and go on tour. I don't think I got to another show until May 28, 1977. It's the To Terrapin show. I had just finished my junior year in college. The venue was inside a mall in Hartford. Kinda bizarre but a great show. Being a drummer/percussionist, I was totally getting into Mickey and Bill. I didn't get to my next show till 9/11/1987 at the Cap Center. I was a DJ at DC 101, Rockin' Rich Levinson, and the boss gave me a pair of tickets to the show. I went with some listener who rolled out as soon as we got in. I clearly remember speaker columns in

the hallway and spinners, and everyone dancing. Plus some people were either giving out or selling newsletters. Inside, security was a bitch, yelling at folks to sit down and get out of the aisles. In the Dark had been released, Touch of Grey was a big hit but surprisingly DC 101 also played Throwing Stones, When Push Come to Shove, and Hell in a Bucket. Hell in a Bucket was my theme song in active addiction. Hey at least it wasn't Death don't have no Mercy! There was another show at RFK in 94(?), but my girlfriend at the time felt it was more important to trade my ticket for nitrous oxide than it was for me to go the show. If that's not love then I don't know what is! I grew up in Queens, New York, 4 subway stops from Citifield. I remember taking the Amtrak to DC heading back from visiting the family and reading Rolling Stone's article about the Dead intervening on Jerry Garcia. Dayum, you know you have a drug problem when the Grateful Dead intervene on your ass! I was on the air the day that Jerry died. I remember people calling up and crying. When I did get to treatment in September of 1995, counselors talked about all the hippies coming in to get clean after Jerry's death. I stayed clean for almost 7 months until some stuff happened and I built a wall around my heart, instead of sharing what was really going on inside. Ended up using but thank G-d I made it back, and I got clean for the last time July 17, 1996. The next Dead show I made it to was Phil and Friends in Baltimore on Bobby's birthday in 2007. We also made it out to Penn (*continued on next page ...*)

2020 STORIES / QUOTES

during a pandemic...

“

No matter what has ever been going on inside of me or outside of me, it has always been helpful to my recovery process of staying clean and sober, while healing and growing to do the following things on a regular basis. During this global pandemic I have found these same things that have and continue to save my life one moment at a time to stand up to this new and uncharted territory of challenges we have all been facing!

~Being of service

~Prayer and mediation

~Positive affirmations and self talk

~Sharing my feelings and vulnerabilities with like minded people

~Music

~Dancing

~Singing

~Asking for help

~Reminding myself of all of the other times I didn't think I could sit through the discomfort and I did and came out on the other side stronger.

~Changing my perspective to believe that within every struggle is an opportunity to grow in humility and faith and a chance to heal and help others going through the same experiences.

...Till we meet on the road at a show once again, holding you all in my heart and holding space for your pain in my soul!

~"Turn on your Love Light and Leave it On!"~

- Tammy J. Wharf Rat from Philadelphia, PA

”

WharfRat Stories *continued ...*

... (continued from previous page)
State for a Barack Obama benefit. Great show! Our seats were at the side of the stage and it was cool to watch Bill and Mickey give each other hugs. The last Dead show was in April, 2009 at the whatever it's called now Arena in downtown Washington, DC. What always saves my ass are the Wharf Rat meetings. My first wife would make the tie dyes, leave the pots with the ink water in the backyard, and hit the road! Amy crossed over in 2009 but her spirit lives on at all the shows! My next show was Mickey Hart Band at a fairgrounds in PA in 2013. There may have been a hundred people there. Next stop Chicago for all 3 Fare thee Well shows, and having the safe haven of the Wharf Rats was awesome. We were visiting my brother at the time the shows were announced. Great stuff! I've seen more Dead and Company shows than any other configuration. IMHO it's a great vibe mixing old and new. Another cool thing that has come out of my travels is getting together in Colorado with my 3 high school buddies for the 2 shows at Folsom Field in 2017. It was the first time the 4 of us had been in the same place for over 40 years. I made sure to drag my ass up to the Wharf Rat meetings there since all 3 of them still indulge. Although it was boomy and I could hardly understand anyone, it didn't matter because I was in a meeting! In fact 2 of those guys had 12th stepped me and neither one of them are addicts. The 4 of us are meeting up again this summer at Citifield.

If you're there, I will see you at the table. I'm beyond grateful for all of you beautiful Wharf Rats. I just looked up and it's 11:11. No more time to tell how. I love each and every one of you and it's beautiful that we get to continue our clean and sober journey on the golden road to unlimited devotion. I'll see ya on tour this summer. Till then let's continue to love one another.

~ Rich L.



“Ain't no time to hate” What a busy world we have. I'm grateful to have so many different friends here in WR land and in my life; None of us are perfect. What fun would that be? Our primary purpose is to meet at shows and support each other in what can be a slippery environment. The music keeps going on and so will we. I live near Asheville where we have a WR meeting that's going fantastic. We are blessed with tons of live music much of it is GD related and sweet bluegrass. I'm grateful for all the yellow balloon happenings. Music is my tap into spirituality and when things get confused I listen to it play...

- mama T

Friends of August West

What can I say .. I was lost and lonely for over 25 years and by the grace of God, working the steps with a sponsor, going to meetings, and for once in my life I started following some suggestions from people who truly seem to care ... today I am able to give away what was so freely given to me . It's a much gentler life today and I am so grateful for this page and all the other recovery programs and groups .. There is help for those who still struggle .. that is what I live for today , is to really reach out to people who are lonely and fearful .. there are many people who have compassion and have the experience to share with those who truly want it ... anyone can message me anytime about anything that might be eating their lunch ... God Bless you allNFA!!!!

- Robert Paul B.

Let Go & Let Jerry

I'm clean two years. My true clean time. I relapsed at the last ftw show in Chicago. And I should have known something was up when I heard the hiss of the tanks outside soldier field. I didn't respect the disease. I went by myself- and even though I was with 80,000 friends, I set myself up for failure. I gave up four years clean that night. I didn't even see it coming - I had a tap on my shoulder and took one hit that set me off. If there is anything close to a time machine, that was it. It almost felt like I was 20 again grooving to the music. But it

was off. The guilt and shame was there. I had a one night relapse and tried to hide it. I kept it secret. I celebrated 5 years clean 2 months later in September as a lie. But the growing weight of the lie almost drained me. Here is how sick I am- I had a relapse six months into my clean time as well; that I kept secret. My best friend that I got high with was the only person who knew. He was every bit of an addict as I am, but he never came to the rooms. He overdosed 4 years ago- and while it broke me down- there was almost a relief that I thought my secret of my relapse died with him. I was so terrified that if he ever came to recovery my lie would be exposed. The when the fare thee well shows came - I was all about them. I made it through the July 3rd show clean- went to the wharf rats table - fellowshipped and grooved the whole show. Hearing Ripple at the end clean was a terrific experience. Thought I could do the July 5th show clean by myself. Went to the wharf Rats table beforehand - got a hug from Bob E and was stoked about making the set break meeting. I never made that meeting. I realize my relapse started years before by not being truthful about my clean time and surrendering. I thought by doing tons of service work and getting on the board of directors for my region would somehow cancel it out. It didn't. About 6 months ago I was either going to get honest or use or blow my head off. I used my network and got honest. It was a real humbling experience to give up my service positions that I had to that required minimum clean time. As hard as it has been lately I realize the shame is not in using

but In not coming back. I now get to complete my steps truthfully. I almost went to the dead and co in Chicago by myself again. But I learned- probably not the best place to go without another recovering addict. I am grateful for multiple years again. I miss my friend- he was just as big of a deadhead as I am. I sometimes think that if I wasn't so selfish maybe I could have convinced him into recovery too, but I'm not that powerful. Learning to beat myself up with a feather and not that bat. But as guilty as this made me feel- for some reason - something is glad that my new clean date is tied to the last billed GD show. (I know no jerry there- I also made the last dead show with him Aug 9th -95). I'm a complicated addict- but glad to be here one more day.
- Gabe M.



SEND IN YOUR STORIES!

Share your
Experience,
Strength, Hope
& Music Stories
with us!
Photos welcome!

Email
your
stories
to:

Tonya W.
tonyawatts827@gmail.com

Murph S.
Murph513@aol.com

(Submissions should be
500 words or less)

How Can I Be of Service at a Show?

If you'd like to be of service at an upcoming show, once we're physically (and legally) allowed to meet, 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 are always 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..... (*Virtual*) Hugs to you all!

STICKERS

STICKERS

STICKERS

Let Go & Let Jerry

WHARF RATS
High On Music

**THIS IS YOUR
BRAIN ON HUGS**

You Don't Need Dope
To Dance



**ANOTHER DOPELESS
HOPE FIEND**

Friends of August West

Save Your Face

Wharf Rats

STICKERS!!

These stickers and others are available at the Wharf Rat Table for a small donation, or through Warren F.

WHARFRAT CONTACTS

WHARFRATS WEBSITE

www.wharfrat.org

**Not Wharfrats.org with the 's'.*

WR TREASURER

Stickers & Misc. Procurement
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