

Womenwork Long 't' bars a sign of dynamism on beating alcoholism

By Richard Loch
Staff writer

Women alcoholics are different from men alcoholics, according to sociologist and author Jean Kirkpatrick.

Women have different psychological problems and therefore require different treatment for alcoholism, Kirkpatrick said.

She formed the national group Women for Sobriety in 1976 to offer women a self-help program tailored to their needs and separate from groups such as Alcoholics Anonymous. AA was formed in the 1930s, when it was "not believed there were any women alcoholics," she said.

"Alcoholics Anonymous was never in the very first place intended for women at all," said Kirkpatrick, who is herself a recovered alcoholic.

"It's to its credit that it has helped many women. That shows its very greatness. But I believe women need something else, which can be in addition to AA or something else entirely."

KIRKPATRICK — not to be confused with former United Nations ambassador Jeane Kirkpatrick — is a resident of Quakertown, Pa.

Speaking in the metro area, Kirkpatrick maintained that the formation of Women for Sobriety has increased women alcoholics' chances of recovery by 300 percent. They now have the choice of using AA, Women for Sobriety or a combination of both, she said.

In the past, when treatments designed for men haven't worked on women, it was women, and not the treatments, who were blamed, she explained. Women were considered too emotional and uncooperative for the treatments to work.

"The conclusion has always been that the problem is with those neurotic women, and no one has ever said the problem might be with the program," Kirkpatrick said.

Women for Sobriety, however, recognizes a basic psychological difference between men and women. Men are raised to have strong egos, so a group such as AA stresses humility as a way of overcoming alcoholism. But women have the opposite problem.

"I've yet in my life to find a woman who needs more humility, she said."

WOMEN ARE much more prone to suffer depression than men, she said, mainly because they lack a strong sense of self-esteem and personal identity.

"That's why when you ask women who they are, they say, 'I'm John's wife or Johnny's husband.'"

Women for Sobriety, in its 13-step New Life program, stresses that women need to build a strong sense of self-value and self-worth, she said.

Only the first step mentions drinking: "I have a drinking problem, that once had me. We now take charge of our life and our disease. We accept the responsibility."

The other steps concentrate on building a positive outlook on life and eliminating negatives. The step that members use the most, she said, is No. 4: "Problems bother me only to the degree that I permit them to."

Kirkpatrick suggests that recovering women alcoholics take 20 minutes a day as their own, private time to get close to nature — and themselves.

She suggests they use that time to program their brain positively, starting out by repeating to themselves the program's step No. 5: "I am a capable, competent, caring, compassionate woman."

"Every thought you have is going to be an action. You can't have a mind of negative thoughts and have a positive life. We can only think of one thing at a time, and that one thing should be a positive thought."

THE MOST controversial of the WFS steps, Kirkpatrick said, and the one that offers the biggest break with AA's philosophy, is No. 9: "The past is gone forever. No longer will I be victimized by the past. I am a new person."

Dear Mrs. Green:

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can be friendly and caring with those whose friendship you desire.

Possessive by nature, you sometimes feel a tad insecure in relationships with others. And you are often able to have your own way.

A direct manner can cause you to eliminate protocol in your effort to get right down to essentials. Calling it as you see it would not usually be a problem.

Others may consider you opinionated in certain areas. You are not always willing to consider the other person's point of view.

There are many things that you want. And you can be objective about the use of time, resources and talents as you work for them.

The slights of nature are awesome and provide relaxation for you.

Readers are invited to have their handwriting analyzed. Write to Lorene C. Green, a certified graphologist, in care of this newspaper, 36251 Schoolcraft, Livonia, 48150. Please use a full sheet of white unlined paper writing in the first person singular. Age, handedness and signature are all helpful. And feedback is always welcome.

Historian records Orchard Lake Schools 100 years

"For God, Country, and Polonia: One Hundred Years of the Orchard Lake Schools" narrates the history of the three institutions, SS. Cyril & Methodius Seminary, St. Mary's College, and St. Mary's Preparatory, in Orchard Lake.

The author, Dr. Frank Renkiewicz, historian and a member of the faculty of St. Mary's College, completed his doctoral studies at the University of Notre Dame. He edited Polish American Studies from 1971 to 1981 for the Polish American Historical Association and the Polish Presence in Canada and America for the Multicultural History of Ontario.

His book relates the story of the founding of the schools in 1885 in Detroit to sustain the Catholicism of Polish immigrants to America. SS. Cyril & Methodius Seminary, known as "The Polish Seminary," prepared men for the priesthood to serve the Polish immigrants. St. Mary's College and St. Mary's Preparatory educated thousands of the children of

immigrants to participate in American life through other callings.

After moving to Orchard Lake in 1909, the three institutions continued to preserve and develop their Polish cultural heritage. During the last 20 years they expanded their mission to embrace service to American students not of Polish heritage.

The history, written on the occasion of the centenary of the Orchard Lake Schools, gathers the years into periods reflecting the immigration of Poles about 1,500, the rise of an American-born generation of Poles after World War I, and the participation of Polish Americans in mainstream America since World War II.

"For God, Country, and Polonia: One Hundred Years of the Orchard Lake Schools" may be purchased from St. Mary's College Bookstore.



100th birthday

Hilda Watson wears a tiara for her 100th birthday party, given by her niece Lorraine DeRose in Baptist Manor, where she has lived for the past 10 years. She was born May 22, 1888, in Ontario, Canada, and lived most of her adult life with her physician husband in Detroit. She had one daughter, now deceased. The guest of honor received about 30 guests. She also received greetings from Michigan Gov. James Blanchard and President Ronald Reagan.

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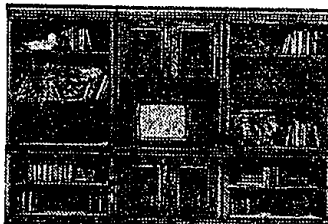
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