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OFFICE OF THE SECRETARY FOR CLERGY

FROM THE DESK OF: Reverend William J. Lynn

TO: FILE
DATE: December 7, 1994
ITEM: Meeting of Reverend Edward V. Avery's Aftercare Team
RE: Annual Progress Update

Father Edward Avery's Aftercare Intervention Team (Father Joseph J. Sweeney, Father Joseph B. Graham and Father William J. Lynn) met with Father Avery and staff of Saint John Vianney Hospital to review Father Avery's progress.

Father Avery began the meeting by distributing his revised plan to stay well and reviewing each aspect with the team. Discussion involved the need for Father Avery to exercise, but within limits prescribed by his doctor because of a back problem.

Discussion mainly centered on Father Avery's need not to over commit himself, especially with weddings and working as a disc jockey. I told Father Avery the hospital is pleased with his work, but concerned that he is over committed and consequently has to hire other priests to cover for him.

We agreed he would work out therapy sessions with his therapist. He will continue to see his therapist and follow his aftercare plan. This was an upsetting session for him, but it seems as if he is just beginning to realize all the ramifications of past actions.

AD 000015

No. 0551 - 00287



REVISED PLAN TO STAY WELL OF FATHER ED AVERY (12/1/94)

Section A: Physical:

- Do whatever it takes to maintain a stable weight of about 190 pounds.
- I will swim, ski, and play tennis regularly in season.
- I will walk for thirty (30) minutes several times weekly.
- I will take time to enjoy three meals daily.
- I will get adequate sleep daily. (about seven (7) hours)

Section A: Emotional:

- I will share my feelings with my support people so that they will not build up within me and overwhelm me.
- I will see my therapist as recommended.
- I will keep in touch with individual members of my Aftercare Integration Team, and the Core Support and General Support Teams at least weekly.
- I will attend the Priests' AA Meeting on Sunday nights.

Significant Issues:

Symptoms: Warning signs of regression.

How will I deal with these symptoms.

Boundaries/ Limits
Over-functioning

Getting over-committed
Not taking enough personal
time & space for myself.

Put on the brakes
Learning to say "No"

Impulsivity
Being Controlled
Alcohol

Interrupting
Not being assertive
Instead of eating a meal
or as an escape from anger
or any other feeling.

Patience with others
Learn assertiveness
Process with someone

Section A: Social:

- To Avoid isolation I will enjoy seasonal sports with friends.
- I will go out to dinner with a group of priests once a month.
- I will enjoy boating and fishing in the Summer.
- I will take day trips with family members weekly.
- I will entertain much less frequently.

Section A: Spiritual:

- To continue to deepen my relationship with God I will:
- Celebrate Eucharist daily.
- say the rosary and pray the Liturgy of the Hours
- do some spiritual reading daily
- meet with my Spiritual Director once a month
- meet with the Priests' Prayer Group occasionally

Section A: Intellectual:

- I will read the Morning Newspaper daily.
- I will resume my piano lessons.
- I will read weekly secular and religious periodicals and newspapers.
- I will listen to local and national news each morning.

AD 000016

No. 0551 - 00288



REVISED PLAN TO STAY WELL OF FATHER ED AVERY (12/1/94)

Section B:

1. Identify and list your significant issues.
 - overfunctioning - I am a human being not a human "doing."
 - impulsivity
 - all or nothing thinking
 - jumping to conclusions by being a mind reader or a fortune teller
 - the necessity for boundaries / limits.

2. Warning signs and symptoms of regression.
 - consuming alcohol the way I drink water without eating and then making important decisions too hastily.
 - getting over-committed leaving no room for personal time and space
 - smiling and saying "thank you" as a defense against anger or to cover up my real feelings.

3. Self-initiated efforts to deal with warning signs (coping mechanisms)
 - to counteract I will ask myself: "will this activity, project, or commitment, interfere with time that I need for myself?"
 - Am I acting as if no-one else can do this task?
 - Do I realize that I am dispensable.
 - Am I a good listener; able to receive as well as give.
 - Am I realistic about my capabilities in light of my age, time, and physical stamina.
 - making use of my personality and high energy level in light of my limitations.

4. Remedial Plan (specific steps that I will take to get help should these signs of regression occur.)
 - As soon as recognized - I will call an individual member of the Aftercare Integration Team, the Core Support Team, the General Support Team to process with them what is happening and get suggestions and support.

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