

A View from Serenity Hill



La Hacienda Alumni Newsletter

December 2016

2016 Christmas Fellowships

Click on locations for printable flyer

College Station - December 8 - 6:00 pm

Info: sanmiguelaggie@gmail.com

Austin - December 10 - 6:00 pm

Info: Natalie at 512-835-1994 ext. 1

Beaumont - December 12 - 6:00 pm

Info: Barbara Nixon at 409-617-1941

Fort Worth - December 13 - 6:30 pm

Info: Sarah McDonald - 361-290-6580

Houston - December 13 - 6:30 pm

Info: Alan Ammentorp - 713-828-4222

San Antonio - December 17 - 4:00 pm

Info: Jay Bomgaars - (210)535-3484

Dallas - December 20 - 6:30 pm

Info: Kaye Smith 214-763-0104

Top 10 Ways to Know You've Been Through La Hacienda

*Recently presented by a departing patient
in community*

- 10) You've eaten so much tilapia you're going to swim upstream and spawn.
- 9) You start every meeting at work with a moment of silence and the serenity prayer.
- 8) You've painted a rock, and nobody thinks that's weird.
- 7) Every time you walk into a room, you start looking for the sign in sheet.
- 6) When you open your bills, you show the empty envelope to your spouse.
- 5) You get cravings for peanut butter and jelly sandwiches at 9 PM.
- 4) You've never been more excited to go to Wal-Mart.
- 3) When you drop by Walgreens to pick up a prescription, you give them your name and patient code.
- 2) When meeting a stranger, you respond with "yes you are and I support you."
- 1) You're ready and able to stay sober the rest of your life.

Alumni Services Newest Staff Member

Ever since I can remember, I did not want to participate in life. It seems that as soon as I became aware of the existence of pain and suffering in the world, I could not shake the deep sadness and discomfort in my gut. That inner void seemed to grow immensely as I transitioned from a child that "didn't feel well" and "couldn't go to school" to a teenager plagued by deep depression and crippling anxiety. Life seemed bleak and hopeless.

I soon found that bingeing, purging, and starvation would give me relief and the illusion that I had some semblance of control in my life. Shortly after my eating disorder developed, my wisdom teeth were surgically removed. Naïve and sheltered, I took the maximum allotted dose of hydrocodone, thinking it no different than ibuprofen. The experience that followed changed my life forever... I was transformed! With that first use, I had stepped over the line. The next few years would be characterized by the uncontrolled use of alcohol and various drugs; quickly progressing to IV heroin and methamphetamine. At first, these substances gave me huge amounts of relief and comfort. Then they stopped working altogether. I exhausted every possible resource I had in countless attempts to get and stay sober. After each failure, I'd tell myself I must not have wanted sobriety badly enough or that I must be a morally bankrupt person. I was doomed.

In a terror-induced call for help, I was sent to a treatment facility in Texas. Knowing that I had tried treatment and it hadn't worked, my goals upon admission were simple - get out of immediate danger, dry out a bit, and use that time to express my love and remorse to my family. I knew that upon discharge I would be rushing headlong into certain horror and death.

Then something miraculous happened. I saw people who were as hopeless as me recover. They seemed like they actually *enjoyed* sobriety. From them I got an adequate representation of the program of Alcoholics Anonymous. They described the disease and laid out the program of action. I was taken through the work quickly and thoroughly, and despite my doubts... it worked! I was connected to a God of my own understanding and free of the obsession to drink and use!

Through honestly and thoroughly working the program, I was relieved of my addiction and eating disorder. I was given a deep sense of purpose and an intense passion for working with other alcoholics and addicts. By trusting God and taking action, my deepest hurts, fears, and resentments become useful to others. I get to truly enjoy sobriety, grow and face obstacles, and watch miracle upon miracle happen around me.

My life today is nothing short of spectacular. Let me clarify; there are trials and low-spots, but problems no longer devastate me. As long as I follow suggestions and stick close to this Power, I walk through them with my head held high. My family and personal relationships, which were decimated in my addiction, have become closer and more meaningful than ever before. I found that God would take care of me in EVERY aspect of my life. I continue to rely on Him and the promises continue to get better and better.

Working in Alumni Services is truly a blessing as I get to guide patients through the book that saved my life and help them connect to a Power which will transform theirs. I could not ask for a more fulfilling position. I get to watch people recover and get excited about life! It is awe-inspiring! Thank you to all who make this oasis possible! I am extremely grateful to have been welcomed to La Hacienda with such open arms and warm smiles. God is clearly at work in the hearts and minds of the entire staff and community here. Like the t-shirt says, "God is busy in Hunt, TX"... and I can't wait to see what he does next!

Kristen Wassberg

NOTICE

Dallas Alumni Meeting

New Night: Tuesdays
Same time, same place*

Midland Alumni Meeting

New night, new time, new place*

Tyler Alumni Meeting

Same night, same time*
New Place: 2010 Sybil Lane

*See page 3 for details

Step Ten

by Charlotte Safir, LCDC

*"Continued to take personal inventory
and when we were wrong
promptly admitted it."*

Step 10 is short but power packed. By this time our internal and external lives are more in sync. At first we were drawn in by the spirit of the Fellowship; now we become part of the Fellowship of the Spirit.

It is here we begin to reap the benefits of becoming spiritually fit. We live from a completely different state of being. We know what we think, we know how we feel, but these are not the driving forces in our lives. Our orientation is from an entirely different place; we live from Spirit. Our Sixth Sense is palatable. Having become unified in our body, mind, and spirit, we are no longer emotionally involved in our problems. We are living more and more in the 4th dimension of existence. This is our house-keeping step. The directions and warnings are to assist us in our continued spiritual growth. We are directed to be vigilant, to watch, turn, ask and pause.

Step 10 is the culmination of consequences of the preceding nine steps. We work this step to remain current so we don't build up a backlog of resentment, self-pity, anger and fear. Here we have a newfound freedom, a true sense of who we are within ourselves, in relationship to God and our connection to those around us. Step Ten calls us into more action so we might continue our journey to be who we were created to be.

SAVE THE DATE - 2017 ALUMNI REUNION

May 5, 6, 7

ALUMNI MEETINGS

AREA	DAY / TIME	LOCATION	MORE INFO
AUSTIN	Wednesday 7:30 pm	La Hacienda's Solutions 2100 Kramer Ln., Suite 300 Austin, TX	512-835-1994
BEAUMONT	Monday 6:30 pm	St. Andrews Presbyterian 1350 N. 23rd St. Beaumont, TX	409-284-6433
COLLEGE STATION	Thursday 6:00 pm	La Hacienda-College Station 702 University Dr. East, Suite 100-D College Station, TX	979-846-9500
DALLAS	Tuesday 6:30 pm	La Hacienda Community Outreach 12700 Preston Rd., Suite 260 Dallas, TX	214-763-0104
FT. WORTH	Tuesday 7:00 pm	Holy Family Catholic Church Education Room 6150 Pershing Ave., Ft. Worth, TX	361-290-6580
HOUSTON	Tuesday 6:30 pm	La Hacienda Community Outreach 3000 Wesleyan, Suite 200 Houston, TX	713-828-4222
HUNT	Sunday 11:00 am	La Hacienda Treatment Center 145 La Hacienda Way Hunt, TX	830-238-4222
MIDLAND	Wednesday 6:00 pm	Palmer Drug Abuse Program 1208 W. Wall Midland, TX	432-697-0272
SAN ANTONIO	Monday 7:00 pm	La Hacienda Community Outreach 7400 Blanco Rd., Suite 129 San Antonio, TX	512-983-1466
TYLER	Thursday 6:00 pm	2010 Sybil Lane, Tyler, TX (enter on parking lot side; 1st door on left)	903-530-6415

FAMILY MEETINGS

AREA	DAY / TIME	LOCATION	MORE INFO
AUSTIN	Monday 8:00 pm	La Hacienda's Solutions 2100 Kramer Ln., Suite 300 Austin, TX	512-835-1994
COLLEGE STATION	Thursday 6:00 pm	La Hacienda-College Station 702 University Dr. East, Suite 100-D College Station, TX	979-846-9500
DALLAS This is an Al-Anon meeting	Tuesday 7:00 pm	La Hacienda Community Outreach 12700 Preston Rd., Suite 260 Dallas, TX	214-801-0825
HOUSTON	Tuesday 6:30 pm	La Hacienda Community Outreach 3000 Wesleyan, Suite 200 Houston, TX	713-545-9788
SAN ANTONIO	Monday 7:00 pm	La Hacienda Community Outreach 7400 Blanco Rd., Suite 129 San Antonio, TX	210-692-0001