



# National Recovery Month

September is National Alcohol & Drug Addiction Recovery Month. The Recovery Month effort aims to promote the benefits of treatment of alcohol and drug use disorders, applaud the contributions of treatment providers and promote the message that recovery from alcohol and drug use disorders is possible. To promote these efforts in this area, La Hacienda teamed up with Starlite Recovery Center and Serenity House to sponsor the first annual "Recovery in the Park" celebration for alumni and their families from the surrounding areas. The event kicked off Friday, September 23<sup>rd</sup> at 2:00 p.m. at Louise Hays Park in Kerrville with a Motorcycle Fun Run which traveled to all three treatment facilities and finished up back at the park. The festivities took place at the Pavilion from 6:00 pm – 10:00 pm. Attendees enjoyed free hamburgers, hot dogs and pizza while listening to great music by "Still There" and equally great



speakers carrying the message. The kids had fun bouncing to the beat in a Moonwalk and playing Frisbee. In all, more than 500 people attended. We were honored to include many Hurricane Rita evacuees in that number. It was so much fun, we'll be doing it again next year. We hope you can join us!

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## Websites of Interest

- <http://ppgaadallas.org>
- <http://bigbook.got.net>
- <http://www.thejaywalker.com>
- <http://www.sobercity.com>
- <http://Houston.lahacienda.com>
- <http://dallas.lahacienda.com>
- <http://midland.lahacienda.com>
- <http://sanantonio.lahacienda.com>
- <http://www.lahacienda.com>

## Chris' Thoughts...

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The phone call went like this. (I get a lot of these) "Hello...is this the guy with the patch?" Yep, what can I do for you? "Well...here's the deal. My son, who was there with y'all twice, is loaded. He can't stay sober and he is driving us crazy! We spent all that money and time and he continues to do the same old thing! Nothings changed. In fact, he is worse now! I just don't understand....."

You get the picture. Bless her heart. She's hopeless. The kid is hopeless. I spent some time encouraging her to hang in there and tried to explain that it was lack of ACTION on the kids part that was causing the problem. No meetings, no program, no nothing. I asked her if she had a Big Book handy because I wanted to show her where to go to get the answers she needed. She didn't have one.

Amazing. She had been here twice and still didn't get the picture. The one book we asked her to get and she somehow missed it. The answer to every one of her questions was in that book. She wanted me to fix the kid. Wish I could have. I did send her a book. I hope she takes the time to read it. Her life will be so much easier if she does.

Staying sober in treatment is pretty easy. Doing it "out there" is a whole other deal! Life can sure get tangled up quickly. Stuff sometimes doesn't go our way! THAT'S when we need quick answers.

The Big Book talks about a "design for living that really works".

The Doctor's Opinion plus the first 43 pages discusses the problem. The disease of Alcoholism/drug addiction. From P.44 to P 103 we get all the information we need to RECOVER. ALL THE INFO! The next 3 chapters is directed at the folks who are affected by this illness, our families and employers. There is tons of great info. in these chapters to help "them" understand "us" better. Let's get those books dusted off. If anyone needs one, call me and I will send it. That book has never lied to me yet. Never.

A lot of you from the last few years will remember Judy....she worked in SCU and did a tour in housekeeping.

She's working for us in the Store now. (YEA!) We snagged her and are forever grateful! It's amazing to me how much more work I get done when I don't have to stop every 20 seconds and ring up a snickers! I get to spend a bit more time talking to yall!

Prayers are with all our Alumni along the Gulf Coast. Many have checked in but a lot haven't. We tried to call many of you but the phone lines wouldn't allow it. Give us a call if you need anything. Several of our alumni, in the first days after the storm, were already organizing meetings at some of the shelters in New Orleans, San Antonio, and Houston. Thanks guys! Sure proud to know you! Sure puts all my petty problems in perspective!

Looking forward to seeing lots of you in our Holiday travels!

Stay close. Cmr

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*"I asked her if she had a Big Book handy because I wanted to show her where to go to get the answers she needed.."*

## For Today:

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"Suddenly I realized what the matter was. My basic flaw had always been dependence — almost absolute dependence — on people or circumstances to supply me with the prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specification, I had fought for them. And when defeat came, so did my depression."

The Language Of The Heart, pg. 237

The Next Frontier: Emotional Sobriety

## Alicia Says...

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Hello Alumni...

I hope this article finds you all doing well. Life here on the hill stays pretty consistent, and that is a good thing... (I hate that this disease tears through so many, but grateful that this hill can become "a light in the darkness").

We are blessed to have Judy join our team, taking care of the store and so much more. She is a hard worker with a sweet spirit and we are so grateful to have her.

Personally, life continues to go up and down, but the reassuring piece/peace is that God remains unchanged.

This morning during the 3<sup>rd</sup> step lecture, as I read through the prayer, I was reminded of the phrase "bear

witness to those I would help of Thy Power, Thy Love, and Thy Way of life". I read this every week, but for some reason this morning it really stood out to me. It made me really think about my life and what all I am doing to bear witness to

*"This **whole** program is the only way I know to honestly answer these questions and actually change my behavior. "*

this Power. Obviously, the fact that I no longer obsess about drugs and alcohol and therefore, have been sober for a few years is the biggest thing that bears witness to this Power. I know that God uses that to bring hope and I am absolutely grateful for that gift. In my daily life though, as people watch my actions, am I bearing witness to this Power? This is exactly what hit me today... what kind of expression of God am I to the people around me in and out of the Fellowship? My sponsor reminded me the other day that I may be the only expression of God that some people ever see... scary thought on my rough days, but so true! Am I being loving, patient, and tolerant? Am I being unselfish and full of integrity? Am I being forgiving of those who have harmed me and showing them love? This has been very eye opening for me because I know that these are the qualities that the God of my understanding has shown me, so am I showing His qualities to others (and to ALL others, not just my friends! OUCHIEI)? My experience is that truth can be painful, but so freeing at the same time and I am so grateful that I have Power in my life now to try to change these things in me and become a different woman. This **whole** program is the only way I know to honestly answer these questions and actually change my behavior. I fail miserably at this sometimes, but so far, I have managed to continue to get back up and try again... sometimes being a stubborn perfectionist pays off...haha!!

With the horrible tragedy that has come with Hurricane Katrina, has also come some great opportunities to be wonderful expressions of God. Many Alumni have reported some amazing and life changing experiences... some escaping the disaster themselves and others helping those in need. Some Alumni from San Antonio were able to put together a meeting at the Outreach center for some of the victims who had been in a sober living home that was destroyed... their stories brought tears and each claimed to be grateful... talk about the Power of God. A Houston Alumni reported being at the Astrodome and in his email said "You wouldn't believe the random acts of kindness that are happening every second. It reminds me of the largest AA meeting in the world where people are there to help people survive and get better..." I am sure there are so many more stories like these and what better way to give back what God has given us... we have so much to be grateful for and I hope all of us can show that through our actions.

As always, please feel free to call or email if you need anything and thank you all so much for all that you are doing out there!!!!

Love - Alicia

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## BOLDNESS AND NO EXCUSES

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~ **I would rather be disliked for what I am than liked for what I am not.**

~ **Don't pray for easier lives, pray to be a stronger man!!!**

~ **Truth is always strong no matter how weak it looks, and falsehood is always weak no matter how strong it looks.**

~ **When you don't have strength from within, then you'll never have respect from without.**

~ **You can make excuses or make money, but you can't do both at the same time.**

~ **Excuses are the tools that a person with no purpose or vision uses to build great monuments of emptiness.**

~ **When you use an excuse, you give up your power to change**

Selections by Chris R. taken from <http://www.inspiration4everyone.com>

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## D.J. Says...

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Hey Alumni,

It seems like it has been quite awhile since I have sat down to write one of these letters. So much has happened since the last time that the newsletter went out I don't really know where to begin. I suppose I could start with the fact that I am writing this letter for the first time in my new office. This means of course that we have a new member to the team. Her name is Judy and she is in the store with Chris, and I must say, she is doing a fantastic job at running the shop! What a nice lady and we are blessed to have her with us. It hasn't been all that long since she has been with us so I am still learning how to effectively manage my time now that I have more of it. I think that one of the best things that have come as a result of the change is that it allows me more time to focus individually with folks working on their inventories and one on one type stuff in general. Which to me, one alcoholic working with another alcoholic, is the heart and soul of what this whole deal is about.

I spent a good deal of time in meditation last night really listening for God to guide me on what to write about this time. And, the thing that seemed most apparent was that over the last few months I have not really been in touch with all the things I have to be grateful for. I don't suppose that anyone else out there ever falls into

the ol' dreaded self-pity. However an honest reflection showed me that I have been in that state of mind more than is healthy for an alcoholic of my type.

Things like worrying about being single and missing Austin and what my life is going to be like in the future. Is any of this familiar to anyone else out there?

What I found to be the

most amazing was that over a period of time, very gradually, this type of thinking had begun to obscure the truth. The truth is that my life is better than it has ever been. The friendship I have with Chris is such an important part of my life. As my sponsor he helps me to keep seeking the spiritual path and as my friend he is always there with kindness and encouragement. The friendship that I have with Alicia has grown to a value beyond anything I have ever experienced with another co-worker. She is quite a lady. And then there is Rich! Now here are two people that you would think ordinarily would not mix. However, life in Alcoholics Anonymous is anything but ordinary! I've gotten to spend a lot of time with him and his family and it has been the best! One of the coolest things that have happened lately is that Rich and I have

*"If I have learned anything in Alcoholics Anonymous it's that it begins and comes down to commitment in the end."*

gotten to travel to some of the outreach offices and to share the podium together, and that has been a wonderful experience.

The deal is these people are my family and I am so blessed to have them in my life. I could go on to list literally a hundred other people that I love and that care about me. All of this leads me to ask myself the question "Who am I to doubt that God knows what is best for me?" (Rather agnostic don't you think?)

So the question is: In what areas of your life are you doubting that God knows best, and are you willing to make the changes and take the actions that will allow his will to manifest in your life? When I woke up this morning and was able to answer that with a YES! A whole different world began to come into view. I love you guys and I know from personal experience that sometimes I can make this a lot harder than it has to be. If I can be of any help in any way please call and we can get down to the heart and soul of this "one alcoholic helping another alcoholic".

God Bless and Much Love,

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## Seeking Ascension

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The heights by great men reached and kept were not obtained by sudden flight.  
But they, while their companions slept, were toiling upward in the night.

~Thomas S Monson

The toughest part of getting to the top of the ladder is getting through the crowd at the bottom.

~Unknown

# Upcoming Events

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Sept. 29 - Oct. 2	Top of Texas AA Conference	Amarillo, TX
	Chris Speaks Oct. 1 Contact Kenny L. — 806-898-4607	
Oct. 1	Stay Foundation Fund Raiser	
	This event has been cancelled and may be rescheduled.	
Oct. 15	SW Regional CA Conference	Houston, TX
	Chris Speaks	
Oct. 21	Rocky Point Round-up	Rocky Point, Mexico
	Chris Speaks	
Nov. 12	Saturday Night Talk	Boca Raton, FL
	Chris Talks	
Nov. 26	Saturday Morning Workshop	Lockhart, TX
	Chris Speaks	
Dec. 9-11	Sunday Morning Speaker	London, England
	Chris and Alicia Speak	
January 14, 2006	2006 Padre Island Jamboree AA	Padre Island, TX
	Chris Speaks	
Jan. 27-29, 2006	49th Annual AA/ Al Anon Coon Supper	Blytheville, AR
	Chris Speaks	
Feb. 16, 2006	AA Speak	Lexington, TX
	Chris Speaks Saturday Night Contact Chris S. (602-279-2585)	
Feb. 24-26, 2006	AA Spring Fling	Sacramento, CA
	Chris Speaks	
March 10-12	Pockets of Enthusiasm	Spokane, WA
	Chris Speaks Contact # (602-279-2585)	

## A Quote To Be Noted

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There's nothing in Alcoholics Anonymous that's designed to help me forgive myself. It's all cause and effect. In the Lord's Prayer it says, "forgive us our trespasses AS we forgive those who have trespassed against us." Ya see, if I want to begin to have peace and be comfortable with myself and all my imperfections, I have to first be willing to do that for you. The Big Book says that our main purpose is to grow in understanding and effectiveness, and as I do that then what happens is the compassion I unleash on you eventually comes around to me. And the revers is ALSO true, when I unleash the dogs of judgment they always, without fail turn around and bite the master. Always.

~Bob D.

## LA HACIENDA

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*Simply the Best*



## Meet Judy



IF I look familiar, you might have seen me around La Hacienda working in any number of departments. I first came to La Ha in a part time, week-end job just to make ends meet. I was soon touched by the mission of the work done here and joined the Nursing Staff as a Medical Technician. That was a great opportunity to learn about the patients' start on the brave journey to recovery. From there, La Ha needed help putting together a new housekeeping department. So for six months we developed a team that received the highest patient satisfaction survey score ever recorded. In August of this year I was called to another new challenge, and here I am. It is still the most rewarding opportunity to be here at La Ha, in any venue to see the courage and success of our Alumni. I look forward to hearing from you so, phone home!