



## 2nd Annual Recovery in the Park

The 2nd Annual Recovery in the Park at Louise Hays Park in Kerrville was a success! Over 2500 came from all over Texas for the state's biggest sober event of the year. Ray Wylie Hubbard was the entertainment and there was plenty of good food, great music and entertainment for the kids. The raffle of one of Ray



Wylie Hubbard's guitars, which he played and auto-graphed, raised \$2000 for the Sims Foundation, an organization that helps musicians in the Austin area get access to mental health and substance abuse treatment.

The Friday night before was a BBQ for alumni and friends at Kerrville-Schreiner Park. Over 300 people attended to hear Myers R. from Dallas speak.

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A huge thank you to the more than 50 volunteers who gave their time and energy to the success of this event. We are so grateful to each one of you!

The Big Book of Alcoholics Anonymous states on page 132 "We absolutely insist on enjoying life." This event proves that you can have a party without alcohol!! Mark your calendars now for next year's party: September 21-23, 2007.

### 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>
- <http://www.twelvesteps.com>

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## Chris R

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### Participate in our OWN Recovery

The hardest thing I had to learn in early sobriety was to ask for help. The hardest thing I do at 18 years sober is.....yep, you guessed it, asking for help! It's not that I am anti social, I'm just shy....always have been. I don't want to "bother" anyone. Letting folks into my life hasn't ever been easy. From my little perch on this hill, I see lots of you going thru the same thing. "Reaching out" is uncomfortable but absolutely necessary for sobriety. Too often, I don't think we see this till it's too late.

We are in the process of making some changes in this department to possibly help. For the 12 years I have been here, we have spent MOST of our time making "follow-up" calls. Ya'll know...our monthly check ins. These calls have, no doubt, helped some folks. They have also prevented us from spending quality time with folks that really wanted or needed to talk to us. Most of our days are spent leaving messages with people that

don't want to visit! We are still going to call a couple of times a year but starting in Sept. we are encouraging our Alumni to call or email US. Lots of ya'll do that anyway, and I think more of you would with a little push! Alicia, Joe and I LOVE to talk to ya'll. We want to help in any way we can. (That early sobriety can be crazy!) If any of you are having trouble staying sober or are going thru a rough time, please understand that that's what we are here for. We are truly excited about getting to spend more time with those of you that want it.

Another thing we are working on is our area Alumni meetings. Hopefully time not spent doing clerical work will allow us to support our Alumni meetings more. I got to do a Sponsorship Workshop at the Houston Outreach this month and had a blast! We want to do more of that! With the exception of the Holidays, we seldom get to come visit these groups (especially the smaller ones) These groups are a BIG part of what we do.

Nothing like getting to visit with ya'll face to face! We look forward to seeing more of you soon! Four new Alumni meetings started recently in Temple, Corpus, Victoria, and Lafayette. Lets all support these new groups!

I want ya'll to remember that this is your newsletter. It is published on our La Ha website quarterly. We no longer send out any newsletters in the mail If any of you would like to submit letters or anything, send it to me and I will get it into the right hands.

Christmas is right around the corner so if ya'll need anything from the Store, call Judy at ex.513. In case any of you are interested, I have been VERY good this year....

Chris Raymer

## EGO IS SIMPLY AN IDEA OF WHO YOU ARE

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- 1) STOP BEING OFFENDED BY THE BEHAVIOR OF OTHERS. IT IS NOT A REASON TO BECOME IMMOBOLIZED
- 2) LET GO OF YOUR NEED TO WIN
- 3) LET GO OF YOUR NEED TO BE RIGHT
- 4) LET GO OF YOUR NEED TO BE SUPERIOR
- 5) LET GO OF YOUR NEED TO HAVE MORE
- 6) LET GO OF IDENTIFYING YOURSELF ON THE BASIS OF YOUR ACHIEVEMENTS
- 7) LET GO OF YOUR REPUTATION, YOUR REPUTATION RESIDES IN THE MINDS OF OTHERS. THEREFORE YOU HAVE NOT CONTROL OVER IT AT ALL.

## Alicia N...

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Dear Alumni,

Newsletter time again and I hope you all are doing well. I know that sobriety can have its ups and downs, so I hope you are all hanging on for the ride. All is well around here and we are looking forward to seeing some of you in the next few months and through the Holidays. We have some changes going on in our department, so please give us a call to check in and let us know how things are going on your journey. This department is here for ya'll so please call or email anytime.

Lots of changes taking place in my life recently...the biggest one is that Ethan started Kindergarten this year. Geez, no one prepared me for how much you had to trust God, as you dropped your precious angel off to a building full of strangers...it was quite an emotional experience for me. Of course, by the third day, he was saying "Bye momma!" and running away from me and to the strangers!!! I made it through it though and he loves his new school. Because of God and

this program, I am so blessed to be his sober mother and enjoy each new experience with him. A few weeks ago we were sitting at the house on a Friday night (not much to here in Kerrville with a 5 year old), and I said "Ethan, lets get dressed and go read some books at Hastings!" (remember, not much to do here). Then I realized it was almost 9:00pm and I kinda changed my mind and said "Honey, I'm sorry, it's too late...let's just stay home instead". He was already putting on his shoes in excitement, so he looked up at me with his big blue eyes and said, "Momma, don't be afraid of the possibilities!". After I regained my composure I said, "What did you say?" and he clearly restated, "Don't be afraid of the possibilities!" I really had no choice but to laugh and say "OK". So we went to Hastings, read a few books, but then proceeded to have a blast playing hide-n-seek in the book aisles for the next two hours. To see his little eyes light up and hear his sweet giggle every time he found me was priceless and I almost missed it all because I was "afraid of the possibilities".

Okay, the story may seem silly, but I hope you get the point. How many things do we miss out on because of fear or because of some other selfish reason? My answer is

**a lot...** the Big Book tells me that selfishness is the root of my troubles and that I am driven by hundred forms of fear...I have to have God's help to get out of all that. Who would of thought that the crazy basket case I was years ago (some of you may question if I still am!!!), who couldn't live due to the bondage of this disease, would be free years later to have a so much fun playing hide-n-seek in Hastings with her adorable son...on a Friday night, nonetheless. I know I probably say this in every article I write, but it is my experience...if I will keep seeking this Light that has brought me this far, my life is going to continue to Shine. I want this experience for all of you ... keep seeking!!

Peace and Love -

Alicia New

800/749-6160, ext. 512

anew@lahacienda.com

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**"IT TAKES A LOT OF COURAGE TO RELEASE THE FAMILIAR AND SEEMINGLY SECURE, TO EMBRACE THE NEW. BUT THERE IS NO REAL SECURITY IN WHAT IS NO LONGER MEANINGFUL. THERE IS MORE SECURITY IN THE ADVENTUROUS AND EXCITING, FOR IN THE MOVEMENT THERE IS LIFE, AND IN CHANGE THERE IS POWER"**

**- ALAN COHEN**

## Joe...

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Hey Family,

It was sure nice to see so many of you who made it to the Round-Up and Recovery in the Park. We sure appreciate all of your support. As I sit here writing this letter, I can't help but think about all the blessings in my life as a result of following a few simple rules.

I get asked a lot by civilians (85%er's) what makes it that people finally get sober? Is it fear of losing a job, going to jail, divorce, dying...what? Well, I tell them I think it is about being faced with a simple truth that my problems are of my own making and I am responsible to change. It is really the desire to be done. Yes, all of the above obvious reasons are valid, but they alone are not enough. Even though those consequences are tragic, there is always another lie we will tell ourselves in order to find a way to be the victim in our own behaviors and so we can continue to use. The struggle isn't quitting – the struggle is changing. We have to truly be convinced in order to make a decision (to turn our will and our life over to the care of God). To

really break it down, we must be honest, open-minded and willing to finally change – getting out of the selfishness, self-centeredness, ego, pride, or whatever it is that has been blocking us.

I tell them that we have all known for some time what needs to be changed, but fear keeps us from that. When we finally begin to engage in the recovery process, we again feel hope. The hope is the feeling that we can, in fact, change and that we will be able to live our lives as the men and women we were created to be. So we start on our course of action (the 12 steps) and through this process of introspection we come to identify the real need for what must be removed in order to bring forth that person. Not an easy process, but very simple.

I then go on to explain that the life force of our Fellowship is our need to work with others...to carry the message of hope to those that are still suffering. What I usually get is an "Oh, so that's recovery!" or a blank stare. Either way it re-enforces what

our mission is...pray for the sick, be available to help, and be a living example of hope and how the 12 steps work. My question for you is have you done any of these things today or have you sat around and watched the newcomers walk in and out of your meetings with no one catching them at the door? Pour a little out onto the fellow brother or sister who needs that example of how it works. I remember reading somewhere that selfishness – self-centeredness is the root of my troubles...hum, I wonder what the authors were talking about?!

Peace, Love, Recovery,

Joe Hartwell

800/749-6160, ext.511

[jhartwell@lahacienda.com](mailto:jhartwell@lahacienda.com)

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**“SUDDENLY I REALIZED WHAT THE MATTER WAS.....MY BASIC FLAW HAD ALWAYS BEEN DEPENDENCE, ALMOST ABSOLUTE DEPENDENCE ON PEOPLE OR CIRCUMSTANCE TO SUPPLY ME WITH PRESTIGE, SECURITY, AND THE LIKE. FAILING TO GET THESE THINGS ACCORDING TO MY PERFECTIONIST DREAMS AND SPECIFICATIONS, I HAD FOUGHT FOR THEM. AND WHEN DEFEAT CAME SO DID MY DEPRESSION”**

**– AN EXCERPT FROM BILL W'S LETTER TO A MEMBER CONCERNING DEPRESSION**

## David O.

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Wow. What an amazing season we've had. I know I've personally been swamped with traveling as well as getting acclimated to working for La Hacienda. It's a lot different from what I imagined or saw the other alumni staff doing as a patient. Now, I know from the other side what really goes on.

There seems to be a rather uncommon theme to my adventures on this journey as of late. It's been in the scope of internationalism. Not only was able to recently take a trip across the pond, but I found one fellowship in Paris to be so anonymous I couldn't find the physical location of a meeting. I was fortunate to be able to find a club in Rome where there was an uncommonly strong recovery. It reminded me of home, and though we may speak different languages, we all speak the language of the heart. And thus we grow, and where ever

I've gone, there we are. I was also able to attend an annual conference for another 12 step fellowship and a majority of their issues they wanted to address was how to reflect the growth of this particular fellowship on an international level. I was able to make plenty of friends from Quebec, England, South Africa, Sweden and the like.

Knowing I'm just a fly on the wall to, so to say, I thought of what I might do locally to help this miraculous growth. So after meditating on it for a while I realized that what I do locally also effects the environment I'm in. Whether it be in a local meeting, or in the workplace, at school, if I act accordingly and allow my God to guide me then I do affect those around me in a very broad scale, even to the world level. It's like being a droplet of water, if I fall into a larger body of water there's a ripple effect. Even-

tually we are all waves in the ocean, but none of us are the ocean.

This sequence of events reminds me of the infamous line "Faith without works is dead." I can sit and be quite and meditate and pray all day long, and at the end of the day I'll know God a little better. But unless I have affairs to practice the principles I've learned, nothing of any measure can be of value, to my fellows or to my creator. As a walking beacon of what the power of God is capable of, I continually attempt to demonstrate that at my job, school, with family, relationships, meetings, etc.

David O.

La Hacienda Solutions, Austin, TX  
doakland@lahasolutions.com

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## I AM A CYLCIST

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I have a friend Rich who gets obsessed with drinking. After he gets his drink he goes home.

I have a friend Al who once he takes a drink he cannot stop. So, he just says no to the first one.

I have an obsession to drink the first one COMBINED with the inability to stop once I do.

All three of us have an alcohol problem.

I am the only alcoholic amongst the three of us. I am the only one for whom the obsession AND the physical allergy is present and for whom my own will cannot keep me from the disastrous CYCLE.

**My two buddies do not "CYCLE" — I do.**

"These observations would not be academic and pointless if our friend never took the first drink, thereby setting the terrible cycle in motion. Therefore, the main problem of the alcoholic centers in his mind, rather than his body". (23:1) — Danny S.

# Upcoming Events

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Oct. 7	Workshop	Flint, MI
	Chris R. Speaks	
Oct. 11	La Hacienda Solutions	Austin, TX
	Joe H. Speaks	
Oct. 12 -15	Iceland	Iceland
	Alicia N. Speaks	
Oct. 18	Mission Vista	San Antonio, TX
	Chris R. Speaks      For info.: Mary 210-497-0004	
Oct. 21	Sponsorship Conference	Tacoma, WA
	Chris R. Speaks	
Nov. 4	CA Deal	Milwaukee, WI
	Chris R. Speaks	
Nov 10 – 12	Sponsorship Workshop	Austin, TX
	Chris R. and Myers R. Speak      For info: Josh J. 512-460-9174	
Dec. 2	CMA Conference	Phoenix, AZ
	Chris R. Speaks	
Dec. 2	La Hacienda Solutions Alumni Christmas Party	Austin, TX
Dec. 5	Temple Alumni Christmas Party	Temple, TX
	For info: Kelli N. 254-231-5488	
Dec. 8	Midland Alumni Christmas Party	Midland, TX
Dec. 11	Dallas Alumni Christmas Party	Dallas, TX
Dec. 12th	Houston Alumni Christmas Party	Houston, TX
Dec. 16	San Antonio Alumni Christmas Party	San Antonio, TX
Jan. 12 - 14	We are not Saints	Chicago, IL
	Chris R. Speaks	
Jan. 26 - 27	Shasta Winter Fest AA	Reading, CA
	Chris R. Speaks	

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## Outreach Office Updates!!

Dallas/Ft. Worth Alumni — New Seekers Meeting will be held at the alumni office every other Saturday at 7am.

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**Your help is needed.** House Bill 1402 DIRECTLY affects people suffering from the disease of chemical dependency. If we can pass a bill for insurance parity for addiction treatment those limitations on insurance policies like "\$10,000 lifetime max"; "3 treatments per lifetime"; or "no CD benefits" that keep people from accessing treatment at all, or limiting their benefits dramatically, could be a thing of the past! Parity means addiction treatment would have to be covered just like a heart attack, diabetes, etc.

<http://capwiz.com/naadac/issues/alert/?alertid=9087831&type=CO>

## **LA HACIENDA**

145 La Hacienda Way  
Hunt, TX 78024

Phone: 830-238-4222  
Toll Free: 800-749-6160  
website: [www.lahacienda.com](http://www.lahacienda.com)

*Simply the Best*

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**LET US KNOW HOW YOU ARE DOING!**

**1-800/749-6160**

**CHRIS, EXT.510**

**JOE, EXT.511**

**ALICIA, EXT.512**

**JUDY, EXT.513**

**(CALL JUDY FOR STORE ORDERS ONLY!)**

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**A newer member of AA decided she didn't need to go to any more meetings.** After a few weeks, her sponsor decided to visit her. It was a chilly evening and the sponsor found the sponsee at home alone, sitting before a blazing fire. Guessing the reason for her sponsors visit, the sponsee welcomed her, led her to a big chair near the fireplace and waited.

Her sponsor made herself comfortable, but said nothing. In the grave silence, she contemplated the play of the flames around the burning logs. After some minutes, the sponsor took the fire tongs, carefully picked up a brightly burning ember and placed it to one side of the hearth all alone. Then she sat back in her chair, still silent.

The sponsee watched all this in quiet fascination. As the one lone ember's flame diminished, there was a momentary glow and then it's fire was no more. So it was cold and "dead as a doornail." Not a word had been spoken since the initial greeting. Just before the sponsor was ready to leave, she picked up the cold, dead ember and placed it back in the middle of the fire. Immediately it began to glow once more with the light and the warmth of the burning coals around it. As the sponsor reached the door to leave, the sponsee said. "Thank you so much for you visit and especially for the fiery sermon. I will see you at the meeting in the morning."