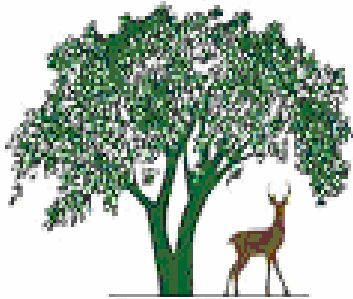


September 2007



LA HACIENDA TREATMENT CENTER

A View From Serenity Hill

3rd Annual Recovery in the Park

It's finally September and the 3rd Annual Recovery in the Park, in honor of Recovery Month, is just around the corner! It will be the last Saturday in September on the 29th. Last



year 3000 people showed up and we are expecting more this year! This year the concert is going to be a bigger event with the concert starting at 12 noon and lasting until 11pm! Ray Wylie Hubbard will be rocking the park again along with many other bands. The event is free and open to public so tell your home group, friends and family! Not only will there be great music but we will have a bounce house for the kids, tons of good food, and another raffle. Last year Ray Wylie Hubbard was gracious enough to do-

nate one of his autographed guitars and this year he is doing it again!! The SIMS Foundation was founded in 1995 to provide low-cost mental health and substance abuse services to musicians. Be sure to check our website at www.recoveryinthepark.com for complete details.

Alumni! Come Early!! La Hacienda will host an alumni hot dog cook out and speaker meeting at the Louise Hays Park Pavilion in Kerrville (where the concert will be) on Friday night. This year promises to be the biggest and best ever so make your hotel reservations now! Email Kristen for a complete list of area Hotels, Motels and Bed & Breakfasts at ksmith@lahacienda.com.

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Learn more about Recovery Month and what you can do!



Chris R

This weekend I spoke at an AA conference in Colorado. A man came up and told me he had about 10 years of sobriety when his head told him he could drink some non alcoholic beer at a party. Within days, he was drinking the high octane stuff and VERY drunk. Naturally, he is disappointed and a bit angry at himself. What freaked me out is the fact that he blames himself for “choosing” to buy the real beer, he doesn’t have a clue WHY he drank. The only “choice” he made was to stop working a Spiritual Program of ACTION. He stopped going to meetings “cause I didn’t feel I needed them”. THAT was his choice! The rest was inevitable. He went to that party uncomfortable in his own skin. He wanted to “fit in” so he drank the O’Douls, even though he knew it wasn’t a good idea, he did it anyway. The Physical Craving kicked in and he was off to the races.

Here’s a clue if your head is telling you to do something that you know isn’t a good idea....DON’T DO IT! Especially if it has to do with alcohol or dope! You are insane at that point! Call me, call your sponsor...bounce it off of them. See what they think. If I don’t do anything real stupid in the next couple of months, I will have 20 years sober....not much of it done on my own. Ya’ll keep asking for help.....before you drink/drug!

The Hill Country Round Up came and went, August 24th and 25th. It always feels like summer is over when that happens. We saw a bunch of alumni there. It seems like there are more every year! There were good speakers and LOTS of hot dogs. I am personally DONE with hot dogs for awhile!

“Recovery In The Park” happens again this year and it is the last weekend of September. I am really looking forward to it. Looks like they have another great line up and are expecting another good turnout. This thing is just like Reuniontakes effort but always worth it!

October 15th is “The Cruise”...man, I need some sun before then! My legs are still looking a little ...well, white! Can’t believe that I’m actually looking forward to this trip.

Patty and I are still not smoking....can’t believe that either!

Xxo cmr

Right Action

One of the most important things AA has given me, in addition to freedom from Booze, is the ability to take “right action.” It says the promises will always materialize if I work for them. Fantasizing about them, debating them, preaching about them and faking them just won’t work. I’ll remain a miserable, rationalizing dry drunk. By taking action and working the Twelve Steps in all my affairs, I’ll have a life beyond my wildest dreams.

C. 1990 AAWS, Daily Reflections, p. 54

Alicia N...

Hello Alumni and Family,

I can't believe that summer is already over. Ethan and I stayed pretty busy and he became an excellent little swimmer which was an amazing thing to watch...one day he was scared when he could not touch the bottom of the pool and the next day he was swimming to the deep end -he was so proud of his accomplishment - I was too!!!

Things here on the hill got busier than usual during the summer months and it was a blessing to get to meet so many of you. It was also great to see a lot of you at the various recovery events like the Hill Country Round-up...hope to see you at Recovery in the Park which is right around the corner. (Saturday, Sept 29 - it is going to be lots of fun...they have got some great music lined up for you which

includes my incredible little sister, Bekah Kelso...so come on out and join us). I hope this finds you all doing well and seeking the Power that we know can save us.

Some pretty amazing things have been going on in my life lately and I just want to share a bit of it. Most of you have heard my story (over and over and over) and know that I moved to Kerrville in '98 with a trash bag full of clothes (so much has changed since then as a result of allowing God to change me). Recently, I put my house on the market in hopes of moving Ethan and I to a better neighborhood. Well, I started to ask God specifically for a 2/2, fenced back yard, near school, at the perfect price...SO, the day that mine got a contract on it, a new house came on the market and guess what...it was exactly all the things I had asked God

for - all of them - it is across the street from Ethan's school...crazy. We put an offer on it that I didn't really think they would take, but they did - no questions asked. God is amazing.

I know it is just the beginning of the whole process, but I am in awe of God, nonetheless. I move to this town with nothing, get sober, help others, seek God and look at the difference. Ethan and I started out in a garage apartment with scorpions, for goodness sake... now I can look back and see the hand of God on every adventure we have been on together...here's the next one!!! All I know is that this process really works...when I seek, I find. Please keep in touch and if you haven't heard from us in a bit, please give us a call.

Peace and Love - Alicia

SELF-PITY

**We can get so stridently concerned about me-me-me
that we lose touch with virtually everyone else.
It's not easy to put up with anyone who acts that way,
except a sick infant.
So when we get into the poor-me bog, we try to hide it,
particularly from ourselves.
But that's no way to get out of it.
Instead, we need to pull out of our self-absorption, stand back,
and take a good, honest look at ourselves.
Once we recognize self-pity for what it is,
we can start to do something about it other than drink.
c. 1008 AAWS, *Living Sober*, p. 57**

Trying to pray is praying—Anonymous

“Oh, God, help me! If you get me out of this mess, I’ll never screw up again.” This was our favorite prayer before we entered the Program. We were always bargaining with God.

We have learned new prayers and a new way to talk and listen to our Higher Power. We are seeking God’s will for us. Many of us had to learn to pray. We began with simple prayers: “Thank You, God, for helping me today.”

We learn that prayer helps us with our faulty dependence on people, places, and things by giving us the insight and strength to rearrange our priorities. Prayer doesn’t change God, but it changes those who pray.

From the book *Easy Does It* by Anonymous

Louis R....

Greetings to Our Alumni and their Families,

A few words of hello and best wishes to you all. Glad to see some of you at the Hill Country Round-Up and look forward to visiting at Recovery in the Park in September here in Kerrville. For those of you who have attended the Hunt 11a.m. meeting, thanks for your continued support and encouragement.

As I make follow-up phone calls for those of you who have recently left, I am very grateful to hear of your progress and willingness to follow through with your discharge recommendations. Some of you are really doing the deal.

For those who have struggled or had difficulty I think about the chorus to a song by Tom Waits called “Come on up to the House”:

“There’s nothing in the world that you can do
You gotta come on up to the house
And you’ve been whipped by the forces that are inside you
Come on up to the house
Well you’re high on top of your mountain of woe
Come on up to the house
Well you know you should surrender but you can’t let go
You gotta come on up to the house”

It reminds me of my own struggle and reluctance to surrender until alcohol and an unacceptable existence beat me to a state of reasonableness, which led to my willingness to change since my way of doing things no longer worked. I know we all have to ultimately come to terms with this in our own way and it is important to keep in mind these quotes from Bill W.:

“We saw we needn’t always be bludgeoned and beaten into humility. It could come quite as much from our voluntary reaching for it as it could from unremitting suffering.”

“We first reach for a little humility, knowing that we shall perish of alcoholism if we do not. After a time, though we may still rebel somewhat, we commence to practice humility because this is the right thing to do. Then comes the day when, finally freed in large degree from rebellion, we practice humility because we deeply want it as a way of life.”

Thank you for your consideration. I hope to see you soon.

Come on up to House,

Louis Romano, LCDC

800/749-6160, ext515; lromano@lahacienda.com

The Boone Docs “Relapse Prevention Medications”

One of the biggest obstacles for addicts and their families to overcome is the simple fact that addiction is a life long disease. The newer functional-MRI studies show that even with long term abstinence, the changes in the pleasure/reward pathways of the hypothalamus do not return to normal. This puts addicts at risk for relapse the rest of their life. In view of this fact, are there any other things that can help addicts to increase their chance of long term success? According to statistics, the best chance for long term success is the Twelve Step program of AA. However, there are some fairly new medications that can also increase the statistics for long term recovery. In the below paragraphs I will review those for you.

Naltrexone, sold under the brand name ReVia, is an opiate receptor blocker. When you take Naltrexone your opiate receptors in your brain become blocked by the drug so they cannot be stimulated by either opiates or alcohol. The theory behind this drug is that if you cannot feel the euphoria or “rush” of the drug then you will not take the opiate or the alcohol. If you look at the studies, showing the use of 50 mg per day for six months, it increased recovery by a little over 30% at the end of twelve months, compared to meeting attendance alone. If you take the drug, in place of going to meet-

ings, it does not provide any help whatsoever. The drug has a few side effects: nausea, dizziness, headaches that are usually mild and self limited. If the side effects last more than a few days, they probably will not go away and you would need to stop the drug. It has been approved for both alcohol relapses and opiate relapses.

Acamprosate, sold under the brand name Campral, appears to work on the GABA/Glutamate balance in the brain. It is approved for alcohol dependency. It has to be taken at a dose of 6 tablets per day, usually divided into 2 pills three times a day. Just like Naltrexone, it increases the rate of long term recovery by about 30% compared to going to meetings alone. Also, just like Naltrexone, it does not appear to work at all if you try and use it in place of working the Steps. The most common side effect of acamprosate is diarrhea, and if you develop it and it does not stop in three days, you need to stop the medication.

Varenicline, brand name Chantix, is a Nicotinic Acetylcholine Receptor Agonist. This means that when you have a full dose of the medication, your nicotine receptors in your brain are all blocked and not accessible for any extra nicotine that you put in your body from tobacco. If you look at tobacco use in all addicts

it is between 80% and 90%, compared to the general population of America, which is 23%. If you look at relapse rates in addicts who continue to use tobacco, compared to those who quit tobacco, it varies from two to five times. What that means is if you continue to smoke or use smokeless tobacco, you are at least twice if not FIVE times more likely to relapse. The drug can cause some nausea and must be taken with food, twice a day. It can also cause some sleep disturbances, so the evening dose should be taken no later than 6pm.

The above medications are to be used as an added tool to help you in your quest for long term recovery. They do NOT take the place of working the Twelve Steps. There is no “magic pill” to keep you sober. They are available only by prescription, and most medical folks are aware of the pros and cons of the medications. So, if you are early in recovery or struggling with relapses, talk to your sponsor AND your medical provider. If you opt to take the medications, Campral or ReVia should be used for a six month time period and Chantix for only three months.

May God give you peace, joy and wisdom.

The Boone Docs

Upcoming Events

September 28, 29	3rd Annual Recovery in the Park	Kerrville, TX
September 22	AA Chris	Monroe, MI
October 6	Workshop Chris	Charlottesville, VA
October 15—20	First Annual Alumni Sober Cruise Chris R. and Michael Cox speak	MEXICO
October 26	CA Alicia	San Antonio, TX
October 27	AA Conference Chris (Saturday morning)	Itasca, IL
October 27	Midway CA Conference Chris (Saturday night)	Itasca, IL
November 2, 3, 4	FOTSBOSTON AA Chris	Boston, MA
November 3	Legacy Group AA Anniversary Alicia	Plano, TX
November 9	AA Chris	Wapato, WA
November 17	AA Conference Chris	Stratford, CT
December 1	Bernardsville Group Chris	Bernardsville, NJ
December 6	Permian Basin Alumni Christmas Party Chris	Midland, TX
December 10	Dallas Alumni Christmas Party Chris	Dallas, TX
December 11	Houston Alumni Christmas Party Chris	Houston, TX
December 11	Temple Alumni Christmas Party Alicia	Temple, TX
December 15	Austin Alumni Christmas Party	Austin, TX
December 15	Kerrville Alumni Christmas Party	Kerrville, TX
December 19	Rio Grande Valley Christmas	McAllen, TX
December 22	San Antonio Christmas Party	San Antonio, TX



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Simply the Best

Relief from Obsession

We AA's had tried out a radical and old-time formula, one out of fashion nowa-days, and it worked. "We admitted that we were powerless—that our lives had become unmanageable" and "we made a decision to turn our wills and our lives over to God as we understood him."

Every one of us who could make and fairly maintain the humbling admission and sweeping decision had found relief from obsession and had begun to grow into a totally and wonderfully different mental, physical, and spiritual existence.

- Bill W., March 1967

C. 1985 AAWS, *Alcoholics Anonymous Comes of Age*, p. 45

Websites of Interest

- www.ppgaadallas.org
- www.aaintegrity.com
- www.ca.org
- www.alcoholics.anonymous.com
- www.na.org
- www.twelvesteps.com
- www.al-anon.alateen.org

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Worrying about something that may never happen is like paying interest on money you may never borrow.

-Unknown