



La Hacienda
Treatment Center

AUGUST 2009

La Hacienda Alumni Newsletter

A View From Serenity Hill

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Recovery Services

Chris, ext. 510

MERRY CHRISTMAS!



We hope that this newsletter finds you well this Holiday Season! La Hacienda has been gearing up for the holidays to make it extra special for our patients and their visiting families. On page 3 of this newsletter we have some extra suggestions to help keep you happy and sober through this Holiday Season!

The 37th annual Alumni Reunion in September was great! The weather was perfect and the speakers inspirational. Ray Wylie Hubbard played on the porch of the Bodega while everyone sat under the stars. It just doesn't get any better than that! La Hacienda has decided to keep the Reunion in September. The weather is so much better and more convenient for many people. Please stay tuned to upcoming newsletters and our website for more information.

One other change in 2010 is with The Woodlands Alumni meeting. Beginning January 11th, it will be held on Monday nights at 6:30 pm. See page 3 for more details.

Once again, we wish you all happy and safe Christmas Holidays!!

Chris R.

Merry Christmas!

I can't begin to express my gratitude for everyone of you that has stayed in touch with me this year! It's been a rough one for lots of us. The longer I'm sober the more I realize how much influence we all have on each other. I can't imagine how my life would be without the FELLOWSHIP. I recently picked up a 22 year chip and I know for sure who to thank for it!

I have had two of my best friends fall thru the cracks this year. They both had long term sobriety. It amazes me that even after all these years, relapses still take me by surprise sometimes. Cunning baffling, powerful is what the book says! The same INSANITY that nearly killed us ("I can have just one!"), is guaranteed to come back if we let up on the "Program of Spiritual Action". It doesn't matter how long we are sober, we've got to keep doing the deal. Both of my buddies are getting well again and I am SO grateful for their courage. This deal gets tougher as we get older....not easier! If you get 30 days, keep it!

My grand, grand, grand, grand sponsor passed away a few months ago. Paul M. had 64 years sober. He was an amazing guy. He wrote a bunch of great articles for the Grapevine in the 70's and 80's and spoke tons all over the country until he got too old. He used to quote a line out of the 12 & 12 (p15) "AA's Twelve Steps are a group of principles, spiritual in nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole." Happily and usefully whole.....what a promise!

That's my wish for all of us this Holiday season. Although my job here at La Hacienda has continued to change over the last few years, one thing is constant: **my phone number, 800-749-6160 x510**. If you find yourself in a tough spot, call me. I may not have all the answers but I bet we will both feel better after the visit! I know I will!

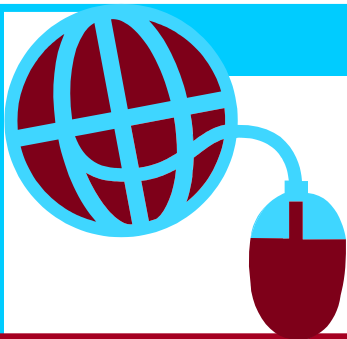
cmr
(800) 749-6160 ext. 510



FROM THE STORE

Yea, it's December! That means it's time to get real with what matters. Reflection and meditation of things to let go of and promises of what's to come! I have all your old reliable books if you need to get a gift for your sponsees/sponsor or just catch up on your on program. *As Bill Sees It* is a good little book to gift and also the Study Edition of the Big Book (Alcoholics Anonymous) that comes in an affordable paperback and in a leather cover. We also have vinyl covers for your Big Books in all colors and sizes. A recommendation from Dr. Dan Boone is *The Ragamuffin Gospel* by Brennan Manning. Chris Raymer thought the book *The Shack* was a great read. He also recommends *164 and More*. You can find more information on the website www.164andmore.com. I loved the book *Same Kind of Different as Me*. It's a true story about a modern day slave that says no matter what walk of life you're from, what trouble you're in, God is waiting for you to ask for help. Other great news: The La Hacienda Spiritual Prayer Book is back in print. It's only \$1.95 which is less expensive than a Christmas card and much more useful! Ok friends, if I can help you with anything from the bookstore give me a call at ext. 513.

Peace, Judy



Help is Just a Click Away!

Check out Chris R on Bagheadsponsor.com
<http://bagheadsponsor.com/?s=chris+raymer>

www.sober24.com

The Woodlands Alumni Meeting

The Woodlands Alumni will kick off the year 2010 with a new location and facilitator. On Monday, January 11th at 6:30 pm, Chris R. will join us for a kickoff party at our new Woodlands location:

8701 New Trails Drive#150, The Woodlands, Texas 77381

We encourage all Woodlands alumni to come out and say hello to the new facilitator, David Parmer, LPC, LCDC. We're looking forward to seeing you there!

For more information call Kristen Black at 713-977-5202.

"... In All Our Affairs"

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"The chief purpose of A.A. is sobriety. We all realize that without sobriety we have nothing. However, it is possible to expand this simple aim into a great deal of nonsense, so far as the individual member is concerned. Sometimes we hear him say, in effect, 'Sobriety is my sole responsibility. After all, I'm a pretty fine chap, except for my drinking. Give me sobriety, and I've got it made!'

As long as our friend clings to this comfortable alibi, he will make so little progress with his real life problems and responsibilities that he stands in a fair way to get drunk again. This is why A.A.'s Twelfth Step urges that we 'practice these principles in all our affairs.' We are not living just to be sober; we are living to learn, to serve, and to love."

LETTER, 1966

Tips to make it through the Holidays

- Write a gratitude list
- Try to limit unrealistic expectations
- Bring your own car to holiday parties
- Stay spiritually fit, maintain prayer and meditation
- Call friends in the fellowship
- Plan a "safe" holiday party
- Service work

"The Spiritual Life is a call to action. But it is a call to action without any selfish attachment to the results."

--Eknath Easwaran

Upcoming Events

Dec. 14	DFW Alumni Christmas Party Chris	Irving, TX
Dec. 15	Houston Alumni Christmas Party Chris	Houston, TX
Dec. 17	College Station Christmas Party Chris	College Station, TX
Dec. 19	San Antonio Christmas Party Chris	San Antonio, TX
Jan. 9	Houston City Wide Group Chris	Houston, TX
Jan. 10	The Wheelhouse Chris	Houston, TX
Jan. 11	The Woodlands Alumni Meeting Chris	The Woodlands, TX
Jan. 15-17	Wild Rice Roundup Chris	Mahmomen, MN
Jan. 20	AA Talk Chris	Lubbock, TX
Feb. 2	AA Workshop Chris	Omaha, NE
Feb. 5-6	Workshop Chris/Wayne B	Wonderland, IL
Feb. 13	AA Anniversary Chris	New Waverly, TX
Feb. 15	CA/AA Step Workshop Chris	Lethbridge, Alberta, Canada
Feb. 19-21	AA Conference Chris	Kalispell, MT
Mar. 6	Workshop Chris	Dayton, OH
Mar. 12-14	Workshop Chris	Iceland
Mar. 20	Melrose House Chris	Phoenix, AZ
Mar. 27	AA Talk Chris	Sacramento, CA

Alumni Reunion will be held in September