



La Hacienda  
Treatment Center

APRIL 2009

# A View From Serenity Hill

La Hacienda Alumni Newsletter

## INSIDE THIS ISSUE:

Chris R.	2
Alicia N.	3
Louis R.	4
Courtney B.	4
Judy	5
Upcoming Events	6
Contact Info	7

## Reunion is Rescheduled!



The 37th Annual Alumni Reunion is rescheduled for **Sept. 25-27, 2009**. Everyone at La Hacienda was so sad that we had to cancel the Reunion. On the Wednesday before, in light of the swine flu situation, the State of Texas highly discouraged public gatherings, especially in situations where there are health-compromised individuals.

I think we all forget sometimes that

La Hacienda is a licensed hospital! La Hacienda administrators made the decision to comply with the State's recommendations. If they had waited any longer, it would have been difficult to get word of a cancellation out! One of the greatest things about La Hacienda is their commitment to excellent patient care and their concern for their surrounding community.

So, call your friends, make your reservations and get excited for a September Alumni Reunion!

*Make your reservations now! Inn of the Hills is already booked solid because of a Texas Rangers event. Other local hotels have plenty of availability but don't wait until the last minute because September is a busy time for the Kerville area.*

### "A Sane and Happy Usefulness"

We have come to believe He would like us to keep our heads in the clouds with Him, but that our feet ought to be firmly planted on Earth. That is where our fellow travelers are, and that is where our work must be done. These are the realities for us. We have found nothing incompatible between a powerful spiritual experience and a life of sane and happy usefulness.



## Chris R.

Wow! First time in all my years we ever had to cancel Reunion. Hard to slow a train that's been building steam all year! Thanks to all of you that took the time to help us get the word out. Amazing! With less than two days notice, we only had about a dozen cars show up that hadn't gotten the word! To all of you that were inconvenienced, we are truly sorry.

We rescheduled for Sept. 25, 26, 27 2009. Who knows? This may work out to be a better Reunion date anyway!

Big schedule changes started for the patients this week. "Community" is now at 8 am and Big Book is at 2 pm. Still feels weird talking to a whole room of awake folks!

Talking to a guy (long time sober) this week. He was really insistent that if we "really be-

lieve in God" then we won't ever be afraid. EVER. Man, I cannot relate. I believe in God a LOT but I still have fear that crops up at times. It's my belief in God that gets me through that fear. It seems that the only time I feel no fear whatsoever is when I am stagnant in my world. ANY true spiritual growth seems to require effort, work, and yep... discomfort.

A buddy in Canada sent me an article written by a lady that wants to remain anonymous. One of her statements I REALLY liked: "I cannot convince you of the necessity to make the vital decision of choosing the frightening uncertainty of growing over the safe misery of remaining static." WOW! I think this is exactly why we have so many folks in the Fellowships just not drinking/drugging one

stupid day at a time instead of embracing the Spiritual Program of action outlined in the Big Book. Instead of squeezing everything there is to squeeze outta this life, too many of us choose the easier softer path. That takes no effort at all--just go to a meeting. The Spiritual Program of action takes effort. Always has, always will. Sometimes I think we paint an unrealistic picture of the Spiritual Path. I talk about it often...it isn't an easy path. Once we are on it though...what a journey! Let's not just stand...let's GROW!

My buddy Lisa J. does a great job keeping my speaking dates up to date...check them out on La Hacienda's website ([www.lahacienda.com](http://www.lahacienda.com)) and come visit! cmr

There is a direct linkage among self-examination, meditation, and prayer.

Taken separately, these practices can bring much relief and benefit.

But when they are logically interwoven,  
the result is an unshakable foundation for life.

-As Bill Sees It, p. 33

## Alicia N.....

Hello Alumni,

Well, this would normally be the article where I talk about how great it was to see everyone at Reunion and the amazing Power that was all over this campus, but as you all know, the unthinkable happened. Reunion had to be cancelled. I tell you what! The day they had to make that decision, I felt like I was on another planet. However, I absolutely agreed and was honored to work at a hospital that would take such responsible action even though it might upset and disappoint so many. It was the last thing that we wanted to do and I am so sorry for the inconvenience that so many of you probably went through, but in the long run it was more important to protect all involved. So now we have September 25<sup>th</sup> -27<sup>th</sup> to look forward to. I have heard from many of you that now that it is in September, many of you can come. Can't wait to see you there!

There are so many things in my life right now that I am truly grateful for. My amazing son is turning 8 this week and we are going to have some cool games at his party, like water balloon dodge ball. Doesn't that sound like fun?! We will see how it turns out. He has grown into such an incredible little boy and I can see God in his life in so many ways. The struggles that he and I have had to go through have only made him a stronger more compassionate person and I can't wait to see the man that he becomes. Once again, God proves that you can take dark and turn it into light...my son is living proof of that, as we all are!

Things here at work are busy as usual and we recently made a big patient schedule change to try to better enhance the patients' experience here and maximize their treatment stay with us. I think they are doing better with the change than we are. I keep forgetting where I am supposed to be and always think it is Friday...crazy...but as we know "Change is good"! Let's see, that statement really does apply to so many areas of our life. Ultimately, if I do not change then I will not stay sober. I must have that internal heart change that the book talks about OR ELSE! Well, here I am 10 years sober and I still have to change. I hate that sometimes. I wish it was easier and I could just "get it" but that isn't how it works. I recently dug really deep with my sponsor on some areas of my life that I have never looked at before and I was blown away. Once again proving that if I will keep seeking God I will find him. The more I seek the more I find and I want more. It was a great experience to get me recharged and reconnected and I am a better person because of it. Not shocking at all that I have already been able to use this current new experience to help some people and I love it! What a purpose! What a plan God has!

I saw a rock out here the other day and it said "No God...No Peace ~ Know God...Know Peace". That really sums it up for me. I know all of us have our ups and downs in this new life we are living, but if we will just keep seeking, we will find the peace we need. Call anytime if we can do anything to help. We are here for YOU! Cant wait for the new and improved 37<sup>th</sup> La Hacienda Alumni Reunion...see you there!

Peace and Love –  
Alicia New  
Director of Alumni Services  
800-749-6160, ext 512

---

Serenity isn't freedom from the storm,  
its peace within the storm.

---

## Louis R.....

To our alumni and their families,

I hope you are doing well. If not, please dust off the recommendations you left here with and follow through with them. If you have trouble doing that please call back and let us know how we can help you. We cannot and should not solve all your difficulties but we can be supportive and helpful especially in regards to 12 Step recovery principles and action.

Also, when we call you 3 times in the first year post discharge, please call back and let us know how you are doing — meeting? Sponsor? Step work? Working with others? Outpatient program/ counseling? Sober living/halfway house? Alumni meetings? Etc? Please let us know and if we may be of assistance to you.

As far as the first reunion that didn't happen yet, I guess we can consider it a dry run for the one planned September 25—27, 2009. I hope we see you here. I appreciate those of you who followed through on your reservations and plans in spite of the cancellation and had fun in the Hill Country with friends anyway. I was disappointed the Reunion was cancelled but it was best to err on the side of caution with a view to responsibility for our patients, alumni and staff. I am amazed at the age of constant communication that allows phones, emails, texting and word of mouth to let news of this cancellation reach all but less than 2 dozen people that I am aware of who did not know the reunion was off. That is a very tight knit group of alumni and recovery communities of literally thousands of people that are connected to each other. Thank you for efforts in helping.

I hope the summer months go well for you and I look forward to seeing you in September at La Hacienda's 37th Annual Alumni Reunion!

Come on up to the house, Louis

---

## Courtney B.....

Hey There! Hope everyone is doing well as the summer months approach us. I love this time of year – school is out, family vacations, weekend getaways, some of the many gifts sobriety offers. We've been given the gift of life, the opportunity to participate and be involved in not only our own lives, but in the lives of our beloved family and friends. I've just celebrated 5 years of sobriety in April of this year. God is good! Sobriety birthdays always provoke times of reflection for me. I find myself remembering what it was like in my disease as well as some of the experiences I've walked through since I've gotten sober. I realize now that no matter what decision I make, or what path I choose to take the Sunlight of the Spirit always says "Yes!" What I mean by this is that if I am willing to learn whatever lesson is presenting itself, good or bad, then nothing or none of those experiences go in vain. For me, everything is exactly how it is supposed to be in exactly the right time. It's me who makes a mess out of things!

---

## Courtney Continued...

For example, this disease brought out in me a person that I was downright ashamed of. Now, as a result of stepping up to the plate and the Power of God in my life, it has become one of my greatest and most cherished gifts. It seems this process has consistently repeated itself throughout the past couple of years. There has been lots of learning and lots of growing as well as lots of tears and lots of laughter. Some relationships have grown and we've become closer while some seemed to have grown apart. All the while, Spirit has taken each circumstance and used it in order for me to have an opportunity to experience God through this life and its people. What a gift! I am so grateful for sobriety and all the amazing opportunities that it brings.

We sure do hope to see all you guys in September! It's gonna be a blast! And give one of us a shout from time to time. We love hearing from you all. That's why we're here...for you! Until then...

Peace,  
Courtney Bernhard  
Alumni Support  
800/749-6160 ext.511

---

## Judy

Don't shoot the messenger, just don't kiss a pig! Have you ever seen such so much ado about nothing? Any way we sure were disappointed not to get to see you all in May, but watch out for September! It's going to be something. I had the store PACKED with all your favorite things and new goodies too. No worry. I will be ready for next time. We have redone the store and you won't believe it. #1 after giving Chris fair notice I finally took over all his space. So much so he had to move out. You can now find him in a much bigger nicer office down by the pool. And here in the store, gourmet coffees and ice coffees, ice cream, new tee-shirts from Recovery Threads that are sure to make you the hit of any group meeting. And I still get the old reliable "Grateful I'm not Dead" tee shirt.

So start now and regroup for the last weekend in September. Heck maybe it will rain and we can have our own sober Woodstock! At least you can remember this one! Yeeha y'all!

Judy in the Store, Peace Out!

## Upcoming Events

June 12-14	Heart of the Ozarks AA Conference Chris	Springfield, MO
June 26	720 Club Louis R	Kerrville, TX
June 27	Steps to Freedom Workshop Chris and Meyers	Tampa, FL
July 8	Alumni Talk La Hacienda Solutions Chris	Austin, TX
July 25	District 6 AA Roundup Chris	Nova Scotia
July 30-Aug 1	San Antonio TAAP Conference Chris	San Antonio, TX
August 3	Primary Purpose Group, 7 pm Chris	Kansas City, MO
Aug. 7-8	West Texas Roundup Chris	Odessa, TX
Aug. 21-23	34th annual Hill Country Roundup	Kerrville, TX
Aug. 21-23	Common Solution Roundup, Step workshop and talk Chris and Meyers	Fresno, CA
Aug. 28	AA Roundup Chris	Macomb, MS
Sept. 4-5	CA talk/workshop Chris	Seattle, WA
Sept. 25-27	37th Annual Alumni Reunion (rescheduled)	Hunt, TX
Nov. 5	Breakfast Talk, Greater Dallas Council on Alcohol/Drug Addiction	Dallas, TX

**Serenity to me, therefore, is *the absence of insoluble conflict.***  
**And it is up to me first to determine whether, after an honest look at myself,**  
**I can cope with the problem, then decide whether it is to be tackled,**  
**passed over to another day, or dismissed forever.**  
**- *Came To Believe . . .*, p. 111**



P.O. Box 1  
145 La Hacienda Way  
800-749-6160  
830-238-4222  
830-238-3120 fax  
[www.lahacienda.com](http://www.lahacienda.com)

Call the Alumni Department

Alicia, ext. 512

Louis, ext. 515

Courtney, ext. 511

Recovery Services

Chris, ext. 510

## La Hacienda

is on

facebook

If you are member of facebook we would love for you to become a fan of the La Hacienda Page.

Here is how you find us:

- Do a search for La Hacienda
- On the top tabs, click "pages"
- Go almost to the end of the first page of results and you should see our logo
- Click on it and you are there!

Don't forget!!! Be sure and "Become a fan"

La Hacienda Treatment Center is always looking for ways to provide additional support to our alumni and their family members, our referral sources, and anybody else who is struggling from the effects of alcoholism or chemical dependency.

We now have the capability to reach out by email. If you know of someone who is not on our email list but would probably like to be, ask them to visit our website, [www.lahacienda.com](http://www.lahacienda.com).

Go to the bottom left corner of our home page for our email sign up block.

### Readiness is a precondition for change.

If we earnestly and conscientiously apply the tools of our program, we are certain to experience positive change. We are promised new freedom and happiness and assured that a Higher Power can and will remove our negative characteristics.

The question is, are we ready to change? If we hang on tightly to self-will, resentments, fear, mistrust, and all the other weaknesses that get in our way, our Higher Power has a tough time prying us loose. We must be prepared to let go and open ourselves to new possibilities if the change we seek is to occur.

Along with taking a daily inventory, we can cultivate the readiness to abandon our counter-productive tendencies and try something new. In this way, we cooperate with the force for positive growth that lies within each of us. We cannot command or control this force, but we can learn to be responsive to it.