

# *A View from Serenity Hill*



La Hacienda's Newsletter for Alumni

November 2014

## *Please Join Alumni in Your Area to Celebrate the Holidays*

### *Family and Friends Welcome*

#### **Austin**

**Saturday, December 6th, 6 PM**

**2100 Kramer Ln., Suite 300**

Ho Ho Homicide: A Murder in the North Pole

*Bring a side dish or dessert*

*Info: (512) 835-1994 Ext. 1*

#### **Dallas Area**

**Tuesday, December 16th, 6 PM**

**12700 Preston Rd., Suite 260**

Dinner and Speaker - Audrey C.

*Bring a dessert*

*Info: (214) 968-9858*

#### **Beaumont**

**Monday, December 15th, 6:00 PM**

**1350 N. 23rd (St. Andrews Church)**

Dinner, Speaker, & Honoring Don Russell

*Bring a side dish or dessert*

*Info: (409) 617-1941*

#### **Houston**

**Tuesday, December 16th, 6:30 PM**

**3000 Wesleyan, Suite 200**

BBQ Dinner and Tree Decorating

*Bring toiletries for donation to shelter*

*Info: (713) 557-4343*

#### **College Station**

**Monday, December 8th, 5:30 PM**

**702 University Dr., Suite 100D**

Dinner, Speaker-Jonathon H. and

Candlelight Gratitude Meeting

*Info: (979) 846-9500 Ext. 1*

#### **Midland Area**

**Thursday, December 4th, 5:30 PM**

**206 N. Midkiff, Suite 1-D**

Fajita Dinner - 5:30 PM

Speakers: Spencer and Joanne - 7 PM

*For info: (432) 553-7220*

#### **San Antonio**

**Saturday, December 13th, 5 PM**

**7400 Blanco Rd., Suite 129**

BBQ Dinner and

White Elephant Gift Exchange

*Bring side dish or dessert and gift*

*Info: (210) 692-0001*

## Welcome to Alumni Services

### Jonathon

I am pleased to join La Hacienda's Alumni team. It has been about four months since I began in this position. I sobered up on January 20, 2008 in Kerrville. At 18 months sober, I moved back to San Antonio, where my family lives, to go back to school. I graduated nearly a year ago. Things have turned out quite differently from what I had imagined as I was getting ready to graduate, but I suppose that is the nature of things.

Over the years it has been a mission of mine to grow in my understanding of the recovery process, of spiritual matters, so I may, in turn, help others to do the same. Recovery is not only important to the addict and alcoholic, it is essential; without it, little else could be accomplished. I love getting to lecture about this information; it is a privilege to do so. I understand the urgency in the work that I do, and in 12-Step work in general. Without it, I wouldn't have a life at all. For most of us, this is a life-and-death matter. For the rest, it is quality of life which is at stake.

My wish is to help every alcoholic, every addict who comes to this facility see the truth about their condition, that they may find the willingness to allow their lives to be recreated. My hope is that they would take the action necessary to find a better way of life. It is my belief that by attempting to get others to consider this information, if it truly applies to them, that they cannot help but be interested. I have already met many of you on my travels to our various outreach centers and I hope to meet many more of you in the time to come.

Jonathon Hinojosa

### Linda

I came to Kerrville in 2010 to visit a friend and never left. The beauty of the hills and the river reminded me of my childhood in Minnesota, so I was happy from the beginning.

I tell my friends and family one of the most beautiful drives is on the way to Hunt. Now that I work here I find La Hacienda a beautiful treatment center both inside and out. The Hill Country is a great place to find God and have a spiritual experience.

My road to recovery was full of detours. After not drinking for a few years, I relapsed and blamed 'a personal crisis!' The second time, a few years later, I relapsed again. This time I thought it was because of resentments and not going to enough meetings. It WAS true that I had resentments and I did not go to enough meetings, but the real reason was I did not really get the powerlessness from the head to the heart. In total desperation I accepted my powerlessness, knew my God was there, and would help me. I then started a personal house-cleaning.

Along the way I obtained a two year degree in Chemical Dependency Studies. But I feel it was the thirty years of drinking, followed by getting sober and then relapsing again, that brings depth and passion to this opportunity to be of service with the Alumni Services Team.

I look forward to meeting you at the Reunion and the outreach centers soon.

Linda Bertel

## Step Seven

by Charlotte Safir, LCDC

*"Humbly asked Him to remove our shortcomings."*

As a result of the action taken so far in Step 1 through Step 6, we have arrived at the internal place where humility is filling us with awe. The Power we could hardly imagine when we started has moved us through our willingness to follow direction, not knowing where it would lead, and has brought us not only into the realization of what has blocked our spiritual progress, but also into a greater awareness of how this Power has been present all along, even in our disease.

This is where I begin to understand that everything from Step 3 to Step 7 is a prayer in action. It began with the Third Step Prayer and ended with the Amen in the Seventh Step Prayer. Everything between these steps, all the writing, the confession, the accountability, the realizations, the admissions and owning of thoughts, feelings and actions has helped clear a path to connect with the Power that keeps me sober. All these actions are the cleaning out that creates internal space for Power to flow in and through me. It is here that we have the opportunity to have conscious contact with our character defects. When we realize how they are still influencing us, it is important not to beat ourselves up but only recognize that they are still present and we must ask that they be removed in the 7<sup>th</sup> Step prayer. One of the direct consequences of the inherent power in this prayer is the awareness of options to utilize instead of old behaviors. For example, it gives us an opportunity to practice being honest with ourselves and others, to be true to ourselves, and no longer demand life go as we want, but begin to accept life as it comes.

This step is where we might begin to be aware of how the automatic reaction is being transformed into a conscious response. We have completed the prayer of action between Steps 3 and 7. Patterns of self-destructive behavior are being removed in a way that could only be happening as result of this awesome Power. We are now relying on God in a completely different way by allowing him to take what no longer serves us. With a deepening gratitude and a desire to continue growing on the spiritual path that leads to freedom, we make our 8<sup>th</sup> Step list.

*For the most up-to-date Alumni info*



*#laharecovery*



*Save  
the  
Date*

## 43rd Annual Alumni Reunion

**May 1-3  
2015**

**Jonathon H. - Kerrville, TX  
Stacy S. - San Antonio, TX  
and Danny B. - Houston, TX**

*The first weekend in May is always busy in the Kerrville area so make your lodging reservations now. You can access a list of local accommodations on our home page under FAQs.*



### **SOBER CRUISE!!!**

ABOARD THE CARNIVAL CRUISE SHIP  
"FREEDOM"

7-DAY EASTERN CARIBBEAN CRUISE  
DEPARTS SUNDAY, OCTOBER 3, 2015

FOR SOBER GROUP INFORMATION  
CONTACT: Joe M. at (210) 861-4161  
Email: [jmayer3@satx.rr.com](mailto:jmayer3@satx.rr.com)

**(Please note this Sober Cruise is not affiliated  
with La Hacienda Treatment Center or  
Carnival Cruise Line)**

## **ATTENTION**

**Alumni in  
Fort Worth & Baton Rouge!**

**We will start alumni meetings  
in your city in January 2015.**

To get more information or to volunteer,  
call Sherri at **830-238-4222 ext. 103**  
or email: [slayton@lahacienda.com](mailto:slayton@lahacienda.com)

## TAKE NOTE OF DALLAS AND HOUSTON CHANGES!

### ALUMNI MEETINGS

AREA	DAY / TIME	LOCATION	MORE INFO
AUSTIN	Wednesday 7:30 pm	La Hacienda's Solutions 2100 Kramer Ln., Suite 300	512-835-1994
BEAUMONT	Monday 6:30 pm	St. Andrews Presbyterian 1350 N. 23rd St.	409-617-1941
COLLEGE STATION	Thursday 6:00 pm	La Hacienda-College Station 702 University Dr. East, Suite 100-D	979-846-9500
DALLAS	Tuesday 7:00 pm	La Hacienda Community Outreach <b>12700 Preston Rd., Suite 260 Dallas, TX</b>	214-968-9858
HOUSTON	Tuesday 6:30 pm	La Hacienda Community Outreach <b>3000 Wesleyan, Suite 200</b>	830-928-9344
HUNT	Sunday 11:00 am	La Hacienda Treatment Center 145 La Hacienda Way	830-238-4222
MIDLAND	Thursday 7:00 pm	La Hacienda Community Outreach 206 N. Midkiff, Suite 1-D	432-697-0272
SAN ANTONIO	Monday 7:00 pm	La Hacienda Community Outreach 7400 Blanco Rd., Suite 129	210-692-0001

### FAMILY MEETINGS

AREA	DAY / TIME	LOCATION	MORE INFO
AUSTIN	Monday 8:00 pm	La Hacienda's Solutions 2100 Kramer Ln, Suite 300	512-835-1994
BEAUMONT	Tuesday 6:30 pm	St. Andrews Presbyterian 1350 N. 23rd St.	409-860-0001 ext. 3
COLLEGE STATION	Thursday 6:00 pm	La Hacienda-College Station 702 University Dr. East, Suite 100-D	979-846-9500
DALLAS	Tuesday 7:00 pm	La Hacienda Community Outreach <b>12700 Preston Rd., Suite 260 Dallas, TX</b>	214-763-0104
HOUSTON	<b>Tuesday</b> 6:30 pm	La Hacienda Community Outreach <b>3000 Wesleyan, Suite 200</b>	713-545-9788
SAN ANTONIO	Monday 7:00 pm	La Hacienda Community Outreach 7400 Blanco Rd., Suite 129	210-692-0001

*Special Thanks to our "retiring" alumni group leaders*

*Don R.*

*Eddie H.*

*Perry B.*

*Frank and Debbie C.*

La Hacienda Treatment Center deeply appreciates your dedication to our alumni. We pray your future endeavors bring you as much peace and joy as you have brought to us over the years.