

gratitude

Gratitude Video

Thank you for all of the gratitude submissions in the gratitude jar. The video will be posted on the app and on our website to help give others hope.

Yearly Birthdays

On December 21, Carly celebrated 1 year sober! Happy Birthday, Carly.



Holiday Fun

This month was packed with a lot of holiday adventures, from building gingerbread houses to our HUGE event with the residents, alumni, and families! Here are some photos from our Holiday Event!



Upcoming Events

Creative Charades: January 19, 7-8:30pm, PST.

Trivia Zoom: January 26, 6-8pm, PST. On Zoom!



Bingo and Bowling dates TBA.



Entering 2024 with a dream

Our first alumni meeting of the year had 22 people in attendance! That is the most we have ever had.

In hopes that we continue to grow this community as a safe place for others, let's take a recap of last year.

- ★ We started birthday nights! The last Tuesday of each month.
- ★ We switched our meetings from Wednesday to Tuesday so that IOP alumni may join.
- ★ We have a birthday service position.
- ★ Several alumni offered to be drivers to help transport people to treatment.
- ★ Many people helped others by calling in to get them back into treatment.
- ★ Groups began to form outside of Fair Oaks.
- ★ People began going to AA/NA meetings together.
- ★ Alumni come back regularly to our AA/NA meetings to carry the message!
- ★ So many alumni events were put together.
- ★ The favorite for 2024 was bowling.
- ★ Many people participated in the gratitude video and gave thanks by leaving reviews on our website.
- ★ We now have a reach-out committee!
- ★ Somebody offered to make a phone list for the group.
- ★ Our Friendsgiving was full of love, and our gratitude meeting brought happiness to all of our lives.

Dear Alumni,

I want to thank you all for making this group what it is today. This was all because of YOU. All I did was do my best to bring you all together. At the end of the day, it's the alumni in the group who have made this group come from 1 in attendance to over 100.

This group has come so far since the beginning, and it has been a blessing to watch it all unfold before my very own eyes. I am grateful for each of you, and I continue to pray that 2024 gives you all of the love and blessings you deserve.

Here's to another year of fellowship, gratitude, sober memories, and more!

Rebekkah D., Alumni Coordinator

P.S. Special thanks to Aaron A. for being the first person of the alumni group to continue to attend and bring everyone together. You will always be the one who began to make the difference!

