

## **FEBRUARY NEWSLETTER**

### **ICYMI**



Mark F. brought his sponsor out for our December Speaker Jam! You can tell by the smiles on our faces that we had a great time. It is a sure sign of recovery when you can share your experience, strength, and hope and make people laugh along the way. See below for information about our next Speaker Jam coming up at the end of February.

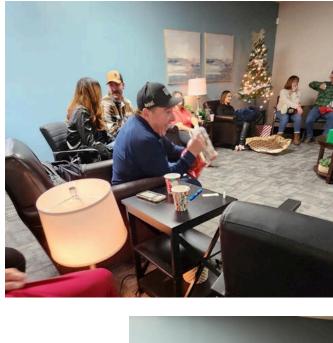
# I Found It on Phoenix!

The Phoenix has on-demand guided meditations! You can choose from five-minute Gratitude, Loving-Kindness, Full Body Scan, and more. Visit thephoenix.org to join and check out all Phoenix events. There are live streams and in-person events as well. All that is required is 48 hours of sobriety/clean time!

## **Feature**









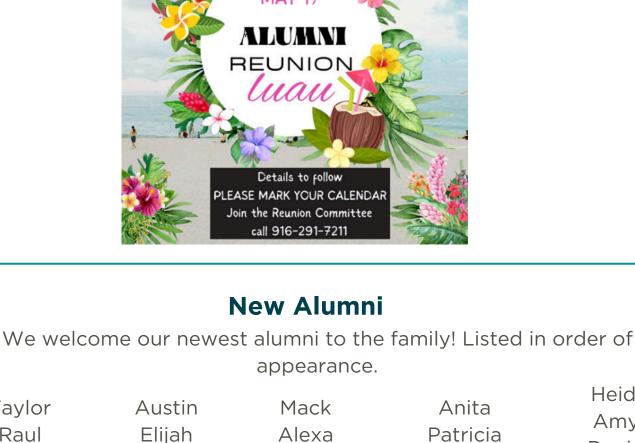


stolen! We laughed a lot, hugged a lot, and had way too many sweets. Don't miss the next get-together! Everything is on the App and you should be on the App, too. If you need to sign up please call or text Mandi @ 916-291-7211.

gift exchange. Gifts were chosen, and opened, and even a few were

**Coming Up** 





# Dustin

Tristan

6 Months

Taylor

Raul

Michael

Doug H.

Paul P.

Jon B.

Lindsey Jaime Miguel Candy Rebecca Sheena TC Marian Stephen Bronwyn Magsud Tylor Kathlaan Chric Dhilin

Heidi

Amy

David

**3** Years

Vincent

Tomas G.

Aaron Douglas	Felicia Ryan	Lauren Channing	Sue Vance	Jared Zaheed Samuel
February Birthdays				
If you want your sobriety/clean date anniversary listed in the				
newsletter, Gl	ET ON THE A	PP! This informa	tion is pulled d	irectly from
the app. If you need access, an invite, or any other help with the app call				

9 Months 90 Days 2 Years 30 Days 1 Year Austin G. Barbara B. Megan B. Steve Q. John S. Elijah W. Carmen S. Christine C. Haley B. Steven A. Alex S. Teresa S. RayRay Aaron A. Heidi C. Kaleb G. 60 Days Jason N. Erick G. Candy A. Mark H.

Rich S.

Mandi @ 916-291-7211.

Rebecca L. Peter A. Ai H. Cody F. Drew W. Sue V. CC Chris H. Komal S. Joanie C. Nick J. Daisy G. Chuck R. Jackson K. Kenneth A.

> Sadie B. Colton J.

> > Lee B.