

## 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](http://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



Alumni gathered in December for a dessert potluck and white elephant gift exchange. Gifts were chosen, and opened, and even a few were 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.

### Coming Up

**speaker jam**  
**FRIDAY, FEB 28TH**  
Doors open @ 6pm ~ Meeting @ 6:30  
**featuring**  
**Briyona Z. & Kirstin**  
**BRING SOMEONE YOU LOVE**  
**SPONSOR~FRIEND~FAMILY**  
and please...  
Leave belongings in the car ~ no late entry  
~ no outside food or drink

**SAVE THE DATE**  
**MAY 17TH**  
**ALUMNI**  
**REUNION**  
*luau*  
Details to follow  
PLEASE MARK YOUR CALENDAR  
Join the Reunion Committee  
call 916-291-7211

### New Alumni

We welcome our newest alumni to the family! Listed in order of appearance.

Taylor	Austin	Mack	Anita	Heidi
Raul	Elijah	Alexa	Patricia	Amy
Michael	Tristan	Dustin	Vincent	David
Jaime	Miguel	Candy	Rebecca	Lindsey
TC	Marian	Stephen	Bronwyn	Sheena
Chris	Tyler	Kathleen	Philip	Maqsud
Aaron	Felicia	Lauren	Sue	Jared
Douglas	Ryan	Channing	Vance	Zaheed
				Samuel

### February Birthdays

If you want your sobriety/clean date anniversary listed in the newsletter, GET ON THE APP! This information is pulled directly from the app. If you need access, an invite, or any other help with the app call Mandi @ 916-291-7211.

<b>30 Days</b> Megan B. Haley B.	<b>90 Days</b> Austin G. Elijah W. Alex S. Heidi C.	<b>9 Months</b> Barbara B. Carmen S. Teresa S. Kaleb G. Erick G. Rich S. Peter A. CC Daisy G. Kenneth A. Sadie B. Colton J. Lee B.	<b>1 Year</b> Steve Q. Steven A. RayRay Jason N. Mark H. Tomas G. Cody F. Komal S. Chuck R.	<b>2 Years</b> John S. Christine C. Aaron A.
<b>60 Days</b> Candy A. Doug H. Rebecca L. Sue V. Joanie C. Jackson K. Paul P. Jon B.	<b>6 Months</b> Aj H. Chris H. Nick J.			<b>3 Years</b> Drew W.