



Happy Thanksgiving
From
APEX Recovery Rehab!

"Sometimes it is a matter of changing your perspective, but I believe there is always something to be grateful for." - Tina Swithin

During the Holidays...

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As the nights become colder and darker, humans gather together for warmth. It is a time to carve pumpkins, visit neighbors, start baking and catch up with relatives. It is a time of year when recovering addicts and alcoholics revisit the ghosts of holidays past. How many people recovering from addiction are also struggling with dysfunctional family drama and newly discovered sensitive feelings. Many in their first years of staying clean and sober are not yet able to spend an **entire** day around family members who become progressively more intoxicated and irrational as the day goes on. What is the alternative? There are so many in San Diego.

Central Area and Beach Area of Narcotics Anonymous is hosting a potluck and

marathon meeting at the church at 3030 Thorn Street, San Diego starting 7:00 pm on 11/23/16 and ending with the speaker meeting and potluck at 6:00 pm on Thanksgiving. Battery Chargers group of Alcoholics Anonymous is hosting a Thanksgiving marathon meeting from 10:00 am to 9:00 pm at 8086 Broadway, Lemon Grove. There will be a potluck dinner at 5:30 and a speaker at 7:00 pm. Most alamo clubs will host a holiday party, but if you have had enough meetings and language of the heart consider adventure and the advantages of less crowds. Thanksgiving is a great time to enjoy the outdoors before the winter sets in. San Diego's back country has mountains, deserts, lakes and rivers. The ocean is usually still warm despite the dropping air temperatures, so it's a great time to go surfing, snorkeling, kayaking, paddle boarding, etc.

San Diego is a top destination for travelers. Hotel Del Coronado offers gourmet dinner and an ice skating rink next to the ocean if you want to luxuriate. Some people may want to give back by volunteering for the food bank or Father Joe. Recovery is an opportunity to redefine your values by having new experiences sober. I invite you to form new traditions which celebrate your uncovered values. This is the time to celebrate living with authenticity and integrity. Many of us in recovery are lucky to be alive and what is the point of all this work if we don't enjoy the lives we have saved through this work we do for each other.

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