

# Coffee Cup

A Valley Hope Publication

WINTER 2023



"May your days be merry and bright."

//// Bing Crosby



## >> SUCCESS STORIES

"Joy and a peace that passeth all understanding has returned abundantly! I have finally developed a positive self image that allows me to only want good, healthy things for myself and for those who I love. I'm healthier, happier, more productive and confident than I have been in so many dark years...and I smile!"

//// Heather, ALUMNUS

## HOPE for the HOLIDAYS

This season of giving, we celebrate the abundant gifts of recovery. May the blessings of recovery surround you throughout the season:

**Hope** is the gift that keeps on giving and fosters healing.

**Compassion** motivates us to go out of our way to help others and ensure that we practice self-care.

**Gratitude** strengthens your recovery, ushering in joy, peace and selflessness that will empower your journey.

**Mercy** is a beautiful gift to share throughout your journey and receive its inherent gifts.

**Community** brings inclusion, purpose and most importantly willing and ready support.

Thank you for being part of our recovery community.

Happy Holidays! Your Valley Hope Family





## RENEWAL DAYS!

THIRD FRIDAY

OF EVERY MONTH:

/// December 15

/// January 19

/// February 16

FULL HOLIDAY

EVENT SCHEDULES:

VALLEYHOPE.ORG/EVENTS

## The Twelve Steps of Christmas

As you head into the final stretch of the holiday season, take the opportunity to reflect on the Twelve Steps:

1. We admitted we were powerless over alcohol — that our lives had become unmanageable. Maintain your acceptance and honesty about why sobriety is required to live a healthy, manageable life.

2. Came to believe that a Power greater than ourselves could restore us to sanity. Regardless of how you define and practice your unique sense of spirituality, connecting with grace through your higher power and others only strengthens sobriety.

3. Made a decision to turn our will and our lives over to the care of God as we understood Him. This spiritual accountability can be extended through your recovery community and loved ones, help you let go of resentments and forgive yourself and others.

4. Made a searching and fearless moral inventory of ourselves. One of the most powerful parts of step work is crafting a full inventory of our morality and embracing our past. In recovery, acceptance equates to being satisfied with yourself — just as you are.

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. Keeping in close touch with your sponsor and leveraging your higher power during the holidays will help manage the added issues and distractions that will inevitably occur.

6. Were entirely ready to have God remove all these defects of character. Releasing self-defeating attitudes and behaviors frees us to expand our self-worth, and replace these defects with character assets.

7. Humbly asked Him to remove our shortcomings. Freeing yourself from pride and selfishness can reveal the beauty in your life and being you closer to your higher power.

8. Made a list of all persons we had harmed and became willing to make amends to them all. This is where the work you have done on the previous Steps becomes essential — it takes willingness, honesty, accountability, humility.

9. Made direct amends to such people wherever possible, except when to do so would injure them or others. Brave benevolence. Forgiveness. Kindness. All hallmarks of healthy recovery and of the holiday season.

10. Continued to take personal inventory and when we were wrong promptly admitted it. In any season, at any stage of your recovery journey, releasing yourself from dishonesty by openly admitting fault builds your integrity and frees you from ongoing guilt and anxiety.

11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out. Self-reflection, prayer, meditation — all of these practices can help you move through Step 11.

12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs. Whether you are a sponsor or part of an AA group, use the holiday season to share your story, your journey and the tools you have developed working through the Steps to support others in recovery.







# HOPE *for the* HOLIDAYS



**MEET KIMBERLY S.**

**What was your biggest takeaway as a patient at Valley Hope that has informed your recovery journey?** Alcoholism/Addiction is the only disease where I have a choice in my treatment. If I continue to do the work everyday then I can remain happy, joyous and free. The fellowship of the program has strengthened my sobriety and my life in general.

**What staff member most influenced your treatment stay?** Jess Duda is an amazing individual and a valued part of my treatment. I had Jess for small group and her lectures were motivating and real. Jess is easy to talk to and in recovery herself. She is also very funny and kind!

**What is life like today in recovery?** Today I am so free. I am happy and healthy. I have a job that I Love. I have a husband and puppy that also share my recovery with me. I spend my time involved in the program of AA. I work the steps, I talk with my sponsor. I do service work at our local rehabilitation in Rapid City, SD.

**What piece of advice would you share with others seeking recovery?** If you are seeking recovery, Valley Hope can give you all the tools you will need. It will be up to you to use those tools. It's the hardest thing I have ever done but it is 100% worth it. I have peace and serenity in my life today. I no longer hide or isolate. I have my friends, family and health as well. It is truly a life beyond my wildest dreams.



# BUILDING HOPE

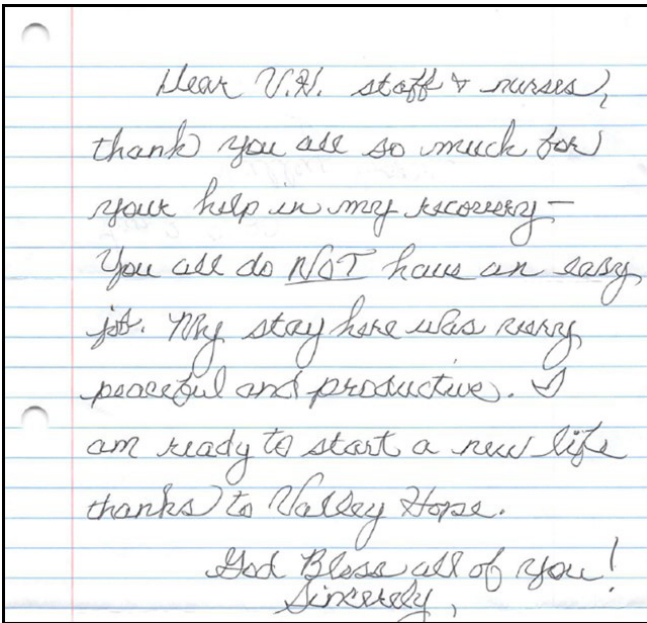
## The 56th Annual GIFT OF RECOVERY DRIVE is underway!

Once known as the "Hug a Bear" Drive, this historic fundraising drive generates the necessary funds to assist patients in the coming year.

This annual appeal has been changing lives throughout the history of Valley Hope. Early leadership quickly recognized that many patients, due to the consequence of their addiction, lacked financial resources for the cost of treatment and immediate needs. The GIFT OF RECOVERY DRIVE ensures that financial resources are available for patients in the coming year. Last year 2,437 patients were helped by donated funds.

All donations to this drive are matched through January 31, 2024, dollar for dollar, thanks to donors who created a matching pool of \$200,000.

To support the drive, visit [valleyhope.org/donate](http://valleyhope.org/donate) or scan the QR code.



We are grateful for you! A thankful Grapevine alum shared their appreciation after completing treatment. Your donations make a difference each day in the lives of Valley Hope patients.

Samantha has an unwavering commitment to her recovery. As a devoted mother, her motivation to secure a better future for her children is the driving force behind her pursuit of sobriety. Her financial struggles have created additional barriers on her path to recovery. Samantha received financial assistance for the cost of treatment. Charitable donations from Valley Hope supporters made this assistance possible. Thank you for helping!

### Our Promise to You

- We will never rent, sell, or trade your name or contact details. Ever.
- When you give, you will receive a heartfelt thank-you. If

you ever find that you would like less communication from us, please let us know.

With gratitude for your support,

**Megan O'Connor, Foundation Executive Director**  
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