



REBOS NEWSLETTER FEBRUARY 2026

LEARNING TO GROW AGAIN - NEW ROOTS

There are many of us in recovery who enjoy gardening and planting vegetables and flowers. In a garden, nothing sprouts the moment the seeds are planted. Anticipating whether or not a bulb or seed will flourish requires patience and having faith in something we can't yet see.

Step One - "we admitted we were powerless over alcohol and that our lives had become unmanageable". This is where the first seed of hope gets planted. It may not feel hopeful at the time, but it's a fresh beginning of a life that can support recovery. Admitting to powerlessness means "Maybe I don't have to do this alone anymore."

I'm a huge fan of quotes. There are times when someone better captures exactly what I'm feeling or trying to express. One of the first things we, as newcomers, learned was that the Big Book was our guide and that Alcoholics Anonymous has a lot of quotes!

Here are a few that you may like.

“An ordinary favor that we do for someone or any compassionate reaching out may seem to be going nowhere at first, but may be planting a seed we can't see right now. Sometimes we need to just do the best we can and then trust in an unfolding we can't design or ordain.” Sharon Salzberg - Author, Buddhist Meditation Teacher

"If you find a path with no obstacles, it probably doesn't lead anywhere." Frank A Clark - American cartoonist

"Adversity does not build character - it reveals it." James Lane Allen - American Novelist

Limit your 'always' and your 'nevers!'" Amy Poehler - Comedian, actor, producer

"Challenges are what make life interesting; overcoming them is what makes life meaningful."

Joshua J. Marine - Author, motivational speaker, magician

RECOVERY IN MOTION - A PERSONAL EXPERIENCE

Step Two states that we should believe in a Power greater than ourselves to restore our sanity. We have many names for a higher power and sometimes our personal higher power is found in nature, music, meditation, church, or some form of movement - running, walking, martial arts, and playing sports. If it helps restore our sanity, then we are practicing Step Two.

Danielle D. tells us, 'Tai Chi has become a beautiful part of my recovery journey. After years of putting my health and self-care aside, I returned to movement to quiet anxiety and lift depression. In recovery, I'm learning to slow down, and Tai Chi helps me practice this one breath and one movement at a time. It feels like active meditation, building balance, patience, and clarity in both my body and my thinking. Instead of rushing through life, I'm learning how to be present in it. This simple practice reminds me that taking care of myself is part of staying well and living my recovery out loud'.



RECENT AND UPCOMING EVENTS

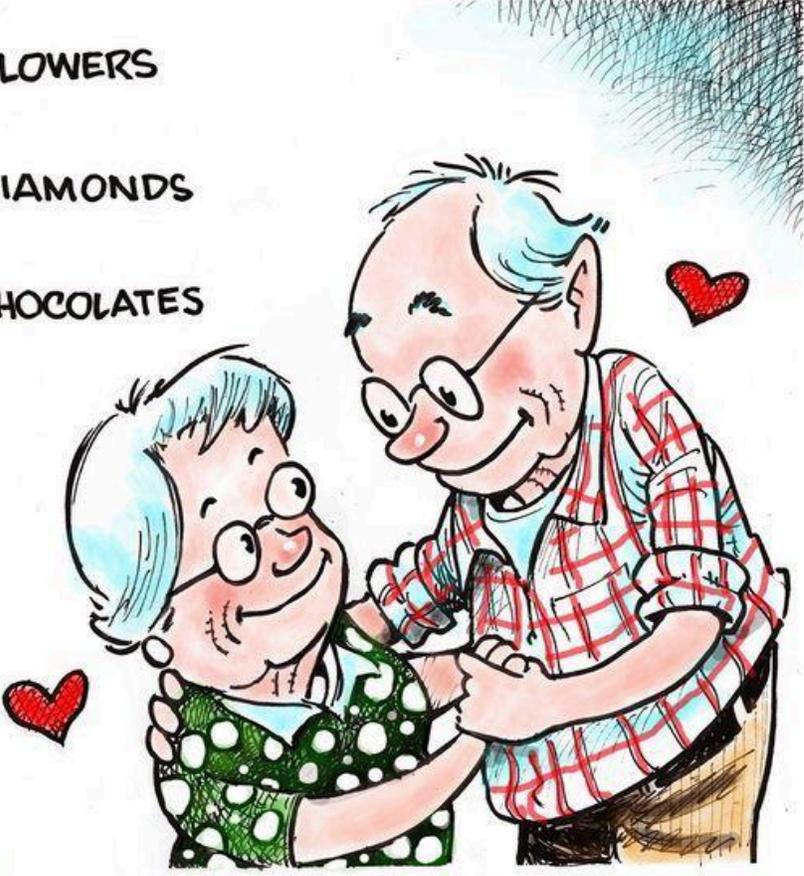
Winter Storm Fern (when did we begin assigning them names?) put a major kibosh on our plans for Trivia Night last month; not to worry, we will reschedule soon.

<p>Tai Chi</p> <p>Classes begin on February 16th and run through March 11th</p> <p>Mondays and Wednesdays at the Rebos Meeting Hall 2:30pm - 3:30pm</p> <p>Contact Danielle @ 434-409-1967 For more information</p>	<p>Overeaters Anonymous</p> <p>Wednesdays at 6:30pm</p> <p>Rebos Meeting Hall</p> <p>Contact John W. @ 540-632-9312</p>	<p>Friday Night Fellowship</p> <p>Meets on Fridays at the Rebos Clubhouse From 7pm - 11pm</p> <p>This is NOT a meeting. It's an opportunity to spend time with others playing music, or board games.</p> <p>Contact Sean K @ 540-525-1417</p>
<p>Trivia Night</p> <p>To Be Determined</p> <p>Rebos Meeting Hall</p> <p>Lite snacks 50/50 raffle Prizes for winning teams</p>	<p>Super Bowl 60 Party</p> <p>February 8th @ 6pm</p> <p>Rebos Meeting Hall</p> <p>Bring your favorite gameday snacks.</p> <p>Some snacks will be provided</p> <p>50/50 Drawing</p>	<p>St. Patrick's Day Party</p> <p>Sunday, March 15th</p> <p>Rebos Clubhouse 3 - 5:30pm</p> <p>Snacks provided</p> <p>Please share one of your favorites with others - Irish or not!</p>

Valentine's Day is one of those holidays that you either embrace or it causes you to cringe when you're reminded of it. One way to honor someone who has been instrumental in your recovery is to add a leaf to the Memory Tree in the Rebos Meeting Hall. If you're interested, contact John Turner. jhtjrret2023@gmail.com. The cost is \$20.

Scheduling Events at both REBOS Facilities, the Rebos Meeting Hall and Clubhouse are available to Rebos Club Members for rent for private functions as well as organizations related to the recovery community. To avoid scheduling conflicts, please contact John Turner: jhtjrret2023@gmail.com well in advance for availability.

- SAY IT WITH FLOWERS
- SAY IT WITH DIAMONDS
- SAY IT WITH CHOCOLATES
- JUST SAY IT!



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