



Rebos Newsletter – March 20, 2026 Spring Equinox

Daffodils aren't my favorite flower. There are so many others that are more colorful and vibrant. Still, they always bloom first and remind me that spring is on the way. They appear unencouraged, in my backyard, return voluntarily to my neighbors' lawns and somehow manage to survive existing in the middle of an interstate highway!

March is a month of contradictions. It's usually cold, dark, and muddy at the beginning and then Daylight Saving time promises longer days, warmer temperatures, and Spring.

Recovery can begin in a dark, muddy place. At first, we have little hope that we will see any light in our lives again. We want to instantly overcome our addiction rather than focus on the path of just getting through each day, each meeting, each weekend. My first sponsor had me memorize the ninth step promises early in my sobriety to remind me of what being sober can look like. It was often helpful in reminding me of what I was working towards.

Step 3 - Surrender and trust God. How do I do this? How do I give up control? Do I even want to? Sometimes, when we ask ourselves these questions, it's the first time we realize how important it is to us to be in control, make the decisions, and decide our course. What a contradiction - out of control alcoholics reluctant to give up control!

Many folks struggle with the "God-thing" or what to name their higher power or even if they believe in such a thing. It is a personal choice. There are many good books and

resources about recovery, especially when you are struggling with the idea of a higher power. Some of the shares and stories that I have listened to in meetings prompt me to re-think my views and remind me that we truly don't have to tackle any aspect of recovery alone.

UPCOMING EVENTS

<p>Tai Chi</p> <p>No scheduled classes until June</p>	<p>Overeaters Anonymous</p> <p>Wednesdays at 6:30pm</p> <p>Rebos Meeting Hall</p> <p>Contact John W.</p> <p>540-632-9312</p>	<p>Friday Night Fellowship</p> <p>Rebos Clubhouse</p> <p>From 7pm - 11pm</p> <p>This is NOT a meeting. It's an opportunity for fellowship or playing music, or board games.</p> <p>Contact Sean K.</p> <p>540-525-1417</p>
<p>Trivia Nite and St. Patrick's Day Celebration</p> <p>Sunday, March 15th</p> <p>Rebos Meeting Hall 2pm-5pm</p> <p>Snacks provided</p> <p>Please bring one of your favorite snacks - Irish or not!</p>	<p>Daylight Saving Time</p> <p>Spring forward on</p> <p>March 8th</p> 	<p>40th Anniversary New Hope</p> <p>Saturday April 11th</p> <p>Rebos Meeting Hall</p> <p>Beginning at 4:30pm</p> <p>Cookout, fellowship, and a speaker</p> <p>Please bring one of your favorite side dishes or dessert!</p>



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 are interested, contact John Turner. jhtjrret2023@gmail.com. The cost is \$20.

Scheduling events at both REBOS Facilities, the Meeting Hall and Clubhouse are available to Rebos Club Members for private functions as well as community events. For details about scheduling and cost, please contact John Turner well in advance.

