



For many of us in AA, January marks the beginning of a new cycle of studying the twelve steps. As I was thinking about Step One, I was reminded of something my first sponsor told me; that addiction doesn't discriminate. Alcoholics come from all walks of life; even those who have gained success.

Here are a few quotes from some people in recovery that you may recognize.

### **You Might Know Them**

“Just because you hit rock bottom, doesn't mean you have to stay there.” - Robert Downey Jr. (actor, producer, director)

“Rock bottom became the solid foundation on which I built my life.” JK Rowling (author)

“Without sobriety I would never be sitting here with you, no way, no chance. I never would have been able to have the relationships that I do. I never would've been able to take care of my father when he was sick.” - Bradley Cooper (actor, producer, director)

“I used to think that I couldn't write unless I was under the influence of something. But it turns out that sobriety has opened up a whole new world of creativity for me.” - Stephen King (author, screenwriter)

“I never thought I could survive without drugs or alcohol. But it turns out that I'm stronger than I ever imagined.” – Eric Clapton (musician, singer, creator of Crossroads Recovery Center)

“I finally summoned up the courage to say three words that would change my life: I need help. Thank you to all the selfless people who have helped me on my journey through sobriety. I am eternally grateful.” – Elton John (songwriter, singer)

“I’m sober today and I’m going to be sober tomorrow, but it truly is just one day at a time.” – Eminem (rapper)

“AA is the largest lost and found in the world.” – Bill Wilson

“Addiction is giving up everything for one thing. Recovery is giving up one thing for everything.” – Anonymous

“I’m not telling you it’s going to be easy. I’m telling you it’s going to be worth it.” – Anonymous

At a recent meeting, I looked around the room and thought – this is what recovery looks like. Before the meeting began, I saw conversations and laughter around the coffee pot and the cookies someone brought. I watched a newcomer being welcomed by others as they made room for her to sit at the table. A get-well card circulated for folks to sign to let a person on the mend know that he was missed.

This is a community I am fortunate to be a part of; a compassionate group of people supporting each other in their recovery through a minefield of holidays and ready to take on a new year of possibilities and uncertainty.

Happy New Year everyone. Here’s to another year of showing up, staying connected, and expecting the quiet miracles that happen when we keep coming back.

Andi W.

Rebos Club Vice President

## UPCOMING EVENTS

<p style="text-align: center;"><b>Tai Chi</b></p> <p>Classes begin on January 12th and run through February 4th</p> <p>Mondays and Wednesdays at the Rebos Meeting Hall <b>2:30pm - 3:30pm</b></p> <p>Contact Danielle @ 434-409-1967 For more information</p>	<p style="text-align: center;"><b>Overeaters Anonymous</b></p> <p style="text-align: center;"><b>Wednesdays at 6:30pm</b></p> <p style="text-align: center;">Rebos Meeting Hall</p> <p style="text-align: center;">Contact John W. @ 540-632-9312</p>	<p style="text-align: center;"><b>Friday Night Fellowship</b></p> <p>Meets on the 1st and 3rd Fridays at the Rebos Clubhouse <b>From 7pm - 11pm</b></p> <p>This is NOT a meeting. It's an opportunity to spend time with others playing music, or board games.</p> <p style="text-align: center;">Contact Sean K @ 540-525-1417</p>
<p style="text-align: center;"><b>Trivia Night</b></p> <p style="text-align: center;"><b>Saturday, January 24th @ 7pm</b></p> <p style="text-align: center;">Rebos Meeting Hall</p> <p style="text-align: center;">Lite snacks 50/50 raffle Prizes for winning teams</p>	<p style="text-align: center;"><b>Super Bowl 60 Party</b></p> <p style="text-align: center;"><b>February 8th @ 6pm</b></p> <p style="text-align: center;">Rebos Meeting Hall</p> <p>Bring your favorite gameday snacks.</p> <p style="text-align: center;">Some snacks will be provided</p> <p style="text-align: center;">50/50 Drawing</p>	

## REBOS ANNUAL MEETING - JANUARY 11, 2026

The annual meeting was attended by approximately 45 people. A financial report was provided for review, and Pat M. answered several questions about the process of paying dues and how Rebos follows up with members whose dues are in arrears. Pat shared that past due members receive several reminders and notifications by email and often calls from Board members.

In December, the board voted to create an annual *Rebos Champions award* to recognize members of our community whose quiet yet important and impactful contributions support Rebos and our mission. This individual works behind the scenes by consistently giving of their time and skills and without seeking recognition or accolades. Their contributions range from maintaining the Rebos buildings and property so we can continue to provide a place for recovery meetings and events as well as the more mundane, but essential, jobs like taking out the trash and clearing

snow from the parking lot. Rebos Champions receive an individual plaque of recognition and, beginning this year, a plaque honoring Rebos Champions will be displayed in the Meeting Hall

The Rebos Champion honored this year is William Robert Buchanan, Jr., who each night checks to ensure that Rebos facilities are secure and that lights are off. His willingness to do this, without ever being asked, guarantees the security of our buildings and that our club is not needlessly paying utilities throughout the night. Bobby has not sought a single “thank you” or any recognition but does this because of his love of Rebos and his commitment to the recovery community.

Several new Board Members were elected by unanimous vote at the annual meeting. They are Sanequa E. and Kevin T. Both new Board Members bring commitment, energy and important skills to the governance of Rebos. Additionally, Anthony B., Dave G., Court R. and Bob E. were reelected to second terms on the Board.

New board officers were also elected unanimously at the organizational meeting of the Board that followed the annual meeting.

President - Anthony B.

Vice President - Andi W.

Secretary - Mike P.

Treasurer - John T.

