



2026 AUGUST NEWSLETTER

Anyone who has lived in Florida is familiar with the “Dog Days of Summer-the intense heat and humidity that results in spectacular thunderstorms”. During August afternoons the sky opens up like clockwork and windshield wipers can’t keep up with the deluge. Drivers pull over because seeing the road is impossible. The lightning is frightening. Then, after about fifteen minutes, the rain stops, and the sunshine returns.

In Alcoholics Anonymous meetings, we often hear people share about a time in their life when they weathered a storm. Even brief or seemingly minor storms can affect our recovery. In early recovery the unexpected onslaught of emotions is tremendous and may return like a sudden

storm. I remember wondering how I was going to deal with this and not drink.

One of the gifts of Alcoholics Anonymous is that we are given tools through the suggestions, Steps, and shared experience of others. They have been used for almost one hundred years, and they work. And we know we are not alone. Walk into an AA meeting anywhere, and chances are you will find understanding and compassion from people who walk the walk. I love attending meetings when I’m out of town because they give me a renewed sense of fellowship.

Summer vacations, family reunions, and holiday cookouts can be daunting and may bring unexpected triggers. Again, we have tools. Prepare, plan, and reach out before you show up with potato salad.

Step Eight can feel like deliberately walking back into our stormy past. But we’re not empty-handed. The deep dive into our past can be overwhelming and can trigger shame and remorse. It can also relieve us of burdens we didn’t realize contributed to our drinking. Willingness, not perfection, is what matters.



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QUOTES

“I’m not starting over – I’m starting from experience.” Anonymous

“Life isn’t always about holding good cards, but sometimes, playing a poor hand well.” Jack London

“Whatever you do, always give 100% - unless you’re donating blood.”
Bill Murray

“The only place where success comes before work is in the dictionary.”
Vidal Sassoon



RECENT EVENTS

Our second trivia night was a blast. Who knew how competitive, smart, and funny our AA friends are? More to come.

UPCOMING EVENTS

AUGUST 15th – REBOS OPEN HOUSE

SEPTEMBER 26th – MOVIE NIGHT

OCTOBER 24th – BINGO FUNDRAISER

- GIFT BASKETS/DOOR PRIZES,
FOOD, AUCTION

SEPTEMBER 7TH - LABOR DAY COOKOUT
5PM AT REBOS