

reGroup

Plug into **CHANGE** at Celebrate Recovery

December 2020

Covid -19 Update

In-person Recovery Meetings
Childcare Available (temperature check required)



Good Riddance 2020!



This isn't your typical Christmas newsletter. But as we close out this year I can't help but address the "elephant in the room." 2020 has been a year like none other I have ever lived through in my lifetime. It has been an

unprecedented year of watching our freedoms stripped from us due to the pandemic of Covid-19.

We became angry and fearful.

We lost the freedom to worship together, to dine indoors, to visit our family in nursing homes, to go to graduations, to hug our friends or even get closer than 6 feet to anyone. We couldn't get a haircut, work out at the gym or even go to work. Some lost the ability to work.

Anger and fear stole our joy.

People lost loved ones and to add insult to an already broken heart, we even lost the freedom to say goodbye to those we lost. My heart is heavy if you carry this grief. People lost their 'filter' and accusations of blame fell like rain.

Anger and fear became the norm.

We became isolated and forced to make changes we didn't know how to make. Virtual communication instead of face to face. Parents became teachers, meetings were held at home not in the office and holiday celebrations were cancelled. We experienced racial divide, riots, demonstrations and political chaos. We stopped watching the news.

Anger and fear was in control.

I get it why many would say "good riddance" to 2020 hoping with 2021 we will soon return to the normal life we prefer. Yes, 2020 took a lot away from us. But 2020 took *and* it gave.

In 2020, I became grateful for things I had long taken for granted. For instance, worshipping in person on Sunday, hugging people, going to a restaurants, recovery meetings, gathering with friends and getting a hair cut when I needed it. I found out I had abilities I didn't know I had when it came to filling isolation time with purposeful activities.

Humility crept in with gratitude.

I learned how to stay a distance from someone and come near at the same time by making intentional time to connect by phone. I watched in admiration as people served wholeheartedly and wouldn't let a pandemic keep them from finding a way to get food and supplies to the needy. In fact, it ignited them to give all the more.

Humility began to slay pride.

I was given opportunities to affirm my faith instead of complain as if I had none. To trust and depend on God and learn to live like I did. God gave me purpose in choosing to give back to others. I received the gift of time to pray for the sick, broken and hopeless and encourage overwhelmed moms even celebrate a wedding in the midst of a pandemic. To bring meals, to stand beside the fearful and grieving, to hold up those struggling to hang on to their recovery and let them do the same for me.

Humility fed hope.

2020 challenged me, changed me, transformed me, humbled me and restored me to hope. With humility, I found joy in the midst of a pandemic. With humility and God's grace I am still here today and able to tell you that there is indeed *good news!*

"Taste and see that the LORD is good; How blessed is the man who takes refuge in Him" Psalm 34:8

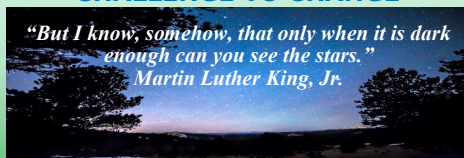
Christmas blessings to you, Michele



**EASTERN HEIGHTS
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CHALLENGE TO CHANGE

*"But I know, somehow, that only when it is dark
enough can you see the stars."
Martin Luther King, Jr.*



CHECK YOUR SHAME AT THE DOOR

What's Coming Up?

December
Dec. 14 Testimony
Dec. 21 Serenity Checkup
Dec. 28 No Meeting

January
Jan. 4 Denial Lesson
Jan. 11 Testimony
Jan. 18 Powerless Lesson
Jan. 25 Testimony

Meetings Monday 6:30—8:30 pm
Upstairs in Family Life Center, Childcare Provided
<https://www.facebook.com/celebraterecoveryehbc>

To remove your name from our mailing list, email recoveryehbc@gmail.com