



Mandana Community Recovery Center, a program of Horizon Services, Inc. 3989 Howe Street Oakland, CA.94611
 Phone: 510-595-9690 Fax: 510-595-9663 Fee: \$5.00 for non-members (No one turned away for lack of funds)
 Email: merc.staff@hsimail.org website: horizonservices.org/homepage/programs.htm Wheelchair Accessible



Happy Hanukkah



Merry Christmas



Happy Kwanzaa



Calendar of Events—December 2009

Tuesday Education Presentation 7:30 PM—9:30 PM (Living Room) Fee: \$5.00 for non-members (No one turned away for lack of funds)

December 15th High-Risk Factors that Threaten Sobriety



Discussion to follow after viewing both video's. Sample questions to discuss:

1. What is the difference between a lapse, a relapse, and prolapse?
2. How do we know when a particular emotion is becoming a problem for us?
3. How would you define a "high-risk situation"?
4. What are some of the negative results of "all-or-nothing" thinking?

Video #1—Identifying Your High-Risk Factors

Understanding the warning signs is an important part of avoiding relapse. This video helps viewers recognize the thinking patterns, behavioral patterns, and social situations that frequently place recovering people in danger of relapsing.
 Running time: 21 minutes

Video #2—Coping with Emotional and Physical High-Risk Factors

Negative feelings, cravings, good feelings, and physical discomfort and illness are all high-risk factors. This video helps viewers understand and cope with emotional and physical threats to sobriety.
 Running time: 21 minutes

December 22nd Annual Open House

All are welcome to view our center and meet our staff. Please bring your pamphlets or service information flyers to share with us and others who attend. Light refreshments will be served. For more information call 510-595-9690.



Social Events 7:30 PM—9:30 PM

December 1st Looking for Holiday fun and fellowship?

You are invited to help us decorate Mandana's Christmas tree, and decorate for the Kwanza, and Hanukah celebrations. Come and join us for some holiday fun and fellowship in this season of hope by filling it with your light and your laughter. Healthy snacks will be served. We would love for you to join us! Children welcome.



Begins December 11th



December 25th



December 26th

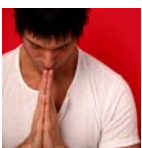
December 8th Movie Night—Tim Burton's A Nightmare Before Christmas



Enter an extraordinary world filled with magic and wonder -- where every holiday has its own special land ... and imaginative, one-of-a-kind characters! THE NIGHTMARE BEFORE CHRISTMAS tells the heartfelt tale of Jack Skellington, the Pumpkin King of Halloween Town, and all things that go bump in the night. Bored with the same old tricks and treats, he yearns for something more, and soon stumbles upon the glorious magic of Christmas Town! Jack decides to bring this joyful holiday back to Halloween Town. But as his dream to fill Santa's shoes unravels, it's up to Sally, the rag doll who loves him, to stitch things back together. This critically acclaimed movie milestone captured the heart and imagination of audiences everywhere with its Academy Award(R)-nominated stop-motion effects, engaging Grammy(R)-nominated music, and the genius of Tim Burton (BATMAN, PLANET OF THE APES). THE NIGHTMARE BEFORE CHIRSTMAS -- a delightful treat the whole family will enjoy! **Starring:** Shelley Duvall, Daniel Stern **Director:** Henry Selick, Tim Burton **Rating:** PG (Parental Guidance Suggested) **Running Time:** 76 minutes

Friday Evening Meditation 7:00 PM—8:00 PM (Quiet Room) Fee: \$5.00 for non-members (No one turned away for lack of funds)

Put On The Brakes For The Weekend : Friday Night Meditation is a friendly way to Ground, Center, Relax....Grow Quiet – SLOWDOWN !!!



EXPERIENCE THE RICH, SOFT TEXTURE OF THE ETERNAL VOID. Difficult Alone and/or as a Beginner, much easier in a supportive group. Please join the Mandana Community for our weekly Friday Night Meditation. Tom Boynton is our guide, and meditation instructor, Energy Healer, loyal friend and fellow Mandana CRC member who's taught meditation around the Bay for years. Tom will guide you with Vedanta breath techniques deep into your energy consciousness system through the tan tien or hara, the 7 energy absorbing chakras, the point above your head where you differentiate from Universal Self, your core essence and your spiritual intention for this precious lifetime. He'll also leave you alone if you just want to sit! Not a bad 1 hour tune-up!

Articles, Poems, and other Points of Interest

We would like to encourage the Mandana CRC community to submit written material for the monthly calendar. We encourage you to share; poems, favorite daily reflections, inspirations and creative thoughts that have to do with recovery. We cannot accept anything political or offensive to our community. You can submit your writings to the office.

Being less than perfect.



It was not a perfect year. But is there ever a perfect year? Being clean and sober does not purport or offer perfection. It gives us a chance to strive for progress. When we keep our Higher Power in our thoughts and actions, we come closer to perfection all the time. Despite the disappointments of our complex lives, we are finally beginning to learn how to live. We are finally making progress. *Am I content to be less than perfect? Higher Power, I pray that I may continue to strive for progress and be satisfied to be an imperfect human.* You are reading from the book: Day by Day—Second Edition By Anonymous