

# Building Togetherness

## Newsletter

April 2021



### Program Updates

#### What's Your Gratitude Today?

Did you know that daily gratitude practices have been scientifically proven to improve sleep *and* your physical and mental health? Try listing at least one thing you are grateful for each morning. Let us know what practices you do to maintain your sobriety and we'll share in them our next newsletter.



#### Climb Team Update

Our Climb Team has completed their second hike up Poo Poo Point! We are so proud of the commitment and positivity on the trail and their weekly workouts. We have just over two months before our Helens climb!

#### Activity Expansion

The wait is finally over. We are rolling out new events this Spring and Summer! Our inaugural cycling trip will be on Sunday, April 25th. We'll have a top roping climbing event May 1st and will be introducing weekly fitness classes in early May. If you'd like to join an event, head to our website calendar to sign up.



[Go To Calendar](#)

#### Come Join Us!

There's space for you! We're all about getting active with others in recovery or those who support sober lifestyles. Come meet kind, funny, welcoming people and get outside. If you have questions or want to get involved in a different way email Jess at [jess@recoverybp.org](mailto:jess@recoverybp.org).



Every team leader gets a free t-shirt!

## April 15-21 is the Recovery Beyond 5K

Ready to work off some quarantine weight and raise money to fight substance use disorder at the same time? Talk about a win-win! Here's your chance. Just [click here](#) to get started or to sponsor someone .



## It's not too late to participate!

1

### Pick your mode.

Get creative! Any way you cover 5k counts.



2

### Register your 5K.

(You can also sponsor people here)

[Click Here to Register](#)

3

### Tell your friends and family!

4

**Run your race!** Anytime between April 15-21, hike, run, ride, or paddle ski... your 5K.

Be sure to post pictures of your adventure to our [Facebook](#) / [Instagram](#) pages!



## Meet Your Leaders

Here is a little more information about two of our new event leaders!  
Check out next month's newsletter for more highlights.

### Jose: Cycling



Jose Enciso

"I love cycling because it saved my life! Shortly after my mom had passed away I had found a bike at work. I took it home and one day I was having some sudden urges to use. On my way out the door and with every intention to do just that I walked past it, stopped, stared at it and grabbed it, threw it in the back of my truck and found the nearest trail to me. I was flying down this trail!! Music blasting in my earbuds, sobbing like a child, flying by people yelling at the top of my lungs to move out of the way. My sobs turned to smiles and my grief turned to determination and excitement with a push to go faster and ride further. Since that day I never looked at my bike the same again. We had created a healing force that I was immediately captured by and so the story began!

I am excited to share that same feeling with my people. It's indescribable really. To find that type of solitude and to challenge yourself physically takes you away from the feeling of depression, anxiety...that feeling of wanting to use. I am excited to show everyone what they are capable of physically, emotionally and spiritually when they put their mind, body and souls to it."

### Steve: Rock Climbing

"I too am in recovery and think rock climbing teaches participants to push beyond their own limits and challenge themselves. I have always believed rock climbing is such an ideal sport not simply for the physical challenge but how it can be symbolic of pushing through barriers in one's own life."



Steve Johnson

## Investor Spotlight

Like so many these days, Mike and Darla have been touched personally by substance use disorder, having lost a brother and a nephew to addiction.

When Mike founded Stanton Engineering, he sought out nonprofits like Recovery Beyond to make a difference for those struggling with Substance Use Disorder.

This monthly pledge continues to provide real-life impact for those in our community; supporting Healthy Lifestyles for lasting Sobriety.



*Thanks, Mike & Darla!*



Mike & Darla Stanton

## Thanks, March Investors!

- Amanda Wager
- Arana Wolin
- Beckie Davey
- Brooke Russell
- Cheri Mackinnon
- Christian Ursino
- Danielle Goodgion
- David Ursino
- Don Preiss
- Eric Heidenreich
- Gina Haines
- Shane & Jennifer Boudreau
- Jon Ruckle
- Maury & Julie Robertson
- Karen Vinson
- Ken Boudreau
- Kimberly Burns
- Laura Dennis
- LaVina Burner
- Lonnie Karste
- Marcia Hansen
- Mark & Debra Perry
- Mark & Sue Ursino
- Michael & Darla Stanton
- Nikk Enser
- Pat Simmons
- Ray Lewis
- Rebecca Davis
- Rebecca Wooten
- Robert Teasley
- Todd & Sarah Langton
- Shelley Beck

**You helped this group climb to the summit of Poo Poo Point, make new friends and beat Substance Use Disorder.**

