

Building Togetherness

Newsletter

February 2021

RECOVERY
BEYOND



Building Togetherness: Sharing Our Journeys Through COVID

COVID-19 has amplified feelings of isolation. We want to combat this by creating a space for community where we can empower and support each other. Connection is an integral part of wholeness and recovery. We hope you find that here.

The pandemic has forced us all to climb a mountain we didn't sign up for. We've had to face loneliness, fear, addiction, illness, uncertainty, worry, depression... It's overwhelming. Worst of all, it's driven us to isolation.

But there is an opportunity on the side of this never-ending COVID mountain. When mountaineers face an obstacle, they come together. They rope up. The pandemic can bring us together like never before. It can start a movement of togetherness.

That's why we've created a Facebook group to be there for each other by doing two simple things: Sharing our journeys and cheering for each other.

Then, when COVID restrictions are lifted we'll meet for a giant celebration, without masks. We'll high-five and hug each other and dance a victory dance.

JOIN
the
movement

It's easy

Click [here](#) to join the
Facebook group to

**Share your
story**

&

**Encourage
someone**



Photo by Jose Enciso

Program Updates

Are you bored at home? Getting the quarantine doldrums? Come **workout with us** - our Wednesday virtual fitness classes are 45 minutes total. You heard that right.

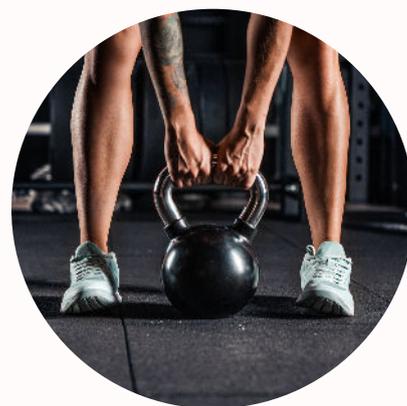
You could also check out our virtual **Friday hangouts** from 12-12:30 or join us for an awesome and super fun **Game Night** on the 3rd

Wednesday of the month.

Is there anything you'd like to see from us on the virtual front? Email jess@recoverybp.org with any suggestions or ideas.

All links and descriptions are on the website calendar.

If you are experiencing "zoom fatigue", keep up with us on **our new Facebook group** or tag us in your adventures - we'd love to see you!



Mt. St. Helens Orientation



In other news, we will be having an **online Helens orientation on February 18th from 6:00 to 6:45 PM**. If you are in early recovery and interested in climbing Helens or a volunteer who wants to support on hikes, please join! If you can't make the orientation, email jess@recoverybp.org for the information.

Click [here](#) for the Mt. St. Helens orientation.

Thanks, January Investors!



Photo by Scott Brown

Way to get the year off to a great start!

Your investment enables us to

help more people live a healthy, sober life.

Thanks for making this one of our best Januarys ever.

Don Preiss

Marcia Hansen

Candice Carin

LaVina Burner

Ray Lewis

Christian Ursino

David Ursino

Cheri Mackinnon

Danielle Goodgion

Rebecca Davis

Pat Simmons

Maury & Julie Robertson

Mark & Sue Ursino

Michael Stanton

Jon Ruckle

Gina Haines

Zach Shepard

Melanie Abbot

Patricia Helland

Tessa Savage

Craig Savage

Tim Von Wagoner

Jack Waite

Jennifer & Shane Boudreau

WE COULD NEVER DO THIS

