



# *A Better Way, 10 years stronger*

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## *A Happy 4<sup>th</sup> of July to All!*

We continue celebrating our 10 years of mental health support. On Sat. June 11, we enjoyed a delicious lunch at Manny's Tex-Mex. **A Better Way** friends & support folks shared an excellent lunch while viewing a photo display collage then had cake & cookies. A special souvenir coaster with other goodies was handed out at the end. (see pictures on page 2.)

We'll be back to business this **Sat July 9<sup>th</sup>** when we discuss planning for the months ahead followed by our Round Table discussion on "Letting Go."



And now it's "**Time for Tea!**" It's been studied & proven that tea is a little easier on the adrenal glands than coffee and in these hot summer months why not give them a break? Summertime is "Iced tea time" after all. With so many varieties may we suggest a few types that you may want to brew at home. Benefits of brewing at home give you a fresher brew filled with many more antioxidants & health benefits.

Here's a few choices of types in order of caffeine strength: 1. Matcha Tea- 70 mg., 2. Black tea- 47 mg., 3. Oolong- 38 mg., 4. Green tea- 29 mg., 5. White tea- minimal caffeine, oral health benefits like preventing plaque & doesn't stain, 6. Chamomile & 7. Hibiscus teas- caffeine free. Hibiscus has laxative benefits & Chamomile can induce sleepiness although both are rich in antioxidants.



## *A recipe for Summertime—*

"Sparkling Strawberry Tea"

1 – 10 oz pkg. frozen strawberries

3 family size tea bags

1-1/2 qt of boiling water

½ c sugar or sugar substitute

1- 6 oz can frozen lemonade, thawed

1- 2 litre bottle lemon lime soda

Make tea, discard teabags. Mix all in large pitcher.

Refrigerate. Garnish with fresh mint when serving

Now, here's a little commentary on the topic of "**Letting Go.**" Of course, the expert on this subject is based on the Twelve Step Program, found in both AA & FA or Families Anonymous. Please allow me to quote from the "**Today A Better Way**" book, a daily devotional dedicated to recovery & a resource for one's wellness.

Step Three, Jan. 23: "*Made a decision to turn our will and our lives over to the care of God as we understood him.*" "In Step Three, each Families Anonymous member has complete freedom to develop a relationship with a Higher Power according to his or her own feelings & beliefs. When I make my personal decision to this Higher Power, I can then let go of the problems I cannot solve, the questions I cannot answer. The change is not easy for me because until now I have always tried to manage my own world... turning it all over does not mean I sit back & do nothing ... I can do the footwork, but the results are truly beyond my control. The sooner I realize this the sooner I will find serenity."

In the magazine, "**Natural Awakenings,**" Peter Russell, gives his insights on "Letting Go;" after studying in India with Maharishi Mahesh Yogi. Mr. Russell shares his perspective from a book he wrote called, "**Letting Go of Nothing: Relax Your Mind & Discover the Wonder of Your True Nature.**" Who doesn't need to let go of a few things that can burden us down?

These techniques involve not being attached to outcomes, surrendering desires, accepting the present, opening to a higher power, relinquishing the ego and practicing forgiveness. Wow! That would take me years & years to embrace & put into practice. Peter states the T.M. method helped him effectively learn how to realize many of these behaviors as well as a book he immersed into, called "**A Course in Miracles.**"

Here, I will share sage advice on "savoring each moment." I'm sure I will learn a lot! Briefly, Mr. Russell suggests pausing in the moment; stopping to enjoy exactly what you are doing "**here & now.**" Pausing and noticing what is in the present moment can help one to relax. Maybe you'll even relax & experience a sense of joy, happiness or clarity. Savor it. Try experiencing it as if it were the first time.

We will explore this topic & much more at our meeting-

**Hope to see you on Sat. July 9, 2022**

for **A Better Way Roundtable**, 12:30- 2:30 pm



A delicious vanilla-chocolate butterfly cake!



Manny's- best Tex Mex! below L-R- Debbie, Monica, Evelyn, James, Justine, Joyce, David, Carlos, Chris & Barbara



Balloons add fun! There's David, Carlos & Ron below



Thanks to Ron, always the best photo taker!!



James is ready!



*Happy July Birthdays!!  
Erin, John, Anne, Monica, Colleen & David*