



## WINDMILL NEWS

### LETTER FROM THE EDITOR:

DECEMBER 2025

#### RDT staff and alumni,

December has arrived, shifting us from the brisk pace of autumn to a gentler, more contemplative rhythm. The days grow colder, and the holidays approach with both warmth and complexity. This month, we focus on a quiet light. These subtle moments sustain us when the world slows down: a conversation over coffee, a steady routine, a listening ear, a sponsor's steady guidance, and the simple, courageous choice to show up for each other. It's been a year of steady steps. We've celebrated victories, shared meals, and made space for honesty and connection. We've also felt the weight of loss, friends we've walked with in recovery who are no longer with us. Their absence reminds us why we keep returning to one another, why we stay engaged, and why we honor their memory by continuing our work with integrity and care. To those we still carry in our hearts, their presence remains a healing thread on our shared path.

The holiday season can be difficult for anyone in recovery. Old triggers, family tensions, and crowded moments can surface quickly. Here, we choose to respond with connection: reach out, express what you're feeling, and lean on someone you trust. Small, sober moments add up to meaningful momentum, transforming quiet resilience into lasting strength.

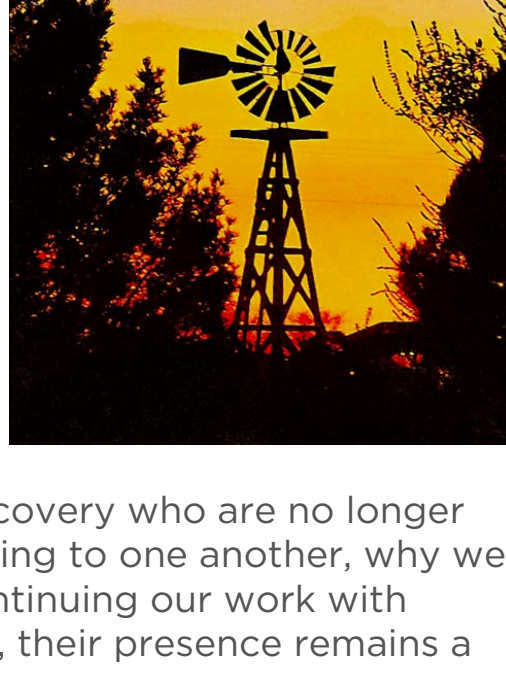
RDT staff, your steady, compassionate leadership is the backbone of our community. Listening, check-ins, and thoughtful planning create safety, trust, and hope. Thank you for your honesty and courage. Your work makes a real difference, one moment at a time, one choice at a time, one day at a time.

RDT alumni, you are living proof of perseverance and belonging. Your courage to start again, rebuild relationships, and pursue a purpose-driven life inspires us all. May you carry the strength you've gained here, the courage to ask for help, the humility to stay teachable, and the grace to support others on their journey. Your paths did not end when you left these doors; they now serve as a beacon for those still seeking shelter in recovery. We are grateful for how you continue to contribute, encourage, and lead with kindness, and we celebrate the bright futures you are creating in every community you touch.

As we move through December, its quiet light invites us to notice the small, dependable ways we support each other: a check-in call, a walk-and-talk, a moment of honesty spoken kindly, a group hug that says, "We're in this together." This quiet light is not flashy; it is steady, reliable, and powerful enough to carry us through the holidays and into the new year.

I want to wish you all a happy holiday season!

Josh



### Thank you to everyone who made our Community Outreach a Success!



December is HIV/AIDS Awareness Month

December is Seasonal Affective Disorder Awareness Month

December is Universal Human Rights Month



#### Important Dates in December:

**December 1<sup>st</sup>:** World AIDS Day; Rosa Parks Day

**December 2<sup>nd</sup> – 8<sup>th</sup>:** National Grief Awareness Week

**December 3<sup>rd</sup>:** International Day of Persons with Disabilities

**December 7<sup>th</sup>:** Pearl Harbor Remembrance Day

**December 10:** Human Rights Day

**December 15<sup>th</sup>:** Bill of Rights Day

**December 21<sup>st</sup>:** Winter Solstice

**December 24<sup>th</sup>:** Christmas Eve

**December 25<sup>th</sup>:** Christmas Day

**December 31<sup>st</sup>:** New Year's Eve

### In Remembrance of Those We've Lost in 2025

Bill W.

Jessica H.

David F.

Cassidy V.

Blake W.

Larry W.

David P.

Charles D.

Brandon B.

Manuel "Bubba" B.

Jennifer C.

Chuck R.

Carlos S.

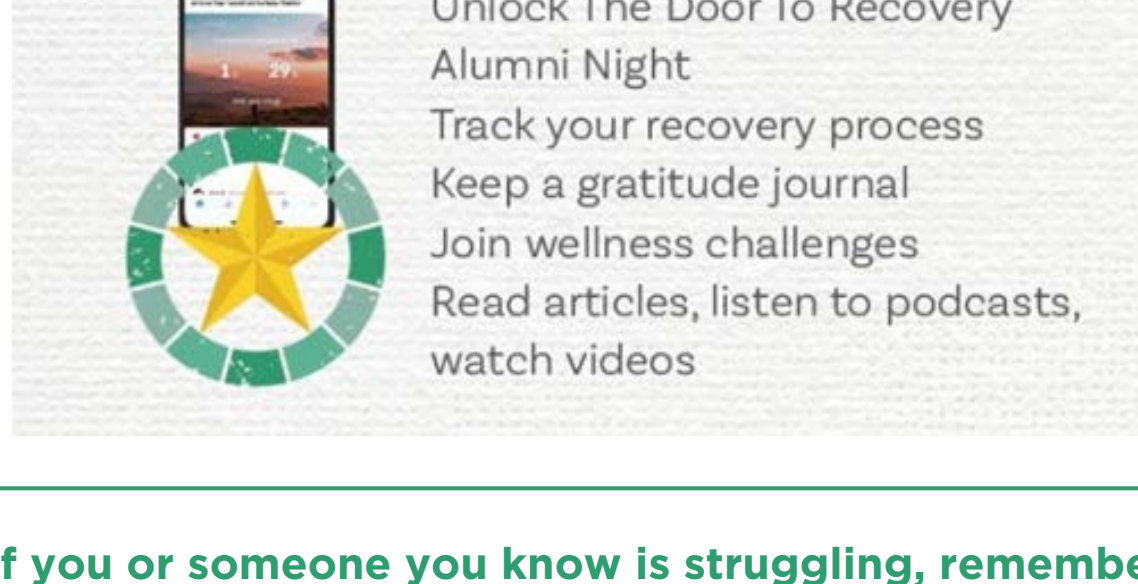
Morgan T.

Colton D.

*If I have missed anyone who should be on this list, please email [joshua.toney@ranchatdovetree.com](mailto:joshua.toney@ranchatdovetree.com) and let me know.*

### Alumni App

A quick note on staying connected: the Alumni App is more than a tool—it's the lifeline that helps us keep track of upcoming events, reminders, and opportunities to support one another. Please make it a habit to check in, RSVP, and share what you're finding most helpful in your recovery journey. The app helps us coordinate gatherings, celebrate milestones, and extend the welcoming environment that Dove Tree is known for. If you do not have the app and would like an invitation, text Josh at 806-549-8179.



### If you or someone you know is struggling, remember that help is available here at Dove Tree.

We all know at least one person still struggling with active addiction. Be of service to your peers by remembering that help is just a text or phone call away. Reach out to Josh, and he will do whatever he can to make sure your friends and loved ones get the care they so desperately need.



**Don't forget, you are all welcome to join us every Wednesday night at 1811 13<sup>th</sup> Street from 6 – 8 PM for Alumni Night.**

Please come out in support of your peers and help to make the RDT alumni community stronger than it has ever been before! If you cannot be there in person, there is a Zoom link on the alumni app that allows you to be there virtually.

