



Cornerstone Recovery

6221 Main St. Houston TX 77030

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www.cornerstonerecovery.org

What This is About

Cornerstone is a non profit 12 step recovery program helping teens and their families that are dealing with addiction and other destructive behaviors to recover and build a new and happy life. In June this year, we are going to the wilderness area in the Deschutes National Forest & Willamette Forest. I need sponsors in the community like you to make this trip possible. I must raise the \$2000 cost myself, among other challenging requirements, in order to go.

Why I am Going

This trip is a critical element of my recovery from drugs or alcohol. I will get out of my comfort zone, push my physical limits, face fears, confront defects, achieve a goal through determination and perseverance, mature and grow closer together with others, have a natural opportunity to forge or renew a relationship with a higher power, and learn to love life in sobriety all in the magnificent outdoors!

Examples of trip activities

- **Wilderness trekking:** forces me to live with uncertainty, rely on others, and cooperate. I can gain self-confidence by testing my physical limits in an uncomfortable, unfamiliar environment.
- **Daily journaling:** allows me to clearly document my feelings and impressions, ensuring that the trip will continue to influence me after it has finished.

What I Must Do to Go

Not everyone who wants to go can. I can only go if:

- I have at least 2 months of sobriety
- I am *actively working* my twelve step program to my parent's and counselor's satisfaction.
- I participate in the rigorous twice weekly physical fitness work-outs running Rice stadium.
- I complete my entire fundraising.

I aim to achieve all this, and I need your help!

How YOU can help

The group leaves on June 6th, and I need sponsors! You may sponsor me by making a tax-deductible contribution. Your gift of cash or check in any amount is greatly appreciated. We also accept secure MC& Visa donations on the website. Make sure to list my name in the space provided there so I will get credit towards my trip. Teen: _____

The amount of your donation: _____

(please make checks payable to Cornerstone Recovery)

Your name: _____

Your address: _____

Thank You!

<http://www.cornerstonerecovery.org>

Your cancelled check and/or your copy of this letter will serve as your receipt for this donation.