

Happiest Hour Monthly Newsletter

October Edition:

The gift of being there &
NEW community announcement!



This past weekend, my niece got married.
And I didn't miss a thing.

I listened to the vows, watched the tears of happiness...shed a few myself. I danced from the first song until the last, literally. I made sure my family was where they were supposed to be when they were supposed to be there.

I did the girls' hair, took loads of pictures, laughed and took it all in. And somewhere in the middle of all of it, I had one of those moments where I thought: this is what being present actually feels like.

Not just being there... being there.

For so many years, alcohol was woven into every celebration. Weddings, vacations, dinners, happy hours, holidays. It was just what we did. And I genuinely thought it made those moments more fun.

What I didn't realize was how much of the moment I was giving away by thinking about the next drink. Feeling the effects of the last one. Getting tired, louder or losing little pieces of the night. And then waking up the next morning trying to put it all back together. This weekend, I never once wished I was drinking. I was too busy living it and....



There is something incredibly freeing about knowing I can stay until the end, dance as much as I want, drive wherever I need to go, help whoever needs me, remember every conversation and wake up the next morning feeling grateful instead of trying to remember how the night ended.

I used to think removing alcohol meant I would be giving something up.

I had no idea how much I would get back.

That's one of the biggest things I wish women knew when they start questioning their drinking.

You don't have to hate alcohol or your life.

I loved my life so much I wanted more of it.

Sometimes you simply start realizing that you want to be here for all of it.

Because these moments go fast.

Our kids grow up. Families change. People get married. Seasons end and new ones begin.

I don't want to rush through any more of my life. Time is a thief and a gift.

I want the vows, the happy tears, the dancing, the bobby pins falling out, the late-night conversations.

I want all of it.

And this weekend, I got all of it.

That might be my favorite thing sobriety has given me:

I don't have to miss my own life anymore.

xo,

Paula

NEW: Happiest Hour Community!



I'm so excited to finally share something we've been building behind the scenes - an online community designed to give women more support, connection, and tools as they rethink their relationship with alcohol.

Inside the community, you'll have:

- A private platform for ongoing conversation and support.
- Tools and resources you can come back to anytime.
- Easy access to meeting links and upcoming events.
- 2 Live calls per week.
- Mondays at 12 PM ET with Ashley Runyan, Ashley is a yoga and fitness instructor and former mental-health counselor who believes that movement, reflection, and honest conversation can help us find our way back to ourselves. She'll invite us to pause before rushing into another week to notice how we're arriving, acknowledge what we're carrying, and consider one simple question: How do I want to feel as I move through this week and what is one small choice that would support that?
- Thursdays at 7 PM ET with Paula Devine, for connection, conversation, and support. As a certified recovery coach professional she will guide us through gratitude, share challenges, and help you feel empowered.

One of the things I hear all the time is,
"I know I want to make a change, but I don't want to do it alone."
You shouldn't have to.

This community is for women who want connection without judgment, practical support without pressure, and a place to be around other women who simply get it.

Whether you're taking a break, questioning your drinking, or building a life beyond alcohol, there's a place for you here.

Happiest Hour Happenings



 The Happiest Hour Podcast is growing, and I've been having some incredible conversations about changing your relationship with alcohol without shame or labels. If you haven't listened yet, you can find The Happiest Hour with Paula Devine on Spotify & Apple Podcast. I think you'll find an episode that feels like it was made just for you.



[Link here](#)



Weekly live community coaching call every Monday at noon & Thursdays at 7pm
Connection with like-minded women exploring life beyond alcohol. Support, conversation and real-life tools. Occasional guest speakers.

\$39/month

Flexible membership — cancel anytime. Stay as long as it supports you.

[Click here to book a free discovery call on private coaching packages](#)