Happiest Hour Monthly Newsletter

November Edition:
49 Years of Life. Four Years of Freedom.

November has always been a special month for me, beautiful Florida fall weather and I love Thanksgiving, but this year it holds a little extra meaning.

Not only is it my birthday month, but on November 2nd, I'll celebrate four years of sobriety.

Sometimes it feels like just yesterday I was struggling to imagine a life without alcohol, and other times I look back at who I was then and can hardly believe how much has changed.

What makes this anniversary even more meaningful is that November 2nd is my mom's birthday, too.

I'll never forget that day four years ago. My mom was coming over, and we were supposed to go to lunch to celebrate her birthday. But I couldn't go. I was brutally hungover, unable to get off the couch, and the thought of getting dressed, leaving the house, and facing the day brought on so much anxiety. Crippling actually.

Something that should have been a simple, beautiful afternoon with my mom felt impossible.

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And there I was, missing a moment I couldn't get back because of alcohol.I think about that day now, and it reminds me of how much alcohol was taking from me, even when I was still trying to convince myself that everything was fine.
It wasn't just the hangovers or the lost days. It was the moments, the experiences, and the time with the people I loved. Not fully present.
That day became part of my story, and now, four years later, the date carries an entirely different meaning. November 2nd is a reminder of where I was, how far I've come, and how grateful I am that I finally chose something different.
And then there's November 11th, when I'll celebrate my 49th birthday.
In the beginning of this journey, I honestly couldn't imagine celebrating a birthday without a drink. Alcohol was part of how I celebrated everything. Birthdays, holidays, vacations, dinners out, good news, bad days. It was always there, woven into the moments I thought made life fun.
The idea of celebrating without it felt foreign. I wondered if it would be as fun, if I would feel like I was missing something, or if special occasions would ever feel the same again.
Today, I can't think of anything that would ruin my birthday more than alcohol.

That realization fills me with so much gratitude.

I don't need a drink to make my birthday special. I don't need alcohol to celebrate another year of life, to enjoy the people around me, or to feel like I'm having a good time.
In fact, the greatest gift I can give myself is to be fully present for it all.
To wake up feeling good. To remember the laughter. To enjoy the conversations.
To appreciate the people who show up for me. To feel good in my own skin and know that I don't have to sacrifice tomorrow to enjoy today.
That's what I want to share with anyone who might be reading this and wondering if life without alcohol can really be that different. It can.
Not because life becomes perfect, or because every day is easy, but because you begin to experience your life instead of constantly recovering from it. You start to recognize how much you've been missing, and you realize that the things you were afraid to give up were often the very things keeping you from enjoying what mattered most.
This November, I'm celebrating 49 years of life and four years of sobriety. I'm celebrating the woman I've become, the moments I get to be present for, and the freedom of no longer feeling like alcohol has to be part of every celebration.
I'm also remembering that day with my mom. Not with shame, but with compassion for the woman I was and gratitude for the woman I am today. (You are amazing too mom, I have the best mom in the world!!!)

I can't go back and change that afternoon. But I can honor what it taught me by showing up for the moments I have now.

It's not just about the days without a drink. It's about the life you get to live because of them.

This November, my heart is full. Four years of choosing differently. Another birthday.
More memories to make.
More time with the people I love.

And the greatest gift of all? Knowing that I get to be here for it.

With so much gratitude,
Here's to being present, cherishing the moments, and realizing that the life waiting for us on the other side of alcohol can be more beautiful than we ever imagined.

xo,
Paula

JOIN our Happiest Hour community!

A supportive community for women choosing a life beyond alcohol and creating their happiest hour.
Private community- Connect, share, listen & get support through our Heartbeat app & platform with resources, call links & live chat.

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 cerified 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

Listen on Apple Podcasts

Happiest Hour Community

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