



AFTERwords

A Newsletter from SIERRA TUCSON® Spring/Summer 2010

So Much in Life is About Perspective

By Robby C.

Experiential Therapy, Equine-Assisted Therapy, EMDR, rock wall, massage, acupuncture, a nutritionist... the list can go on and on. These were just some of the things that I enjoyed about my time at Sierra Tucson.

Barbed wire, no electricity, no running water, no medical care... this is a rehab in Tijuana, Mexico. I voluntarily “checked” myself in on a photojournalist assignment.

I arrived in Tijuana and was met by the man who started the treatment center. We drove through the congested streets in his beat-up 4wd. We arrived and they opened a barbed wire gate to let us in. I was later told that the barbed wire surrounding the facility wasn't just to keep those inside from leaving but also to keep the outside from coming in. I took my sleeping bag and was taken down to one of the bunkhouses (see photos on page 5). I arrived just as the sun was setting. There was a small gas-powered generator that provided just enough electricity to light a few lights for a couple of hours. I walked around and introduced myself to some of the men. Their reactions were generally skeptical—what was I doing in a place like this and why had I voluntarily decided to come here? My tattoos and piercings were a great conversation starter. Once I talked about the fact that I, too, was in recovery, the walls instantly started to come down. We had something in common. A man covered in prison and gang tattoos took me under his wing and started to introduce me to some of the other guys. His friend showed me how to fill a bucket of water and heat it over a fire so I could have a warm shower. In fact, he gave me his already heated bucket of water.

The next morning, I was up before sunrise and watched as the cook started to fill a giant pot with water over a fire to cook beans. I was told that this was what we would eat every day for all three meals. I struck up a conversation with someone standing next to the fire. He asked me if I wanted a cup of coffee—he had his own stash of coffee and was willing to share. We talked for a while about how he got to where he was and, instead of complaining, he was full of gratitude. He was a convicted felon and was happy to start a new life. He took me to see the detox area. It was a locked room with bunk beds and a hole in the floor for those inside to vomit and urinate. The stench was overwhelming but not nearly as powerful as the sight of those inside going through detox cold turkey. I asked if they had any medical care, and he said no. The only thing they would do is water down grain alcohol for those who were really suffering. He told me that the guy in the bunk above him died during his time in detox, and that this kind of thing happens from time to time. Sometimes it is easy to forget how ugly addiction is.

A few days before I arrived, there was a shoot-out between a cartel and the police next to one of the treatment center buildings. Over 30 people were shot and 6 died. The building was riddled with bullet holes. Down the road, there was black patch of ground.

It was the site where one of the gangs had burned several bodies another time. I thought about how grateful I was to have had the opportunity to get clean in an environment where the threat of violence and death were not an imminent reality.

Without exception, every man I spoke to at the rehab was happy to be there. These men had nothing and lived in deplorable conditions. However, I saw that the one thing they all had was a strong connection with their Higher Power. In fact, this was a consistent

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S.T.A.R. 23

"Opening the Door"

July 30 - August 1, 2010
at the Westward Look Resort, Tucson, Arizona



We hope you will join us for workshops, entertainment, and fellowship!

Visit our website at www.SierraTucson.com (click Alumni Events) for more details and registration!

Retreat Schedule

NEW - Welcome Reception for those who arrive early!

Thursday, July 29, 2010

- 5:30 - 7:30 p.m. Welcome Reception
- 8:00 p.m. Alumni-led 12-Step Meeting

Friday, July 30, 2010

(For everyone)

- 8:30 a.m. Begin Sign-in/Select Workshops; Lunch on own
- 3:00 p.m. Yoga
- 6:00 p.m. Dinner, Speaker Dr. Robert Johnson
- 9:00 p.m. Alumni-led 12-Step Meeting

(For those registered for the extended portion of the Retreat)

- 9:30 a.m. "Awakening Your Inner Adult" with Karen Kral
- 11:30 a.m. Lunch on own
- 1:00 p.m. "Awakening Your Inner Adult" (continued)

Saturday, July 31, 2010

- 5:00 a.m. Hiking in the Catalinas
- 7:30 a.m. Continental Breakfast
- 8:30 a.m. Workshops
- 11:45 a.m. Lunch
- 1:00 p.m. Free Time
- 5:30 p.m. Dinner, Recovery Comedian Mark Lundholm
Kid's Pizza Party
- 9:00 p.m. Alumni-led 12-Step Meeting
- 9:00 p.m. Stargazing with Russ Farnsworth

Sunday, August 1, 2010

- 7:30 a.m. Bus to Sierra Tucson
- 8:15 a.m. Brunch at Sierra Tucson
- 9:30 a.m. Alumni Speaker Greta G., Musician Michael S., Closing
- 11:30 a.m. Buses leave for Tucson Airport/Westward Look

Saturday Workshops

Please visit our website for up-to-date information on educational and inspirational Retreat Workshops for adults and children.



Optional Friday Workshop

"Awakening Your Inner Adult," by Karen A. Kral, M.A., LPCC, Certified Facilitator of Inner Bonding®

Do you sometimes feel overwhelmed with emotion—anxiety, fear, rage, sadness—and feel like you are drowning in a sea of darkness? Or, do you numb your emotions and get caught in cycles of addiction, perfectionism, and internal pressure? These two polarities exemplify how we have been conditioned to "take care of ourselves" when life is challenging—either becoming our "inner child" or an authoritarian parent. In this experiential workshop, you will learn how to cultivate a loving adult self who is capable of caring for the wounded parts of you and have opportunity to deepen your relationship with your higher power.



Friday Night Speaker

"The Neurobiology of Misbehavior: Understanding and Treating Addiction, Thrill-Seeking, and Dry-Drunk Behavior," by Robert Johnson, D.O., Medical Director at Sierra Tucson, Board-Certified Psychiatrist, Addictionologist, and Certified Executive Coach

We don't change when our life depends on it but will risk everything for a brief high. This presentation will enhance your understanding about the nature of seemingly risky and faulty decision-making in chemical and process addictions and show how common neurobiological pathways involved in the thirst for adventure and meaning can be leveraged in the service of long-term recovery.



Saturday Night Entertainment

Mark Lundholm, Recovery Comedian

Funny man Mark Lundholm is a professional mistake-maker. His resume includes positions such as criminal, street addict, closet wino, mental patient, Catholic altar boy, and divorced father of three. Mark knows about pain and gain in life. His insight into the inherent irony of it all forms a unique foundation for his theatre show, stand-up comedy show, and inspirational speaking engagements. Visit Mark's website at www.MarkLundholm.com.

Hotel & Travel Arrangements

Please refer to our website for complete information about hotels and travel. If you need assistance with travel arrangements or have questions about hotels, call Linda, of Sierra Tucson's Travel Department, at 800-522-1292.

Cost & Registration

The Reunion cost is \$175 per adult or child (7-17 years of age), and \$225 for adults who choose to attend the extended portion. This includes workshops, presentations, entertainment, meals from Friday dinner through Sunday brunch, transportation Sunday to and from Sierra Tucson, and gift bags to take home. Registration will be accepted through July 26, 2010; no refunds will be given after this date. Space is limited, so don't delay!

Register online at www.SierraTucson.com!

“Mother, Dear Mother” by Anne H. (age 17)

I call you my mother
But what does that mean?
You are like no mother I’ve ever seen.

It used to be fun,
We could all play together.
I never thought it might end forever.

Your manners changed,
Addiction stopped by.
The result of your actions is my silent cry.

Dad sent you away.
You were gone for so long.
I really hoped you would learn to be strong.

And when you returned
You acted the same,
Back to that pattern, the same old game.

Dad set his foot down,
It was time to split.
Apparently you two were not a good fit.

You make me so angry.
I don’t understand.
Who knows where this family will eventually land.

I wish you could know
Just how I feel
Because this is not a simple wound to heal.

Your behavior disgusts me,
I want to cut ties.
But dad keeps urging me to give it a try.

Mother, dear mother,
I’ve tried to be kind.
But sometimes you just make me lose my mind.

Although you live close,
You still seem so far.
Every night I wish on a star.

I want to forget you.
You make my life hard.
I cannot wait to escape this fenced yard.

The boys are in college,
Soon I will be too.
I look forward to creating more distance from you.

I feel bad for Liz.
She’ll be all alone.
But she knows I will always be there on the phone.

I know dad will help her,
He’s always been there.
Throughout this long struggle, life is far from fair.

People feel bad
For the trouble I’ve been through.
But I just say, “What can you do?”

It is no one’s fault,
This is a disease.
But try, won’t you try, to control yourself, please!

As I grow older
I will escape this wrath.
There is no way I’ll go down this same path.

And through this trouble
It’s hard to deny
That, after all, I can’t say goodbye.

You’re my mother forever,
You know that it’s true.
And for this very reason, I will always love you. ★

Alumni World Tour

2010 Upcoming Alumni World Tour dates can be found at www.SierraTucson.com and in the biweekly Alumni eNews, “Beyond the Miracle.”
Sierra Tucson’s alumni and family members are invited to join our Alumni Coordinators at the following events!

This is not a complete list of events, but it shows alumni events attended by Tim McLeod and/or Patty Reyna. Check our website for changes.

May 3 Houston, TX – Alumni Support Group
May 4 Denver, CO – Alumni Support Group
May 5 Dallas, TX – Alumni Support Group
May 6 Detroit, MI – Alumni Support Group
May 11 Tulsa, OK – Alumni Workshop
May 12 Oklahoma City, OK – Alumni Workshop
May 17 Chicago, IL – Alumni Support Group
May 26 St. Louis, MO – Alumni Workshop

June 9 Los Angeles, CA – Alumni Support Group
June 22 Scottsdale, AZ – Alumni Support Group
July 30 - Aug 1 Sierra Tucson Alumni Retreat
September 28 Denver, CO – Alumni Workshop
October 18 New York City, NY – Alumni Workshop
October 19 Philadelphia, PA – Alumni Workshop
October 20 Washington, DC – Alumni Workshop ★

Progressions Program



Sierra Tucson's Progressions Program is now available to alumni of Sierra Tucson and other individuals who are seeking to further their recovery skills! This program was developed from feedback received from staff, professionals in the field, and alumni to more fully prepare individuals for the challenges of living in recovery.

In this intensive 2- to 4-week program, specialized treatment planning gives greater exposure to people, places, and situations that may trigger reactions and cravings. Balanced with expert therapeutic guidance, participants gain advanced recovery tools and are equipped for the many challenges to be faced in their journey.

The program's "experiential workshop" format teaches individuals to evaluate choices, become aware of self-sabotaging behaviors, and take responsibility for behavioral changes. This is an exceptional opportunity to focus on personal relapse prevention needs and work on deeper issues to enjoy a full and meaningful life.

Components of the Progressions Program may include:

- Develop specific, personal recovery plans
- Intensify participation in a Twelve-Step fellowship
- Expand intuitive skills to help individuals make healthy choices
- Individual Life Coaching
- Address vocational/career change issues
- Opportunities for outings (12-Step meetings, dinners, hike, etc.) within a safe setting to practice and process coping skills
- Specialized therapies such as EMDR, Pain Management services, and Integrative Therapies
- Two-day Couple's Workshop and Parenting Skills Group
- Two-week EMDR Intensives™ are available for individuals currently in therapy who want to accelerate the healing process

Those who need help with an active addiction or disorder typically require a minimum of 30 days for effective treatment. Each person is assessed on a case-by-case basis to determine if the Progressions Program will meet his/her needs.

"Progressions is an incredibly important program that reminded me where I've been, where I am, and where I need to go."

~ David K.

For more information about the Progressions Program or EMDR Intensives™, please call Sierra Tucson's Intake Department at 800-842-4487.

... Perspective (Continued from page 1)

theme of all of their stories. They had lost everything, but they had found a relationship with a God of their understanding, and this was enough to get them through. I started to think about my own recovery. I realized that I have been the strongest in my recovery when I have maintained a strong relationship with my Higher Power. Unfortunately, my pride and my ego often creep back in and my spirituality suffers. It is easy for me to start to lose perspective on my own life.



I am reminded of an event early in my recovery. I had finished an extended stay at a posh treatment facility and had moved into a halfway house. This transition was overwhelming. Everything that had seemed to be easy in treatment suddenly became quite difficult. I thought it was the halfway house that was the root of my problems. Thankfully, I had a sponsor who was willing to point out some problems with my "theory." He asked me to make a gratitude list. I had no idea what he meant. He explained to me that I simply needed to take out a pen and a piece of paper and start writing the things that I was grateful for. I thought, what a stupid suggestion; there is no way

that this would help. However, he was my sponsor so I decided to give it a try. With a bad attitude, I got a pen and paper and stared blankly at it, resentful of the task at hand. At first I thought I had nothing to write. I was a failure in my mind—a junkie that had been trying to get and stay clean and had been in multiple treatment centers. I was living in a halfway house, sleeping in a tiny twin bed that folded up like a taco every night (early curfew, of course), with roommates that I couldn't stand. Back to my gratitude

list, I thought I could write that I was grateful that I wasn't locked up in prison. Next, I thought about the fact that I was alive. I hated to admit it at times, but I was actually happy to be alive considering the fact that I had survived being stabbed several years before and all of the other collateral damage that comes with being an addict in active addiction. I was on a roll, two items on my list. I continued and came up with a couple more without really having to think. Before I knew it, I sensed a change in my attitude... I was feeling something. I was actually starting to feel grateful.

(Continued on page 5)

Spotlight on Alumni - Richard R.



My Moment of Clarity came on December 18, 2004, when someone half my age told me that I had better “grow up!” Of course, like many addicts, it took me another few weeks to surrender, and on January 12, 2005, I walked into Sierra Tucson. For over 30 years I used sex, drugs, and alcohol to numb the pain (or perceived pain) of never feeling quite right... of never being “comfortable in my own skin,” as they say. While no one really knew the double life I was leading (I had

never been arrested, never had significant consequences as a result of my behavior), I was a mess... I had reached the point of “pitiful and incomprehensible demoralization.”

While I had surrendered by checking myself in to Sierra Tucson, I was to discover the extent of unmanageability in my life during my time there. I thought I was managing fine, though I really had a serious problem; I was actually very close to death. I learned that while I professed to adhere to a set of values—honesty, family, and generosity, to name a few, my behavior demonstrated otherwise. My addictions had led me to compromise everything that I claimed to hold dear... nothing was sacred. I also discovered that my childhood traumas (sexual abuse and abandonment), while real and horrible, had to be expressed and confronted if I was to regain any sense of self-worth, and that using them as an excuse to “act out” was not serving me well. At Sierra Tucson, I also came to believe that a “power greater than myself” MIGHT be able to restore me to sanity; I was willing to be willing. I was resigned

to a life of dreary misery, knowing that practicing my addictions again would lead to death or worse. I had really accepted the fact that I would never have any fun ever again. How wrong I was!!!! And that was the point my recovery began in earnest. I was now ready to listen to suggestions and take the actions required.

My work began when I stepped off the plane at home 28 days after checking in... 90 meetings in 90 days (a variety of fellowships, finding the similarities and not the differences)... getting a sponsor... working the steps to the best of my ability... retreats... literature... study groups... following suggestions... sharing my experience, strength, and hope with others... getting involved and participating in my own recovery—staying in the middle of the bed, so to speak. Things began to change. I recognized and admitted my shortcomings and became willing to give them up. I cleaned up the “messes” I had left in the wake of my disease... a process that continues to this day. Through this process, I discovered that my addictions were just a symptom of a deeper sickness... a spiritual sickness... a lack of connection to my Spirit. I began to seek this connection, to experiment with many different forms of meditation, prayer, all kinds of “spiritual” practices. Grabbing onto the ones that worked for me and letting go of any that did not work.

It is now just over five years since leaving ST. I have open and honest relationships with my children and those close to me. I have a wonderful, vibrant marriage. I have a support network to which I turn when those tough times come along (as they always do). I help others both inside and outside recovery. I wake up each day with a sense of expectation and excitement. I participate in LIFE! Most of all, I am at peace, which was really all I was looking for to begin with.

~ By Richard R. ★

... Perspective *(Continued from page 4)*

This brings me back to my time in Mexico. I thought about all of the times that I took the simple things in my life for granted. I came back to San Diego and checked into a hotel. It seemed strange to take a shower and have running water again. I was like a curious child when I turned the faucet on—it was fascinating. I realized that so much in life is about perspective. So often, I have forgotten this and focused my attention on the things that I don’t have or how miserable I feel. It is easy for me to forget that my misery is usually only temporary and that I don’t have to spend the rest of my life feeling that way. I lose perspective and turn all of my attention inward. From this perspective, it is easy for me to



lose touch. Nietzsche said, “When you stare into the abyss the abyss stares back at you...” This is so true for me. There have been many times in my recovery where the abyss seems to swallow me whole. Living with mental illness seems to only deepen the abyss. Instead of staring into it, I try to focus my attention upward towards my Higher Power. When I keep things in perspective and nurture my spirituality, I find that the abyss slowly disappears. When I do this, I find that I am grateful for

my recovery. I remind myself that recovery is a journey, and there is no final destination. There is always room for improvement.

~ By Robby C. (robby@catbird99.com) ★



Alumni Support Groups

Atlanta, GA

When: 3rd Monday each month
Time: 7:00 - 8:00 p.m. (Optional 6:30 p.m. dinner)
Place: La Madeleine Restaurant
1165 Perimeter Center West, Suite 330
Atlanta, GA 30346
Contact: Richard R. 404-518-1220
(rule62@rossboy.com)

Syracuse, NY

When: 1st Monday each month
Time: 6:30 - 7:30 p.m.
Place: Manlius Pebble Hill School
Amons Building (Library)
5300 Jamesville Road
Dewitt, NY 13214
Contact: David C. 315-278-5293
(david.cortese@hotmail.com)

Scottsdale, AZ

When: 2nd & 4th Tuesday each month
Time: 6:00 - 7:00 p.m.
Place: Valley Presbyterian Church
6947 E. McDonald Drive
Paradise Valley, AZ 85253
Contact: Robby C. 602-799-8732
(robert@orchidsound.com)
Corey T. (edgeofearth01@cox.net)

Chicago, IL

When: 3rd Monday each month
Time: 6:30 p.m. (Call about location)
Contact: Jeff B. 312-656-7431
(jeffbelmonti@yahoo.com)

Portland, OR

When: 1st Sunday each month
Time: 12:30 p.m.
Place: Whole Foods (Café)
3535 NE 15th Avenue
Portland, OR 97202
Contact: Darcy M. 917-797-6058
(darcym20@aol.com)

Los Angeles, CA

This meeting is open to anyone who has gone through treatment!

When: 2nd & 4th Wednesday each month
Time: 7:00 - 8:30 p.m.
Place: Sha'arei Am: The Santa Monica Synagogue
1448 18th Street
Santa Monica, CA 90404
Contact: Bryan F. 310-201-0005
Portia T. 213-840-8371

Kansas City, KS

When: 3rd Wednesday each month
Time: 6:30 - 7:30 p.m.
Place: Life Dynamics Building
(on Shawnee Mission Medical Center Campus)
9120 West 75th Street, Room 8
Shawnee Mission, KS 66204
Contact: Lana E. 816-561-4346
(qponnie@sbcglobal.net)

Philadelphia, PA

When: 2nd Thursday each month
Time: 6:30 - 8:00 p.m.
Place: Vito's Pizza & Sandwiches (back room)
580 Shoemaker Road
King of Prussia, PA 19406
Contact: Debbie R. 610-945-4837
(debra.beth@yahoo.com)
Bob R. 610-513-6090
(brbball@aol.com)

Northern CA

When: 3rd Saturday each month
Time: 12 Noon
Place: Bell, Rosenberg & Hughes, Suite 1000
1300 Clay Street
Oakland, CA 94612
Contact: Tani S. 408-489-8429
(tanisanda616@yahoo.com)
Tiffany M. 415-342-8285
(t.spilove@gmail.com)

Boston, MA

When: 3rd Monday each month
Time: 6:30 p.m. (Call about location)
Contact: Nancy S. 603-498-1439
(STBostonAlumni@comcast.net)

Dallas, TX

When: 1st Wednesday each month
Time: 7:00 p.m.
Place: St. Andrew United Methodist
Church, Room 130
5801 West Plano Parkway
Plano, TX 75093
Contact: Donna C. 817-368-6424
(donna.coach@yahoo.com)

Denver, CO

When: 1st Tuesday each month
Time: 7:00 - 8:00 p.m.
Place: Orchard Club South
8081 E. Orchard Road
Greenwood Village, CO 80111
Contact: Scott M. 720-480-4054
(STDenverAlumni@gmail.com)

Detroit, MI

When: 1st Thursday each month
Time: 6:00 - 7:00 p.m.
Place: Farmington Hills Community Library
Conference Room B
32737 West 12 Mile Road
Farmington Hills, MI 48334
Contact: Gail P. 248-891-3304
Mindy E. 248-280-1529
(mimiaunt@mac.com)

Houston, TX

When: 1st Monday each month
Time: 7:00 - 9:00 p.m.
Place: The Woodlands United Methodist Church
2200 Lake Woodlands Dr., Room D-213
The Woodlands, TX 77380
Contact: Mandi R. 713-824-3052
(chocoholicmandi@comcast.net)

Southeast FL

When: 3rd Monday each month
Time: 6:30 p.m.
Place: Palm Beach Gardens Presbyterian Church
4677 Hood Road
Palm Beach Gardens, FL 33418
Contact: Stephanie B. 561-301-6111
(sbarimo@mac.com)
Gus C. 561-222-1928
(gus@18mind.com)

Charlotte, NC

When: 2nd Monday each month
Time: 6:30 p.m. (Optional dinner after mtg.)
Place: St. John's Episcopal Church
1623 Carmel Road
Charlotte, NC 28226
Contact: Scott G. 704-560-2130
(scottgnc@yahoo.com)

London, ENGLAND

When: 1st Tuesday each month
Time: 6:30 - 7:30 p.m.
Place: 17 Wimpole Street
London W1G 8GB
Facilitated by Max Cohen, BACP, UKRC, FDAP.
Contact: Max Cohen 07973 167245
(MCohen@SierraTucson.com)



New York, NY

When: 1st Thursday each month
Time: 7:00 p.m.
Place: Caron Foundation
New York City Recovery Building
244 East 58th Street
New York, NY 10022
Contact: Frank R. 516-857-7106
(first@optonline.net)
Doug C. 718-793-7910
(dou gla8282@aol.com)



From the Editor By Tim McLeod, Senior Alumni Coordinator

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Hello, my Friend,

There is a Japanese Proverb that says, “We can never see the sunrise by looking toward the west.” That is the same with our recovery. Many of us searched for an easier / softer way to well-being. We tried over and over to fill that hole in our heart with substances and compulsive behaviors, only to come up empty. Be thankful, knowing that you gave yourself permission by asking for help to be guided in a new direction and were presented the tools to walk away from your old ways. Sierra Tucson is glad you are a part of our family and, like the awe-struck beauty of the rising sun over the Catalina Mountains, we believe the beauty you found within yourself is just as magnificent.

I want to thank Robby for his writing on perspective. You may remember him as the musician from S.T.A.R 22 on Sunday morning. Since his trip to the Tijuana rehab facility, Robby has taken on an endeavor of collecting supplies for the men. If you have a desire to help out and want to know what is needed, please contact Robby by email at Robby@catbird99.com.

Hopefully, this year you will consider attending the Sierra Tucson Alumni Retreat July 30 - August 1, 2010. The Sierra Tucson staff would love to see you. We decided to change the name of our annual event from “Reunion” to “Retreat.” The reason for the change came from alumni who attended last year’s event. One person said, “A reunion implies that I will be reunited with individuals who were in treatment when I was there, and that has not been the case.” Another commented that with all the workshops that take place, it feels more like a retreat. After hearing this, we concluded that we needed to change the name. It is always our hope that each attendee will leave the weekend with a revived hunger and passion for their own healing, whether that person is a family member or patient alumni. Others requested that the weekend be longer. So for those of you who choose to arrive on Thursday instead of Friday, we have added a Welcome Reception and 12-Step meeting on Thursday evening, as well as a day-long workshop on Friday!

Many of you have asked over the years, “Does Sierra Tucson have a foundation to which I can make a tax deductible donation?” The answer is YES! You can now be part of helping another individual get treatment at Sierra Tucson. For more information, go to www.SierraTucson.com and click on “Alumni,” then **“Donate to Recovery Foundation.”**

From time to time, Sierra Tucson is approached by different media outlets who want to report on a recovery topic. Their request is for us to place them in contact with someone who has been through treatment at Sierra Tucson, based on a subject they are reporting on. Sometimes they are looking for general stories and other times they want to interview based on a diagnosis. Many times interviews are done over the phone; sometimes they are in person or even on camera. In most cases, their requests are passed along to me or Patty to see if we are aware of any alumni who might be willing to share their story. Each opportunity is different, and with each you are encouraged to make known your requirements for anonymity and privacy. If you are interested in sharing your story if the right opportunity presents itself, send Patty an email at PREyna@SierraTucson.com with your contact information and share with her a paragraph or two of your personal story. She will tuck it away and, should a request come for a story that matches yours, she will contact you and let you make the decision of whether or not to participate. It doesn’t matter the reason you came to Sierra Tucson; there is always someone who might benefit from hearing your story.


Sierra Tucson continues to strive to become more green in its support of the environment by using less paper. If you are receiving the “Beyond the Miracle” eNews and would like to be removed from our postal mailings, please contact me. If you have never heard of Sierra Tucson’s bi-weekly Alumni eNews and would like to sign up for it, please go to www.SierraTucson.com, “Alumni, Newsletters,” and click on “Sign up for the Alumni eNews” in the right column.

I want to thank all of you who have supported the creation of the 12-Step Path. There are only two benches still available for purchase, but there’s room for many more pavestones. To order or see photos of the path, please go to www.SierraTucsonBricks.com.

Evening/Weekend therapist Wayne Zespy would love to hear from you if you would like to come to Sierra Tucson on a Saturday evening and share your experience, strength, and hope with the patient community. You can reach Wayne at LZespy@SierraTucson.com.

We Support You!

Huge blessings,


Tim McLeod

■ *“Our mission is simple: encourage the struggling, celebrate the miracles, and always bring the love.”* ■





University of Sierra Tucson
 39580 S. Lago del Oro Parkway
 Tucson, AZ 85739

Address Service Requested



**Give Support:
 “Donate to Recovery Foundation”
 See Tim’s letter from the Editor!**

Recipe by Chef Kevin A. Luft



“With summer fast approaching, this soup is a great way to beat the heat. Watermelon, mint, and cucumber are naturally cool foods and you will be, too, when you present this to friends and family. Watermelon Gazpacho is loaded with antioxidants and high percentages of Vitamins A, B, and C, as well as a fair amount of fiber. Try this as a delightful starter for your backyard BBQ. Enjoy!”
 ~ Chef “K”

Watermelon Gazpacho (Cold Soup)

- 1 seedless watermelon (approx. 3 pounds)
- 1 large cucumber peeled, seeded and diced
- 1 each red, yellow, and green bell pepper, seeded and diced
- 1 small jalapeño chili, minced (or use ½ chili for a less spicy taste)
- 4 ribs of celery (use the more tender inner ribs), diced
- 1 small red onion, diced
- 1 small shallot, diced
- ½ cup chopped fresh mint (save some leaves for garnish)
- 3 Tblsp. fresh squeezed lime juice
- 2 Tblsp. apple cider vinegar
- ½ cup chopped fresh cilantro
- ¼ tsp. sea salt
- ¼ tsp. cumin

Divide diced watermelon. This will be about 5 cups. Puree 4 cups of watermelon and reserve the rest.

Transfer pureed watermelon to large bowl. (Metal or glass bowl is better than a plastic bowl for chilling purposes.)

Add the reserved diced watermelon and the rest of the ingredients to the bowl and mix together. Garnish with mint leaves on top. Cover and chill for 4 hours.

Serving Tip: Chill the soup bowls and soup spoons so you do not reduce the cooling effect of the Gazpacho by putting the cold soup into a room temperature soup cup.

Yield 6 - 8 one-cup servings
 1 Cup = 1 fruit, 1 vegetable