

BEYOND THE MIRACLE



DECEMBER 2017

MESSAGE from our Alumni Coordinator

Alumni friend,

Reflecting on 2017, I am filled with great joy and great sorrow. Alumni Relations experienced many merry moments this year, including the launch of our [Serenity Cam](#), the release of Sierra Tucson Publishing's debut book, [Nothing Changed...But Me](#), and the 30th annual Sierra Tucson Alumni Retreat (S.T.A.R. 30). As a nation, however, we endured hardships of many kinds - too painful to even mention in this letter.

That's precisely where I stand this holiday season - at the intersection of Happy and Sad. In active addiction, I would have been incredibly uncomfortable with the dichotomy of both feelings occurring simultaneously. There would have been no other solution but to anesthetize with alcohol. In recovery, I have learned it's OK to feel uncomfortable - that 'leaning in' to my feelings provides information about the child within...what "little Alison" needs in order to return to safety.

There is an ancient adage that is often quoted in the recovery world: *This too shall pass*. This phrase has worked wonders for me when confronted with life on life's terms. But something happened this week that reminded me to settle in to the present moment instead of wishing it would pass.

Since I was a little girl, I have had a dream. As I grew up and the disease of addiction progressed, I fell into a victim role and believed this dream was unattainable - that people like me didn't get to realize hopes of this caliber.

Six-and-a-half years into recovery, my childhood dream came true.

Grateful. Excited. Humbled. Ecstatic. Words can't begin to express the countless feelings swirling through my body. Then, the negative self-talk crept in hastily and I slipped back into that old familiar self - fearful, doubtful, anxious, and defeated. Could I really do this? Will people discover that I am a phony, a fraud, a fake?

Thanks to recovery and the continuous work of my Higher Power, I didn't wallow in the negative talk for long. A friend called to encourage me not to miss the miracle of the moment - to find gratitude in the fact that the dream had been *realized*. Rather than thinking 'this too shall pass,' I made the decision to enjoy the beautifully uncomfortable moment.

Friend, if you're feeling happy and sad at the same time this holiday season, it's OK. If you're feeling excited and discouraged simultaneously, that's OK too. I invite you to feel them all, to lean in and listen, to honor the child within. Most of all, I invite you to celebrate the Miracle of each Moment.

Wishing you peace and love,

Alison Broderick
Alumni Coordinator



'MY MIRACLE IS' VIDEO

Alumni Relations is delighted to unveil our latest project, "My Miracle Is." In this video, alumni and staff members share their greatest miracle in recovery. We hope you will share it with your network!

What's your miracle this holiday season? Head over to our private alumni Facebook page and let us know!

To join our private alumni Facebook page [send a friend request to Alumni Relations Manager Tim McLeod](#) include a message that you are a Sierra Tucson alum.



#MyMiracles



GET YOUR COPY TODAY!



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New York, NY
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Seattle, WA

2018 ALUMNI WORLD TOUR

January

4 [Tucson Alumni Cont. Care Group](#) (Courtney)
9 [Phoenix Resident Alumni Cont. Care Group](#) (Courtney)

10 [Atlanta Alumni Cont. Care Group](#) (Alison)



CONGRATULATIONS to each of you

We celebrate with HUGE applause these December 2017 birthdays:

Twelve Years
Carina H. - Fairfield, CA

Twenty Years
Karol S. - Boise, ID

Twenty-Seven Years
Don B. - Binghamton, NY

If you are celebrating a year or more of sobriety, abstinence, clean time, pain-free time, etd in the month of January, please [send an email to Alison Broderick](#), that includes:

- First Name
- First Letter of Last Name
- City and State
- How Many Years You Are Celebrating

Sierra Tucson is ALL about Celebrating the Miracles!

ALUMNI RELATIONS TEAM

Tim McLeod
Alumni Relations Manager
Central Region
(913) 269-1323
Tim.McLeod@SierraTucson.com



Alison Broderick
Alumni Coordinator
Eastern Region
(520) 336-7061
Alison.Broderick@SierraTucson.com

Courtney Martinez, MS
Alumni Coordinator
Western/International Region
(520) 624-4000 Ext. 600205
Courtney.Martinez@SierraTucson.com



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