

# BEYOND THE MIRACLE



JANUARY 2018

## MESSAGE from our Alumni Relations Team

Alumni friend,

Happy New Year from Sierra Tucson's Alumni Relations team! In recovery, we discover that happiness is an inside job, and that every New Year can be filled with joy no matter our circumstances. Alumni Relations is grateful for our alumni community. Each individual who comes to Sierra Tucson is a Miracle, and we have the unique opportunity to walk shoulder-to-shoulder with our Miracles on their lifelong journey of recovery. What a gift!



Courtney Martinez, Tim McLeod, and Alison Broderick

This year, Alumni Relations is focused on connecting our world of Miracles in both traditional and non-traditional ways. No matter where you are located on the map, we want you to feel a true sense of community. From personal phone calls, to [workshops and events](#) to [support groups](#) both in person and online, our mission is to unite our tribe of Resident and Family Member Alumni.

*The story of your life is not your life; it's your story.  
John Barth*

This time of year can be isolating for many of us. Something about the colder weather, the seemingly lifeless landscapes, the post-holiday blues, the shorter days...it can be overwhelming. Thankfully, we have been given the gift of treatment and recovery; today we have a 'toolbox' that helps us endure those not-so-pleasant moments.

The best remedy for a lonely heart is service work. When we help others who are struggling, we help ourselves too. If you have a friend or a loved one who is hurting, remember there is power in your story. By sharing your healing journey with him or her, you allow Light and Hope to penetrate through darkness.

There is no greater act of love and service than sitting with another human being and sharing openly and honestly. The words "me too" are powerful, comforting, and life-changing. Just imagine how many lives we can touch by giving back what has been given us! It's astounding, really.

Friend, go forth and be the Light you want to see in the world. And know in the deepest part of your soul that Sierra Tucson Alumni Relations supports you.

Warmly,

Tim McLeod, Courtney Martinez, and Alison Broderick

*\*If you or a loved one is suffering from addiction, trauma, chronic pain, mood and anxiety disorders, or co-occurring conditions, please call our Admissions Coordinators at 800-842-4487.*



## SAVE THE DATES

- March 7 - Tucson Alumni Workshop
- March 21 - Seattle Alumni Workshop
- April 14 - Phoenix Alumni Workshop
- May 5 - Alumni Spring Renewal
- October 11-14 - Sierra Tucson Alumni Retreat (S.T.A.R. 31)

## SERENITY NOW

Do you find yourself reminiscing on your time at Sierra Tucson, wishing you could go back? Head over to the [Sierra Tucson Serenity Cam](#) at any time during your day and let the Santa Catalina Mountains bring you peace and comfort. The breathtaking view is a great reminder to take some deep breaths and pause. We are here for you.



\*Photo captured the morning of January 11



## ALUMNI GROUPS

### support

- Scottsdale, AZ
- Chicago, IL

### continuing care

- Phoenix, AZ
- Tucson, AZ
- Los Angeles, CA
- Newport Beach, CA
- Atlanta, GA
- New York, NY
- Dallas, TX
- Seattle, WA

## CONGRATULATIONS to each of you

We celebrate with HUGE applause these January 2018 birthdays:

### Ten Years

- Matt K. - Stamford, CT
- Karen S. - Solana Beach, CA

### Twenty-Two Years

- Mark C. - Tampa, FL

### Thirty Years

- Ben H. - Lilburn, GA

### Thirty-Two Years

- Mindy E. - Detroit, MI

If you are celebrating a year or more of sobriety, abstinence, clean time, pain-free time, eton the month of February, 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

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