

BEYOND THE MIRACLE



NOVEMBER 2017

MESSAGE from our Alumni Coordinator

Dear Alumni friend,

'Tis the season for giving thanks and sharing gratitude! I have so much for which to be grateful. Although sometimes, it's easy to focus only on the negative and take for granted all that's right in the world. For me personally, this year packed a punch when it came to personal challenges. With each new challenge, however, I was given an opportunity for personal growth. One of the strongest tools in my toolbox this year has been recognizing the power of my own perception.

Making subtle shifts in my perception of the world (and the challenges within it) have had a huge impact on my well-being. I have had numerous opportunities to learn about what I can (and cannot) control. I have learned not to take life too seriously. I have learned to flex my 'sense of humor' muscle; after all, laughter is the best medicine. I am taking better care of myself by actually scheduling playtime and being silly. These seemingly small adjustments have gone a long way in helping me not only to overcome, but also to persevere, through some of life's greatest trials.



Alumni Coordinator Courtney Martinez

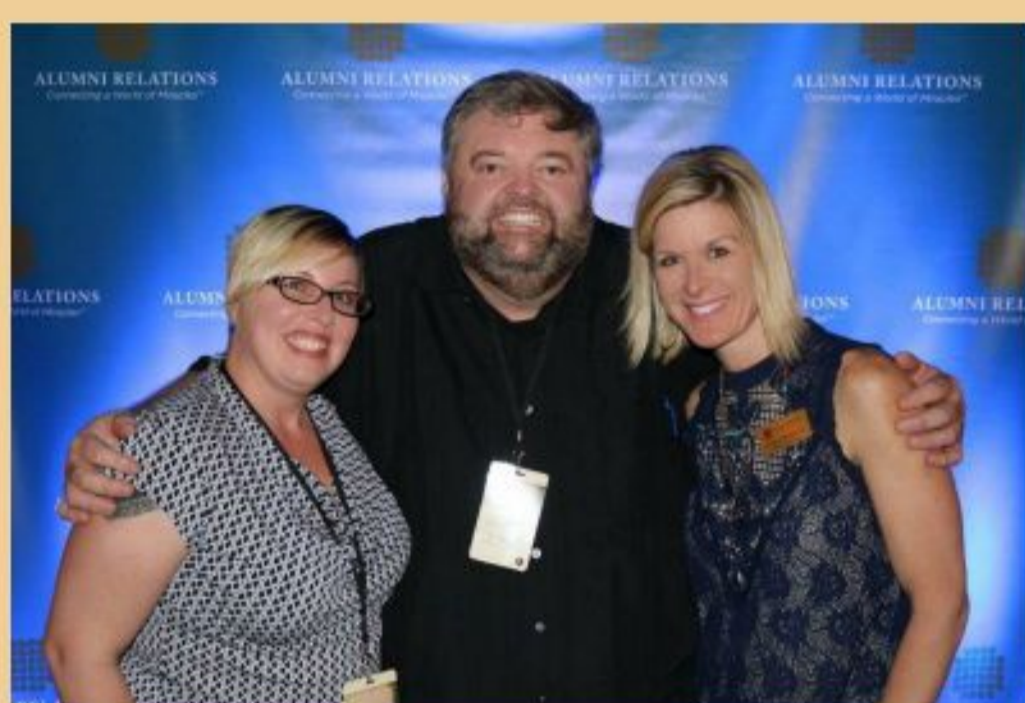
"Trade your expectations for appreciation and the world changes instantly." - Tony Robbins

"The miracle of gratitude is that it shifts your perception to such an extent that it changes the world you see." - Dr. Robert Holden

Much like life, recovery is a journey. There are ups and downs. There are wins and losses. When life challenges us, we can choose how to perceive those so-called setbacks. We can choose which tools will help us get to the next chapter. For me, it's embracing my inner goofball. It's connecting with those who I call family. It's changing my perception and learning how to laugh. This Thanksgiving, I encourage you to find gratitude even in the smallest of things. Yes, life can be hard. But it can also be amazing. It all depends on how you choose to look at it.

Grateful for each and every one of you,

Courtney Martinez, MS
Alumni Coordinator



S.T.A.R. 30: A HUGE SUCCESS!

Wow is all we can say. The 30th annual Sierra Tucson Alumni Retreat (S.T.A.R. 30) in October was everything we could have imagined and so much more. We are thankful for those who made it to our four-day Retreat - what a great turnout! Here are just a few comments:

"Every year just keeps getting better and better!"

"Thank you from the bottom of my heart for all you do to make these retreats so special and possible."

"This was my first retreat and I thought it was absolutely fantastic!!"

Be on the lookout for our #MyMiracles video, as well as a photo album of the event. And remember to put next year's Retreat on your calendar: October 11-14, 2018!



ALUMNI GROUPS

support

Scottsdale, AZ
Chicago, IL

continuing care

Phoenix, AZ
Tucson, AZ
Los Angeles, CA
San Diego, CA
Newport Beach, CA
Denver, CO
Atlanta, GA
New York, NY
Austin, TX
Dallas, TX
Seattle, WA

2017 ALUMNI WORLD TOUR

November

- 28 [Dallas Alumni Cont. Care Group](#) (Tim)
- 30 [Phoenix Alumni Cont. Care Group](#) (Courtney, Tim)

December

- 2 [NYC Alumni Cont. Care Group](#) (Alison)
- 9 [ATL Alumni Cont. Care Group Holiday Party](#) (Alison)
- 20 [ATL Alumni Cont. Care Group](#) (Alison)



CONGRATULATIONS

to each of you

Welcome with HUGE applause these November 2017 birthdays:

One Year

Rhea A. - Phoenix, AZ

Two Years

Gillian S. - Las Vegas, NV

Eleven Years

Shawn M. - Altoona, PA

Eighteen Years

Ellen R. - Indianapolis, IN

Twenty-One Years

Stephanie S. - Tucson, AZ

Twenty-Four Years

Tom M. - Valparaiso, IN

Thirty-One Years

Kate L. - Oklahoma City, OK

If you are celebrating a year or more of sobriety, abstinence, pain-free time, et al in the month of December, 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!

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