

BEYOND THE MIRACLE



OCTOBER 2017

MESSAGE from our Alumni Relations Manager

Dear Alumni friend,

I am so excited to see everyone at our 30th annual [Sierra Tucson Alumni Retreat \(S.T.A.R. 30\)](#) this week. The retreat is an amazing gathering, where transparency is welcome and connections are formed.

Last month, I celebrated 18 years of recovery. I'll never forget the overwhelming emotions I experienced when I walked through the doors of Sierra Tucson for the first time. To this day, when I enter those same doors, I am rocketed back in time to 8:30 a.m. on September 12, 1999. The experience is the same, how I view it is not. If I'm struggling, my thoughts gravitate to the pain, anxiety, and how I let myself get so messed up that I needed to go to treatment. When I'm grounded in grace, my view is much different; I see the freedom I've come to love and am grateful for the opportunities I've been given.

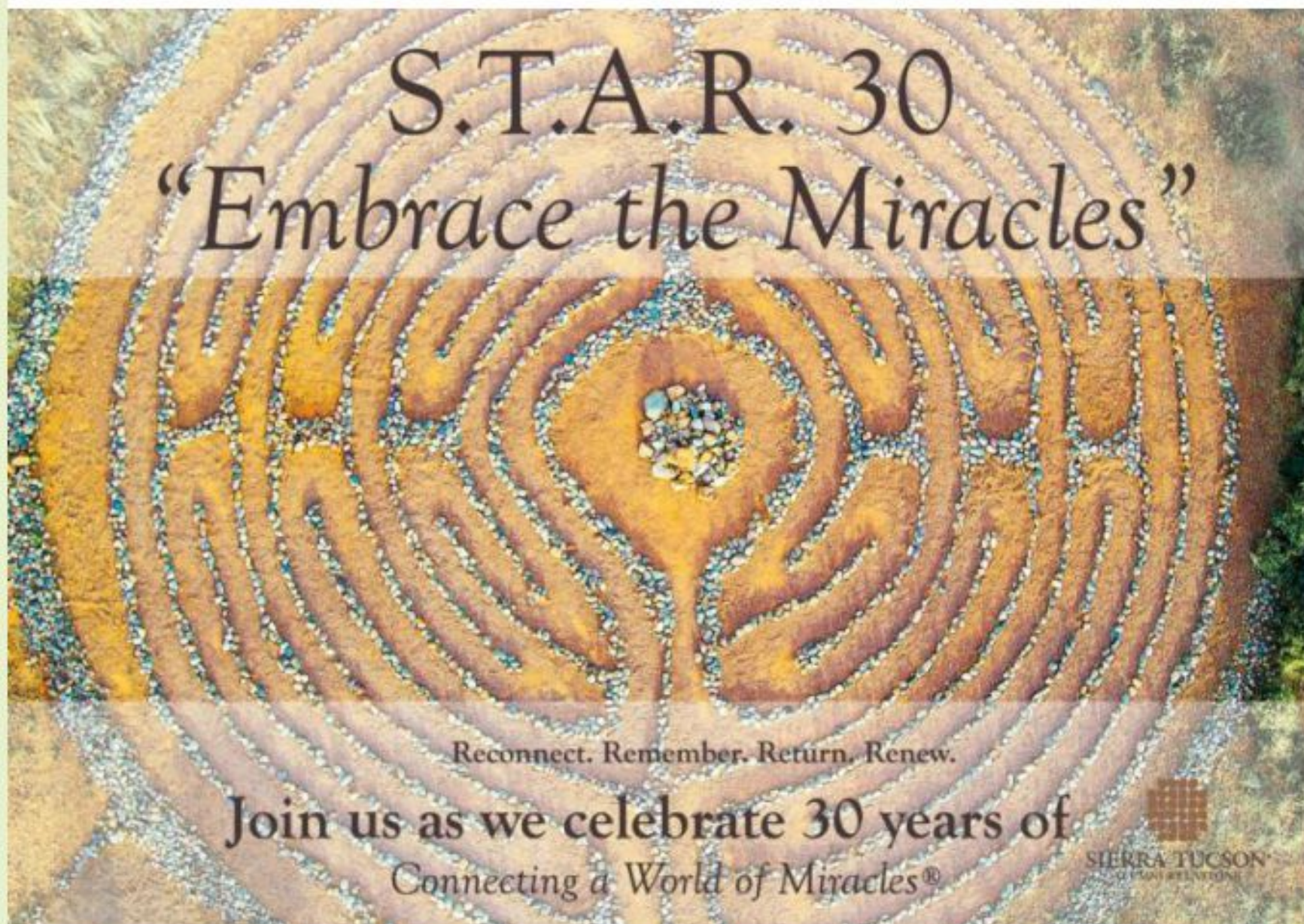


During Halloween season, I see doors decorated with skeletons, cobwebs, and other scary creatures. It has become apparent: the 'door' experience is something I face daily. I may not be physically walking through a door, but I experience the same mental decisions like I did in 1999. Will I ask for help to equip myself with the willingness to take action or will I become overwhelmed with anxiety by focusing on the skeletons and cobwebs of my past? The choice is mine, but with the help of my recovery network, I can walk through each door with courage and gratitude.

To those who are planning to attend S.T.A.R. 30, I pray your travels are safe and the healing that began at Sierra Tucson continues. To those who are unable to make the retreat, you will be with us in spirit and in love.

Blessings,

Tim McLeod
Alumni Relations Manager



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 (**NEW!**)

2017 ALUMNI WORLD TOUR

October

19-22 [Sierra Tucson Alumni Retreat](#) (Tim, Alison, Courtney)
30 [Dallas Alumni Workshop](#) (Tim)

November

2 [Tucson Alumni Cont. Care Group](#)(Courtney)
8 [Atlanta Alumni Cont. Care Group](#)(Alison)
9 [Phoenix Alumni Cont. Care Group](#)(Tim)
18 [NYC Alumni Cont. Care Group](#)(Alison)
30 [Phoenix Alumni Cont. Care Group](#)(Tim, Courtney)



CONGRATULATIONS

to each of you

Welcome with HUGE applause these
October 2017 birthdays:

One Year

Wendy E. - Newport Beach, CA

Two Years

Maureen K. - Phoenix, AZ

Three Years

Colleen K. - Tucson, AZ

Four Years

Anthony S. - Huntington Beach, CA
Teresa H. - Phoenix, AZ

Five Years

Randy H. - Milwaukee, WI

Eight Years

Erin B. - Salt Lake City, UT

Nine Years

Brooke H. - Beverly Hills, CA
Sue M. - Mamaroneck, NY

Ten Years

John P. - Van, TX
Steve L. - Tucson, AZ

Fourteen Years

Ashley K. - Bremerton, WA

Fifteen Years

Dawn Z. - Encinitas, CA

Twenty-One Years

Chrisi H. - Carlsbad, CA

If you are celebrating a year or more of sobriety, abstinence, clean time, pain-free time, etc. in the month of November, 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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