

BEYOND THE MIRACLE



SEPTEMBER 2017

MESSAGE from our Alumni Coordinator

Dear Alumni friend,

Every year around this time, I am like a kid at Christmas. The [Sierra Tucson Alumni Retreat \(S.T.A.R. 30\)](#) is less than a month away and I am already feeling giddy. This year marks the 30th anniversary of our Retreat - THIRTY years! That's incredible. If you have already signed up, we can't wait to see you. If you are thinking about joining us, please do! Take the weekend to nurture your recovery and connect with other resident and family member alumni. I promise, you will experience the Miracle all over again.

September is an important month for us at Sierra Tucson. Since 1989, the Substance Abuse and Mental Health Services Administration (SAMHSA) deemed September *National Recovery Month* to increase awareness and celebrate the successes of those in recovery. Indeed, recovery is something to be celebrated! We have been reborn - the old has gone, the new has come.

I started thinking about recovery and what it means to me personally. Today I have hope. Even on my darkest days, I know there is always a solution. In the midst of adversity, I know I am never alone. When life gets heavy and seemingly unbearable, I know that a drink is never the answer. What a change! Each of us can attest to the remarkable transformation that takes place when we live life just one day at a time.



Alumni Relations Manager Tim McLeod visited Alison Broderick and our Atlanta Alumni in September



This month - and every month thereafter - I hope you will celebrate your recovery. Rather than focusing on the regrets of the past or the anxieties of tomorrow, I hope you will live in the present. I encourage you to step outside your comfort zone and do something out of the ordinary. Check out our [alumni events](#) and [alumni groups](#) and connect with others near you. Take a leap of faith and join us at the Retreat in October. Help those in treatment at Sierra Tucson by being an alumni speaker on a Saturday evening. Offer your experience, strength, and hope by [writing a testimonial](#) for our website. Join Dr. Antoinette Giedzinska-Simons and myself at the [Southeast Alumni Renewal](#) in Atlanta, GA on Saturday, September 23 (there

are a few spots left!). The options are endless.

In recovery, we heal from brokenness; we awaken to new possibilities; we love ourselves and our neighbors; and we find the willingness to take action. I could not ask for a more beautiful design for living, sweet friends. I am thankful we're on this journey together.

Let your Light shine bright,

Alison Broderick
Alumni Coordinator

THE COUNTDOWN IS ON

[Book your room](#) by September 27, 2017!



SOUTHEAST ALUMNI RENEWAL: A FEW SPOTS LEFT!

Resident and Family Member Alumni, join us for our Southeast Alumni Renewal in Atlanta, GA on Saturday, September 23! Friends and family members are welcome to attend.

[SIGN UP NOW!](#)

Southeast Alumni Renewal

"Conquering Stress: A stress management seminar for recovery warriors"

Saturday, September 23, 2017
Atlanta, GA



ALUMNI GROUPS

[support](#)

Scottsdale, AZ
Chicago, IL
Boston, MA

[continuing care](#)

Phoenix, AZ
Tucson, AZ (**NEW!**)
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

- September**
23 [Southeast Alumni Renewal in Atlanta](#) (Alison)
- October**
3 [NEW Seattle Alumni Cont. Care Group](#)(Courtney)
5 [Tucson Alumni Cont. Care Group](#) (Courtney)
11 [Atlanta Alumni Cont. Care Group](#)(Alison)
12 [Phoenix Alumni Cont. Care Group](#)(Courtney)
19-22 [Sierra Tucson Alumni Retreat](#)(Tim, Alison, Courtney)



CONGRATULATIONS

to each of you

Welcome with HUGE applause these September 2017 birthdays:

One Year

Kimberly L. - Flint, MI
Paul R. - Tucson, AZ

Two Years

Jarrett J. - Houston, TX
Jessica W. - Philadelphia, PA

Five Years

Katy E. - Phoenix, AZ

Seven Years

Garrett B. - Reno, NV

Nine Years

Sara D. - Phoenix, AZ
Steve L. - Tucson, AZ

Ten Years

Kelle C. - San Francisco, CA

Eighteen Years

Tim M. - Overland Park, KS

Twenty-Four Years

James L. Y. - Cave Creek, AZ

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



DID YOU KNOW?

We have a **private alumni Facebook page!** Join more than 600 alumni and receive support, plus up-to-date information about upcoming events and groups. Send a message to <https://www.facebook.com/tim.mcleod.33> and let him know you are an alum who would like to be added to our secret group.

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