

BEYOND THE MIRACLE



APRIL 2018

MESSAGE from our Alumni Coordinator

Alumni friend,

I think it's safe to assume that most of us have welcomed springtime with a big friendly hug. Oh, how I love this time of year! Creatures begin to awaken from their winter's nap; foliage that was once frozen has resurfaced with purpose; and nature's spring palette is simply magnificent. Indeed, spring is a time of restoration and renewal.

In 2016, Alumni Relations introduced its annual **Alumni Spring Renewal** in Stamford, CT. This year, I am thrilled to welcome Kevin Gilliland, Psy.D., as the presenter for our 3rd annual Alumni Spring Renewal on Saturday, May 5. Many of you may remember Dr. Gilliland, who was our keynote speaker at last year's 30th annual **Sierra Tucson Alumni Retreat** (S.T.A.R. 30). To our alumni in the Northeast, you are in for a real treat! He will present "Master Your Mindset & Prevent Anxiety: Self-monitoring strategies for peace of mind." We are also hosting workshops in Newport Beach and Los Angeles, CA; in addition to an Alumni Wellness Series in St. Louis, MO. Check out our **Alumni Events** page for more information.



April is a special time of year for me personally, as it marks my sobriety anniversary. This month, I humbly and gratefully celebrated seven years of recovery. Seven years ago, I reluctantly walked into an AA meeting with the hopes of saving a new marriage. What I did not realize then is that I would be saved along the way. I am astounded by this new life I live, and the only explanation I can offer is God's infinite grace.

A couple of weeks ago, in a women's recovery meeting, I had an "aha" moment. As we were reading the Big Book of Alcoholics Anonymous, a single sentence caught my eye: "I have come to believe that hard times are not just meaningless suffering and that something good might turn up at any moment" (374).

It was then that I began to ponder the word "hard." Yes, we still endure hard moments even in recovery. But the more I thought about its meaning, I had an epiphany. The hardest moments of my life took place in active addiction. It was hard trying to piece together the events from the night before during a blackout. It was hard hurting the people I love over and over again. It was hard to face guilt and shame every morning. It was hard not having a connection with my Higher Power. It was hard.

Today, I am thankful that hard times are met with healthy solutions. What a gift! My hardest day in recovery is a thousand times better than my best day drunk. So, I welcome each spring morning with a smile and a simple prayer: "Thank you, God."

Sweet friends, I hope to see you in Stamford on May 5.

Let your Light shine bright,

Alison Broderick, NCRC-II

*Please reach out to Sierra Tucson Alumni Relations if you, a family member, or a friend is in need of support.

TIME'S RUNNING OUT! REGISTER ONLINE TODAY.

Alumni Spring Renewal "Master Your Mindset & Prevent Anxiety" Saturday, May 5, 2018 Stamford, CT



Kevin Gilliland, Psy.D., will explore self-monitoring strategies for peace of mind in this interactive alumni workshop.

For information, visit SierraTucson.com.



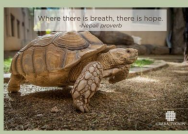
Dr. Kevin Gilliland Returns to Discuss Anxiety with Sierra Tucson Resident & Family Member Alumni!

[Learn More](#)

ALUMNI WORLD TOUR

May 5 - **Alumni Spring Renewal** (Alison)
May 9 - **St. Louis Alumni Wellness Series** (Tim)
May 16 - **Atlanta Alumni Cont. Care Group** (Alison)
May 17 - **Tucson Alumni Cont. Care Group** (Courtney)
May 29 - **Newport Beach Alumni Workshop** (Courtney)
May 30 - **Los Angeles Alumni Workshop** (Courtney)

Save the Dates: The 31st annual Sierra Tucson **Alumni Retreat (S.T.A.R. 31)** will take place Oct. 11-14, 2018!



Where there is breath, there is hope.
-Nepali proverb

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 April 2018 birthdays:

- One Year**
Maximilian F. - Westfield, NJ
- Two Years**
Bridget P. - Beaverton, OR
- Three Years**
Richard T. - Denver, CO
- Four Years**
Dianna S. - Austin, TX
- Seven Years**
Alison B. - Marietta, GA
- Eight Years**
Andrew S. - Scottsdale, AZ
- Ten Years**
Tim W. - Mercer Island, WA
- Twelve Years**
Moly F. - Dallas, TX
- Thirteen Years**
Lisa B. - San Diego, CA
- Sixteen Years**
Lana E. - Leawood, KS
- Twenty-Eight Years**
Bill S. - Blue Hill, ME
- Thirty Years**
Kelly S. - Blue Hill, ME

If you are celebrating a year or more of sobriety/abstinence, clean time, pain-free time, within the month of May, 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, NCRC-II
Alumni Relations Manager
Central Region
(913) 269-1323
Tim.McLeod@SierraTucson.com



Alison Broderick, NCRC-II
Communications and Alumni Coordinator
Eastern Region
(520) 336-7061
Alison.Broderick@SierraTucson.com

Courtney Martinez, MS, NCRC-I
Media and Alumni Coordinator
Western/International Region
(520) 624-4000 Ext. 800205
Courtney.Martinez@SierraTucson.com



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