

BEYOND THE MIRACLE



FEBRUARY 2017

MESSAGE from our Alumni Coordinator

Alumni friend,

Love.

The season of love is upon us again. Shelves were recently stocked to the brim with red and pink boxes, chocolate candies, and roses as far as the eye can see. This time of year I walk through the aisles and stop to think, "Is this really what love looks like?" In a culture that places great emphasis on the notion of romantic love, we can often feel a sense of overwhelming loneliness instead. We take one day a year - February 14 - to celebrate love, but maybe this year, we focus on that which matters most: self-love.



Reflecting on our experiences at Sierra Tucson, we are reminded of the importance that self-love plays in our healing process. Self-love is a key element to living a better, healthier life. As we learn to set boundaries, stop the negative self-talk, and accept our grievances, we come to know the person inside a little bit better. Practicing self-love can help us push through our limiting beliefs and live life as our authentic selves.

Whether we want to build healthier relationships with our partners, our family members, our friends or ourselves, the act of self-love creates a healing environment to do just that. The best part is, we get to decide what love looks like for ourselves. Learning to treat ourselves with compassion and understanding allows us a certain type of freedom. Self-love is our weapon against internal destruction. In a time where loving yourself is a revolutionary act, I encourage you to become a love warrior.



Happiness is when what you think, what you say, and what you do are in harmony. -Mahatma Gandhi

It is possible to speak with our heart directly. Most ancient cultures know this. We can actually converse with our heart as if it were a good friend. In modern life we have become so busy with our daily affairs and thoughts that we have lost

this essential art of taking time to converse with our heart. -Jack Kornfield

Love is an ever-evolving force; as it grows, so do we. The more we nurture it, the more we recognize that we deserve love. That we are worthy of love. That we are, in fact, miracles. Much like recovery, self-love requires daily maintenance. It's in every decision we make. It's a gift we give ourselves - no one can take it from us. So, celebrate love by celebrating you.

Here are a few 'love warrior' tips on the art of practicing self-love:

- 1. Embrace Self-Care:** Make time to nurture yourself. Mindfulness and meditation go a long way in the healing process. Whether you take five minutes or an hour, give yourself a moment of recognition every day.
- 2. Set Boundaries:** It's easy to allow our work, families, and partners to become top priorities. But, be sure to make yourself a priority as well. Setting a boundary for self-care is an essential step in the process. We all have limits; learning to say no is an act of self-love.
- 3. Practice Gratitude:** It's easy to focus on the things we do not have or wish things were different. Practicing gratitude helps to change that frame of mind and focus on what is working, what is benefiting your life, and what is going right. Appreciation for even the small things can help us acknowledge the gifts in every day.
- 4. Get Moving:** Sometimes changing the energy around us can change the energy inside of us. Taking a stroll in the park or walking the dog can help us recharge. Going to a support meeting may be what we need to stay active in our recovery. Being of service to others offers an opportunity to get outside of ourselves and give back. Sometimes, showing love to others can remind us of our own value.
- 5. Celebrate the Wins:** No matter how big or small, setting goals and achieving them can make a big difference in the way we feel. Be your own cheerleader.

We support you,

Courtney Martinez, MS
Alumni Coordinator

Alumni Spring Renewal

"The Movement of Grace"

Saturday, May 6, 2017

Stamford, CT



Jennifer Angier, MS, NCAC-II, CAC-II, returns to bring Sierra Tucson Alumni a more in-depth look at the experience of grace.

For information, visit SierraTucson.com.



ALUMNI GROUPS

support

Scottsdale, AZ
Boston, MA
Detroit, MI

continuing care

Phoenix, AZ
Los Angeles, CA
San Diego, CA
Newport Beach, CA
Denver, CO
Atlanta, GA
Austin, TX
Dallas, TX

2017 ALUMNI WORLD TOUR

Feb. 25 - NYC Alumni Workshop (Alison)

Mar. 1 - Atlanta CC Group (Alison)

Mar. 15 - Tucson Alumni Workshop (Tim, Courtney, Alison)

Apr. 6 - Denver CC Group (Tim)

Apr. 13 - Boston Alumni Support Group (Alison)

Apr. 20 - Philadelphia Alumni Workshop (Alison)

May 6 - Alumni Spring Renewal (Alison)



CONGRATULATIONS

to each of you

Welcome with HUGE applause these

February 2017 Birthdays:

One Year

David D. - Houston, TX

Four Years

Brenda H. - Edinburg, TX

Five Years

Michael "Mustache" D. - Syracuse, NY

Twelve Years

Janet S. - Orlando, FL

Fifteen Years

Mary Alice S. - Vero Beach, FL

If you are celebrating a year or more of sobriety, abstinence, clean time, pain-free time, etc. in the month of March, 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
Alumni Relations Manager
Central Region
(888) 638-1650
Tim.McLeod@SierraTucson.com



Alison Broderick
Alumni Coordinator
Eastern Region
(520) 336-7061
Alison.Broderick@SierraTucson.com



Courtney Martinez, MS
Alumni Coordinator
Western/International Region
(520) 624-4000 Ext. 600205
Courtney.Martinez@SierraTucson.com



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