

BEYOND THE MIRACLE



JULY 2017

MESSAGE from our Alumni Relations Manager

Dear Alumni friend,

I hope your summer is going well. Alumni Relations is extremely excited to see the list of Resident and Family Member Alumni who are registered to attend the annual [Alumni Retreat](#). (S.T.A.R. 30). We recently added to our list of workshop presenters alumni favorites Phillip Mitchell, MA, MFT, MAC, and David Cato, LCSW, TCT, SEP.

Alumni Relations has also added many more upcoming events, including a Southeast Alumni Renewal in Atlanta, GA, facilitated by Antoinette Giedzinska-Simons, PhD. Check out our [Events](#) page to find out when we're traveling to a city near you.

It's monsoon season in Tucson - be sure to check out the [Serenity Cam](#) to see some amazing sunrises and sunsets.



I've worked at Sierra Tucson for over 16 years and hearing from you never gets old. Your stories continue to remind me that life doesn't stop delivering its trials and tribulations; it is how you choose to respond that matters most.

I've found that those who do not take their recovery for granted have a more graceful approach to life; I believe their secret is "awe." They don't wait for yearly anniversaries to recognize accomplishments; they choose to live in awe by embracing the miracles of the moment.

Many years ago, I shared my experience in "Beyond the Miracle" of how a little girl I encountered embraced the miracle of the moment:

Recently, I was flying home from an alumni workshop in Oklahoma City, OK. Sitting in the row ahead of me was a family of four - mom, dad, baby, and daughter, who looked to be 4 or 5 years old. The daughter was very excited to have the window seat. Based on what I heard her sharing with her mom and dad, I could tell this was the first time she had flown.

As we pushed back from the gate, I could see her looking very intently out the window, turning back every now and then to get the nod from Mom and Dad that all jolts and noises were a part of the taxiing process. Each time the captain or flight attendant would make an announcement, she would look up at the speaker as if God was giving her an update. I took a moment and looked around at the passengers in the area; some were eating, others reading the paper, and some conversing with the person next to them. The next part is what shifted the attention of all who were within earshot of this little girl (believe me, it was more than half the plane). The pilot guided the plane down the runway and as the wheels began to lift off the ground, the little girl shouted, "I'm flying! I'm flying! I'm FLYING!"

Everyone stopped what he or she was doing and took a quick look toward the little girl and then out the window. For a brief moment the energy in the plane shifted as we all came into agreement of something we had taken for granted: We're Flying!

What if you responded to life like this little girl by living in a space of awe and wonderment ?

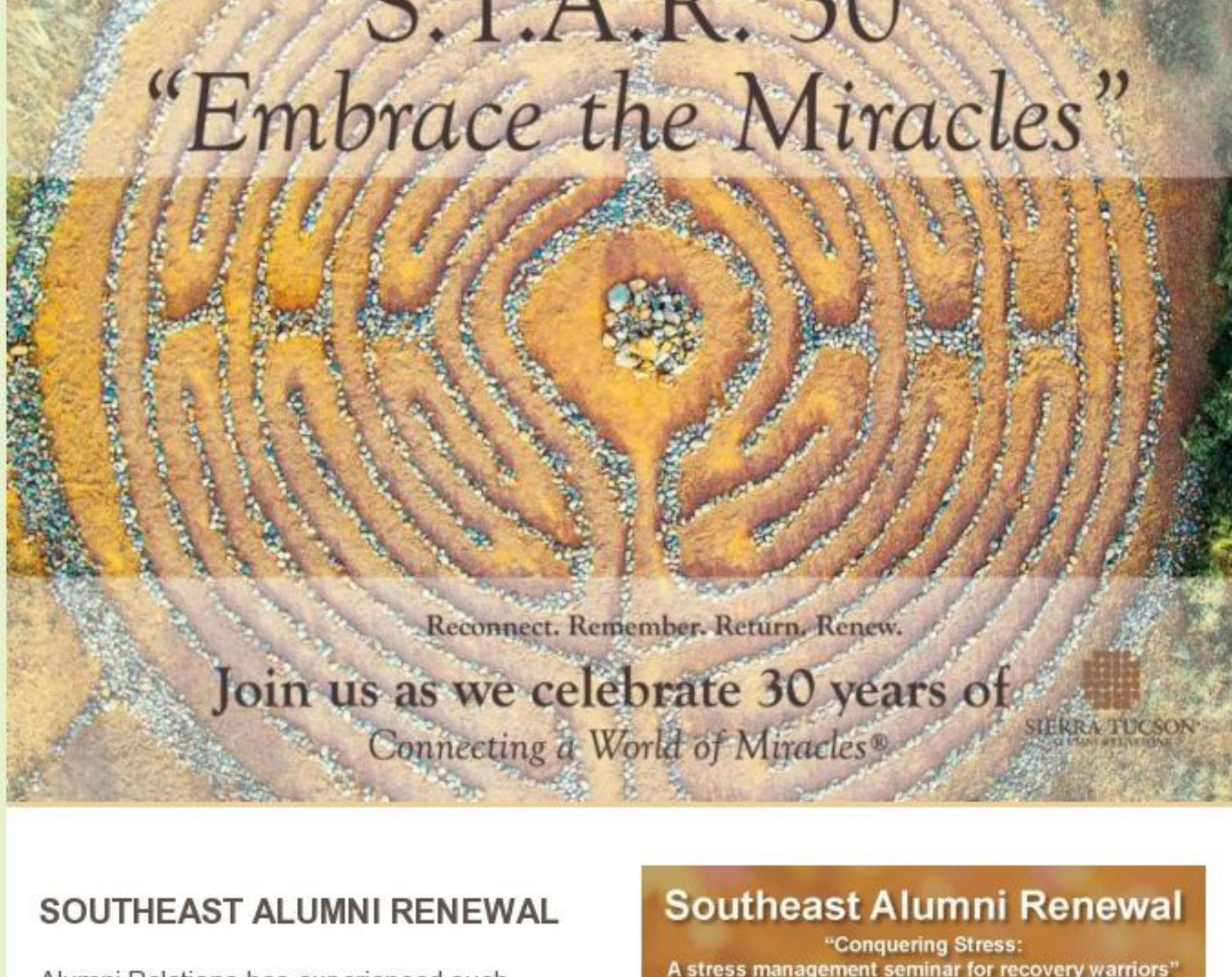
- I'm Living!
- I'm Sober!
- I'm Loved!
- I'm Healing!
- I'm Willing!
- I'm Abstinent!
- I'm Free!
- I'm Hopeful!
- I'm a Miracle!

For today, live in awe by creating your own shout-out and then 'let her rip' for all to hear!

Blessings,

Tim McLeod
Alumni Relations Manager

Registration for the Sierra Tucson Alumni Retreat (S.T.A.R. 30) is now open!



SOUTHEAST ALUMNI RENEWAL

Alumni Relations has experienced such tremendous success and received positive feedback from our Resident and Family Member Alumni about our annual renewals, that we've decided to extend this one-day workshop to our alumni in the Southeast. Of course, *all* are welcome!

Our own Dr. Antoinette Giedzinska-Simons, director of behavioral medicine at Sierra Tucson, will present an interactive seminar on how to become masterful warriors in the battle against stress. Join us in Atlanta on Saturday, September 23, for support and healing. Or, make a weekend of it and en-JOY all that the city has to offer.



[REGISTER TODAY!](#)



ALUMNI GROUPS

support
Scottsdale, AZ
Chicago, IL
Boston, MA

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

2017 ALUMNI WORLD TOUR

July

- 20 [Tucson Alumni Workshop](#) (Courtney)
- 20 [Denver Alumni Cont. Care Group](#)(Tim)

August

- 9 [Atlanta Alumni Cont. Care Group](#)(Alison)
- 12 [Boston Alumni Workshop](#) (Alison)
- 17 [Austin Alumni Cont. Care Group](#) (Tim)
- 19 [Houston Alumni Workshop](#) (Tim)

September

- 9 [Chicago Alumni Workshop](#) (Tim)
- 11 [San Diego Alumni Workshop](#) (Courtney)
- 12 [Newport Beach Alumni Workshop](#)(Courtney)
- 13 [Los Angeles Alumni Cont. Care Group](#)(Courtney)
- 18 [St. Louis Alumni Workshop](#) (Tim)
- 20 [Atlanta Alumni Cont. Care Group](#) (Alison, Tim)
- 23 [SE Alumni Renewal](#) (Alison, Tim)



CONGRATULATIONS

to each of you

Welcome with HUGE applause these July 2017 Birthdays:

One Year

Alen L. - Spearfish, SD

Two Years

Daniel L. - London, England
Dave S. - Commack, NY

Five Years

Jennifer T. - Gallatin, TN

Twelve Years

Darcy G. - St. Louis, MO

Seventeen Years

Terry P. - Scottsdale, AZ

Twenty-Six Years

Warren W. - White Plains, NY

Thirty Years

Michael H. - El Paso, TX

Thirty-Two Years

Sharon O. - Palm Springs, CA

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