

BEYOND THE MIRACLE



MARCH 2017

MESSAGE from our Alumni Coordinator

A bird doesn't sing because it has an answer, it sings because it has a song.
- Maya Angelou

Alumni friend,

I celebrate six years of recovery this month. Every time my sobriety birthday comes around, I think about what recovery means to me personally. Sure, it means what most people might think when they hear the word: healthy, clean... maybe even productive and responsible. But it means so much more than that.



Happy spring from Alison Broderick and her Golden Retriever, Duke!

Recovery. It means I've experienced six years of freedom. Six years of being a present wife, mom, daughter, friend, sister and colleague. It means I wake up each morning remembering Who is in charge, and that sometimes the best solution is to let go. Gone are the days of shame, terror, hopelessness, emptiness and gut-wrenching loneliness. It means that when I make a commitment to someone, I follow through. When I am fearful, I call my sponsor. When I am irritable, I go to a meeting. When I am happy or sad, I pray. I do my best to listen; I take suggestions; I strive for an attitude of gratitude; and I know, in the deepest part of my heart, that I never have to pick up a drink again.

I have enjoyed some of my greatest moments in recovery. I have also endured some pretty big heartaches. I have come to realize that there is a little bit of bitter and a little bit of sweet in each day. But as long as I turn my gaze upward rather than lateral, life is so much simpler.

It's such a beautiful design for living, friends. The fact that we have all been joined together on this path is nothing short of miraculous. You are a Miracle. I am a Miracle. *We Are Miracles.* May we celebrate the gift that is Recovery on this very day. May we find the bitter and the sweet, and remain grateful for both. May we take it easy on ourselves, and help those who are hurting. May we remember that there is always a Solution.

As we invite springtime into our lives, I encourage you to be mindful of the song that each bird sings. It is unique, yet together, the birds of the air produce melodious sounds of joy and peace. *To everything there is a season.* I pray this season fills your heart with joy and peace. Sing your song for all to hear.

Let your Light shine bright,

Alison Broderick
Alumni Coordinator

ALUMNI SPRING RENEWAL

Saturday, May 6, 2017
Stamford, CT



"The Movement of Grace" Presented by Jennifer Angier, MS, NCAC-II, CAC-II

Alumni Relations invites you to spend a day to focus on YOU. The fellowship with other Sierra Tucson Alumni, coupled with the powerfully moving presentation that is "The Movement of Grace," will take your recovery to new heights.

Here are comments from a few of our Alumni who attended Jennifer Angier's presentation at last year's Sierra Tucson Alumni Retreat (S.T.A.R. 29):

"One of the best opening seminars we have ever experienced."

"Really enjoyed her and would LOVE to see her again."

"Loved her message, her energy and humor. Got a lot out of this workshop and it really got me excited for what the rest of the weekend had in store."

"Jennifer is an amazing speaker! Great choice and bring her back!!"

"She was a home run!"

Resident and Family Member Alumni are welcome to attend this workshop. **Sign up by March 31 and receive a 20% Early Bird Discount.** This is an event you won't want to miss.

[Learn More](#)



ALUMNI GROUPS

support

Scottsdale, AZ
Chicago, IL
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

April 6 - [Denver CC Group](#) (Tim)
April 17 - [Chicago Alumni Support Group](#) (Tim)
April 19 - [Atlanta CC Group](#) (Alison)
April 20 - [Philadelphia Alumni Workshop](#) (Alison)

May 2 - [Dallas Family Alumni CC Group](#) (Tim)
May 3 - [Houston Alumni Workshop](#) (Tim)
May 4 - [Austin CC Group](#) (Tim)
May 6 - [Alumni Spring Renewal in Stamford, CT](#) (Alison)
May 6 - [San Jose Alumni Workshop](#) (Courtney)
May 19 - [Atlanta CC Group](#) (Alison)
May 22 - [San Diego Alumni Workshop](#) (Courtney)
May 23 - [San Diego CC Group](#) (Courtney)
May 24 - [Los Angeles CC Group](#) (Courtney)
May 25 - [Newport Beach Alumni Workshop](#) (Courtney)



CONGRATULATIONS

to each of you

Welcome with HUGE applause these
March 2017 Birthdays:

One Year

Arthur R. - Albuquerque, NM
David S. - Thornton, CO

Two Years

Mallory M. - Aberdeen, SD

Four Years

Kathy W. - Malibu, CA

Six Years

Alison B. - Marietta, GA

Eight Years

Sr. Therese M. - Fayetteville, AR

Nine Years

Tim W. - Mercer Island, WA

Fourteen Years

Mary Kate H. - Atlanta, GA

Fifteen Years

Lana E. - Leawood, KS

Sixteen Years

Natalie G. - Los Angeles, CA

Twenty-Seven Years

Bill S. - Blue Hill, ME

Thirty-Two Years

Rose C-B - Tucson, AZ

If you are celebrating a year or more of sobriety, abstinence, clean time, pain-free time, etc. in the month of April, 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
(866) 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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