DECEMBER 2017

MESSAGE from our Alumni Coordinator

Alumni friend,

Reflecting on 2017, I am filled with great joy and great sorrow. Alumni Relations experienced many merry moments this year, including the launch of ou<u>Serenity</u> Cam; the release of Sierra Tucson Publishing's debut book, Nothing Changed...But Me; and the 30th annual Sierra Tucson Alumni Retreat (S.T.A.R. 30). As a nation, however, we endured hardships of many kinds - too painful to even mention in this letter.

intersection of Happy and Sad. In active addiction, I would have been incredibly uncomfortable with the dichotomy of

That's precisely where I stand this holiday season - at the

both feelings occurring simultaneously. There would have been no other solution but to anesthetize with alcohol. In recovery, I have learned it's OK to feel uncomfortable that 'leaning in' to my feelings provides information about the child within...what "little Alison" needs in order to return to safety. There is an ancient adage that is often quoted in the

recovery world: This too shall pass. This phrase has worked wonders for me when confronted with life on life's terms. But something happened this week that reminded me to settle in to the present moment instead of wishing it would pass.

Since I was a little girl, I have had a dream. As I grew up and the disease of addiction progressed, I fell into a victim role and believed this dream was unattainable - that people like me didn't get to realize hopes of this caliber.

Six-and-a-half years into recovery, my childhood dream came true.

within. Most of all, I invite you to celebrate the Miracle of each Moment.

Grateful, Excited, Humbled, Ecstatic, Words can't begin to express the countless feelings swirling through my body. Then, the negative self-talk crept in hastily and I slipped back into that old familiar self - fearful, doubtful, anxious, and defeated. Could I really do this? Will people discover that I am a phony, a fraud, a fake?

Thanks to recovery and the continuous work of my Higher Power, I didn't wallow in the negative talk for long. A friend called to encourage me not to miss the miracle of the moment - to find gratitude in the fact that the dream had beenrealized. Rather than thinking 'this too shall pass,' I made the decision to enjoy the beautifully

uncomfortable moment. Friend, if you're feeling happy and sad at the same time this holiday season, it's OK. If you're feeling excited and discouraged simultaneously, that's OK too. I invite you to feel them all, to lean in and listen, to honor the child

Wishing you peace and love,

Alison Broderick Alumni Coordinator

'MY MIRACLE IS' VIDEO

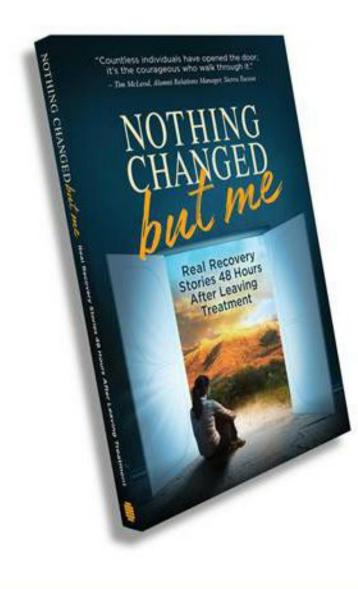
Alumni Relations is delighted to unveil our latest project, "My Miracle Is." In this video, alumni and staff members share their greatest miracle in recovery. We hope you will share it with your network!

What's your miracle this holiday season? Head over to our private alumni Facebook page and let us know!

To join our private alumni Facebook pageend a friend request to Alumni Relations Manager Tim McLeod include a message that you are a Sierra Tucson alum.



#MyMiracleIs





GET YOUR COPY TODAY!



<u>support</u> Scottsdale, AZ Chicago, IL

ALUMNI GROUPS

continuing care

Los Angeles, CA

Phoenix, AZ Tucson, AZ

San Diego, CA Newport Beach, CA Denver, CO Atlanta, GA New York, NY Dallas, TX Seattle, WA

January Tucson Alumni Cont. Care Group (Courtney) 9 Phoenix Resident Alumni Cont. Care Group(Courtney)

2018 ALUMNI WORLD TOUR

Atlanta Alumni Cont. Care Group(Alison) 10



We celebrate with HUGE applause these December 2017 birthdays:

Twelve Years Carina H. - Fairfield, CA

Twenty Years Karol S. - Boise, ID

If you are celebrating a year or more of sobrietabstinence, clean time, pain-free time, etcin the month of January, pleasesend an email to Alison Broderick that includes:

Twenty-Seven Years Don B. - Binghampton, NY

City and State How Many Years You Are Celebrating

Sierra Tucson is ALL about Celebrating the Miracles!

ALUMNI RELATIONS TEAM

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First Name

First Letter of Last Name





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