

BEYOND THE MIRACLE



MAY 2017

MESSAGE from our Alumni Coordinator

Happy May-Almost-June!

As another month whizzes past us, I find myself thinking, "How is it almost June? Where did the time go?" I've been struggling recently with the concept of 'enough'. It seems I never have *enough* time, *enough* money, or *enough* energy to go around. I complete one task and charge forward to the next, and then the next. I'm often so tired I fall into bed and think about all the things I didn't get done, not even giving a second thought to all things I accomplished. I wake up and repeat.



Courtney Martinez, MS
Alumni Coordinator

It wasn't until my body forced me to slow down that I paused to take a breath and look up. As I grew quiet, my head began to fill with questions: "What quantity measures enough?" "Who is doing the measuring?" All of a sudden I was very aware of the lack in my life. Not only did I not have enough time or energy, but I also felt like I wasn't enough. There was a place of lack inside myself that I was trying to fill.

All of my tasks and to-do lists were distractions I used to create a sense of accomplishment and self-worth. Every time I would check off a completed task, I would replace it with two more. I believed that if I could somehow reach the end of these never-ending lists, I would feel I had done enough. That I was enough. That I had value because I could see it all on paper. But instead, the tasks would roll over from one day to the next, and I was never quite able to reach my goal.

As I traced my thoughts back to my childhood, I began to realize that my search for love, for acceptance, was tied into my belief of 'enough'. Growing up, there was never enough of anything - especially time to focus and reflect on it. I was one of two kids raised by a single mother, and we grew up in survival mode. We did what we had to do and there was little time for anything else. Early on I began to notice I would get praise when I would complete a task, finish a chore, or be extra helpful in some capacity.

I started to internalize my self-worth based on my accomplishments. For a large part of my life, that was my driving force. It pushed me to excel in the academic world, to take on new challenges, and to achieve great things against all odds. But, like clockwork, that same empty feeling of 'not enough' would start to creep back in as soon as the task was complete. I would look at all the things I had not yet accomplished and compare myself to those around me who appeared to have it all.

My first instinct was to get busy accomplishing more tasks, but instead, I decided to sit with the feelings. I invited them in and offered them a cup of tea. I felt the void from my perceived worthlessness. I told it I no longer have a need for it and that my existence is not solely based on what I do or how much I complete. It matters only who I am and that I am enough. I am enough even if the laundry didn't get done today; I am enough if there are dirty dishes in the sink. I am enough.

Slowly I began to see things from a different perspective. I began to see not what was lacking in my life, but instead, all of the abundance around me. I noticed that there was plenty of time, if I made time for myself. I had energy when I let myself rest and be still. I felt love when I opened up and became vulnerable. When I stopped focusing on the lack in my life, all sorts of abundance came into it.

With that, I would like to wish you all enough....

*May you always have ...
Enough happiness to keep you sweet,
Enough trials to keep you strong,
Enough sorrow to keep you human,
Enough hope to keep you happy,
Enough failure to keep you humble,
Enough success to keep you eager
Enough wealth to meet your needs;
Enough enthusiasm to look forward,
Enough friends to give you comfort,
Enough faith to banish depression,
Enough determination to make each day better than yesterday.
May you have enough.*

- An Irish Blessing

We support you,

Courtney Martinez, MS
Alumni Coordinator

INTRODUCING ST SERENITY CAM

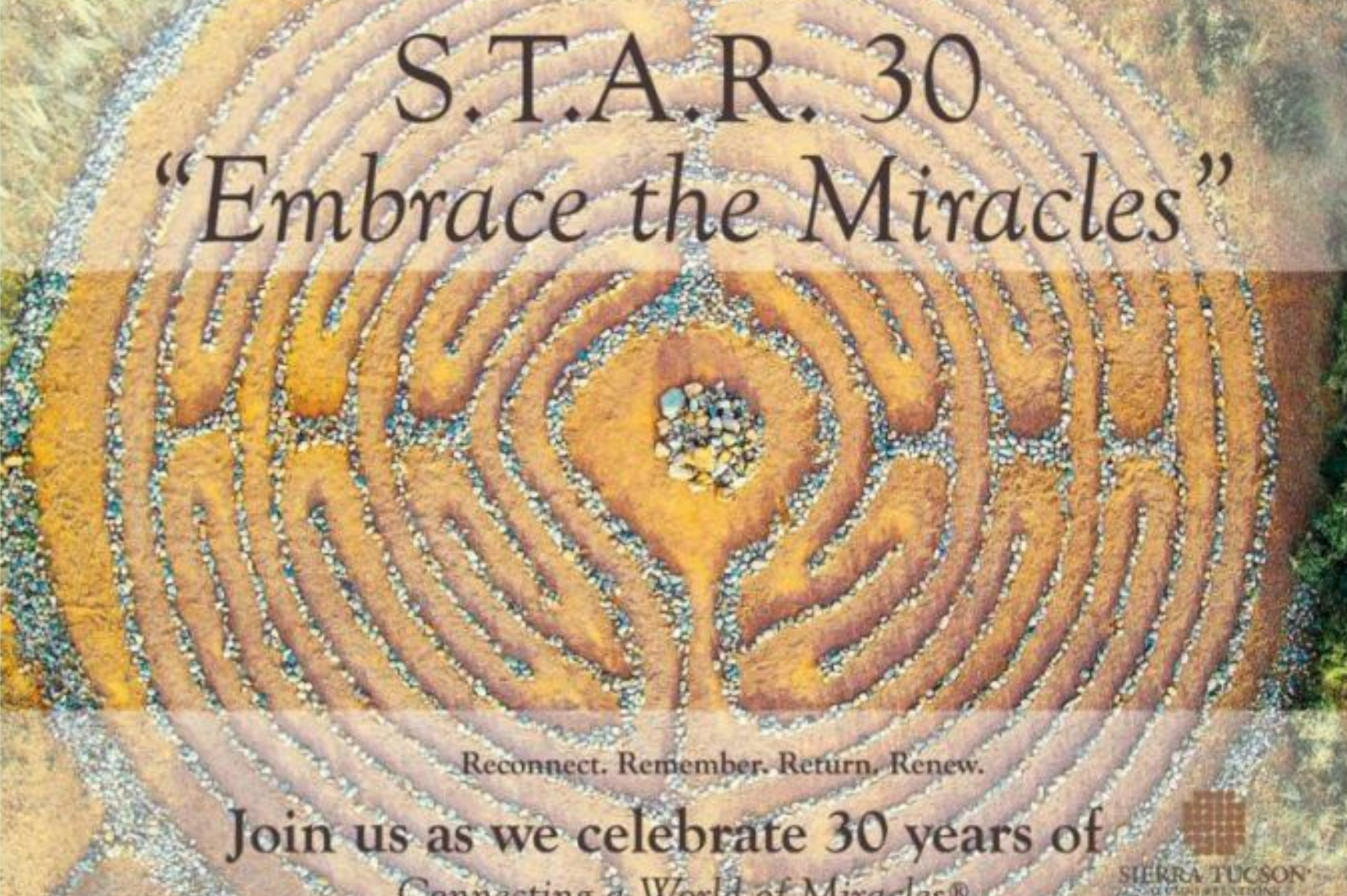
Ever find yourself wishing you could just go back to the place where your healing journey began? Well, now you can! Alumni Relations is stoked to unveil our latest undertaking, the Sierra Tucson Serenity Cam. Visit the breathtaking Santa Catalina Mountains anytime, anywhere. Stay tuned: This live webcam will be up on our website soon!



[CLICK HERE TO WATCH LIVE!](#)

SAVE THE DATE

Registration for the **Sierra Tucson Alumni Retreat (S.T.A.R. 30)** begins on July 1, 2017!



Reconnect. Remember. Return. Renew.
Join us as we celebrate 30 years of
Connecting a World of Miracles®



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 LOCATION!**
New York, NY - **NEW GROUP!**
Austin, TX
Dallas, TX

2017 ALUMNI WORLD TOUR

- June 15 - Dallas Resident Alumni CC Group (Tim)
- June 17 - NEW NYC Alumni CC Group (Alison)
- June 19 - Chicago Alumni CC Group (Tim)
- June 20 - St. Louis Alumni Family Gathering (Tim)
- June 21 - Kansas City Alumni Family Gathering (Tim)
- June 21 - Atlanta Alumni CC Group (Alison)



CONGRATULATIONS

to each of you

Welcome with HUGE applause these
May 2017 Birthdays:

Four Years

Laura M. - Redding, CA

Five Years

Deanne N. - Houston, TX

Seven Years

Barbara C. - Covina, CA

Dana R. - San Antonio, TX

Rob C. - Riverside, CA

Ten Years

Rob L. - Scottsdale, AZ

Fourteen Years

John C. - Cleveland, OH

Thirty-One Years

Ginny C. - Terrell, TX

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



Stay Connected

