

BEYOND THE MIRACLE



MAY 2018

MESSAGE from our Alumni Relations Manager

Alumni friend,

It's a busy time of year for Alumni Relations! We have several [upcoming events](#), and we are diligently working to make this year's 31st annual [Sierra Tucson Alumni Retreat](#) (S.T.A.R. 31) the best ever. Registration for S.T.A.R. 31 begins July 1, but you can make your [hotel reservations](#) today.

Recently, Sierra Tucson hosted a Groundbreaking Ceremony to celebrate the start of its expansion project, "Growing Our Miracle." The new Behavioral Health Inpatient Lodge will allow Sierra Tucson to provide comprehensive treatment to 44 more residents and their families. You can find photos from the magnificent ceremony on our [Facebook page](#).



Sierra Tucson's Groundbreaking Ceremony on April 4

The other day I was at Home Depot. There I was, standing in front of 10 different trash cans and guess who decided to show up? My stinking thinking. Here was the dialogue that played out in my head: "I wonder which one my brother would like? Will my neighbor think I made the right choice? Which one would the garbage collector prefer?" And the voices kept on and on. I became anxious, confused, and irritable. So you know what I did? I left the store with nothing. By the time I was at my vehicle in the parking lot, I was laughing -- at my defects of character that, despite surrendering many times over, continue to crop up; at my people-pleasing tendencies; at my perfectionism; etc. Looking back, the only way I was able to reasonably assess the situation was to step away from it.

Progress can be hard to recognize, especially if our expectations are unrealistically high. If we expect our negative attitudes or unhealthy behaviors to change quickly and completely, we are likely to be disappointed - progress is hard to see when we measure ourselves against idealized standards. Perhaps it would be better to compare our present circumstances only to where we had been in the past.

-Al-Anon's "Courage to Change"

Sometimes in order to find clarity, we may need to remove ourselves from the situation, pause and allow time to breathe, and check in with what's really taking place.

Remember, you will make mistakes. But you are not a mistake. YOU are an AMAZING, BEAUTIFUL, INTELLIGENT, and GIFTED individual who this world needs.

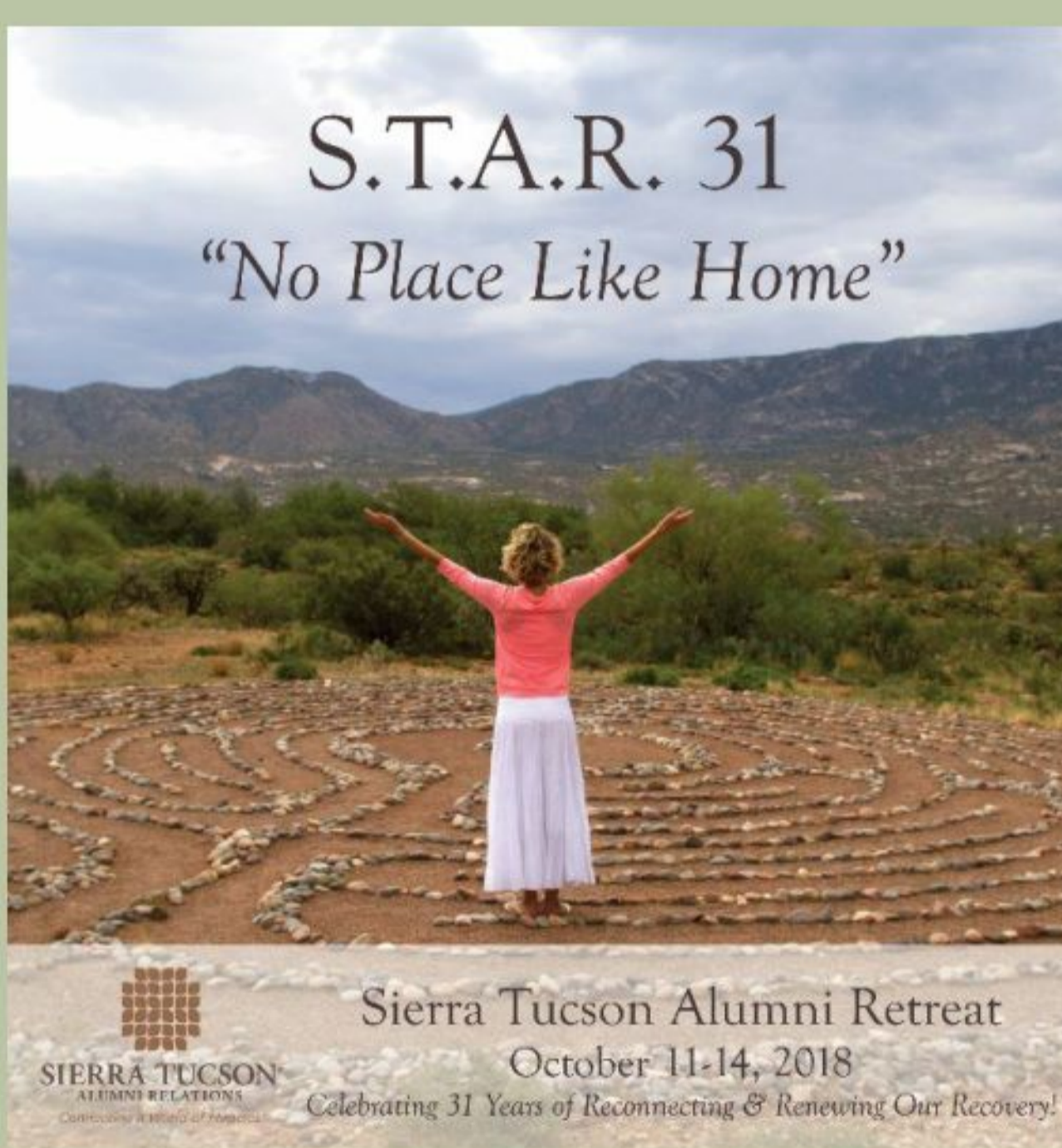
Blessings,

Tim McLeod, NCRC-II

**Please reach out to Sierra Tucson Alumni Relations if you, a family member, or a friend is in need of support.*

REGISTRATION BEGINS JULY 1, 2018!

[Book your hotel room TODAY.](#)



ALUMNI WORLD TOUR

May 29 - [Newport Beach Alumni Workshop](#) (Courtney)
May 30 - [Los Angeles Alumni Workshop](#) (Courtney)

June 6 - [Atlanta Alumni Cont. Care Group](#) (Alison)
June 7 - [Tucson Alumni Cont. Care Group](#) (Courtney)
June 13 - [St. Louis Alumni Wellness Series](#) (Tim)
June 16 - [Austin Alumni Gathering](#) (Tim)
June 21 - [Phoenix Alumni Cont. Care Group](#) (Courtney)
June 23 - [Menlo Park Alumni Workshop](#) (Courtney)
June 24 - [San Rafael Alumni Workshop](#) (Courtney)
June 26 - [Chicago Alumni Workshop](#) (Tim)



ALUMNI SUPPORT GROUPS

Alumni-Led

Scottsdale, AZ
Chicago, IL

Facilitator-Led

Phoenix, AZ
Tucson, AZ
Los Angeles, CA
Newport Beach, CA
Atlanta, GA
New York, NY
Dallas, TX
Seattle, WA

CONGRATULATIONS

to each of you

We celebrate with HUGE applause these

May 2018 birthdays:

Four Years

Jenny D. - Fort Worth, TX

Eight Years

Dana R. - San Antonio, TX

Nine Years

Rob C. - San Diego, CA

Ten Years

Jessica B. - Albuquerque, NM

Eleven Years

Rob L. - Scottsdale, AZ

Thirty-Two 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!

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