

BEYOND THE MIRACLE



FEBRUARY 2018

MESSAGE from our Alumni Relations Manager

Alumni friend,

Sierra Tucson's Alumni Relations team is in full swing, creating opportunities to support your ongoing wellness. Recently we posted three upcoming [alumni workshops](#) - we hope you can join us. Also, be sure to mark your calendar: This year's 3rd annual **Alumni Spring Renewal** in Stamford, CT will be held on Saturday, May 5; and the annual **Sierra Tucson Alumni Retreat** (S.T.A.R. 31) will take place October 11-14.

We are grateful to those of you that have carried the message of hope and healing by sharing with a potential client, attending or hosting an alumni support group, sharing your story with the community - the list goes on and on. If you are interested in being more involved, we encourage you to reach out to us.

I've shared content from Portia Nelson's book, "There's a Hole in My Sidewalk," in the alumni eNewsletter before. This simple story carries so much weight.

I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost... I am helpless.
It isn't my fault.
It takes forever to find a way out.

I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in this same place.
But, it isn't my fault.
It still takes a long time to get out.

I walk down the same street.
There is a deep hole in the sidewalk.
I see it is there.
I still fall in. It's a habit.
My eyes are open.
I know where I am.
It is my fault.
I get out immediately.

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

I walk down another street.

Ever since my recovery journey began, I have found myself in different stages of this story. I would love to say I've chosen to walk down a new street each day, but that has not been the case. For years I would run to the hole in my sidewalk - it was my fortress of solitude; it was safe, familiar, and where I felt in control. When I arrived at Sierra Tucson in 1999, the staff began to reveal to me other ways to handle life on life's terms. At first, those coping skills seemed beyond my ability, but the driving force to give it a try was that I wanted what others had. I listened to individuals share their challenges and instead of relying on their old coping methods, they were applying the self-care tools to which I was being introduced. The common thread was the willingness to ask for help.

No matter where you place yourself in this story, we've all been there, done that. You are not alone. Please reach out if you need support - we love to hear from you.

Huge blessings,

Tim McLeod

"If you or a loved one is suffering from addiction, trauma, chronic pain, mood and anxiety disorders, or co-occurring conditions, please call our Admissions Coordinators at 800-842-4487."



ALUMNI WORLD TOUR

- March 1 - [Phoenix Alumni Cont. Care Group](#)(Tim)
- March 1 - [Tucson Alumni Cont. Care Group](#)(Courtney)
- March 7 - [Tucson Alumni Workshop](#) (Courtney)
- March 13 - [Dallas Alumni Cont. Care Group](#)(Tim)
- March 14 - [Atlanta Alumni Cont. Care Group](#)(Alison)
- March 15 - [Phoenix Alumni Cont. Care Group](#)(Courtney)
- March 19 - [Chicago Alumni Support Group](#)(Tim)
- March 20 - [Seattle Alumni Cont. Care Group](#)(Courtney)
- March 21 - [Seattle Alumni Workshop](#)(Courtney)

- April 4 - [Atlanta Alumni Cont. Care Group](#)(Alison)
- April 5 - [Tucson Alumni Cont. Care Group](#)(Courtney)
- April 14 - [Phoenix Alumni Workshop](#)(Courtney)
- April 21 - [NYC Alumni Cont. Care Group](#)(Alison)

May 5 - Alumni Spring Renewal in Stamford, CT (Alison)



Photo captured from the [Sierra Tucson Serenity Cam](#)



ALUMNI GROUPS

support

Scottsdale, AZ
Chicago, IL

continuing care

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 February 2018 birthdays:

Two Years

David D. - Houston, TX

Five Years

Brenda H. - Edinburg, TX

Six Years

Angela W. - New York, NY

Seven Years

Jacquelyn G. - Costa Mesa, CA
Terri A. - Edmond, OK

Thirteen Years

Janet S. - Windermere, FL

Twenty-Six Years

Dawn M. - Houston, TX

If you are celebrating a year or more of sobriety/abstinence, clean time, pain-free time, etd'n the month of March, 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

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