

# BEYOND THE MIRACLE



APRIL 2017

## MESSAGE from our Alumni Relations Manager

Alumni friend,

Yeah God, spring is here! That is a reason to smile.

According to Stanford psychology professor Robert Zajonc, smiling makes your brain release "happy" chemicals.

In their book, "Smile!" Jonathan B. Levine, DMD, and Jane Larkworthy share, "Babies smile 200 times a day, and women smile nearly 8 times more than men; the average man smiles 8 times a day."

Wow! If your Creator gave you the ability to smile before you could walk, talk or feed yourself, then smiling *must* be important.



I forced myself while typing this letter to consistently smile. I caught myself letting my smile fade away. But, I did notice that when I was smiling, I started to chuckle a little. I felt more at ease when I was smiling than when I was not. Could the "happy" chemicals be kicking in? Seriously, it is relaxing to smile.

Have you noticed that when you are around babies their smile is so effortless? Babies do not care what you will think of them when they smile at you. It is their way of acknowledging that you are there. It is their authentic emotional response that has not been tainted with thoughts of fear and assumptions. It is the truest form of living in the moment.

*Positive Thinking* magazine shared this story:

*Did you know that receiving a smile is better than chocolate? In a British study, 109 adults were shown photos of loved ones smiling, and given money and chocolate. What caused the biggest short-term high? A child's smile, which proved as stimulating as eating 2,000 chocolate bars.*

I am sure some of us will beg to differ regarding the 2,000 chocolate bars, but I think as adults we may be missing the bus on this natural "happy" chemical the brain releases that is known to reduce stress and bring happiness. I have never witnessed someone say they are happy while having a frown on their face. Just try it - it feels awkward. How many times have you said, "I just want to be happy?" Well, turn the frown into a smile and see what happens. While you're at it, choose to create a short-term high in someone's life by giving him or her a smile, too.

In closing, every year around this time, I begin getting excited about the upcoming Alumni Retreat. This year's Retreat will be held October 19-22, 2017. What makes this year even more exciting is that the Sierra Tucson Alumni Retreat (S.T.A.R.) is celebrating its 30-year anniversary! Our theme this year for S.T.A.R. 30, "Embrace the Miracles," is exactly what we plan to do throughout the weekend. I could not be more excited to announce that Sierra Tucson founder Bill O'Donnell will be joining us and sharing his story. I hope you will make plans to attend.

Blessings,

Tim McLeod  
Alumni Relations Manager

## RECHARGE YOUR RECOVERY

The 2nd annual Alumni Spring Renewal is almost here!

# Alumni Spring Renewal

"The Movement of Grace"  
Saturday, May 6, 2017  
Stamford, CT



Jennifer Angjer, MS, NCAC-II, CAC-II, returns to bring Sierra Tucson Alumni a more in-depth look at the experience of grace.

For information, visit [SierraTucson.com](http://SierraTucson.com).



### 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  
Austin, TX  
Dallas, TX

### 2017 ALUMNI WORLD TOUR

- 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 9 - Scottsdale Alumni Support Group (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 April 2017 Birthdays:

#### One Year

Bridgette P. - Portland, OR  
Stanley E. - Las Vegas, NV

#### Four Years

Grace G. - San Tan Valley, AZ  
Marcus C. - Los Angeles, CA

#### Five Years

Wayne N. - Tucson, AZ

#### Eight Years

Julie M. - Ann Arbor, MI  
Lindsay L. - New York, NY  
Sarah T. - Beachwood, OH

#### Nine Years

Lara E. - Austin, TX

#### Eleven Years

Molly F. - Dallas, TX

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