

VOLUME XXIX

# THE VIEW

NEWSLETTER OF THE RIDGEVIEW ALUMNI  
ASSOCIATION STEERING COMMITTEE

## GRACE

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THE  
RIDGEVIEW  
ALUMNI  
ASSOCIATION  
3995 SOUTH  
COBB DRIVE  
SMYRNA GA  
30080

*Saved By Grace*

## UPCOMING EVENTS

EVENT	TIME	DATE	LOCATION
Marietta Round-Up		Friday, April 29, 2016	KSU Center—Busbee Drive
1st Friday	7:45pm	May 6, 2016	Ridgeview—Day Hospital
GSSA		Friday, May 20, 2016	Macon
Spring Fling	6:30pm	Friday, June 3, 2016	Day Hospital: Ala-Non Speaker Meeting
	8:00pm	Friday, June 3, 2016	Day Hospital: AA Speaker Meeting
	10:00am	Saturday, June 4, 2016	Tennis Courts: Set-up
	12:00pm	Sunday, June 5, 2016	Tennis Courts: Set-up @ 9am
Golf Tournament	9:00am	Monday, June 13, 2016	Towne Lake Hills Golf Club
Work Party	10:00am	Saturday, July 2, 2016	Ridgeview—Serenity Garden
1st Friday	7:45pm	July 8, 2016	Ridgeview—Day Hospital
Feed @ Woodland Ridge	12:00pm	Wed., July 13 or 20, 2016	Woodland Ridge
White Water Rafting	8:00am	Sunday, July 24, 2016	Meet @ Pro North—Half Day
Atlanta Round-Up Weekend		Friday, August 4, 2016	Atlanta Perimeter North
1st Friday	7:45pm	August 12, 2016	Ridgeview Day Hospital
GCYPAA		Friday, August 19, 2016	Savannah, GA (Clarion Suites)
Alatoona Round-Up	8:00pm	Friday, August 19, 2016	Cartersville, GA (Hilton Garden Inn)
White Water Rafting	7:00am	Sunday, August 21, 2016	Meet @ Pro North—Full Day
1st Friday	7:45pm	September 9, 2016	Ridgeview—Day Hospital
GSSA		Fri., September 16, 2016	Macon
Work Party	10:00am	Sat., September 24, 2016	Ridgeview—Serenity Garden
1st Friday	7:45pm	October 7, 2016	Ridgeview—Day Hospital

This issue, as well as archival copies, are available on our website at [www.ridgeviewalumni.com](http://www.ridgeviewalumni.com). The Newsletter will be in an Adobe PDF format, our website will link to download the FREE Adobe Reader, allowing you to read and print the Newsletter at your leisure. If you would like to be notified by e-mail when a new Newsletter is placed on the site, E-mail us at [steering@bellsouth.net](mailto:steering@bellsouth.net) or contact us thru the Website. Please put "newsletter" in the subject line.

**Thank you to those who submitted articles for this edition of the Newsletter, if we have learned anything in Recovery it is that  
We cannot keep what we have if we do not give it away!**

If you would like to submit an article for the next Newsletter, please email it to Dawn L. at [dbliistro@bellsouth.net](mailto:dbliistro@bellsouth.net) using "Newsletter" in the subject line.

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Barbara Wheeler, *Endowment Fund & Communications*

# MY RETURN INTO THE LIGHT OF GRACE

SUBMITTED BY: KELCEY S.

Decades of my life were spent without much thought of grace. It was a word I'd shunned, along with all other words that had any relevant spiritual or religious ties. These were truly trying years of my life.

I arrived at Ridgeview out of sheer desperation, not with the intent to start a spiritual journey. "Spiritually

*This unnatural condition led me into the darkness.*

bankrupt" is the most adequate way to describe my condition. It is undoubtedly a fact I've been enlightened to with time. By no means was it readily accepted without exploration. This unnatural condition led me into the darkness. Fully comprehending and accepting it was ultimately the key in my return the light. True relief from other life ailments came as I embarked on a journey to make peace and find clarity with my "Higher Power" and his grace.

The "Higher Power" I'd been exposed to, and grew up believing in, was disowned abruptly at quite a young age. Although it was a time I needed faith the most, my ability to retain it was limited by my young mind and the pain I'd endured. Anger replaced faith, resentment removed my budding spirituality, and fear shook the foundation of all natural love. I angrily turned my back on

my beliefs leaving only myself to rely upon and plunging me into amiss.

I found myself in battle after battle perceivably alone. It felt as though I was sinking into quicksand in the pitch black darkness.

Some battles I would declare myself the victor, but those were not the defining ones. The battles that kept me in the darkness couldn't be fought alone. In the end

it would require many people to guild me back towards the light and a commitment and enlightened soul for me to embrace it.

My journey back to the light began here, at Ridgeview. To me it was the most unlikely of places. My attempts to find my way back through work, my children, men, and substances were all epic fails. Somehow I found myself sitting in rooms with strangers proclaiming their relationship with a "Higher Power" was responsible for their sobriety. The notion was downright laughable to me. Luckily these meetings and classes were mandatory. My willingness and open mindedness grew, eventually making them pleasant.

Making the conscious decision to investigate my past, and where my path had shifted, changed everything. The lack of faith in my

God's grace had led me to an unhealthy way of life many years ago. I was firm in belief that not only had I not been in God's grace, but it simply didn't exist. Getting to the core of my anger, resentment, and frustration allowed me to realize it all steamed from my lack of a relationship with a "Higher Power". I began to understand that as it had always been the root of the problem; therefore it MUST also be my solution.

As I began to submit freely, the grace I'd received throughout my life become much more apparent.

I'd simply been unable to see. My resistance to receiving and acknowledging God's grace minimized and blocked its full potential impact on my life. Following my surrender grace has not only ceased to be a fleeting thought, but has been in the forefront of my everyday life. Inevitably it became possible for me to receive the light, feel its warmth, and flourish in it.

For the grace of God go I. For the grace of God I maintain sobriety. For the grace of God I receive the love of a good man. For the grace of God do I have mothers who kept my children safe and cared for when I was altered. But for the grace of God do I hold all that is precious to me in this life.

*My journey back to the light began here, at Ridgeview.*

## SAVING GRACE

SUBMITTED BY: STEVEN F.

I spent the vast majority of my life drinking. There was no grace. Occasionally, I'd receive a little mercy, but no grace. For an alcoholic like me, this became the norm. Disgrace run rampant. Yeah, that's how it was for a long, long time. Full of disgrace. Letting people down. Especially those close to me. My poor family took the brunt of most of it. Many people got the opportunity to walk away. My family didn't have that luxury.

For most of my life, I really didn't know the difference between grace and mercy. My sponsor ex-

plained to me that grace was receiving favor from God that I did not deserve. Mercy was being spared punishment that I did deserve. Once armed with this knowledge, I realized that I certainly had been blessed with more mercy than grace. That was probably the only thing that kept this alcoholic alive. Had I received punishment for all my alcoholic behavior and actions, I'd be dead or in prison.

As it says in the Big Book of Alcoholics Anonymous, life has taken on new meaning. Sobriety has opened the truth about my life. I no

longer live in a haze of misdirection or obsession. I have some facts to work with now. I have choices. I have given myself the opportunity to be open for God's grace. I understand that there's nothing I can do to deserve it, but I can certainly live my life in a manner that no longer yearns for mercy.

I call that,.... Saving Grace.

## GRACE

SUBMITTED BY: ROBYN L.

Just the mere mention of the word grace draws me in to reflect on my experience from addiction to recovery. My addiction held me hostage for years to the twisted belief that I functioned better under the influence of drugs and alcohol. When in reality that false belief kept my disease fueled for continued substance use in spite of numerous negative consequences.

Hitting rock bottom meant coming to the end of my way of doing things and coming to the end of my own resources. Those dark moments of my soul filled with terror, shame, remorse, and guilt led me back to 12-step rooms. Moving from isolation and being completely alone to the

love and fellowship of the program. I believe grace was received thru all the trials in my attempts to enter into sobriety. Seeds of hope and serenity were read in the promises of our literature that kept me hanging in until the miracle happened for me.

In all my own chaos there was a glimmer of hope in restoration as written in Step Two of our literature came to believe a power greater than ourselves can restore us to sanity. By surrendering to this way of life I was able to clean up some of the wreckage of my past, give to others and to receive self-forgiveness. Thru the process of recognizing my own pow-

erlessness and need for spiritual help my heart was awakened to grace awareness; unmerited, undeserving favor, which I tend to think is a free gift received from a power greater than myself.

The process continues to ignite my soul when I can be of service, helping someone else suffering, trying to find their way thru sobriety. The only way to keep the blessings of recovery is to give away our experience to others following along our path ♥.

*Thru the process of recognizing my own powerlessness and need for spiritual help my heart was awakened to grace ...*



## I FEEL GOOD

SUBMITTED BY: BETH M.

Hi, my name is Beth and I'm an alcoholic. I have 102 days clean and sober and I feel good! Yes, I am hearing James Brown in my head and have the spirit of dance in me and yes, I know that in group at Ridgeview I would need to expand upon the word, "good," in order to get honest, open and willing in my recovery. So, I'd like to share how I recognize grace in my life and how it has helped me to feel good today, versus the desperate-angry-victim I used to feel like in the cloudy world of active addiction.

In my preparation for this sharing, I researched that grace has many synonyms: refinement, kindness, mercy, clemency, enhanced, honor, favor; and yet it seems very abstract when trying to describe in words the feeling those of us have been given in recovery. I have stumbled and have also witnessed my fellows pause with a calm smile when trying to express their feelings of grace during meetings, so I'm going to keep it simple:

Grace was the protection God covered me with during my high risk behaviors while drinking.

Grace was the voice of reason that stopped me from suicidal action

and reach out to RVI.  
Grace was the comfort, understanding and love offered by the Cottage C staff.

Grace was the freedom I awoke with on my first day of active program in detox.

Grace was the hope that flowed through me and landed on my fellows in treatment.

Grace was the change of heart my husband had to work through recovery instead of divorce.

Grace was the support of my boss and colleagues during 15 weeks of leave to invest in recovery.

Grace was the forgiveness I was granted by God, which enabled me to forgive myself.

Grace was given through short-term disability income because this is a medical condition.

Grace is the ability to embrace humility and be teachable.

Grace is the release of shame and the new ability to not just like, but honor and love myself.

Grace is being paired with a new best friend that was just waiting for me to arrive.

Grace is the giving and receiving that occurs in recovery residence.

Grace is the sensing of acuity and delight when a fellow share places a piece in my puzzle.

Grace is the peace and serenity I have now because my God was waiting for me to connect.

Grace is the pride expressed by my children, parents and family from changed behaviors.

Grace is the weightlessness of being a participant in the world with no regrets or resentments.

Grace is the obsession of the mind and craving of the body for alcohol being lifted from me.

Grace is the pairing of a sponsor who challenges me and allows me to challenge her.

Grace is not fearing today or worrying about tomorrow.

Grace is given to me by my God because I was finally ready to admit I was powerless over alcohol; that there is a power higher than me, and that He will take care of me as I continue to work through the steps of a sober life. Grace is working in my life and this is the evidence that the promises are coming true....Keep coming back because this is my testimony that the program works if you work it! Get well soon and I hope you feel good too!

## GRACE

SUBMITTED BY: MICHELLE L.

Life is about having some grace. Of life's challenges, I'm learning to face.

I'm learning how to embrace, the past mistakes, I need to erase.

It is important to have humility; It is the key to helping me realize I don't have fragility, and I no longer deal with hostility.

I have to get out of myself, and

get into others.

It's what I should do for my sisters and brothers.

The whole point is to help one another, of all shapes, sizes, and colors.

In my heart, I try to express love, Which comes from my Higher Power above.

Recovery is all about what it con-

sists of, to show love, because there's never enough.

Grace is something I strive for every day.

But I know I'm not perfect, be as it may.

But I choose to live in sunlight, not in the grey.

So I will try to live in grace day by day.

## GAZEBO DEDICATION FOR CINDY H.'S FAMILY!



*We thought of you with love to-  
day  
But that is nothing new  
We thought about you yesterday  
And days before that too  
We think of you in silence  
we often speak your name  
Your memory is our keepsake  
With which we'll never part  
God has you in his keeping  
We have you in our hearts.*



## GRACE

SUBMITTED BY: SEAN C.

It is through God's grace that I have been given the gift of sobriety and a life beyond what I ever dreamt could be possible. So what is God's grace? What does that mean? The first time I heard that expression at an AA meeting, I just rolled my eyes. As I had suspected, Alcoholics Anonymous was a religious cult for people with drinking problems. (Contempt prior to investigation).

I have been given a free gift, which I didn't deserve because my Higher Power loves me. Through my journey, God has continued to bless me so that I can be strong enough to help someone else who has the same problem with alcohol as I do. My Higher Power even threw in a little bit of wisdom which I found to be ironic and humorous. If it's intelligent and profound when it comes out of my mouth, then it wasn't originated by me!

The big book of Merriam Webster explains that grace is a "manifestation of favor." It is also mercy and loving pardon. I often wonder why I was granted this unmerited gift of sobriety. The old saying states that if I got what I deserved, I'd be dead, or in jail, or both.

I truly believe that God has a plan for my life. We were born onto this planet for a purpose. I tried to screw this up with my drinking and various other activities. However, my Higher Power kept inviting me to a spiritual way of living through Alcoholics Anonymous but I was too self-centered. I wanted to do things my way. God, therefore, put my gift of grace in escrow to be used when I was ready to surrender. I discovered that it was readily available when I needed it. Since I've gotten sober, His grace has been more than bountiful; It's been overflowing. I've had tragedies since

I've gotten sober and I've had great things happen. Whether good or bad, they are blessings. The old timers call these events growth opportunities.

When I was new, I didn't understand what was happening to me. I knew that I wasn't drinking and that I should feel better but I was grouchy and miserable for the most part. My sponsor said that I needed to find a Higher Power. A few weeks later, I was visiting my parents in Boston and was watching a Red Sox game with my Dad. The bases were loaded and the Sox were down by three runs. Mo Vaughn (a prolific home run hitter) came up to bat. I prayed to the God of my understanding that if it was His will, Mo would hit one out to win the game. Well, the next pitch, Mo hit one out to win the game. That screwed me up for the next two years because I thought my Higher Power was a genie. That was luck, not grace.

What I have received is a state of grace. I didn't ask for it and I certainly don't deserve it. For whatever reason (and I'm guessing it has to do with God's perfect love), I am in God's favor. He loves me and will take care of me. Throughout the years, I have been given tremendous opportunities to help others suffering from our disease. Maybe this is why God blessed me. I'll never know but I used to want to figure out why. Over time, I have just learned to sit back and trust. God has this. God granted me His grace even when I was still out there drinking.

My sponsor made me write down the following passage a long time ago. "All my life, all I wanted was to be happy. I sought this happiness in people, places and things. I now realize that true happiness comes from God." As long as I seek Him and try to align my will with His, I believe that God will grant

me His grace. I've come to depend on it. I don't ever take it for granted either.

The Big Book states in our promises that "God could and would if He were sought." Let's analyze three important words from that promise. "Could" means that God has the ability to bestow upon me the gift of sobriety. The word "if" is a condition. If I seek God, he "will" give me grace.

This is what happened to me, although I didn't realize it for a long time. I didn't even know that I was seeking God. I just wanted the hurt to go away. Easy 123 was the AA hotspot I landed in seeking answers to my drinking problem. There was no indication of what kind of a ride that I was about to embark on. They say that God will provide the canoe, but we have to do the rowing. All I did was show up every night and the right people were put in my path. Things I needed to hear were said. Tasks and chores that I was asked to do were completed. These were the foundation stones upon which I was to build my recovery. It taught me discipline.

Another great saying is "There are no coincidences in AA. They are God's way of remaining anonymous." These miracles were not coincidental. They were God's grace. I found the spirit of my Higher Power in my interactions with other likeminded alkies. We were all in this together, seeking a solution to our drinking problem for that day. There is a "language of the heart" that is spoken within the halls of Alcoholics Anonymous.

If you want a good description of God's grace, read the last two paragraphs on page 164 of the Big Book of Alcoholics Anonymous. The great news is that if we don't drink/use, clean house and help others, God won't hesitate to spoil us.

## GRACE—WHAT IS GRACE??

SUBMITTED BY: PAUL L.

Grace, what is Grace? How do we get Grace? Can we give Grace? We say Grace at the dinner table. Someone can Grace our presence. There are people we call “Your Grace”. A quick search finds over a dozen definitions for Grace. How does Grace fit into our Recovery and our Lives today?

What is Grace?

When we talk about Recovery and our Lives today? Grace has been defined, not as a created substance of any kind, but as “The love and mercy given to us by God because God desires us to have it, not because of anything we have done to earn it”.

- ◆ “Unmerited divine assistance given humans for their regeneration or sanctification.”
- ◆ “A virtue coming from God.”
- ◆ “A state of sanctification enjoyed through divine grace.”
- ◆ “Disposition to or an act or instance of kindness, courtesy, or clemency.”

All of these definitions fit well within my personal understanding and daily reprieve from the insanity of active addiction.

How do we get Grace?

There was no way on this earth to get from where I was to where I am today. Had I received what I deserved, it would have been

jails, institutions or death.

Whereas today, I am free from the grip of addiction, happy and serene (most of the time, see below). I get to have a life; a life where I’m not just sitting letting all just go by in a daze; but, a life where I take an active

role. It took something not of this earth; it took God’s Grace for me. I have no idea on why or even how this happened... it was and is God’s Grace, the “Unmerited divine assistance”. I did nothing that merited a reward. I did not save children from a burning school. I did not feed the hungry masses. I did not make vows of piety and prayer. I just asked for help and it was granted... thru Grace.

How do we give Grace?

While we cannot give “divine assistance”, we can still give someone Grace. Think of “A virtue coming from God”, having gotten God’s Grace in our lives, we can share that experience with others. It can be as

simple as how we interact with others. Its part of the “attraction, not promotion” idea. A simple smile can change a person’s day, reaching out with a hand of fellowship can change a person’s life. It did for me.

*It took something not of this earth; it took God’s Grace for me.*

We can actually give ourselves Grace - when we practice acceptance, when we pray for God’s Will in our lives or when we pray for others. Recently, my car was broken into and items I found dear were stolen. I was a “little” upset. Every

time I thought of it, I lost my serenity and got just a “little” upset. Truly, I had not lost my serenity; I had tuned my back on it. Once I was able to pray for God’s Will in the lives of those who broke into my car, without animosity... I had my serenity back. I could think of the incident and not get upset. When we can forgive ourselves for our past indiscretions, the pains we caused to ourselves and others. When we forgive ourselves and can drop that burden of guilt, we are giving ourselves Grace. It is an instant clemency for a suffering person, ourselves.

My Life and my Recovery today stem from having received God’s Grace.



## ANOTHER DEFINITION OF GRACE

SUBMITTED BY: DOUG C-F.

*Grace: d : disposition to or an act or instance of kindness, courtesy, or clemency – Merriam Webster*

One of the things that is remarkable about recovery is the grace that folks in the program show to each other. You see, we all come from the same places. Places of fear, darkness, anger, and desperation. We walk into the rooms thinking no one will understand us much less offer us help and support.

I remember sitting in my first AA meeting (Crossroads) full of terror. Terror that I would not be able to have a drink again to relive my madness. Terror that all of these feelings would rip me apart and that no one would be there to help me pick up all

the pieces and the mess that I had left behind.

Before that meeting started and after it had finished some folks came up to me and said welcome. They said that it was good to see me there and a few asked how I was doing. One man gave me his phone number and said that he looked forward to seeing me again next Sunday. He said that if I needed anything to call him. An act of kindness that was not looking for anything in return. Simply an understanding of what I was going through and an offer of help. I went back the next week because of that. I went again and again and little by little I understood that one of the things that keeps 12 step groups going is the grace that we show to each other.

When we meet a newcomer we are meeting ourselves in a way and I think that is why we are so filled with grace, understanding and love. Where else can you go each week and often meet yourself walking through the door?

It is in giving back that you see the most grace in our rooms. Serving the homeless, making coffee for the meeting, chairing a meeting, or finding time to speak with someone at the Access Center all are examples of the grace and love that we have for each other.

These are the reasons that keep this addict coming back again and again.

## FACETS OF GRACE

SUBMITTED BY: TOM S.

Each of us has our own conception of what Grace is. There is the diversity of Grace itself; divine grace in love and mercy of God, the grace we bestow on each other through forgiveness, kindness, and courtesy; the grace of style and elegance; and the grace of movement or action.

Here are few words gracefully arranged to inspire thoughts and ideas:

"You had the Grace to hold yourself while those around you crawled." Elton John

Grace is neither expected nor deserved.

Compassion reveals the stage on which life is to be played out; grace is the play itself.

Grace is to life as current is to ocean.

To be in touch with the world at its most true, is to be graceful; literally filled with grace.

Worry or Grace - the choice is yours.

Living gracefully is knowing what time it is, and acting in sync with it.

Cultivating grace is a bit of a paradox. You cannot get what you always and already have. There is nothing you can or need do, to merit grace. All you need do is accept grace.

I try to PRACTICE these each day in the hope that when grace is bestowed it will not be such a stranger.

**Tom Scott Interior Contractors**  
**check out our website: [www.pbstjsinteriors.com](http://www.pbstjsinteriors.com)**

GOD'S GRACE

SUBMITTED BY: BARBARA W.

As I picked up another medallion a while back, I become overwhelmed by the thought, "There but for the grace of God, go I".

It made me think about grace, how blessed I am that my Higher Power graced me with the wisdom to get help for my addiction. I am graced every day because of this program and the many opportunities I have received in recovery.

It made me want to explore the many other ways I have grace in my life.

The word grace has many meanings, here are a few:

A favor rendered by one who need not do so, indulgence.

A temporary immunity or exemption; a reprieve.

In the Christian world; a divine favor bestowed freely on people, as in granting redemption from sin; an excellence or power granted by God and the state of having received such favor.

My recovery is definitely based on the third definition. God

favored me with His love, intervened in my chaotic life and showed me the way to freedom from this addiction. He redeemed me of my past offenses and unhealthy behaviors so that I could live a healthier and more spiritual life in conjunction with His will for me.

In the beginning, I didn't fully understand the grace I had been granted. As I attended meetings, got a sponsor, studied the Big Book, worked the steps, engaged myself in the fellowship of AA and continued to enrich my daily connection with God, I started to see the full impact of the gift I had received.

His grace allowed me to forgive myself, make amends to my family and friends (while asking for their forgiveness), and become a better mother, sister and friend. It showed me how to have compassion and empathy for others.

The poet Rabindranath Tagore is credited with writing, "The winds of grace are always blowing, but it is you who must raise your sails". I need to take advantage of

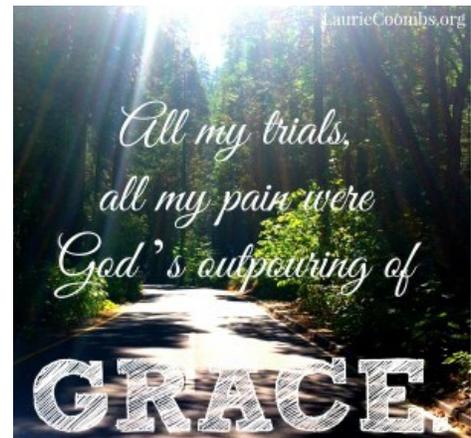
the wind to fill my sails; letting God steer me in the right direction.

Grace showed me how to handle situations which before I could not do on my own (at least gracefully). Having grace in my life now gives me the opportunity to live my life as an instrument of His Divine light and love through my thoughts, words and deeds.

I learned that His grace does not depend on my doing good deeds, and that my errors cannot take it away. It is independent of anything I say or do. Divine grace blesses me with more good than I could ever imagine.

When I die, I want a celebration of life, not a gloom and doom service. With one exception - I want Amazing Grace sung at the beginning of the memorial. "Amazing Grace, how sweet thou art, that saved a wretch like me!" Grace plucked me from the demons of addiction and brought me back into a world full of God's love and blessings. Then I want upbeat songs to be sung, people to tell funny stories and balloons sent up into the air. I want everyone to celebrate how great life was, is and can be! May God grace your life with his blessings!

***I learned that His grace does not depend on my doing good deeds, and that my errors cannot take it away. It is independent of anything I say or do.***



# GOD SHOWED ME HIS GRACE THROUGH THE 12 STEPS

SUBMITTED BY: ALEX H.

Through my recovery process, I have received God's gift of grace. And it is **only** through His grace that I have been able to overcome my resentments, character defects, and my depression.

God has done with me what I could have never done by myself: stay clean and sober. Grace is God's gift of love.

It sounds easy to just accept a gift from God but it takes practice, especially because of my dinking and using, I felt unworthy of this gift. However, God knows what I have done when I was in active addiction.

And, in spite of it, he has chosen me for his gift of grace. By working the 12 steps I've learned that God does not ask for me to decide if I am worthy of his love and I was able to see how his grace unfolded into my life. I also realized how each step was a gift of grace:

**Step One:** *I received the gift of desperation.* God helped me realize that I was powerless over a deadly disease and that I could not manage my life any longer.

**Step Two:** *He gave me the gift of powerlessness over my addictive thinking and behavior.* I came to believe that I needed his help to overcome my insanity.

**Step Three:** *I embedded God's gift of grace into my heart, and*

saw that without his grace and love, I could never get better. Accepting his will was a big step in my recovery allowing me to grow my faith.

*Today, God's Grace gives me the ability to do good things. Through His grace I have the desire and the strength to continue growing in recovery! I am not perfect, and I will never be, but through God's grace I do the best I can.*

**Step Four:** *God gave me the gift of courage and forgiveness.* And his gifts gave me the strength to forgive those that caused me harm.

**Step Five:** *He gave me the gift of humility* when I admitted to him and another human being my resentments and my part on them.

**Step Six:** *He gave me the gift of discovery*

which allowed me to see the traits of my addictive thinking and to accept that I needed to change those defects of character.

**Step Seven:** *I received the gift of a desire to change.* I admitted that I could not change my addictive thinking on my own and I needed His help thru this process.

**Step Eight and Nine:** *I used His gift of humility.* He provided me the strength to ask for forgiveness to those I have wronged. I was scared, but thru his grace, I was forgiven.

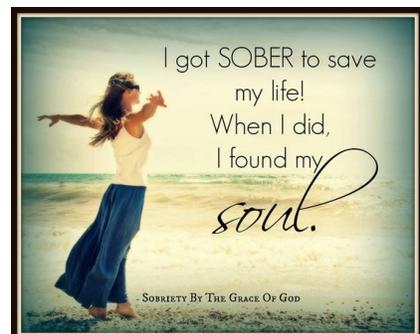
**Step Ten:** *I received the gift of awareness, honesty and growth.* I

started doing a daily inventory to see what I needed to work on and what I was doing well. I realized I had the desire to become a better person.

**Step Eleven:** *I received the gift of spirituality.* As I continued to receive God's gifts, I continued to pray and meditate daily and continued to accept that there are things in this life that I cannot control or do on my own.

**Step Twelve:** *He provided me the gift of spiritual awakening and a desire to serve.* I began to see God's grace working in other recovering alcoholics and addicts. I truly found a desire to volunteer and serve other alcoholics and addicts. In return, I found my purpose in life.

Today, God's Grace gives me the ability to do good things. Through His grace I have the desire and the strength to continue growing in recovery! I am not perfect, and I will never be, but through God's grace I do the best I can. It is a beautiful thing to have His grace shine into my life and the lives of those around me.



ALUMNI SPRING FLING WEEKEND—JUNE 3-5, 2016

Come Join in the Fun!!



Lots of Raffle Prizes!



Food, Fun & Fellowship!

# The Ridgeview Alumni Association

Presents

The Seventh Annual

## **“SAM ANDERS SERENITY SCRAMBLE”**

Monday, June 13, 2016

Towne Lake Hills Golf Club - Woodstock, GA

9:00 A.M. Registration - 10:00 A.M. Shotgun Start

Registration fees are \$360 per team or \$90 per person (tax-deductible).

Includes round, cart, range balls, light breakfast, snacks, soft drinks and water.

Philly Connection lunch.

Advertise your company! Hole Sponsorship \$250 (tax-deductible).

Prizes awarded to top three teams, closest to pin and long drive. Hole-in-one prizes.

Corporate packages available. Call for details.

To register or if you have questions call:

Chuck Tucker

678-447-2946



Cheesesteak Perfection™



Safety Net Recovery



# **THE RIDGEVIEW ALUMNI ASSOCIATION**

## **PRESENTS**

### **The Seventh Annual "Sam Anders Serenity Scramble" Golf Tournament**

**June 13, 2016**

**Town Lake Hills Golf Club, Woodstock, GA**

## **SPONSOR OPPORTUNITIES**

### **GOLD (LIMITED TO FIVE)- \$1000**

The Gold sponsor receives tournament entry for a four-person team, a hole sponsorship and four Supertickets. The Supertickets include four mulligans, a free hybrid club or wedge, a chance to win a three-day vacation and entry into a drawing for the chance to win a \$25,000 shootout following the tournament. The sponsor also receives their company logo on all flyers and tournament documents and recognition in the RVAA quarterly publication "The View". That publication reaches about 5,000 addresses across the USA. The Gold sponsor may also hang a company banner on the clubhouse, and will receive verbal recognition during pre-tournament announcements.

### **SILVER- \$700**

The Silver sponsor receives entry for a four-person team, a hole sponsorship, banner for clubhouse and verbal recognition.

### **BRONZE- \$350**

The Bronze sponsor receives a hole sponsorship, banner for clubhouse and verbal recognition.

### **INDIVIDUAL HOLE SPONSORSHIP- \$250**

Company name and logo will appear on a sign at one of the 18 tee boxes.

**Please contact Chuck Tucker at 678-447-2946 with questions or for more information.**

**THANK YOU FOR YOUR SUPPORT!**

Remember hitting your bottom? Do you remember that moment when you first began to feel some hope? Looking back, can you remember those angels who appeared at that precise moment when you needed help the most? I can.

I can also remember the abject fear of, "How am I going to pay for this?" No insurance, no real savings, no trust fund, no golden benefactor. Scared, having hit my bottom, finally able to ask for help. I was in a safe place. The rest would just have to take care of itself.

Treatment costs money, real money. Programs, therapies, prescriptions, food, housing and all the while life continues to go on outside without us. As active members of the Ridgeview Alumni Association our fund raising goal is an endowment fund that will one day be able to help financially that person currently in treatment. Whether it's more time in treatment, another couple of days in a half-way house, medications, daycare so the patient can make it to the program that week, the needs can be overwhelming at times. We all know how powerful a helping hand at that critical moment can make or break a spirit.

Our goal for the Endowment Fund has to be set high if we are to be able to generate any kind of meaningful income. To date we have raised \$100,000 towards our first \$500,000. Every single dollar raised goes into an asset management account over which the Alumni Steering Committee has sole control.

When the day comes, and it will, that we are in a financial position to begin offering grants to patients, a review committee will be established. This group will be comprised of active Steering Committee members who have demonstrated a record of service, and a representative from the hospital. The committee will review the requests and make grants based on need, the patient's participation in their own recovery, and the patient's treatment team's input.

Obviously we are a ways down the road from making any grants. The next several years are about increasing awareness of our project, raising and investing the donations that come our way. Today, you can make a difference in the life of that person who is still out there.

Won't you make a commitment to be someone's angel, just for today? We have.

**Ridgeview Alumni Association Endowment Fund Campaign**      **Date:** \_\_\_\_\_

**YES,** I want to contribute to the Alumni Endowment Fund. I've been in Recovery \_\_\_\_\_ years and would like to give back \$\_\_\_\_\_.

**YES,** I am not an Alumni; however, I wish to contribute to the Endowment Fund. As a family member, friend, business owner or corporate representative/sponsor. Here is my donation of \$\_\_\_\_\_.

Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

The Ridgeview Alumni Association is a non-profit organization and all contributions are tax deductible.

**Make checks payable to:** Ridgeview Alumni Association Endowment Fund

**Mail to:** Ridgeview Alumni Steering Committee, 3995 South Cobb Drive, Smyrna, GA 30080-6397

**Serenity Garden—Memorial Brick Order Form**

Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Message to be engraved on brick: (2 Lines/14 characters per line) Cost \$30.00

(Line 1) \_\_\_\_\_

(Line 2) \_\_\_\_\_

\* Please fill out name and contact number, even if you wish this to be an anonymous contribution, so we may contact you in case any questions arise about the inscription.

The Ridgeview Alumni Association is a non-profit organization and all contributions are tax deductible.

**Make checks payable to:** Ridgeview Alumni Association Endowment Fund

**Mail to:** Ridgeview Alumni Steering Committee, 3995 South Cobb Drive, Smyrna, GA 30080-6397

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## Announcement:

If you would like to continue to receive this newsletter in printed form, please send an email to [sysad-min@ridgeviewalumni.com](mailto:sysad-min@ridgeviewalumni.com) with your name and address. Please put Newsletter in the subject line.

We thank you for taking the time to update us.

Love & Service,  
Communications Committee

Alumni Steering  
Committee

