

VOLUME XLII

THE VIEW

NEWSLETTER OF THE RIDGEVIEW ALUMNI
ASSOCIATION STEERING COMMITTEE

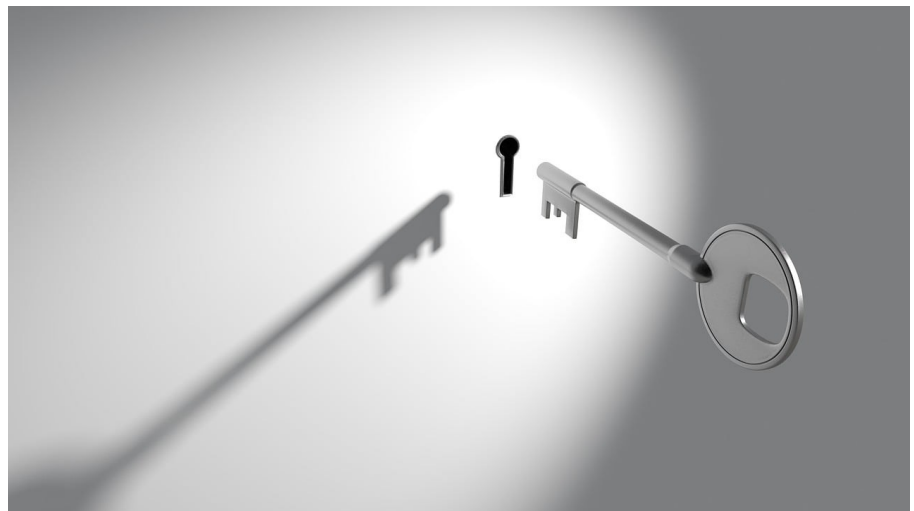
ACCEPTANCE IS KEY

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**“NOTHING IS GOOD OR BAD,
BUT THINKING MAKES IT SO.”**

-SHAKESPEARE

**RIDGEVIEW
ALUMNI
ASSOCIATION
3995 SOUTH
COBB DRIVE
SMYRNA GA
30080**

CAN WE GIVE YOU A LIFT

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. They helped lift me up until I could stand on my own.

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, shelter, and all the while, life continues to go on outside without us. As active members of the Ridgeview Alumni Association our fund-raising focus is the **Ridgeview Alumni Charitable Corporation, a Nonprofit 501c3** (www.rvalumcc.org) to financially help the person currently in treatment. Whether it's more time in treatment, housing, medications, or educational support, we all know how a helping hand at that critical moment can make or break a spirit.*

*The Ridgeview Alumni Charitable Corporation is dedicated to providing that powerful connection.
Won't you make a commitment to help lift someone up?*

Ridgeview Alumni Charitable Corporation (RACC)

Date: _____

_____ **YES**, I wish to contribute to the Ridgeview Alumni Charitable Corporation. As a person in recovery, family member, friend, business owner or corporate representative / sponsor.

Here is my donation of \$_____.

Name: _____ Phone: (_____) _____

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Donate at: www.rvalumcc.org

Make checks payable to: Ridgeview Alumni Charitable Corporation

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The Ridgeview Alumni Charitable Corporation is a nonprofit (501c3) charitable corporation and donations are tax deductible.



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IT'S A PROCESS

SUBMITTED BY: TOM S.

Acceptance is key but it's not instantaneous. For me, acceptance is a process. It takes action. It takes work. When something or someone is bothering me, I try to get right into the cause and find out why is this upsetting my serenity? I usually place blame outside of me first; it's them, it's that, it's him or her. Once I look at ALL aspects of the situation, I find my part and work on me rather than trying to change 'it' or 'them'. The sooner I do this, the sooner I get back to my simple life and my little plans. I can't change the world. I can only change my attitude toward it.



WHEN IT RAINS, IT POURS

SUBMITTED BY: ELAINE B.

I struggled to find the truth in the idea that "Acceptance is Key."

How can acceptance make all those things that go wrong get any better? Could I learn anything from this? What if I'm just a broken lock that no key will open? Because Murphy's Law (whatever might go wrong will go wrong) has been alive and well in my life since August. Turns out, when it rains, it really does pour!

Earlier this year, I was diagnosed with glaucoma. Ironically, this was not difficult to accept because I'd been what they call a "glaucoma suspect" all my life and have used eye drops for years to keep the disease from forming/progressing. Both parents and both sets of my grandparents had glaucoma, and getting the diagnosis wasn't what spun life into oblivion. It was the realization that eye drops were no longer helping, and surgery was the next step.

Two days before my eye surgery, my husband fell 10 feet off a ladder and broke his leg/ankle. Forever grateful that his injuries were not worse, I scrambled to call family and friends for a ride to surgery since my husband couldn't drive with a cast and on pain meds. One thing is for certain—you find out who your true friends are when you need a ride to surgery at five o'clock in the morning!



Surgery went well, or so I thought, until my follow-up the next day...and the following week...and the following month. The eye stent not only did its job by reducing my

eye pressure, it went above and beyond and reduced the pressure TOO much. Just as having a tire's pressure too high or too low can cause damage, my eye was now doing the same thing. As a result, my vision was completely blurry in that eye.

A few specialists later, the stent was removed so my eye would not worsen. But the blurry vision remained and I had no idea why. Meanwhile, my husband had foot/ankle surgery (now he has enough plates and screws in his leg to set off every airport beeper) and somewhere amidst all of this, both of us got the RSV virus. We were gimp central while coughing and sneezing our way through three long weeks. Then our home internet went out. Then I broke a tooth crown.

Like I said, when it rains, it pours!

(Continued on page 7)

ACCEPTANCE

SUBMITTED BY: JENN F.

Acceptance is the answer to *all* my problems today. Not just some of my problems, not just the small ones or the big ones, but *all* my problems today.

When I first came into the rooms six years ago, sitting in detox at complete rock bottom, I was not able to connect that the problem was me. All

my problems, everything I had lost, the family that had checked out, people, places and things...it was their fault. Not mine. The "If you had my kind of life, you would be a drunk too" kind of thinking. I lived that way for a long time. Until it drove me to insanity.

The more I played the victim card, the more I drank. The more I drank, the more people I would push out of my life. The more people I pushed away, the more things I lost. The more things I lost, the more I had to drink. Until the alcohol stopped working. Until my body stopped working. Until my mind stopped working. Until I was at the crossroad of either life or death. I had been drinking, for at

least two years in my downward spiral, to not wake up in the morning.

Until I woke up on August 2, 2017. I was in full alcohol withdrawals, empty house, husband gone, kids gone, no car, no money and I knew in my soul I was at that crossroad of life or death and if I didn't make that call for help, I would be dead very soon.

"EVERY DAY IT STARTS WITH THE ACCEPTANCE THAT I AM THE LUCKIEST HUMAN TO BE AN ALCOHOLIC AND HAVE A PROGRAM THAT GUARANTEES ME TO KEEP THIS FREEDOM AS LONG AS I STAY IN THE ACTION."

When I walked into my first AA meeting that night in detox, I struggled to say "I'm Jenn and I'm an alcoholic" because I felt like that would be admitting that I had a problem. I couldn't accept that. Until I sat there and listened to the people in that room tell my story. Until I heard Joe M., (who was chairing the meeting that night), share his story. Until I could relate to everything being shared with every ounce of my soul.

I remember at moment that I felt had found "home". I hope I never forget that feeling from that first meeting. That was my acceptance. That was my surrender. That was where my life changed forever.

Today, I know that if I am not looking at myself as the problem in any situation I am in, I know 100% there will not be a solution to that problem.

Today, If find myself angry, irritable or upset I turn that around

quick and take a look at me and what I can change about the situation. I check my spiritual condition, I check my motives, I check in with my sponsor, I share about it in a meeting.

Today I have those tools to get rid of any negative. My soul is on fire with acceptance and life.

Today I live in an incredible freedom that I could have never even imagined sitting in that detox meeting at rock bottom. Beyond my wildest dreams. Through the fellowship, my Higher Power speaking through the people in the rooms to me, my sponsor, my daily routine of prayer and meditation and the beautiful ladies I get the honor to sponsor, I get to continue to grow in this amazing freedom.

And every day it starts with the acceptance that I am the luckiest human to be an alcoholic and have a program that guarantees me to keep this freedom as long as I stay in the action.

My prayer is that every woman who walks into that detox every night finds that acceptance and freedom. Everyone deserves a life of freedom.



ACCEPTANCE IS THE ANSWER

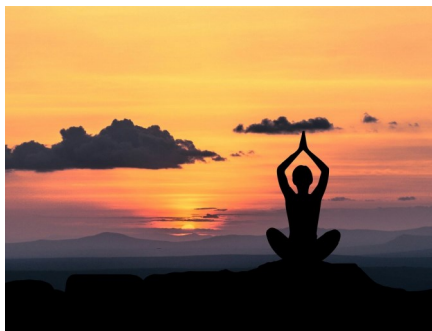
SUBMITTED BY: CINDI B.

For me, the desire to control can be a form of addiction. It can masquerade around like a chameleon, taking on the face of fear and anxiety, or it can become loud and demanding, taking on the face of anger. It may strut about disguised as ego, boastfulness, pride and an 'I-know-best' attitude. At other times it can become deathly quiet and shrink into small spaces of indifference or apathy or numbness. Sometimes I even place myself upon the judgement throne and have the audacity to judge God, to ask why things are as they are, to pretend that I see the big picture and know better.

When I'm behaving in such a way – in ways that are very human – I'm on a misguided path, walking in the wrong direction, growing further and further from my faith, my ability to open and surrender, my ability to accept what *is*.

It is in these moments that I discover I'm obsessing unproductively – and I'm asking the wrong questions. I'm questioning or ruminating on what would make a situation or a person/people conform in a way that would make me comfortable. I'm looking outside myself – I'm giving my power away. I'm looking for someone or something to blame for my discomfort. I'm resisting *what is*, the very thing that leads to inner suffering.

There have been times it felt I would buckle under the crush of a situation, or the world, or my feelings, or even my disappointment in myself or my expectations of others. The weight of those moments pressing in heavy, as though they might break my brittle little cage of ribs - the inner tumult leaving



me as a beggar, begging for relief.

It could be easy to get stuck there. But growth and freedom are not born of paralysis or the fear of the work it takes to move forward. Inner work and staying the course are what get us to the other side, what bring us to peace.

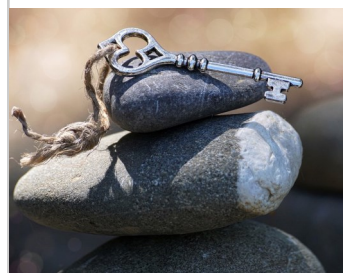
May I ask, what is your peace worth? What is the distance between where you are and your peace? How far to your liberation? Is it worth the work? When we're in this space, its laziness that can look like a friend. Not so! This is exactly when we are being invited to go to work, being offered the opportunity to heal.

How do we heal from our desire to control, to attachment, to judgement about what is? It is not a passive process and it is not through denial. It is by acknowledgement of what is and *allowing* the feelings that arise from that. We can allow the grief of what is true, the

sadness, the anxiety, and embrace even what we wish to reject *in a loving way*. We can honor the feelings and what arises while nurturing ourselves. We may even discover that all that is needed is a sacred pause to breathe, to open the space for one small step that may turn into one giant leap.

In doing the work and in shifting to a space of acceptance, we can see new possibility. We realize that which we can control, and how we can move forward. We unlock our soul and set ourselves free. We can let go of the heavy weight of trying to do all the heavy lifting. We can lay down the burden.

What matters most is not



that our acceptance makes others or the world change, but that in acceptance, *we change*. It is in this allowing that we take our power back. We surrender the need to control - we release it to gain back ourselves and our peace. We let go to gain.

Isn't it often the case that the greatest of truths often lie in the greatest of paradox?

THE VIEW

MY SPIRITUAL EXPERIENCE AIN'T WHAT I THOUGHT IT COULD BE

SUBMITTED BY: TOM N.

I struggled for years to figure out what a spiritual experience was and how I could get one. I didn't feel I needed a "white light" experience where I'm suddenly transformed and "struck sober" (although that sounded pretty good- BAM and it's done, right?), but I needed to understand "God consciousness," "relationship with my higher power" and a thousand other buzz phrases bandied about every day in meetings and over phone lines.

Something was supposed to happen to me. If I worked the steps, called my sponsor, and went to meetings, something would happen and I'd have this new friend and mentor in God that I never had before. I read books, met with clergy on a regular basis, did Native American rituals at the Men's workshop at Rock Eagle....whatever I could think of to trigger the experience, but I never found it. I prayed - always did. I prayed the way the Big Book suggests, only for others except where a prayer for myself might help someone else. I attempted all manner of methods I could think of to have a sense of being with someone, being close to someone, being in communion with someone who is greater than me and is interested in my well-being.

The closest I could ever come was the feeling I got when being struck with gratitude- a beautiful sunrise, happy times, etc. These experiences sometimes cued in me a recognition of broader well-being- a swell of goodwill would rise in me and I'd feel close to God and would say, "thank you" (I still do). I figured that was it. That's what all these people are talking about? It didn't seem to match the grand descriptions I'd

heard and certainly wasn't what I'd call a relationship.

During all of this, I was in and out of sobriety. I put varying lengths of time together, but ultimately went back to a bottle and crack pipe. Whatever spiritual experience I had was not enough to provide me with whatever is needed to turn away when triggers inevitably came for my old solution. It just wasn't enough. When would it come to me?

When I began detox at Ridgeview, I was convinced that I was "constitutionally incapable" of consistent and content sobriety. I'd tried for 30 years. I just couldn't do it. While I was at the residence, how-

ever, I did have a spiritual experience, although I didn't know it at the time. I lost my jaded and pessimistic perception of recovery. That was taken from me and replaced with a willingness to search for something maybe I had missed before. I got that change in attitude for free. It came out of nowhere in the midst

of my effort to just "hang around here and see if my wife lets me back home." What lay ahead changed everything.

I joined the alumni and, to fit in, began to take on service work. I'm not a guy who's big on that. I had always heard it was important, so I'd do it here and there, but it just wasn't top of mind for me. So, I did it reluctantly, but I did begin to notice that every time I did some kind of service work, I'd get the same kind of blissful feeling that I did when I was hit with some gratitude. It didn't even matter if I wanted to do the work, I got the results anyway. That was good, because I was usually cursing myself for

volunteering whenever the time came to do something.

I heard a guy speak in a meeting about spiritual experience and he pointed out some things I'd never noticed. Looking closely at the book, the text bears out the dawning realization that a spiritual experience is working with others. Dr. Jung described a vital spiritual experience on page 27 of the Big Book as, "...huge emotional displacements and rearrangements. Ideas, emotions, and attitudes which were once guiding forces of [our lives] are suddenly cast to one side and a completely new set of conceptions and motives begin to dominate [us]."

As I continued to consistently be of service (not massive hours, but consistent), my emotions were displaced and rearranged on a regular basis, only through simple acts of listening and sharing experience, strength, and hope. The attitude of dread I approached service work with is also changing. I'm not jumping for joy each time I go chair a meeting or sit and read with a sponsee, but I at least acknowledge that it is the medicine I need, and thus my attitude toward it is evolving.

Appendix II in the Big Book describes a spiritual experience as undergoing a "profound alteration in [my] reaction to life." My reaction to events of life is changing as I understand more and more that focus on the other guy's well-being is the key to my own.

I am just beginning- I still don't have a bat-phone to God or have this sense that I have a relationship with my higher power, but I do acknowledge my spiritual experience and hope that my understanding will grow as I keep doing it. Besides, I'm guessing that what I think a relationship is will change, just as my understanding of my spiritual experience has.



WHEN IT RAINS, IT POURS (CONT'D)

SUBMITTED BY: ELAINE B.

I wore eye patches (doing my best pirate impersonation!) to stop the headaches and mixed messages of clear vs. fuzzy vision going to my brain. This helped me continue to work, which is fortunate. Years ago, it was a job situation that put me into Ridgeview. Now that everything else was going wrong around me, my job was the one stable thing. They were not only supportive, allowing some flex time to take vision breaks and do what I needed, but they renewed my contract for another year and I remain gainfully employed.



Accepting and being thankful for the good things was easy. I reached out for help to a few dear friends in recovery, and they were a huge help during a difficult time. When neither my husband nor I could drive, friends in recovery brought us grocery items, set up a meal train for ongoing dinners, and more. I desperately held to my sense of humor and

was grateful that I found eye patches in purple, my favorite color!

But accepting the challenging things, like I might never see clearly again? Accepting that I might have to undergo multiple surgeries going forward and they may make things worse like the last one did? Those are more difficult challenges, and I struggle to accept them on a daily basis.

The last 3 months have scared me more than I can even describe (and I'm a writer; words are my tools!)

I rely on my vision and concentration for my livelihood, my hobbies, my entire life. The thought of wearing an eye patch forever or never having my vision restored made me seriously question my recovery and how I in-

Don't forget to drink water and get some sunlight because you are basically a house plant with complicated feelings.

tended to live going forward. Would I be able to accept any outcome and rely on my higher power? Or would I isolate and become bitter because the temptation was too great?

Both options battled in my mind. I read medical studies that stated people with vision loss are 90% more likely to suffer depression. I have no doubt that it's true, as mine put on a dragon suit and waged war with me every single day. Some days I kept the dragon away, other days I got burned.

At the end of November, I had another eye surgery that, thankfully, has restored my vision for now. I am eternally grateful, but I know the battle is not over. With glaucoma, there will be more surgeries ahead.

What I need to remember is that some days will be good, some days will be bad, but no matter the outcome, acceptance is the key to peace.

SUBMITTED BY: ANONYMOUS ALCOHOLIC

A TIME & A PLACE FOR RELATIONSHIPS

So, today is a new day. Early sobriety can be difficult at times, but if I tell myself each morning, just for today, I won't drink, then I'm starting off on the right foot.

It was suggested that I not get involved in a personal relationship for the first 6 to 12 months. At first, I didn't understand this. I've learned, (through NOT listening, of course), that a relationship in early recovery can be overwhelmingly distracting. Being addicted to something that makes me feel good, without putting mind-altering substances in my body, seemed like an okay idea to me. After putting off a few one-on-

ones with my sponsor, a number of meetings and service work commitments, I realized my focus had taken a new course.

I was in the middle of working my 4th and 5th steps and had created a whole new resentment with myself. I had been focusing on "external" issues and making excuses for not looking "internally."

I have a lot of work to do, especially with my sponsor. God bless him, he's teaching me to love myself again. How can I truly have feelings for someone else if I don't even like myself sometimes? Rhetorically speaking, I was putting the cart be-

fore the horse. Thinking with the mind of a chronic alcoholic, all I could see was that mouth-watering carrot.

Someday in my future, when I feel right with my Higher Power, my sobriety and living the principles behind the 12 steps, then and only then will I be ready to consider another person in a relationship.

May I suggest that when someone asks you to turn out the light, that you be not blinded. Be comfortable with yourself, God, and recovery. Today will always be a new day. What I choose to do with it will make all the difference in the world.

ACCEPTANCE IS KEY

SUBMITTED BY: SEAN C.

Before I transferred to Georgia from Massachusetts, my sponsor, Paul D., used to tell me every night to open up the Big Book of Alcoholics Anonymous and “read page 449 AND don’t drink!” After the fourth edition of the Big Book was published in 2001, I called my sponsor and told him that the section on “acceptance” had moved from page 449 to page 417. He told me to read it and hung up on me!!! Paul called me right back (I assumed to apologize) and said “and you still can’t drink,” and hung up on me again! As always, he was right.

I have discovered over the years that acceptance leads to peace and joy. Fighting acceptance will create spiritual erosion. I cannot live in a state of disturbance. That’s why I drank, so I could have a sense of peace, ease, and comfort. My routine became a habit. It was an addiction and I didn’t know it. Something needed to change and that something was my attitude. Thinking about myself all the time had to go away. Self-centeredness still creeps back in way too often but I try to improve every day.

As I reflect upon acceptance, I can look back and realize that I never had control over people, places, things, or situations. I now believe there is a Higher Power who governs my world according to the plan He has laid out for me. I live with a fear that if I don’t get my way or things don’t work out the way I think they should, then I will be unhappy. Les-

sons taught the hard way have made me realize that this is not true.

In 2004, my mother passed away from Alzheimer’s disease. I knew the day was coming. In fact, my prayers changed from “Help save Ma,” to “Please take Ma so she doesn’t have to suffer anymore.” I accepted the fact that my mother had to leave because her journey on earth was complete.

My dad passed away unexpectedly from pneumonia only 53 days later. I was shocked but I realized that there was absolutely nothing I could do about this situation. It was out of my hands. The only thing I could control was to fly back home and be of service to those around me.

These two instances are examples in my life of being able to accept the big things I cannot change. However, there are other situations that I think I CAN control. This is where I fight acceptance and my life becomes a trash bin. It makes me irritable, grouchy, and exhausted. With it comes an influx of negative thoughts and emotions. How many times have I been at work and said to myself, “if I were the boss, I would handle this scenario this way.” Then, I impulsively exercise my will and all hell breaks loose as I become frustrated and ticked off. It happens whenever I take control.

The struggle I’m having in my

life today, is accepting the fact that at 67 years old, I’m still working. Although it’s my “retirement job” (I retired from the phone company in 2008), I’m still resentful that I have to get up in the morning and go to work. I look around and see my friends retiring and I get jealous. I can’t afford to do this. I need to accept the fact that I need to work a few more years. I realize that this is a luxury problem but it demonstrates an everyday scenario that comes along and messes me up! When I stop fighting situations in my life that

When I stop fighting situations in my life that I don’t agree with, I find peace in the midst of my (self-created) chaos.

I don’t agree with, I find peace in the midst of my (self-created) chaos. A sense of serenity starts flowing in. I have relieved myself of the burden of playing God.

The bottom line is life happens. As an alcoholic, I’m the most surprised by this fact. A lack of faith in a Higher Power has always caused me problems.

How many years did I disagree with the Higher Power concept? My experience has been that if I can “Let Go and Let God,” my life becomes rewarding. There is a sense of joy and contentment that replaces any negativity; real or manufactured. When I live with the guidance of a sponsor, along with the precepts of the 12 steps, then I can stop the warfare that exists in my head. I thank God every day for that realization and all the gifts of Alcoholics Anonymous!

ACCEPT AND ADAPT

SUBMITTED BY: JEFF W.

The actor Michael J Fox has a quote that resonates with me in my personal life:

“Acceptance does not mean resignation; it means understanding that something is what it is and that there’s got to be a way through it.”

Fox rose to fame in the sitcom “Family Ties” from 1982-1989 and his popularity skyrocketed in the “Back to the Future” trilogy from 1985-1990. His life changed the next year in 1991 when he was diagnosed with Parkinson’s disease at the age of 29.

Did Michael J Fox accept defeat due to this medical diagnosis? Did he give up his career? Did he work to help others with this disease?

He practiced acceptance but it was not easy – as it is not easy for any of us. It is reported that he battled alcoholism and depression shortly after his diagnosis and for the following 2 years. Slowly he began to accept his condition and over time he continued his career for another 30 years, only retiring in 2021 at the age of 60. He also founded the Michael J. Fox Foundation for Parkinson’s Disease in 2000 to assist others in dealing with this disease.

CLOSER TO HOME

I learned much about acceptance from my brother, Scott. In early 1986, at the age of 24, he went to the doctor for what he thought was a pinched nerve in his

cheek and neck. He was a recent college graduate from UGA and had begun working with an advertising firm. The diagnosis was multiple sclerosis. Not much was known about this disease at that time, but he had the “progressive degenerative” form of MS, and he began to quickly feel the effects.

By October of 1986, when Terri and I were married, our Best Man, Scott, was already walking with a cane and soon thereafter, he lost his job. The Americans with Disabilities Act was not put into law until 1989.

The acceptance of this disease by my brother was not automatic but he slowly accepted his condition. Within 2 years, he was wheelchair bound and was so for the remaining 24 years of his life. What did I observe and what did I learn about acceptance from Scott?

We cannot change what has happened.

Scott slowly adapted and he tried to continue to do as much of what he had enjoyed before the diagnosis as possible. He loved sports – primarily the Braves and the Bulldogs – and he continued to follow these teams.

Terri & I traveled to Athens with him to attend several games in the early years of his illness before that was no longer feasible. He still watched them on TV and as luck would have it, after my parents moved to Rome, GA in 1995, the city got a minor league baseball team, the Rome Braves, in 2003. Scott was a regular at those games over the years and they had a special parking place for my Mom and Dad to park the handicapped van for the games.

We can avoid isolation and develop***new habits.***

Scott loved people. He did not isolate himself and he and my Mom were “regulars” for lunch at most of the restaurants in Rome. It may have been two or three times a week in the early years and then perhaps only two or three times a month near the end, but he enjoyed being around others and he had his trademark grin that was contagious.

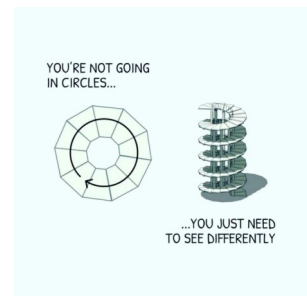
We can support others who may have similar circumstances.

Scott participated in the annual MS Walks in Atlanta and in Marietta in the late 1980s until 1995 when they moved to Rome. At that point, with a tremendous amount of work and support from my Mom, the Rome MS Walk was established in 1995. Scott wanted to help others, as best he could, and this was yet another way that he adapted to his condition in life.

Acceptance is not “getting over it.”

While we cannot change what happens in life, we can learn from these experiences and circumstances and work to be able to move on. It is not easy and for many of us, the support of others is a necessity. Whether it is a medical condition as discussed above or a mental condition, we can accept the circumstances and work to change what we

can in the future.



THE VIEW

SAM ANDERS SERENITY SCRAMBLE 2023

SUBMITTED BY: STAN D.



We had another successful Golf Tournament at The City Club Marietta in Marietta, Georgia. We had 50 golfers compete in the 13th Sam Anders Serenity Scramble benefiting the Ridgeview Alumni Charitable Corporation.

The tournament champion was the team comprising of Rick Dale, Kathy Dale, Arthur Culbreath and Sol Brannan. After the tournament, there was a four-person shootout for \$50,000.00 for a hole in one (no winner). We had a great lunch and raffle with plenty of food, fellowship and a fun!

We would like to thank all of the par-

ticipants and our sponsors. And a special thanks to Evan Oglesby, the retired NFL players, an Olympic Athlete and a former NFL official for their participation and support.

All funds raised will allow the Ridgeview Alumni Charitable Corporation to continue to help those in need. We look forward to seeing a larger turnout next year!

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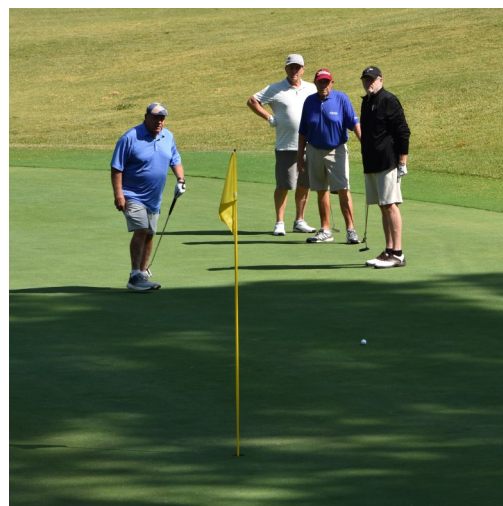
Advantage Hole In One
 Wade Ford



(Continue on page 11)

SAM ANDERS SERENITY SCRAMBLE (CONT'D)

SUBMITTED BY: PAUL L.



WHAT IF YOUR THERAPIST RETIRES?

SUBMITTED BY: ANONYMOUS

That dreadful moment has come. Your therapist tells you that he or she is retiring, moving, changing jobs, and can't be your therapist anymore.

What do you do now?

How do you cope with all these feelings of sadness, fear, and possible abandonment?

First off, take a deep breath. The situation may SEEM like the end of your world, but it's not. One great thing about therapy is having an objective person witness how far you've come in your work together.

Ask your therapist for several closure sessions so you can wrap up any current issues you're working on. Maybe have one session to do an overview summary of your progress and ideas for working with your next therapist. All of these final sessions will help you adapt to the change going forward.



Ask for other therapist recommendations so you're not left alone. Hopefully, your therapist has colleagues or partners that he or she can refer you to for future treatment. Check online health reviews and ask friends in recovery for referrals. The recovery community is a large one

with tons of helpful information that can help ease your way to finding a new therapist.

Listen and honor your emotions. Don't feel awkward or worried that you may want to cry one day and be happy-go-lucky the next. One beautiful thing about the therapist/patient relationship is that it is a bond that heals, but it's limited to the session room. It is this deep bond



that teaches us that we are okay, we are able to get better, and we are loveable — even if our early caregivers were not able to show us these things.

We have a deep resilience in the human spirit that allows us to heal. Be grateful for the time you and your therapist had. Be open to working with someone new. One thing that helps me is that I continue to hold

that healing relationship in my thoughts and prayers. I can't continue therapy with the therapists who have moved away and retired, but I can pray for them. I can appreciate what different therapists bring to the healing process.

At the end of the day, as sad as I am sometimes, I know and am grateful for the healing that occurred.

FAITH

When we walk to the edge of all the light we have and take the step into the darkness of the unknown, we must believe that one of two things will happen: there will be something solid for us to stand on or we will be taught how to fly.

Acceptance is Key

RECOVERY WORD SEARCH

SUBMITTED BY: TED M.

E L T E L W B S M Y R N A C I V E O L S U
 A A I H E E Y O P E I D K E B S E O T N R
 S G D T R I S T B O A E R E E R M O M O E
 Y Y V R E V E H R R N W O D E N I A L N Y
 D D T E U E A M E N D S N C N I N E Y A O
 O Y L E S G N I Y A R P O E D A I O E R N
 E C T T N D S S A E N V A R G W U L N I I
 S N O I T I D A R T E V L E W T G A L S M
 I P O F M R N E P R E I A W H R O D E B G
 T R E I F Y N Y Y L N B T O A O O V I A P
 P O R T T E N G T A L I E P O N Y L D R W
 H M E E S N E O I E T P E R F O L D W I H
 E I D S Y E E N N U N V N E M W I R M P I
 P S S G S A V V E A I I L H M C M O S Y T
 R E P N T E R L R N L L N G T T A K V L R
 M S O I N D I P E E O A C I W E F I I R C
 R P O T H O N E S W T L O H O C L A I I D
 S E O E V C Y O S D T N I I M S E A N W P
 E R P E E B E H S E R V I C E Y E N E P E
 Y I O M E D I T A T I O N O N T D N T N V
 O E R A S P I R I T U A L M A U O N L E E

AA
 ALATEEN
 BILL W
 DR BOB
 FELLOWSHIP
 INVENTORY
 MEN
 RECOVERY
 SMYRNA
 TEENS
 WOMEN

ADDICTION
 ALCOHOL
 CHIPS
 DRUGS
 GRAPEVINE
 LORDS PRAYER
 NINETY NINETY
 RIDGEVIEW
 SPIRITUAL
 TWELVE STEPS
 YOUTH

AKRON
 AMENDS
 COFFEE
 EASY DOES IT
 HIGHER POWER
 MEDITATION
 PRAYING
 SERENITY PRAYER
 SPONSEE
 TWELVE TRADITIONS

ALANON
 ANONYMITY
 DENIAL
 FAMILY
 INTERVENTION
 MEETINGS
 PROMISES
 SERVICE
 SPONSOR
 UNMANAGEABLE

THE VIEW

2024 UPCOMING EVENTS

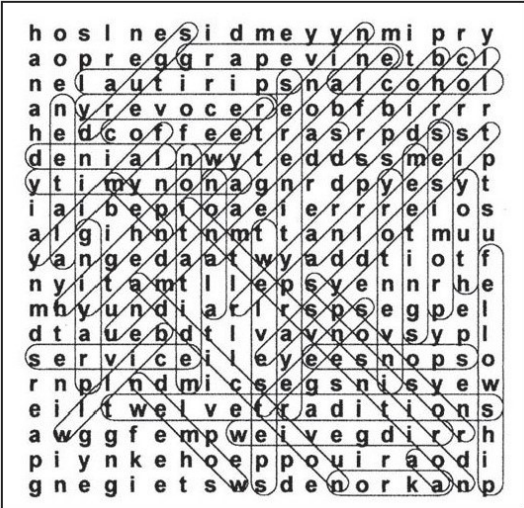
SUBMITTED BY: EDDIE C.

EVENT	DATE & TIME	LOCATION
First Friday - January	January 5, 2024 @ 7:30pm	Pro North Auditorium
First Friday - February	February 3, 2024 @ 7:30pm	Pro North Auditorium
First Friday - March	March 1, 2024 @ 7:30pm	Pro North Auditorium
Ridgeview Alumni Charitable Corporation Walk	Saturday, March 16, 2024 @ 10:00am	Iron Hill Loop Trail Red Top Mountain
First Friday - April	April 5, 2024 @ 7:30pm	Pro North Auditorium
First Friday - May	May 3, 2024 @ 7:30pm	Pro North Auditorium
Spring Fling Weekend Spring Fling	Sunday, May 5, 2024 @ 12:00 noon	Pro North Auditorium Pro North Parking Lot
First Friday - June	June 7, 2024 @ 7:30pm	Pro North Auditorium
First Friday - July	July 5, 2024 @ 7:30pm	Pro North Auditorium
Whitewater Rafting	July - TBD	TBD
First Friday - August	August 2, 2024 @ 7:30pm	Pro North Auditorium
First Friday - September	September 7, 2024 @ 7:30pm	Pro North Auditorium
Tubing on the Chattahoochee	September - TBD	TBD
First Friday - October	October 4, 2024 @ 7:30pm	Pro North Auditorium
14 th Annual Sam Anders Serenity Scramble - Golf	October 25, 2024	City Club Marietta 510 Powder Springs Street, SE Marietta, GA 30064
First Friday - November	November 1, 2024 @ 7:30pm	Pro North Auditorium
Gratitude Dinner	Sunday, November 18, 2024 @ 5:00pm Gratitude Meeting @ 6:00pm	Pro North Auditorium
First Friday - December	December 6, 2024 @ 7:30pm	Pro North Auditorium
Garden Decorations for Christmas	Date TBD @ 10:00am	Serenity Garden

Ridgeview Alumni Steering Committee meets at 5:30 p.m. every Thursday. The 2nd and 4th Thursdays, we meet in person at Pro North. All other Thursdays, we are on Zoom. Contact Eddie Chinal to learn more about how you can get involved and give back!

Visit our alumni website at www.ridgeviewalumni.com to learn more.

WORD SEARCH ANSWERS





Ridgeview Alumni Association Serenity Garden Brick Order Form

Name _____ Phone (____) _____

Message to be engraved on brick: (3 Lines/14 characters per line, includes spaces) Cost \$30.00

(Line 1) _____

(Line 2) _____

(Line 3) _____

Please fill out name and contact number, even if you wish to contribute anonymously, so we may contact you in case any questions arise about the inscription.

Make checks payable to: Ridgeview Alumni Special Projects

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

This issue, as well as archival copies, are available on our website at 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 sysadmin@ridgeviewalumni.com or contact us thru the Website at sysadmin@ridgeviewalumni.com. 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 Elaine B. at ehb216@yahoo.com using "Newsletter" in the subject line.

Elaine B, *Communications Chair, Editor, Design & Layout, Steering Committee Minutes*
Paul L, *Alumni Website*

THE VIEW

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ANNOUNCEMENT:

If you no longer want to receive this newsletter in printed form, please send an email to sysadmin@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

