

VOLUME XLVI

# THE VIEW

NEWSLETTER OF THE RIDGEVIEW  
ALUMNI ASSOCIATION

TO THINE OWN SELF

BE TRUE

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LISTEN WITH CURIOSITY  
SPEAK WITH HONESTY  
*—lead with integrity—*



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](http://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 a difference.

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: (\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

**Donate at:** [www.rvalumcc.org](http://www.rvalumcc.org)

**Make checks payable to:** Ridgeview Alumni Charitable Corporation

**Mail to:** Ridgeview Alumni Charitable Corporation | PO Box 2803 | Smyrna, GA 30081

**The Ridgeview Alumni Charitable Corporation is a nonprofit (501c3) charitable corporation and donations are tax deductible to the extent allowed by law.**



Ridgeview Institute is available 24 / 7 for NO COST Assessments.  
**Call today 770.434.4567**

**Our facilities offer these specialized, high-quality programs:**

Recovering Professionals Program  
Young Adult Psych. & Addiction Programs  
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Women's Connection  
Adult Psychiatric Program  
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Adult Addiction Program  
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#### **Additional Services:**

Admissions  
Support Group

Alumni  
Family Workshop

Professional Education  
Recovery Residences

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## TO THINE OWN SELF BE TRUE

SUBMITTED BY: TOM S.

I had heard that saying throughout my life but never gave it much thought. I never knew who 'thine own self' was. I was a chameleon, always trying to fit in by being whatever others thought I should be. I craved attention. I did not like being that way and became disappointed in myself. I didn't like me. When I started drinking at an early age, those feelings became acceptable and I was able to live with the way I was—even though I hated it inside. It's that split personality that is talked about in Alcoholics Anonymous.

Once I was introduced to AA through Ridgeview, my life began to change. I discovered who I was and who I was not. By working the 12 Steps with my sponsor and applying those principles to my daily life, I became ME. I learned boundaries, how to say "no" and to follow through when I said "yes". I learned that I did not have to laugh at a joke just because most others laughed at it. I learned compassion, "The genuine concern for the wellbeing of another". That never occurred to me before recovery.

Today I am able to be true to myself because I know who that is.

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## TRUTH AND LIES

SUBMITTED BY: TOM N.

I can lie to myself. If you think about it, it seems impossible. How can I lie to myself when I'm the one making up the lie? I can do it, though, and if the circumstances are right, I'll buy that lie hook, line, and sinker. When that happens, I'm quickly back in my own self-made hell, wondering how I believed the steaming pile of falsehood that I created, warmed up, and gobbled down with relish.

When I moved to the West side of metro Atlanta, I had 7 years sober. Before that, I had years of clear evidence that for me, taking a drink would end in disaster for me and everyone around me. Even still, when I told my friends I was moving to the West side of town (from Snellville) they all told me, "Tom, you of all people better get plugged in when you move out there" – meaning, I better find some meetings and a sponsor quickly.

I was not working much of a program before I moved. I went to one meeting a week and that was it. I'd call my sponsor once every other month or so, and I'd make sure to show up to the meeting just in time for it to start. I didn't want anyone tagging me to chair or lead discussion. I did quite a bit of service work the first 3 – 4 years of this stint of sobriety, and I figured that was enough. Even still, I had no desire to drink or use and was offended that my friends would act like I was walking the edge. I had 7 years sober! I was not some newcomer.

I did heed their advice, though, and started attending several meetings a week, understanding that I needed to meet new folks and get a new group of friends like the ones I had in Snellville. The problem was that I didn't like the meetings- they read things in the wrong order, I didn't like the way folks shared, I found several people I didn't like, and I felt uncomfortable. Nobody talked to me. It wasn't going well.

I stayed silent. I didn't share much, if at all. I picked apart the meetings and walked out frustrated every time. The truth was I felt just like I did when I was a newcomer- out of place and nervous. In retrospect, I can see clearly that OF COURSE I felt that way- I was the new guy in a new place and really needed to lean on the new folks I met to find the comfort I sought, but I found reasons not to talk to them, and as time went by, I began to hate going to meetings and the people I saw in them.

*Continued on Page 9*

## BE TRUE TO YOURSELF

SUBMITTED BY: JEFF W.

In 1600, William Shakespeare wrote in Hamlet:

*"To thine own self be true,  
And it must follow, as the night  
the day*

*Thou canst not then be false to  
any man."*

In 2025, Artificial Intelligence wrote:

*"Stay authentic to yourself — when you  
do, honesty with others comes natural-  
ly."*

For me, being true to myself and to others remains an important part of my recovery. Here are some of my experiences involving being true:

**True to Myself**

One of the most difficult challenges that I had to face was admitting to myself that I was depressed and angry. Over a 4-year period, I had experienced the loss of my brother after a 24-year battle with Multiple Sclerosis, a 2-year legal crisis after I discovered that the executive director of our industry association had been embezzling funds for 10 years and almost bankrupted our 40-year old association, and then moving my parents to assisted living. I was tired, angry, and depressed and once I admitted my true feelings to myself and sought counseling, I began the road to recovery.

**True to My Therapist**

Like most doctors, I assumed that most therapists were effective and helpful. When my therapist left the well-respected group that she was with and started on her practice, I followed. She was not effective and once I finally truly admitted that to myself, I moved on. It was not easy, and I should have moved on sooner than I did but I was delayed in responding to my true feelings and emotions.

I moved on to the therapist that changed my life. By being open and honest about my struggles, my feelings, and my goals in life, she diligently worked with me on a weekly basis. I shared my feelings of depression, anxiety, anger, and frustration. Over that first year, I also lost my father. I felt better after each session as my therapist encouraged me to "be true to myself." In the Fall of 2016, my therapist suggested that I participate in the IOP Program at Ridgeview.

**True to My Support Group**

In IOP, I learned to "open up" to others about how I truly felt. This was my first experience in a support group and initially I was reluctant to share. Over time, however, and with the same group of people sharing, it became easier to share my true thoughts and feelings.

After IOP ended, our group maintained that we would continue to stay in contact with each other. We did not. I was one of the group members who tried to reach out but it was in vain. I truly felt disappointed and frustrated.

My therapist suggested looking for other small support groups to join. I found a small men's group of five that was purportedly a "psych support group." After attending for the first two weeks, I knew that this was not for me. The group already knew each other, and I was "the new person." I did not feel overly welcomed or included as they constantly shared about themselves and their common group of friends and acquaintances. Rather than politely move on, I endured six more weeks of feeling left out and not included. I fell into the "supposed to" trap of believing that I should remain in the group until the session ended. This was a waste of time.

**True to a Support Community**

At the urging of my therapist, I went back to Ridgeview and investigated postings of other support groups. I found a Monday night "Psych Support Group" and began attending. I met many wonderful people in that first year, namely Elaine B, who later introduced me to the Ridgeview Alumni and Aftercare Groups on Thursday nights. More opportunities to be true to myself with a much larger group of participants.

*Continued on Page 6*

## IN MY OWN SKIN

SUBMITTED BY: SEAN C,

So, the topic for the Ridgeview Alumni's bi-annual newsletter is "To Thy Own Self Be True." How many times have I heard this concept mentioned in meetings or as part of the literature I am reading? A lot of 30-day chips have this saying engraved on them. As I reflect on this subject matter, a question keeps posing itself in my head: "Am I afraid to be me?"

***"Fear of what you thought of me directed who I was."***

I remember early in my recovery, my sponsor picked up his 6-year medallion. He stated that he finally felt comfortable in his own skin. As I was driving home that evening, it dawned on me that I could never be comfortable in my own skin. My whole life had been a false presentation of who I really was. I was a chameleon, able to change into the personality I thought you wanted me to be. My opinion on any subject mirrored your opinion. Fear of what you thought of me directed who I was. A "people pleaser" of the first class.

Funny story: I used to drive a con-

vertible. When I had the top down, I would blast the radio so I could hear it despite the wind. However, when I came to a stop light, I would look over to see who was in the car next to me. If you had long hair and looked like a party animal, I would put on hard rock. If the vehicle had female passengers, I would put on soft '90s music. If it was an elderly couple, I would switch to AM radio.

The only time I could be me is if I had the ballgame on. In that case, I didn't care what you thought of me. The baseball game was more important than my ego. Looking back on it now, the freedom to be myself was right in front of me but I didn't recognize it.

Through working the steps with my sponsor and trying to incorporate their concepts into my life, I started to transform into a different person. Humility started to replace my ego. By doing an inventory in the 4th step and sharing it with my sponsor, a true picture of myself started to develop. The old timers called this process "ego deflation" or "being right sized." Today, I know who I am and what I am.

Not many people who know me realize that I played hockey for the Boston Bruins. I was also an F-18 fighter pilot as well as the heavy weight boxing champion of the world. Did I mention that I played every

instrument for my rock band "Whet Weasle?" Welcome to Sean's fantasy world. Because of my humility, I fantasized that I was the second man to walk on the moon and not the first. Wow! I used to live with this type of thinking; drunk or sober.

Today I have a realistic view of myself and I am satisfied with who I am. It's okay to make mistakes in front of people. It's not important to be perfect. The fear that dominated my life has diminished greatly. The peace I find deep within myself comes from being true to myself. Today, I feel comfortable in my own skin.

**FOCUS ON PROGRESS**  
*Not Perfection* ♥

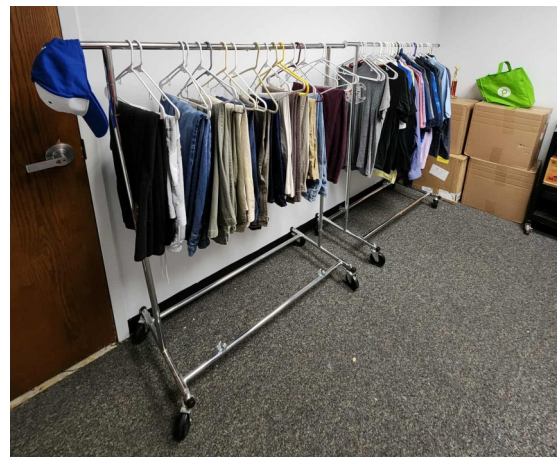
## NEW! TARAH'S SILVER LININGS COLLECTIVE

SUBMITTED BY: TARAH M

When this started, we had no idea it would become what it is today. It began as an add-on to our Bingo nights with those in the residence. Eddie wanted to make sure everyone walked away with something, so we began taking in small clothing donations from the Alumni. We started setting up a table with clothes, shoes, and hygiene items at the end of Bingo so everyone could get a few things. Of course, it was a hit!

As time went on, we started to notice that people were coming into treatment at Ridgeview with hardly anything. And we saw a real need that we could help out with. Our Alumni have been amazing by sending donations our way. Everyone has pitched in to make this a real thing. Rylan worked very hard at getting us a room for the closet which I am very grateful for because it was getting very hard digging through bags to find things for people, LOL.

We are very excited to be able to help people in this way. Silver Linings is going to fill a need in many people's lives. This will help those just starting their journey feel good about something. I want to thank the Alumni for making this happen. We are officially up and running!!!



## BE TRUE TO YOURSELF (CONT'D)

SUBMITTED BY: JEFF W.

### Lesson Learned

My journey to recovery started with a therapist (which I still have after 8 years), went to a small support group, and then to the larger Alumni Community at Ridgeview. I have met and shared with many people over the years and here is one of the most important lessons that I have learned:

Emotions are complex and can charge instantly, without warning. and sometimes we have no idea why. By being true to myself, by sharing how I really feel at that time – and not saying “fine” when I am not, or by not sharing at all, I will feel better and successfully deal with my anxiety and depression. Truth!

## TO THINE OWN SELF BE TRUE QUOTES

SUBMITTED BY: COREY J.

I felt the call to go into ministry ever since I attended undergraduate school, way back in 2000. However, after I graduated from Georgia State University in 2006, I was not ready to trust in my call. A few years later, when I thought about it again, I realized that I was not mentally stable enough for graduate school, let alone a degree that would lead me to wrestle with my spirituality and spiritual community. Fortunately, my last stint in Ridgeview's Women's Trauma program in 2023 set me on the right path. Facing my trauma and learning skills to ground myself was the missing piece of the puzzle. By July 2024, I knew I was ready, and I have been loving attending seminary ever since. In my pastoral care class, we read the book, "Homecoming: Overcome Fear and Trauma to Reclaim Your Whole, Authentic Self" by Thema Bryant-Davis. I highly recommend this book and all it teaches about living fully into who you already are. Here are some of my favorites about authenticity, a.k.a., being true to thineself.

*It is so important that you come to a place where you can see and celebrate the part of you no one can take away. The essence of who you are is yours. You may have lost sight of it, and it may have been neglected, but under all the challenges of life, you are still there.*

*Remember that failure is an event, not an identity. If you have failed in the past, you can learn from it and carry that wisdom and knowledge into your future. Reject the idea that past failures make you a failure. When you think of failure as your identity, it keeps you stuck. When you see failure as an event, you can grieve, dissect it, and learn from it without being defined by it.*

*Instead of defining yourself by the times when you fell short, you can recognize the ways in which you have grown since then.*

*Whatever you've experienced has given you some building blocks. The blocks may be rough, cracked, and overlooked, but your hands are not empty. You are not empty. You have passion, knowledge, life experience, and the capacity to survive. You have grown from your history, and that history—the wins and losses—can give you some confidence to face your present circumstance.*

## TRUTH: REALLY?

SUBMITTED BY: STEVE D.

"To Thine Own Self Be True". Boy, now that's just hard. I would expect that this would be a hard one for most everybody at one time or another. For me, though, I suffer from a disease that thrives and depends on me NOT being honest. It's not only that I'd be dishonest with you, but I also thrived and depended on not being honest with myself. That dishonesty was there to allow my disease to prosper and persist. Alcoholism often guided the way I thought in situations, where my drinking or the way I was thinking was challenged.

Was I making a conscious decision to lie? Well, sort of. When I was actively drinking, it just became a habit, a way of life for me not be honest with myself. I didn't really have to think about it or acknowledge my falsehoods. It became natural for me to try to deceive myself and you.

The thing is that I'm an honest person. I don't lie on my taxes nor at my bank nor with my family nor friends, except about drinking. As a psychotherapist, it was essential for me to be honest with my patients, based on what was going on in the session.

*Continued on Page 8*

## TRUTH. REALLY? (CONT'D)

SUBMITTED BY: STEVE D.

A foundation of alcoholism is denial. That's really just being dishonest. Usually, this is an unconscious deception, a defense mechanism. The falsehood was just automatically there in my conscious thinking. The lie might be there with just a flicker of what was true. My disease kept that thought in the background, though. This was like when I was in the convenience store to buy my daily beer. As I considered stopping at the store, I knew I wanted, needed, my beer. But, there was also this fleeting thought that I shouldn't do it. I was drinking too much. My denial of a problem quickly entered in and deleted those thoughts of truth. **Alcoholism needed those falsehoods in order to keep controlling me.** For me, feeling the first physical signs of withdrawal also prompted and fostered the lies. My body was telling me it was time for a couple of beers.

Recovery for me started when I could maintain the thinking that I had a problem and needed some help. That fleeting thought had been common, but now I had to really acknowledge it. I had to accept it, even though I really didn't want to. Then, I had to act on it. Sounds pretty straightforward. However, alcoholism had a counter-argument in my head. It wanted that denial to persist.

***"I must consciously  
work to be honest with  
you and with myself."***

So, what finally happened after my acceptance? I had to decide what my next footsteps could be. Try to quit drinking on my own? Medical detox? A professional evaluation for a treatment plan to address my disease? Treatment? Just Alcoholics Anonymous? Certainly, I was not really successful with stopping drinking on my own. Obviously, or I wouldn't need to be considering anything else.

I decided to go into the Ridgeview Institute for an evaluation. Let them confirm my problem and tell me what to do next. Then, another hard part. I had to do the work.

I decided to enter Ridgeview. I went to detox and started treatment. Next, I began outpatient treatment. I stayed at the Residence there on campus for weeks so I could complete the outpatient programs. Then, I enrolled in a sober living program, where I lived for 6 months. AA was an essential component in all of that. Once all of those strides were completed, my Alcoholics Anonymous meetings remained. I also joined the Ridgeview Alumni Association and started attending RVI Continuing Care meetings.

I wish I could say that this was my only effort at getting sober. Early on I was prone to relapses. I took all of those paces several times. Actually, I had 6 years of recovery prior to Ridgeview, but relapsed and started over again. Finally, something clicked and I was truly ready to work on my sobriety. That was 10 years ago.

"To Thine Own Self Be True" is a little easier now. With help, I can face my demons and be truthful. I have to rely on others to help me work a recovery program, move to improve my life, and stay sober. This means that I must consciously work to be honest with you and with myself. I can now catch dishonesty myself so much of the time. I'm now around others, who now know me well enough to call me on dishonesty. Alcoholism still tests me every day. With the help of my Higher Power, my fellows, my family, and a responsible program, I'm better at living the guidance of "To Thine Own Self Be True" and I am grateful.

**TRUTH AND LIES (CONT'D)**

SUBMITTED BY: TOM N.

One raise of my hand followed with the words, "I feel out of place and need some help" would have solved the problem. I, however, was NOT a newcomer – I was too sober to feel this way and didn't want people to think I was a new guy (as I'm typing this, it seems so ridiculous, but that's how I felt- it might have helped if I DID type out my feelings to see exactly where I was).

Eventually, the thoughts of just dropping the meetings came into my head. I didn't need them anymore. I have not had a drink in a long time. I'm fine. Then the thought hit me: I could go to Taco Mac on 41 and have 2 beers twice a week and it would be fine. I'd feel more relaxed and wouldn't worry as much. I felt I could handle it.

I remember the moment that thought hit me. It was like a massive wave of relief. YES! This is the answer. I was able to completely ignore the years and years of horrible situations I created for myself and my family due to my drinking and using: spending all our money (and plenty that wasn't ours), leaving my kids alone in the woods in a camper to go find "a party," being gone for days at a time while my wife and children worried sick and watched the bank account drain...those are just the tip of the iceberg of harm I had done.

None of it came to my mind, though. I convinced myself, yet again, that I'd be fine. Of course, I wasn't. The 2<sup>nd</sup> time I went to "have a couple of beers" I ended up gone for 3 days on a bender and began another struggle to find truth again and seek recovery.

If I let myself slip from the care and support that the program provides me, even partially, I risk beginning to lie to myself. First, finding fault where there is none (these people are jerks, this meeting is bad, etc.), then finding solutions where there are none (I can have a beer to let my mind relax a bit) and I will believe it like it's the gospel truth. It's incredible how that happens but it's real...it is insanity.

I always am in the process of working on part of my program that is slacking. I'm never totally on top of everything, but I keep working at it and lean on the guidance of my sponsor and friends to make sure I can see the truth from the false.

# Recovery: It Works If You Work It!

## LET THEM AND LET ME

SUBMITTED BY: ELAINE B.

Upon learning of this newsletter topic, my mind immediately went to what I'm currently reading: a book about the "Let Them" theory, a phrase coined by author Mel Robbins. To summarize, she speaks about how we spend a lot of time and effort attempting to control things that are outside of our power to control, especially other people. The "Let Them" theory essentially is a means of accepting that we cannot control others, we can only control ourselves and our reactions.

This is easier said than done, because I confess that I have spent time with resentments because people have not done what I wanted them to do and have not said the things that I wanted them to say. Just the opposite, in fact, especially when I went through a health scare last year. I kept wanting the people around me to change into what I needed them to be, instead of accepting them for what they could and could not give at the time. I wanted them to offer supportive words and not blow me off to go a sports game, and I became resentful. But LET THEM blow me off.

And now comes the next part. **Let Me.** Let Them blow me off, and Let Me focus on self-improvement in some way. Let people forget to call. Let people cancel plans at the last minute. And then, Let Me dive into a creative project I want to do, or spend some time outdoors in a nature walk.

In the end, we need to do what Shakespeare said: To thine own self, be true.

He was just thousands of years ahead of the Let Them, Let Me theory – but the lesson rings true all the same.

## WORD SEARCH

SUBMITTED BY: ANONYMOUS



## GRATITUDE DINNER 2025

SUBMITTED BY: TOM N. AND TARAH M.

The alumni held its annual Gratitude Dinner on Sunday, November 23. Good food, good friends, good times were had by all. We continue to be grateful for the opportunity to share a meal with Ridgeview Alumni, staff, and the patients.



*Be thankful for what you have;  
you'll end up having more.  
-Anonymous*

## SAM ANDERS SERENITY SCRAMBLE

SUBMITTED BY: STAN D.

We had another successful Golf Tournament at The City Club Marietta in Marietta, Georgia. We had 41 golfers compete in the 15<sup>th</sup> Sam Anders Serenity Scramble benefiting the Ridgeview Alumni Charitable Corporation. The tournament champion was the team comprising of Evan Oglesby, Arthur Culbreath, and Sol Brannon (Absent). The winners of the coveted last place trophy (Dead Ass Last) were John Holmes, Sr., John Holmes, Jr., Tommy Fredericks, and Phillel Hoskins. We had a great lunch and raffle with plenty of food, fellowship, and a lot of fun!

We would like to thank all of the participants and our sponsors. And a special thanks to Evan Oglesby, the retired NFL players and Olympic Athletes.

All funds raised will allow the Ridgeview Alumni Charitable Corporation to continue to provide support through education, treatment, medication, and housing to individuals in need of mental health and substance use services.

**Gold Sponsors:** Ridgeview Institute, Premier Health Partners

**Hole Sponsors:** Myriad Genetics, The Providence Group, Fresh Start Renovations, Revival Care, Handyman McKinney's and The Ridgeview Alumni.

We look forward to seeing a larger turnout next year on **Friday, October 16, 2026!**



**SERENITY SCRAMBLE (CONT'D)**

SUBMITTED BY: STAN D.



## SERENITY SCRAMBLE (CONT'D)

SUBMITTED BY: STAN D.



## WORD SEARCH ANSWERS

ANSWER KEY  
self care  
WORD SEARCH

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

WORDS TO FIND:

CONFIDENCE	RADIANCE	EMPOWER	COMPASSION
GRATITUDE	JOYFUL	BALANCE	RESILIENCE
WORTHY	GROWTH	BRAVE	HARMONY
STRENGTH	KINDNESS	HAPPINESS	BELIEVE
COURAGE	PEACE	BOUNDARIES	UNSTOPPABLE

## 2026 ALUMNI EVENTS

SUBMITTED BY: STAN D.

## The Ridgeview Alumni Events 2026

EVENT	DATE & TIME	LOCATION
First Friday—January	Jan 2, 2026 @7:30pm	Pro North Auditorium
First Friday—February	Feb 6, 2026 @7:30pm	Pro North Auditorium
First Friday—March	Mar 6, 2026 @7:30pm	Pro North Auditorium
First Friday—April	Apr 3, 2026 @7:30pm	Pro North Auditorium
Spring Fling	TBD	Pro North Parking Lot
First Friday—May	May 1, 2026 @7:30pm	Pro North Auditorium
First Friday—June	Jun 5, 2026 @7:30pm	Pro North Auditorium
First Friday—July	Jul 3, 2026 @7:30pm	Pro North Auditorium
First Friday—August	Aug 7, 2026 @7:30pm	Pro North Auditorium
Whitewater Rafting	Date and Time TBD	Ocoee River
First Friday—September	September 4, 2026 @7:30pm	Pro North Auditorium
First Friday—October	October 2, 2026 @7:30pm	Pro North Auditorium
Golf Tournament	October 16, 2026 7:30 am Registration	City Club Marietta 510 Powder Springs Street, SE Marietta, GA 30064
First Friday—November	November 6, 2026 @7:30pm	Pro North Auditorium
Gratitude Dinner	November 22, 2026 @ 5:00 pm	Pro North Auditorium
First Friday—December	December 4, 2026 @ 7:30pm	Pro North Auditorium
Serenity Garden Holiday Decorations	Date and Time TBD	Serenity Garden

Ridgeview Alumni Association meets at 5:30 p.m. every Thursday. We meet in person in Pro North every week except for the night before the First Friday speaker meeting, when we meet on Zoom. Call 770-434-4567, ext 3719 or email Rylan S. at [rshaughnessy@ridgeviewinstitute.com](mailto:rshaughnessy@ridgeviewinstitute.com) to learn more about how you can get involved and give back!



## 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 \$50.00

(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 Association | 3995 South Cobb Drive | Smyrna, GA 30080-6397

Archive copies of The View are available in digital format on the Ridgeview Alumni website ([www.ridgeviewalumni.com](http://www.ridgeviewalumni.com)) and the Ridgeview Institute website ([www.ridgeviewinstitute.com](http://www.ridgeviewinstitute.com)).

**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!***

Elaine B, *Editor, Design & Layout*  
Chelsea G and Kelly T, *Communications Committee Co-Chairs*

I merely had been saying the suggested prayers. I suddenly realized that a miracle had just happened to me. Then one day, my name was added to the temporary sponsor list. I liked what I was getting, so I've kept doing what I've been do-