



COTTONWOOD
tucson

July 2011

Alumni News...

the journey continues

Serenity

When I was new in recovery, I mistakenly thought serenity was boredom. I remember the day my perspective changed. I was in a meeting complaining about being bored in my new found sobriety. One of the old-timers spoke after me and commented on how she discovered the difference between serenity and boredom. She said for her serenity was the absence of chaos. It was in that meeting that I became aware that my life was beginning to become serene. No longer was I creating disasters and working feverishly to clean them up. No longer was havoc and wreckage a part of my everyday life. I was for the first time in my adult life experiencing the amazing feeling of peace. Back then it only took one negative incident to send my whole world into resentment, anger, thoughts of revenge while all the time feeling like a victim. That one moment would sometimes dictate how I would feel for days, weeks and sometimes years. Today, I am glad to say, because of recovery and the twelve steps of Alcoholics Anonymous, boredom doesn't visit me often. Today peace and joy are constants in my life. It is true what all those people told me when I was new. If I didn't give up before the miracle, if I kept coming back, then one day I would be able to match calamity with serenity. I thank AA and Higher Power for that awareness.

Cottonwood is a unique, authentic, life changing, remarkable experience. If you want or need assistance please let us help you. If you have any questions, please contact me at shicks@cottonwoodtucson.com or call 520-743-0411 extension 2517.

Keep coming back, Sally

Healing the Loss of a Dream by Rokelle Lerner

Jane has been divorced from Richard for three years. It was a difficult relationship and for ten years, Jane endured Richard's sexual addiction and his cruel outbursts.

Her friends think it's time she got on with her life and she knows they're right, but she can't explain the loss she feels that keeps her from creating a new intimate relationship. The truth is that she's relieved that Richard is out of her life. But every time she starts to explain this, her friend thinks she's in denial. It's gotten to the point where Jane won't discuss her grief with anyone because she feels so misunderstood.

Tom is a pastor who worked at a hospital where he ministered to patients with AIDS. Eighteen months ago the hospital suffered budget cuts and had to let Tom go. Now he's employed as a pastor at a local college campus where he's paid more, has much better benefits, and works shorter hours. His wife is overjoyed at the change in their lifestyle. Unfortunately Tom is far from delighted. Their relationship has suffered because Tom has been in a mild depression since he left the hospital. Tom doesn't understand his despair. It's not that he wants his old job back, but there's an underlying loss that Tom just can't seem to shake.

The loss of a dream is difficult to articulate. When dreams are shattered it causes inexplicable grief that others may have difficulty comprehending. Why would Jane continue to grieve the ending of an emotionally abusive marriage? Why would Tom remain in despair about the loss of a job where he was underpaid and constantly exhausted? Both Jane and Tom are suffering the impatience and irritation of friends and loved ones who think they are indulging themselves in self-pity.

The death of a dream can mean the loss of a role in someone's life, the loss of meaning, the loss of control or even the loss of an image of oneself. For example, Jane can't seem to explain that it's not her ex-husband she misses it's the loss of the dream of the couple that was supposed to make it through time. Tom can't find the words to express the loss of meaning he feels in his life, the loss of the role he played in helping the sick. Both of them are facing the shattering of dreams that are contaminating their relationships because they haven't been acknowledged or grieved.

Healing the Loss of a Dream

by Rokelle Lerner

As a culture, we are much more adept at helping people grieve specific losses. Most often, support is available for those who suffer the loss of a parent, a home, or even a pet. However, as supportive as people around us can be, there's a limited time that they will tolerate our grief before they begin to lecture and prod us to return to life as usual.

We must understand that for every tangible loss we face, there's always a dream connected to it. And sometimes, it's that hidden expectation or dream that we continue to mourn. When dreams die we owe them recognition in their passing. In fact, until we face the loss of our dreams, our other losses will never come to resolution.

A dream is a precious and private phenomenon. Our dreams contain our vision for the future and what we hold as our inspired potential. From our dreams comes the impetus to take action and to persevere despite obstacles. We also guard our dreams at all costs and resist anything or anyone that threatens to destroy them. There is no doubt that holding onto a dream can be life giving and enhance our spirit. So often our identity is wrapped up in our dreams. Our zest for life, our passion, and our creativity, all are fueled by the visions we deem as important. How could we ever think that when a dream dies, we'd smoothly let it go and step into a new one?

The passage from the death of one dream to a birth of another involves transition. In our culture transition is not honored and barely tolerated. We're trained to see the vision of where we want to go and somehow are led to believe that there's a fix or a fast lane that will bring us what we want without the effort it takes to get there. (And if we don't reach our dream, there must be something wrong with us!) There is little support for those who are in that confusion space of in-between.

Transition literally means letting go of an old dream, followed by confusion and distress, leading to the birth of new beginnings. It seems that we are required to let go of the old before we pick up the new. And when we let go it puts us in a state of chaos and pain. It's the natural process of disorientation to reorientation that most of us detest. None of us would disagree that this space in-between is an uncomfortable place that we hope to leave as soon as possible. But we need to remember that transition is that sacred space where the most healing and growth takes place. In fact, Martin Buber, the brilliant philosopher uses the term "space in-between" to describe God.

In order to explain the sacredness of transition, think back to a time when you were a child. Some of us used to go to the playground and swing on the monkey bars or the rings. Maybe you can remember what it was like to let go of the ring behind you in order to grab hold of the ring in front of you. In our own lives, there comes the moment when we have to let go of the past, even if the future isn't quite within our grasp. We hurl ourselves into space and we feel like we may drop into the abyss! This is where we have to summon all the faith, courage and support we can muster. If we can do this, we'll enter that miraculous state of transformations where our new dreams are born.

My hope for you is that this article inspires you to have patience and compassion for yourself as you go through your life's transitions.

Rokelle Lerner is one of the most sought after speakers and trainers on relationships, women's issues and addicted family systems. She has inspired audiences throughout the world with her ability to address difficulties with insight, humor, and astounding clarity. She has received numerous awards for her work with children and families including Esquire Magazine's "Top 100 Women in the U.S. Who Are Changing the Nation." Rokelle has been an advisor and consultant with foreign governments, US agencies, corporations, schools and hundreds of individuals on relationships, boundary issues and addiction. She is also co-founder and consultant to Children Are People, Inc., a program used in thousands of schools throughout the country. Rokelle has appeared as a guest consultant on numerous television shows such as Oprah, Good Morning America, CBS Morning News and 20/20. Her articles and interviews have been featured in the Washington Post, New York Times, Newsweek, Time, People Magazine and Parents Magazine. Rokelle has published the best selling books, Living in the Comfort Zone: The Gift of Boundaries in Relationships, Affirmations for Adult Children of Alcoholics and Affirmations for the Inner Child. Her latest book is The Object of My Affection is in My Reflection: Coping with Narcissists. Ms. Lerner facilitates the Inner-Path Retreats for Cottonwood Tucson in Arizona.



Nutrition in Recovery: Quinoa

By

Lisa MacDonald , MPH RD, Director of Nutrition Services and Executive Chef, Richard Serna

What you eat affects how you feel. Mood, ability to concentrate, energy level, sleep habits and food cravings are influenced by brain chemicals. These brain chemicals in turn are influenced by the diet. It is so important that those in recovery view nutrition as supportive in the recovery process and for emotional well being.

Complex carbohydrates such as brown rice, oatmeal, whole wheat, quinoa, etc. are important for serotonin production in the brain. Serotonin is a brain chemical that promotes sleep, increases pain tolerance, and boosts mood. Quinoa (pronounced keen-wah) is a grain like product that we like to incorporate into our cuisine due to its superior nutrition qualities. Quinoa has been cultivated for over 5,000 years by many native Indians. The Incas considered it a sacred food and referred to it as the “mother seed.” Unlike most grains, quinoa contains all 9 essential amino acids making it a complete protein, an important consideration in vegetarian cuisine. Quinoa also contains high levels of fiber, phosphorus, magnesium, potassium, riboflavin, zinc, copper, manganese and folacin. Quinoa is a gluten free grain and is easily digested.

Quinoa has a creamy, slightly crunchy texture with a nutty flavor when cooked. Because of quinoa’s delicate taste and light flavor, it can be substituted for any other grain such as rice, cous cous or as a side dish in a casserole or soup. Cook with fruit juice, add dried fruits and nuts for a nutrient packed breakfast. Quinoa can even be ground up and used as flour in your favorite cookie or muffin recipes. Quinoa lends itself well to a cold grain salad mixed with herbs, cooked veggies and vinaigrette dressing as in Chef Richard Serna’s recipe for Cottonwood’s Toasted Quinoa Salad with Butternut Squash, Dried Cranberries and Lemon Thyme Vinaigrette

Toast Quinoa Salad with Butternut Squash, Dried Cranberries and Lemon Thyme Vinaigrette

1 cup Quinoa
2 cups Water
2 cups Butternut Squash diced to ¼ inch thickness
1 tsp Olive Oil
¼ cup Vegetable Stock
1 tsp Cornstarch
1/3 cup Fresh squeezed Lemon Juice
¼ tsp Dijon Mustard
¼ tsp Minced Garlic
4 tsp Honey
¼ cup Thickened Vegetable Stock
2 tsp Olive Oil
1 tsp Fresh Thyme Leaves
1 Tbsp Fresh Chopped Parsley
½ cup Celery Diced ¼ inch thickness
1cup Dried Cranberries

Salt and Pepper to taste

Preheat Oven to 350 degrees



Quinoa:

Spread quinoa evenly on cookie sheet and bake at 350 for 8 minutes. After 4 minutes, stir quinoa and spread evenly in pan to prevent burning. Cool. Once quinoa is cooled, rinse and combine with 2 cups of water in a small saucepan. Bring to a boil, reduce heat to medium and cook until tender and all water is absorbed. Remove from heat and cool completely.

Butternut Squash:

For the butternut squash, peel, remove seeds and dice ¼ inch thickness. In a small bowl combine butternut squash and toss with the teaspoon of olive oil and a pinch of salt and pepper. Spread onto a cookie sheet and bake at 350 for 15 minutes. Cool completely

Thickened Vegetable Stock:

In a small saucepan, add the vegetable stock and bring to a simmer. In a small cup, add cornstarch and a teaspoon of water to make slurry. Whisk slurry to simmering vegetable stock; remove from heat when it starts to thicken. Cool completely before use.

Vinaigrette:

In a blender, combine lemon juice, Dijon mustard, minced garlic and honey. Blend at medium speed. While still blending, add your thickened vegetable stock. Once combined, slowly add your 2 teaspoons of olive oil. Remove from blender into a small bowl and add your fresh thyme leaves. Set aside.

Quinoa Salad:

In a medium bowl, add your quinoa, butternut squash, diced celery and dried cranberries. Mix together. Toss the Lemon Thyme Vinaigrette slowly into the quinoa mixture. Once incorporated, toss in your parsley.

For added protein options, enjoy with a grilled 4oz chicken breast or 2oz grilled tofu.

Tucson Alumni Meetings

ATTENTION Tucson Alumni!

We are having many exciting and helpful presentations this year; Here are the next three months of provoking and inspiring presentations put together just for you.

July 6, 2011 “Just for the Fun Of It” with Richard (Butch) Patterson

August 3, 2011 “ Brain Chemistry” by Jeff Friedman

September 7, 2011 Pam Gold with “Playback Theatre,” actors playback life experiences with humor and fun.

As always we will be meeting every Wednesday at 6:00 pm until 7:30 pm on the Cottonwood campus to learn and share about how you can access and better develop those tools and strategies you received at Cottonwood. Recovery is an on-going process and we can't do it alone. I hope you will come share the unique experience that is the Cottonwood Alumni Meeting. Remember on the first Wednesday you can come at 5:00 pm to have dinner with us, and feel free to bring one guest.

Keep Coming Back!

Farmington/Durango Alumni Meetings

ATTENTION New Mexico Alumni!

I am looking forward to the July 25, 2011 Alumni meeting. The topic this month is, “**What Fears Are You Facing Today?**” We have a great group of alumni who are serious about supporting each other. The 2011 meetings will be held at the **First Baptist Church 511 W. Arrington, Farmington, NM. 87401**(west side of building). The meeting time is from **7:00pm until 8:30pm**. I hope to see you there, all are invited.

2011

Farmington Alumni Meeting Dates

July 25 • Sept 26 • Nov 28

Phoenix Alumni Meetings

ATTENTION Phoenix Alumni!

I look forward to seeing and encouraging you as you continue your journey in recovery. We meet every first and third Tuesday night of each month at the **ABC Wellness office**, located at **7219 E. Shea Boulevard Scottsdale, AZ 85260**. The meeting time is from **7:00 pm until 8:30 pm**. The 2011 dates are listed below. Hope to see you there.

2011

Phoenix Alumni Meeting Dates

July 5 & 19 • Aug 2 & 16 • Sept 6 & 20 • Oct 4 & 18 • Nov 1 & 15 • Dec 6 & 20

InnerPath Retreats

Cottonwood's InnerPath retreats are a unique, authentic experience that will help you and your family when you need it most. Is there something blocking you from experiencing the life you deserve to live? Are you tired of being sick and tired? Contact Cottonwood to make an appointment for a life-changing encounter with that part of you who needs help and is waiting for the right time to take action. Cottonwood is that place and now is the time.

We offer several 4 and 5 day programs for individuals, couples, and families who want to focus on codependency, relationships, communication, grief, loss, trauma, and anger. InnerPath is like a mini-Cottonwood experience where you can come back for a boost to your personal recovery plan. All of our retreats are held at the Cottonwood Nash House, meals and lodging included, and are limited to 8 people. Rokelle Lerner who is a therapist, author, and codependency expert, is our facilitator. Please contact **Jana Zeff** at 520-743-2141 or e-mail her at jzeff@cottonwoodtucson.com for more information about InnerPath.

Beginnings and Beyond

Facilitator: [Rokelle Lerner](#)

This five-day intensive retreat is tailored to meet the needs of those individuals who want to make healthy changes in their lives. Whether you are just beginning the journey of self-exploration or someone who has hit a 'road block' in your journey, this program is designed to motivate change and encourage self-growth. Beginnings and Beyond offers a series of non-threatening, safe, and proven experiential techniques as well as traditional group and cognitive behavior therapies. This retreat includes list work, a powerful tool for releasing 'stuck' feelings from the past.

8/1-5 • 9/19-23 • 10/17-21

Women's Retreat

Facilitator: [Rokelle Lerner](#)

This five-day retreat has been designed especially to meet the needs of women who are re-evaluating their relationships, their priorities, and their sense of self. This retreat examines the effects of trauma on women's lives and how it affects their physical, emotional, and spiritual wellbeing. The Women's Retreat moves beyond the mere awareness of problems and focuses on tools to support women in establishing healthy boundaries, examining relationship patterns and letting go of old images and memories that contaminate self esteem. In a beautiful desert retreat, women will learn to make peace with their own personal history and take the steps in order to move into a life of freedom and joy.

7/25-29 • 9/12-16 • 10/10-14

Developing Healthy Relationships

Facilitator: [Rokelle Lerner](#)

This four-day retreat focuses on learning what constitutes a healthy relationship and how to attain it. The retreat is appropriate for individuals, couples, a parent and child (18 years or older), siblings, friends, or any type of relationship that isn't working or could use improvement. Topics include communication styles, boundary conflicts, how childhood issues surface in relationships, recreating passion, and staying connected without being consumed by another.

12/1-4

Developing Healthy Families

Facilitator: [Cottonwood Staff](#)

Addictions and psychiatric disorders can create chaos in a family. Stress and tension rise, frustration builds and communication turns to anger. Families do not know what to do. This workshop can bring relief to a family in crisis. Our five-day program offers education, new ways of relating, developing a healthy lifestyle and individual strategies to work towards solution and recovery.

Contact us to schedule