



Issue #7 |



14TH ANNUAL
ALUMNI REUNION

"STANDING IN POWERFUL CIRCLES"

By: Dave Beck

Hello Everyone!



"One is honoring those that have passed and the other celebrating those that are walking life's path

Dave here from Cirque, we were in a beautiful spot in the mountains yesterday. It was a gorgeous day with the fall colors exploding all around us. We had a nice fire going that was cooking the hotdogs to perfection. I was talking to some of the new residents about our recent reunion and how it is a miracle to me to witness that event. I described the powerful and humbling experience of the circle honoring those that have

In This Issue

Dave Beck

Reunion Recap

Run for Recovery

Alumnus - Mike M.

Alumnus - Lizzie C.

Ski Retreat 2014

Bev Article

Staying Connected:

Southern California

Utah Alumni

Guesting

Alumni Facebook

Mentoring

*with courage and
resolve."*

passed. I explained that each person was honored with a tap of the bowl, and that these were not just random people rather they are part of the Cirque family. We then talked about the fire where everyone gathers to share and listen to heart felt messages of gratitude and hope. Those are two powerful circles for me. One is honoring those that have passed and the other celebrating those that are walking life's path with courage and resolve. After the bonfire I was thinking back on many of the people and events that have influenced and shaped the direction and spirit of Cirque Lodge. What a privilege it is to visit with many of you and hear about your life and how you have navigated life's challenges while working a program. I always marvel at the strength of the human soul as these challenges arise and then to hear of how the promises do come true as the result of doing the work. Continue to embrace the spirit of recovery and work out the details of an extraordinary life. Each one of us has a message, may you seek out one human soul that may need your message and share it with them.

If life offers you a stony path, God give you strong shoes. Until we meet again, God hold you in the palm of His hand.

*Regards,
Dave*

ALUMNI REUNION RECAP

By: Chris Rueckert

Thank you to all the alumni, family and friends who were able to join us for the 14th Annual Alumni Reunion last month! We are always amazed at how many people make it back each year for this special weekend. It was so great to reunite with everyone on Friday night. Recovery has never looked so good! Lara T. did an amazing job as our alumni guest speaker this year and we can't thank her enough for coming and sharing her story with us on Friday night.

Facebook - Family Page

Previous Newsletters:

Summer 2013

Spring 2013

Winter 2013

Autumn 2012



The 2nd Annual Run for Recovery was a fun way to begin the day on Saturday! Whether you walked, jogged or ran we were all united in the same cause which was addiction awareness and raising enough money to help someone into treatment. There was also a raffle and some pretty cool prizes that were given away.



Dr. Ronald Smith and Debra Jay were our guest speakers on Saturday. They did an amazing job and were fun to listen to. For many, the highlight on Saturday is the BBQ dinner and bonfire that night at Aspen Grove. In this beautiful and amazing setting we get to listen to others and share our own experience, strength and hope around the fire. It's always a special and powerful way to end the day.

Sunday morning after breakfast we held an alumni association meeting and alumni led 12 step meeting. Again, this was an amazing meeting and a great way to wrap up the weekend. We heard some inspiring stories and great words of recovery wisdom. We were reminded of the importance of diving into recovery at home, going to 12 step meetings and serving in your area, getting a sponsor and working the steps, building a solid sober support network and following your CCP. We had alumni express gratitude for the private alumni Facebook page, the guesting program, the mentor program, alumni retreats, dinners and aftercare group.



I know there were many of you who would have liked to have attended this year, but were unable to due to scheduling or other conflicts. If you were unable to attend, just know that we all missed you and the reunion will be even better next year if you are able to attend. So until September 2014! Until then, we hope you're able to join us for the Ski Retreat in January!



RUN FOR RECOVERY

By: Tyler Gordon

The 2013 Run for Recovery Presented by Cirque Lodge was a great time. This year the weather was amazing and we had a lot of new additions to the event. We had a Bouncy House for the kids and Cirque had the Helicopter on site. We added chip timing for all the participants that wanted to see the results of their time as soon as they crossed the finish line. We had amazing prizes and a silent auction for tickets to the BYU/Utah game that evening and a trip in the Helicopter to the highest bidder. The highlight of the Run was when our friend in recovery Ryan stood up and shared his experience, strength and hope with everyone. Ryan was one of the three individuals last year who received help from donations raised from the run. Ryan has been sober for 10



months. It was awesome to see the results of all the hard work going to benefit this young man. We want to thank all 265 participants and all the volunteers that made this special event happen.

It is truly amazing when the community comes

 together along with those in recovery and spreads the message of hope. The reason we do this is to give back what has been freely given to those in recovery.

*Much Love,
Tyler Gordon*

ALUMNUS ARTICLE – MIKE M.

"I'm better when I move." – The Sundance Kid

I came to the reunion because?

I think because it felt really important that I do so. The need felt visceral.

And I'm thankful to Chris for asking me to collect my thoughts. The truth is I first came to Cirque in search of, longing for, that possible spiritual transformation Carl Jung describes in the Big Book. Vision, I've been taught, accompanies the prepared spirit. By the time I got to Cirque Lodge, long after my relapse and failed attempts to recover on my own, my spirit had taken on a lot of



preparation, and I found I wasn't even faintly wrestling with acceptance of my disease, or why it had selected me, or I it. What I wanted, stepping into that snug and noisy office was to get on with the healing. I was, I guess, ready, and I think the most essential thing I took from Cirque was a sort of cosmic permission to be happy. For me it was the helicopter ride that sealed the deal. That little Ferris-wheel leap as the thing pitches off the mountain into the sky?

This week I'll celebrate a year of sobriety for the second time around. But it's so very different this time. It's different because somehow despite the day to day complications I'm really working to be comfortable – at ease – with who I am. And one of the many ways I celebrate is by acknowledging each night the tender mercies

of this life. I came to the reunion because I wanted to convey my gratitude to Cirque – the culture, the support mechanisms and traditions which nourish that culture, and especially the staff.

My last day as a resident, the day I left Cirque for home, Annilese walked me to the door, and she said to me, knowing I was frightened, what somebody had once said to her: Nobody, she said to me, nobody can make you use again. She said, Mike, you do not have to use ever again.

So that's what I carry with me each day, those parting words. Each day I carry with me that gift, along with a promise I made to Gary while he drove me to the airport, and I often think about something Dave said to me, a passing remark I treasure always when I'm with my children. My counselor Aaron once compared me to a cake, and I can't help thinking, I bet he uses that cake thing a lot? It's just too perfect and goofy a metaphor not to use more than once. I came to the reunion because I wanted to thank Annilese, and Gary, and Dave, and Bev and Aaron, and all the staff and cooks and, well, that's what I wanted to do — to give thanks. I have learned so much about myself from those who have given to all of us so much of themselves.

And that's what distinguishes Cirque for me – that giving, that incredible generosity of all that is good and blessedly human, to each of us; that abundant and cheerful grace.



We all move on. I felt so happy, that word again, to see at the reunion the several of us from our cohort who had made the trip. And there was that beautiful campfire and all the haunting and lovely stories we all shared. Ever-present for me throughout the reunion was that sense of movement, or passage, like a chapter from a favorite story. And I was so deeply

moved by the ceremony for the departed. Burton's presiding over that. The entire circle of us, the living, were honoring the lives of those of us who had moved on, as well as the embracing of our own lives which remained so humbly gathered. The ring of ourselves amid the ringing tones of the bell in what we had collectively transformed into a Cathedral of Soul.

We talk in our circles a lot about action. Putting action into motion? Since coming to Cirque as a resident I have given up alcohol and nicotine and I have taken up the ukulele. I mention this ukulele part because for me it is simply impossible to play the ukulele without feeling my heart lift with joy. In fact, each of my three kids is now also in possession of a ukulele, my nieces are each getting one for Christmas, and my eldest child, T, is now officially the Founding President of the Saguaro High School Ukulele Club. Happiness counts, I've learned, as does being brave enough to reach for it.

For example, I've never been a runner, but I've always wanted to be one, even if I am a little stumpy, and so, in keeping with the spirit of transformation, and the taking on of new things, I spent the past couple preparing for the reunion by training for my very first 5k – the "Run for Recovery."

It's a habit I dig, and it has stuck: and now, even when I lace up my sneakers, I do my part.

For Recovery. That's actually the part that got to me.

Run for Recovery

ALUMNUS – LIZZIE C.

A week or so before I entered Cirque Studio I was arrested for another drug and alcohol related charge, and for the first time I wanted to get help. I had entered rehabs, psych wards, and hospitals before, either to get the heat off from family, my case worker, or pending charges, but this time was different. I had admitted my life was unmanageable and I was willing to change. Little did I know how much would change!

The first time I was introduced to AA I was 14, and following an intervention from extended family, I was sent away to an upscale rehab in Pennsylvania. There, I had no problem admitting I was an alcoholic: I had the mental



obsession and a physical craving. I was bodily and mentally different from my fellows. (Not all 14 year



olds drop out of high school to do drugs!) I also identified with the spiritual malady and began developing a Higher Power of my understanding, but my life being unmanageable? I refused. I had been fiercely independent from a young age, and although I knew I wasn't doing a very good job managing my life, I was not prepared to trust God, clean house, or help others. If anyone was going to ruin my life, it was going to be me.

My alcoholism, manifesting itself in drugs, men, food (or lack thereof), self-mutilation, and any self-destructive behavior it could create, bulldozed me through life for another 4 years. In the wreckage lay felonies, a DUI, misdemeanors, drunk tanks, white padded walls, shattered hearts, ruined opportunities, and misery darker than I ever want to experience again. There I was, 18 years old and so far away from the truth of what I once was, or who I wanted to be, so lost in the destruction of my own making. Hollowed eyes continuously choked back tears, only to mask the fear, guilt, and self-hate with another bottle, another line, another blind rage. I needed anything to escape the thoughts in my head or the pain in my heart. When I knew I would be facing the judicial system again, I remember the hope I heard when I was 14, the solution I sensed at the few meetings I went to when I was 16. I wanted to get sober before I went to court. I had surrendered.

Next thing I know I was in Orem, Utah and on October 12, 2011, I took my first step (after my Next-Step) into a new life. The staff at Cirque helped me more then they will probably ever know. My counselor, who at first I wanted to beat me into submission, tenderly loved me through every epiphany I had over boys or resentments that I "didn't" have, introduced me to my *Inner Child* and acupressure techniques, sat through every phone session and family week, took me on walks and helped me as I released my prayer filled balloon to the sky. Staff members who listened to my 4th step, took me to explore the religious side of spirituality, reminded me gently and sometimes not so gently on how to respect rules and



authority. Staff that pushed me to climb further up a mountain and deeper into my soul was essential. That held me while I cried or just watched as I explored myself and the beauty of Utah. Staff that revolutionized holidays for me, especially Christmas, and reminded me that I liked to draw, knit, rock climb, and work with



horses. Staff who remembered my name and cooked better food than I have eaten so far! They told me they loved me, that they were proud, that I was worth something, that I could succeed, and for the first time I believed people.

In the mountains I learned how to open my heart and to trust again. I learned that I mattered and made a difference. I got the motivation and support to continue on this path, the encouragement to not give up because I deserve happiness. I was told I didn't just have to survive, I could thrive. Rehab may not be a necessary addition to sobriety, but I cannot imagine embarking on this journey without the blessings I received at Cirque. The Studio truly rehabilitated me back to health: physical health, mental health and spiritual health. I am forever grateful to the gifts I received there: the memories I made, the friendships I cherish, the restored relationships it nurtured, the sobriety tool kit, the self-knowledge, and the unconditional love that still never fails. From alumni retreats, the guesting program, monthly alumni meetings, and annual reunions, Cirque continuously gives and gives without hesitation. I thank you Cirque. Thank you to all the staff that played an intimate, personal role in my sobriety, to those who contribute their time, energy, and passion to the macrocosm of it all. Thank you for helping me to start into a life beyond my wildest dreams, and teaching me how to trudge a road of happy destiny.

Cirque Lodge Alumni Ski Retreat

January 31 - February 2, 2014

Registration: \$250 per person
(Excludes travel and lodging)



Friday 6pm - Tubing / Soldier Hollow in Midway, UT
 8pm - Dinner / Tarahumara in Midway, UT

Saturday 8:30am - Breakfast / Blackbird Cabin*
 9:30am - Meditation and Stretch
 10am - Skiing at Sundance Ski Resort
 12pm - Light Lunch Blackbird Cabin
 5pm - Dinner / Blackbird Cabin
 7pm - Gratitude Check-in / Blackbird Cabin

*Blackbird Cabin is a "ski in, ski out" cabin at Sundance Ski Resort. Everyone will get a full day ski pass, unless you would rather get a \$55 Sundance gift card and make your own arrangements during the day.

Sunday 9am - Closing Brunch at Foundry Grill, Sundance

Register by 1/17/14 to: Chris Rueckert
 chris@cirquelodge.com
 (801) 222-9200 ext. 120



[Register Online for the Alumni Ski Retreat](#)

BRING IT!

By: Beverly Roesch

The reunion was well attended and inspiring. There was a recurring theme about "Not ever being able to repay the gift received" from Cirque, staff members and all the individuals that played a part in your recovery. I was reminded, once again, that the ONLY way any of us can repay the gifts of recovery support in our lives is to "Pay it Forward" in your families, in your meetings, in your works of service that are done in the spirit of recovery and love. We heard many examples of how alumni are giving back in the form of living amends to families and sponsoring others in recovery and taking meetings to places that need them and taking on regular service positions in their home towns. That profound spirit that we feel in the reunion goes with us. We carry it and generate it. We BRING IT in our own intention, acts of service and numerous acts of kindness throughout our days.



*That profound spirit
that we feel in the
reunion goes with us.
We carry it and
generate it.*

Barbara M. likes to refer to the Lodge as the "Mothership", to which we are able to return for sustenance and then we take all that strength and inspiration back out to our lives and our communities and multiply the blessing THROUGH us. Here's hoping that none of us rest on our laurels but bring the gift of recovery wherever our paths take us and return, on occasion, to Cirque to share and celebrate the miracles.

Staying Connected:

Southern California Weekly Continuing Care Group
2001 Wilshire Blvd., Suite 505, Santa Monica, CA 90403

Men's Group

Facilitated by Dr. Reza Nabavi,

PhD

Thursdays ~ 2PM - 3:15 PM

Women's Group

Facilitated by Maryam Akbar,

PhD

Fridays ~ 2PM - 3:15 PM

*More Information on [Cirque](#)
[Lodge Continuing Care Group -](#)
[Los Angeles](#)*

To inquire about these groups, please contact:

Dr. Reza Nabavi, PhD at drrezanabavi@gmail.com or (310) 295-8485

Dr. Maryam Akbar, PhD, MFT at drmaryamakbar@gmail.com or (310) 896-5643

UTAH EVENTS CALENDAR

Click Calendar to View Upcoming Events

September 2013		October 2013			November 2013	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Al-anon Meeting C.A. Meeting	3 C.M.A. Meeting	4 A.A. Meeting	5 N.A. Meeting
6 N.A. Meeting A.A. Meeting	7 12 & 12 Meeting Aftercare Meeting	8	9 Al-anon Meeting C.A. Meeting	10 C.M.A. Meeting So-Cal Alumni Meeting	11 A.A. Meeting	12 N.A. Meeting
13 A.A. Meeting N.A. Meeting	14 12 & 12 Meeting Aftercare Meeting	15 Family Week	16 Al-anon Meeting C.A. Meeting Family Week	17 C.M.A. Meeting Family Week	18 A.A. Meeting	19 N.A. Meeting
20 N.A. Meeting A.A. Meeting	21 Aftercare Meeting AA Meeting (12 steps)	22	23 Al-anon Meeting C.A. Meeting	24 C.M.A. Meeting	25 A.A. Meeting	26 N.A. Meeting
27 N.A. Meeting A.A. Meeting	28 Utah Alumni Dinner 12&12 Meeting (AA)	29	30 Al-anon Meeting C.A. Meeting	31 C.M.A. Meeting		

Family Week is October 15-18, 2013

*Disease Concept Lecture w/ Dr. Kevin McCauley – Tuesday October 15th @ 1:30pm**

*Recovery Lecture w/ Earl Hightower – Thursday October 17th @ 11:00am**

(these times can change depending on the Family Week schedule. Contact Chris if you plan to attend to get confirmation of date and time)*

GUESTING PROGRAM

By: Chris Rueckert

The "Relapse Track" is a 10 day to 2 week program. It is typically better if you do the relapse track at the facility where you graduated. The staff would know you better and there is a good chance you would get the opportunity to work with the Primary counselor you



worked with previously. The primary goal is to evaluate and strengthen your continuing care plan and to autopsy what went wrong and why. During these two weeks you are doing individual, group and experiential sessions centered on what led to your relapse. You also will concentrate on putting together a different plan for aftercare that addresses what was lacking in the first go around.



*- Call Tommy, Scott or Molly in admissions for pricing details.
(801) 222-9200 x. 115*

The "Guesting Privilege" is a chance to return to the facility and guest with us from 72-to 96-hours free of charge. During the Guesting stay, alumni can refocus, refresh and renew their own recovery as well as share with the current residents here. Guesting is done at the same facility where you received your care. This is a lifetime privilege for those alumni who have maintained abstinence and have not



relapsed. This program was originally setup to help those who were struggling in sobriety; however it seems to be most effective for alumni who are doing well, as a way to stay connected with the Cirque program. Our goal is to give our alumni a safe environment away from the rigors of the world. This safe haven can be an instrument in preventing relapse as well as giving you an outlet to share your experience, strength, and hope! If you have any questions please feel free to call me or anyone

on the admissions team! Remember there is no charge for Guesting!

*- Call Tommy, Scott or Molly in admissions to schedule guesting.
(801) 222-9200 x. 115*

ALUMNI FACEBOOK PAGE

The purpose of this group is to help alumni through their journey of recovery and to stay connected to Cirque Lodge. This is a private group where only alumni of Cirque Lodge are members. The alumni



director is the administrator and will post alumni events and opportunities to connect. We hope this group will unite alumni all over the world.

How to Join the Private Alumni Facebook Page!

- 1. Log in to www.facebook.com*
- 2. You will need to create a profile if you do not already have one.*
- 3. Send a friend request to "Al Clodge"*
- 4. I will then add you to the Cirque Lodge Alumni Group*
- 5. This group is completely voluntary and you can leave any time*

The 'private' Facebook group is ONLY for Cirque Lodge Alumni! This is a way for alumni to communicate with Cirque Lodge and other alumni on Facebook, while still allowing you your anonymity to the rest of the Facebook world. The only people that will see you as a member of this group are alumni who are already members themselves.

So I've created the pseudonym Al Clodge from Orem, UT. (aka. Al[umni]C[irque] lodge). I am the administrator for "AL Clodge" and have to approve all friend requests. You can click on the following link www.facebook.com/alclodge and 'add friend'. I will then add you to the Cirque Alumni Group which is a "secret group". A secret group on Facebook is a group that cannot be found in searches, and non-members can't see anything about the group, including its name and member list. The name of the group will not display on the profiles (timelines) of members. To join a secret group, you need to be added by a member of the group. When non-friends are in the same group as you, this does not allow them to see any more of your profile (timeline) information than your privacy settings allow. For questions about groups: [Facebook Group Privacy Policy](#).

ALUMNI MENTORING

By: Chris Rueckert

At Cirque Lodge we know the importance of sending residents home with the knowledge and tools necessary to stay sober. This is a very important time for everyone and we want to do what we can to help make this transition as



smooth as possible. If there are alumni in the resident's hometown that are willing to be a mentor, we want to be able to connect the resident with the alumni prior to their return home. If you would like to be a mentor to a resident as they return home please contact Chris Rueckert. A "mentor" is not a "sponsor" but simply an alumni contact that has at least 6 months of sobriety.



Alumni Mentoring Program We would like a mentor to be able to be a contact source if the resident has any questions regarding local meetings, sponsors or information and advice that could help with the transition back home. This could just be a phone call or it could be going to a meeting together. Having an alumni contact upon returning home has been a very valuable resource and we are very grateful to our alumni and this service that so many have volunteered to provide.

Contact:

Chris Rueckert

(800) 222-9200 Ext. 120

chris@cirquelodge.com

FAMILY FACEBOOK

We have started a Private Family Facebook Group. The purpose of this group is to help family members through their journey of recovery. This is a place for family members of Cirque Alumni to communicate and support each other. Also, Cirque Lodge staff will be able to answer questions that may arise in your own recovery.

To join, just send a friend request to "*Kirk Ladoge*" and then I can add you to the private group.

How to Join the Private Family Facebook Page!

1. Log in to www.facebook.com
2. You will need to create a profile if you do not already have one.
3. Send a friend request to "*Kirk Ladoge*"
4. I will then add you to the Cirque Lodge Family Group
5. This group is completely voluntary and you can leave any time

The 'private' Facebook Family group is for Cirque Lodge Families ONLY! This is a way for families to communicate with other families and Cirque staff on Facebook, while still allowing anonymity to the rest of the Facebook world. The only people that will see you as a member of this group are other family members who are members themselves.

I am the administrator for "KIRK LADOGGE" and have to approve all friend requests. Use the following URL www.facebook.com/kirkladoge and 'add friend'. I will then add you to the Cirque Lodge family Group which is a "secret group".

A secret group on Facebook is a group that cannot be found in searches, and non-members can't see anything about the group, including its name and member list. The name of the group will not display on the profiles (timelines) of members. To join a secret group, you need to be added by a member of the group. When non-friends are in the same group as you, this does not allow them to see any more of your profile (timeline) information than your privacy settings allow. For questions about groups: [Facebook Groups](#).



Chris Rueckert
Alumni Director /
Aftercare Coordinator
(801) 222-9200 x 120
chris@cirquelodge.com



1-877-997-3422

Lodge Facility ~ RR3 Box A-10 Sundance, Utah 84604
Studio Facility ~ 777 N. Palisade Drive Orem, Utah 84097