



## Let's get some Spring in our step...

Greetings Alumni!

We held the 4th Annual Alumni Winter Retreat in Sundance last month and I want to thank everyone who was able to attend! There were a number of alumni who described the weekend as "magical" and I believe it was nothing short of that. What always make our reunions and retreats magical are our alumnus compassion and love for sobriety. There is always a display of willingness to serve, give back and help the newcomers right out of treatment. The conversations, groups and meetings that we held were powerful. It's always great to see old friendships reunited as well as new friendships made. The weather was just perfect for the tubing and skiing and it always feels good to be outside on the mountain. We look forward to the 5th Annual Winter Retreat which will be held in Sundance on the weekend of February 3-5th, 2017 and we hope that you all plan to attend! In the meantime, we are planning a summer retreat in Southern California! More information to come on this. Don't forget to mark your calendars for the Annual Alumni Reunion this year which will be held September 23-25th, 2016!!!

Sincerely,  
Chris Rueckert  
Alumni Director  
Continuing Care Coordinator



## In This Issue

[Spring is in the air](#)  
[Article Heading](#)  
[The Chance to Change](#)  
[The Four Agreements](#)



## **Brittany's Book Corner:**

In the mood for some enlightenment? When is the last time you sat down and took some time for yourself? I encourage you this quarter to read or re-read, *The Four Agreements* by: Don Miguel Ruiz, we all have room for self improvement, self reflection and introspection.

This book brought to point that I have a choice... the choice is one of two, "to

# Greetings to All!!

I hope this newsletter finds you well and in good repair! I heard a profound request recently:

Dear Lord,  
Please be good to me  
The sea is so wide and  
My boat so small.

This prayer spoke to me and prompted the following question. How do I make my small boat strong enough to make the voyage of life? The answer for me is connection. I must maintain a level of spiritual connection sufficient to allow me to hear the messages coming my way.

I believe success leaves clues. With eyes to see, ears to hear, and a willing heart I believe the universe will help us navigate the sea of life. Ours is to look inside and have the faith to receive direction and the courage to carry it out.

May you put a smile on your heart.  
All the best,  
Dave



suffer 'my' destiny or to enjoy 'my' destiny." A wise man once said, "life is to be enjoyed not just endured". - Gordon B. Hinckley

In this book it lays out 4 simple agreements. 1.) To be impeccable with your word. - Our word is our power to create. It can either create good or bad. One resource relates words to people; such as, Hitler vs Gandhi. Both powerful figures using words as power or to empower. 2.) Don't take anything personal - Just because someone voices or gives you an opinion does not mean, it is what it is or that it is right! It is not right until you believe it! DO NOT GIVE OTHERS OPTIONS POWER unless you choose 3.) Don't make assumptions - Assuming creates anxiety and confusion and sets us up for further failure. Always ASK before assuming. 4.) Always do your best - This is about action and the implementation of the first 3 agreements!

As humans we wrestle with fear. As we implement these agreements our fear has a hard time being as greedy as it would like to be. If we implement these steps fear will have a hard time stepping into our head and hearts; therefore, leaving more room for us to be emotionally responsible.

Remember: "Life is to be ENJOYED not just endured!"  
Let us choose our destiny!

Xo-  
Brit

## The Chance to Change

By: Leslie Ann F.

### Cirque Alumni

Having been a horse enthusiast and learning of the Equine program, I arrived at Cirque Lodge on April 28,



2015, defensive and angry at myself and the world. I had been a victim for 43 years, suffering from physical and emotional abuse of all sorts. My life was like a never ending ride on a roller coaster. Due to an alcoholic father and a mother who suffered from mental illness as well as prescription drugs my childhood was chaotic. This led to complex P.T.S.D. and many other disorders and problems. I struggled with insomnia and prescription sleep meds. My confidence and self-esteem were at an

**Book of the Month**  
**The Four Agreements**  
**by: Don Miguel Ruiz**

all time low. I didn't see the potential, that others saw in me. Nor did I know how to accept to love or reciprocate love.

I received my first horse at age three. I have always had horses in my life. Horses had been my saving grace as a child. In the summer of 200 I quit riding and threw away an Olympic dream. In the summer of 2012 I started riding some race horses and was involved in a horrible riding accident at a training track. I suffered from a compound break and multiple fractures. Two surgeries and six procedures later, I mentally crashed. P.T.S.D. set in and I lost my passion and drive for horses. My life became unmanageable and my spirit was broken. I lost my desire for life!

On May 13, 2015, unknown to me, my chance for change began with a yearling colt, that I would later name "chance". I set out to the barn for the equine program and to meet Dave Beck. I was asked to bring the colt into the arena. Dave asked me to start the colt, he said he had never had a saddle on him. I began as I had once done with my own horses years ago. I lost all track of time once i had him saddled and worked him in a few circles, I paused. I felt a flicker of happiness, an connected to myself for the first time in a long time. Tears and emotions flooded me . See, it's one thing to experience and feel the healing from horses unconditional love and acceptance, but to see them mirror back your personality and gain meaningful insights of self awareness are mind blowing. Compassion leads to happiness. For me this led to positive personal growth and positive acceptance.

Being unaware of my emotional baggage and triggers of my past led to repeated difficulties in interpersonal relationships and negative reactions to others. Being a survivor of trauma and P.T.S.D., I lived with hardwired survival characteristics of hyper-vigilance. Horse her dynamics are the same. We as humans live out of either love or fear. Horses live the same way. Fear in subcategories are classified as anger, anxiety, frustration, resentment, and aggression. This was me on the outside, but on the inside there was love, compassion, patience, kindness. See horses never lie and only expect you to be open and honest. They mirror back to you exactly what you put into them.

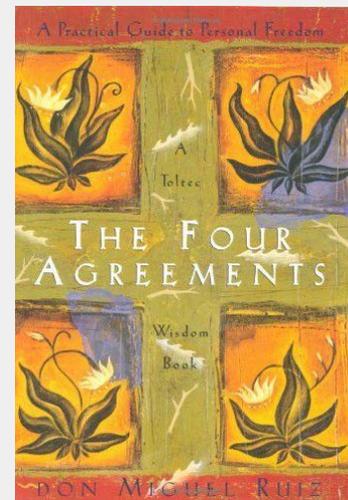
Recovery for me is based on the same outline. I get back what I put into it. I would like to thank Cirque Lodge and staff for the chance to change my life, and "Chance". Sometimes the strongest love is unspoken, yet freely given by a horse.

-Leslie Ann F.

## Let's Stay Connected...

By: Chris Rueckert

The 4 agreements is a, "A practical guide to Personal Freedom." In The Four Agreements, bestselling author Don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec wisdom, The Four Agreements offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love.



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### **Chef Brittney's Key Lime Tart**

#### **Ingredients:**

- 12 individual pre baked pie shell, or 1 9" pre baked shell

### Guesting Privilege

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

### Alumni Mentoring

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

- 4 Egg Yolks
- 1 (14oz) can Sweetened Condensed Milk
- ½ cup Key lime Juice
- Whipped Cream
- Candied Lime wedge for Garnish

#### **Direction:**

Mix together Condensed Milk and Egg Yolks until combined, add Key Lime Juice. Pour into prepared crust and bake in a 350 Oven for 10-15 min. Chill overnight. Garnish with Whipped Cream and Lime Wedge.

MOTIVATION  
IS WHAT GETS YOU STARTED.

**HABIT**  
IS WHAT KEEPS  
YOU  
*going.*

### **CLEAN EATING:**

#### **DO'S**

1. Eat six small meals each day.
2. Eat breakfast every day, within an hour of rising.
3. Eat a combination of lean protein & complex carbs at each meal.
4. Eat healthy fats every day.
5. Drink 2 or 3 liters of water each day.
6. Carry a cooler packed with clean foods each day.
7. Depend on fresh fruits & vegetables for fiber, vitamins, nutrients & enzymes.
8. Adhere to proper portion sizes.

#### **DON'TS**

1. All over-processed foods, particularly white flour & sugar.
2. Chemically charged foods.
3. Foods containing preservatives.
4. Artificial sugars.
5. Artificial foods (such as processed cheese slices).
6. Saturated & trans fats
7. Sugar-loaded beverages, including colas & juices.
8. Excessive amount of alcohol.
9. All calorie-dense foods containing little or no nutritional value (anti-foods).
10. Super-sizing your meals!

SKINNYMOM

valuable resource and we are very grateful to our alumni and this service that so many have volunteered to provide.

### **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](http://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.

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](http://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.

### **Relapse Track**

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 Admissions for pricing details.  
(801) 222-9200 x. 115

The staff here at Cirque wants to encourage you to keep fighting the good fight knowing that we are here doing the same. We have taken on the motto here as a team that our, "life is our story, write well. and EDIT OFTEN."  
Sending love, light and well wishes.

From our Team here at Cirque to you...

warm regards,

The Team of  
**Cirque Lodge**  
RR 3 Box A 10  
Sundance, Utah 84604

"Everyday set the simple goal of being more awake and less distracted"