

CIRQUE LODGE

SUNDANCE · UTAH

Newsletter

Winter 2014

Issue #8 |

Mount Timpanogos



STAY LIT

By: Beverly Roesch



"Your job is to stay lit and then let that light so shine that it becomes a beacon to others."

We had a wonderful Christmas evening bonfire gathering on the mountain this year. There were about forty of us: residents, alumni and staff. The stars were brilliant above us and a deep soulful connection resonated between us. Many people shared about how close to death either spiritually, physically or both, they had come prior to admission to Cirque. They marveled at their good fortune to have found help "in the nick of time" to get into treatment. They were grateful for the physical, emotional and spiritual strength that they could feel growing within them. It was a celebration of soul reclamation. As I sat staring into the fire, I was reminded of Christ's message. "I am the light of the world". I also remembered that in several other passages in the Bible, we are reminded that we are a light, and that

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light is meant to be nourished and sustained and broadcast.

Everyone is a light. You would no longer live if your light was completely extinguished. Prior to treatment, many felt that they were a weak ember about to utterly pass from this world. But coming into and accepting treatment allowed that fire within to catch oxygen and gain strength and brilliance. The fire feeds on love, connection, a strong infusion of the 12 steps and service. It amazes me how residents, just recently out of the clutches of death themselves, will reach out to their incoming or suffering peers with the needed oxygen to revive their flames, bring them back into sacred human community and the fellowship of AA.

It becomes our daily task to stay lit. How do we maintain the strength of our light when we are gone from treatment and back into the vicissitudes of life? It is a daily commitment for residents, alumni and staff. Drawing near to the recovering 12 step community on a regular basis as well as other positive communities we feel resonance with its important. Engaging a regular spiritual practice is a key. I find if I find the time each morning to meditate, however briefly, and set my intention to be of service each day helps to orient me to my purpose and keeps my light lit. These and other practices provide much needed oxygen. I remember I am a light and my job is to shine....especially in the darkness. In a world afflicted with so much tragedy and difficulty and pain, this is our vote, our gift and it is no small thing. Your job is to stay lit and then let that light so shine that it becomes a beacon to others.



Earl Hightower always reminds us that the primary reason for attending a meeting is to give help and support to the newcomer. In giving, your light and hope is strengthened, always. My prayer this year is that you take the time daily to tend your light, maintain your spiritual fitness, so that you can carry the message to all you encounter as well as daily delivery to yourselves.

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



We Would Love for You To Attend!!

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

**Sundance Ski Resort has special rates for the ski retreat weekend, but accommodations are VERY LIMITED! To make your reservations call 1-800-892-1600. Be sure to mention you are attending the Cirque Lodge Ski Retreat.*

"WELCOME A NEW YEAR!"

By: Chris Rueckert

Greetings Alumni!

Welcome to the New Year! We are looking forward to our 2nd Annual Alumni Ski Retreat January 31 - February 2 and hope you are able to join us. We have a great group of alumni already registered for the weekend and there is still room for more. This is a great opportunity to come back to Sundance for a weekend and enjoy great people, food, snow and recovery!



"We are committed to providing opportunities for you to stay connected with Cirque Lodge"

I also want to remind you of our Guesting Program. Plan to come back and "guest" with us in 2014! This is the year to take advantage of your "guesting" privilege. This is an unlimited privilege which allows you to come back to Cirque stay as if you were a resident for up to three nights and four days. This is an amazing program, if you need a little refresher in your own recovery or rejuvenate your recovery by being of service to those beginning their journey to recovery and sharing your experience, strength and hope. We are committed to providing opportunities for you to stay connected with Cirque Lodge as well as the alumni who have been through here. These connections can help support you in your recovery.

We also have our private alumni facebook page! If you send a friend request to "Al Clodge" then I will add you to this alumni only private group where you can stay connected with alumni all over the world. It's also a great way to stay in touch with Cirque and to be notified of alumni dinners and activities throughout the year.

In September, we hold our annual alumni reunion. This is our largest alumni gathering and recovery celebration of the year. All alumni, family and friends are

invited to join us for the September reunion each year. The 2014 Alumni Reunion will be September 12-14 this year! Mark your calendars and make plans now to attend this amazing weekend. For more information please give me a call! You can also find information on our website under "alumni".

*Sincerely,
Chris*

SIMPLE, BUT HARD?

Alumni Submission

When I was finally given the gift of desperation and tried turning my will and my life over to care of my higher power, the compulsion and desire to take a drink went away. But as I attended more and more meetings I kept hearing the struggles of others to not take a drink, just for today. I almost felt like I was doing something wrong because I didn't feel that need or desire to take a drink. It seemed it was almost too easy. For 30 plus years I couldn't shake that desire for a drink and all of sudden it's gone? That just can't be! It can't be that simple! But then I realized that for those 30 years, I didn't have a choice, I couldn't drink, I couldn't 'not' drink, I was miserable drunk and even more miserable sober.

I also realized that when I was given that gift of desperation that other things about me besides the way I drank changed, too. I became a little more willing, a little more open, and a lot more honest. "It's simple, you only have to change one thing...everything", that's what I was told from the beginning.



That's the hard part for me. Putting down the drink and drug, changing routines and people in my life, going to meetings, working the steps with my sponsor, being involved in service work, treating people with respect, those were all things that came easy for me to do.

What to do with those things that I started to "feel", mending broken relationships, being comfortable with myself, self centered fears, having complete faith and acceptance that things are exactly how they are suppose to be...not so easy! I suppose that maybe people that are having a hard time struggling with picking up a drink might find it easier in these areas. Maybe not. I do know that my struggles

today in those areas are in direct proportion to amount of power or attention that I give them.

It's that simple. If I choose to ignore them or choose to not have the faith to change, it becomes hard. If I don't work on the things that brought on the symptom of me being drunk, I might develop a desire to pick up a drink. Only when I approach these struggles head on and armed with what the AA literature tells me, can I then fully appreciate what lies on the other side of them. What it is to feel true joy and true sorrow. To experience what friendship, love and empathy is about. To feel the calm of knowing patience, the peace of acceptance. The warmth of giving rather than receiving. Of doing the next right thing without any expectations of praise. To experience life on life's terms and be OK with that; to be a 'part of' instead of 'apart from'. True gifts to be blessed with.

This disease tells me that I don't have a disease. It tries to restore itself the moment I am not being completely honest, when my thinking becomes self-centered, when fears or playing victim is entertained or when I try to force my will on a situation. So today I no longer worry about feeling if I have it too easy, or too hard,...it is what is...we all have our own different struggles, but today mine are a lot more manageable today thanks to my higher power and the fellowship of AA, and most importantly, keeping that hard stuff simple.

THE 12 STEPS & UNGUARDED MOMENTS

Cynthia Z.

I arrived in Salt Lake City more than a little mixed up, co-dependent, and definitely an addict. At the Lodge I learned how to begin to tell the truth about myself, and in so doing I discovered how my life got messed up. Telling my husband about the abuse I suffered as a child was overwhelming to me. Through the encouragement of the staff, I began to open up during the family sessions, yet doubts clung to me. Our relationship was rocky at best and I did not know what to expect. Imagine my surprise when I learned that while I was away, my husband had begun to attend Al-anon meetings. The person I encountered when he came to visit was not the spouse I left behind.



Through time and much forgiveness we began to mend our relationship and build upon the new foundation of honesty we formed at Cirque.



Flash forward 12 years: December 24, 2013. This is a new sobriety date for me, and the date I began following the 12 Steps to address a latent trait that I thought was gone (or at least well hid): CRUELTY. I had been reading a book on spiritual disciplines and had been meditating on something from the first chapter. It stated that no matter how hard we tried, or how much we were vigilant, there would be unguarded moment when the truth would slip out.

This happened to me on Christmas Eve. I should have known better, because it had always been a difficult day for us. My husband's mother had died on this day when he was only 4, so there was much baggage around the holiday. Add to that, triggers from my childhood and you had one bad recipe for disaster. Christmas with my family was one of the times I would see my abusers, and this year a holiday card arrived from them. Both of us were on edge, and before I knew it, something vile slipped out of my mouth and I just went in for the kill with my words.

You know that thing we begin to discover as our sobriety grows? My conscious was sending me "code red" messages the moment I opened my mouth. At first I try to brush it off. Surely we had overcome much larger problems, so I tried to just down play it. Then I looked into his eyes and saw the hurt and damage I had caused. Out of his mouth came words not of revenge but of love and wisdom, "You know honey, overcoming the urge to say mean things is just like overcoming the urge to drink or misuse a prescription. You just have to work the steps"

So here I am, counting all the things I have for which to be grateful: A home, a marriage, a mended relationship, and if I began to list them, they would fill the page, but surely most of all, 10 days of sobriety from cruelty. What a way to begin the year!

What trait do you have well hidden that needs to be dug up, brought to light, confessed, and whereby with the use of the tools and the 12 steps help, you can regain calm and peace in your life?

STUPID HAPPY PLAN

Bret U.

I have to admit the first time I was told being happy was my choice; I believed I

 Studio in the Winter

was hearing one of the most ridiculous things I had ever heard. Sounded like a stupid happy plan. I openly expressed my acceptance of this notion by sarcastically replying with "OK, I choose happy!" To think it was simply a choice I had to make kept me up at nights! How do I do this? How do I choose to be happy when there is seemingly nothing to be happy about? With so many people promoting humility, gratitude and honesty as key elements in their recovery, there must be some truth in their words. Choice...this must be the key to finding these things, I told myself. I was going to test it and see. Find the good part, the silver lining the opportunity in all people, places, things and experiences. What an eye opener, to realize the blinders I had kept on!

As we enter a new year, given the opportunity to reflect, I feel that CHANGE AND OUR ABILITY TO CHOOSE IT may be the single most important gift my higher power and the recovery process has given me. I can choose to change my choices. Changing my choice of thoughts, choice of words and choice of actions has, over time, allowed for more productive attitudes, positive perceptions and ultimately a continually refining character. Choosing to change the way I see pain and discomfort associated with change as an opportunity for growth, trusting that my higher power will help me see what I need to learn from the experiences, recognizing the progress and satisfaction associated with it all, comes from change. As we enter this New Year, may we all find the strength and courage to embrace the changes in our continued efforts of self improvement.

I would like to thank those WARRIORS in their own recovery and the WARRIORS who guide us, especially my Cirque family, for their continued commitment to light and love that allows me and so many others the hope and encouragement to live and love again. May God bless us all.

BEING AN EXAMPLE

By: Keith Fierman

One of the greatest rewards of being in recovery and working the steps is having the opportunity to help others.



Being an example is always the best way. The Big Book tells us "attraction rather than promotion" often when we are newly sober we want to tell the world and get everyone we think might have a problem into treatment or recovery.

You do have a story and a way to a better life. Just remember not to push it on people.



The Big Book tells us "attraction rather than promotion" often when we are newly sober we want to tell the world

When the time is right people will come into your life and ask you what you did to change your life. At that time it is good to share "What it was like, what happened and what it is like now" that is a classic 12th step call. If that person needs some form of treatment, detox or other psychiatric help, feel free to have them call the center. Cirque Lodge might be just the right place for them. But if not we can guide them accordingly to the right place.

I stay abreast to what's happening in the field of treatment (drug and alcohol, eating disorders, gambling, psychiatric etc.)

Sometimes finances or geographic locations might be an issue. Sometimes the family might need a licensed interventionist. You can always feel free to give them my direct cell number. 205-533-2489

You have so much to share to help people. (Your experience) Again it's only good as your actions. You can be a great tool in getting others the help they need!

"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

I hope you all have a Healthy, Blessed, Sober New Year.

Keith Fierman

ALUMNI EVENTS CALENDAR

[Click Calendar to View Upcoming Events](#)

December 2013		January 2014			February 2014	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 C.M.A. Meeting	3 A.A. Meeting	4 N.A. Meeting
5 N.A. Meeting A.A. Meeting	6 Continuing Care 12 & 12 Meeting	7	8 C.A. Meeting Al-anon Meeting	9 C.M.A. Meeting Alumni Meeting (Southern California)	10 A.A. Meeting	11 N.A. Meeting
12 N.A. Meeting A.A. Meeting	13 Continuing Care (Alumni) AA Meeting	14	15 C.A. Meeting Al-anon Meeting	16 C.M.A. Meeting	17 A.A. Meeting	18 N.A. Meeting
19 N.A. Meeting A.A. Meeting	20 Continuing Care 12 & 12 Meeting	21	22 C.A. Meeting Al-anon Meeting	23 C.M.A. Meeting	24 A.A. Meeting	25 N.A. Meeting
26 N.A. Meeting A.A. Meeting	27 Continuing Care (Alumni) 12&12 Meeting	28	29 C.A. Meeting Al-anon Meeting	30 C.M.A. Meeting	31 Alumni Ski Retreat	

Family Week Dates: Jan. 7-10, Jan. 28-31, Feb. 18-21, Mar. 11-14

Alumni Are always welcome to attend Family Week Workshops.

Disease Concept Lecture – Dr. Kevin McCauley: Tuesday @ 1:30pm*

Recovery Lecture w/ Earl Hightower – Thursday @ 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)



1-877-997-3422

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