

VOLUME XL

# THE VIEW

NEWSLETTER OF THE RIDGEVIEW ALUMNI  
ASSOCIATION STEERING COMMITTEE

## AND WE WILL KNOW PEACE

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“PEACE IS ITS OWN  
REWARD”  
- MAHATMA GANDHI

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 fundraising focus is the **Ridgeview Alumni Charitable Corporation, a Nonprofit 501c3** 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 or break a spirit.

*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: \_\_\_\_\_

**Make checks payable to:** Ridgeview Alumni Charitable Corporation or **donate through our website** at [rvalumcc.org](http://rvalumcc.org).

**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.**



*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  
Intensive Outpatient Treatment

Women's Program  
Adult Psychiatric Program  
Adolescent Program

Adult Addiction Program  
Senior Adult Program

#### **Additional Services:**

Admissions  
Support Groups

Alumni  
Family Workshop

Professional Education  
Recovery Residences

## CHALLENGES

SUBMITTED BY: ANONYMOUS

My entire life, I've felt as though there wasn't a single obstacle I couldn't overcome. Many, I didn't even consider a challenge. Things like losing a job, girlfriend, money, etc. These were things that happen to people every day. Why should I be excluded? That's life and I'm no exception. The more difficult the losses, the more challenging they became to overcome.

Sometimes a challenge would come along and make me feel uncomfortable. I don't like "uncomfortable." Instead of dealing with the problem head on, I would self-medicate to temporarily ease the unwanted feelings. As time progressed, so did my disease.

Challenges were no longer welcome. Actually, the challenges became an excuse to drink. Any port in a storm, right? Somewhere along the way, I stepped over the line into the full blown

disease of alcoholism. I no longer needed excuses to drink. If I felt bad, I drank. If I



felt good, I drank. Most of the time, I just felt like drinking. I liked the effects that alcohol brought me in short order. No waiting around here; temporary relief, real quick.

After completing the IOP program at Ridgeview, I became very active in after-care and found a solid home group in AA.

Somewhere between Steps 1 and 11, I had a spiritual awakening. I can't nail it down to a certain date, I just know it happened. My Higher Power works like that, mysteriously.

For decades, my Higher Power was found in a bottle. That choice afforded me 7 DUI convictions, 4 trips to prison, 3 institutions, 2 near-death experiences, 2 marriages, and countless misdemeanors and jail time. Once I realized I had another choice, I decided to try a different path.

Today, I find serenity in a Higher Power. I no longer evade my feelings. There are times when I can't resolve a problem or an uncomfortable emotion. I simply give them to my Higher Power and move on. Resolutions and answers come in His time, not mine. Today, I'm okay with that. God is clearly doing for me what I could not do for myself.

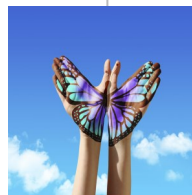
## VICTORY IN RECOVERY

SUBMITTED BY: LIZ F.

When asked to write about Victory in Recovery, my initial reaction was "Where do I start?" So many positive things have occurred since my DUI arrest 16 months ago. Gone is the terrified, mute, young woman who couldn't look anyone in the eye. The protective emotional distance from family and friends disappeared into openness and honesty. Her self-imposed destruction, has given way to serenity and forgiveness. The life-

long isolation and insecurity gave way to connectedness and confidence. Where she was once hopeless, she now has hope and serenity. The spiritual void that plagued her life transformed into a loving concept of a power greater than herself.

The 12 steps of AA and Ridgeview Institute did more than keep this twenty-something woman sober. It



brought her into a fellowship that loved her until she could love herself. It showed her a new life, better than her old one and the one she imagined. That being of services gives her life meaning and purpose. Victory in recovery has meant many things, but most important has given me a life I love and which I am most grateful.

## AND WE WILL KNOW PEACE

SUBMITTED BY: TOM S.

When I first read "and we will know peace", I thought to myself 'Ya, right.' Maybe for some people, but not me. I had been searching for a little peace of mind for a long time. The problem was that I was looking in all the wrong places: liquor bottles, pot, hash, acid, coke, sex, whatever. I never could find it.

Once I started going through the 12 steps of AA with my sponsor, I came to realize that I was causing most of the

turmoil that I was trying to get rid of. Two things were suggested. First, stop trying to fix the world and everyone in it. All of that is none of my business. Second, focus only on personal experiences and let go of the stories you were told by others, including family members. That helped me drop a lot of rocks that I didn't even know I was carrying.

Peace crept into my life, although it did not enter with fanfare and trum-

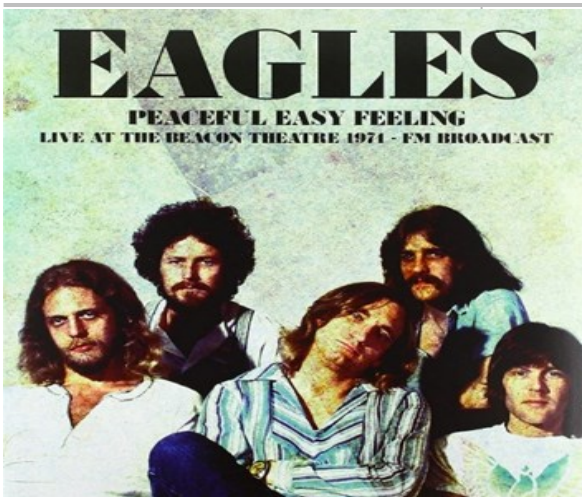
pets. One day, I simply felt at ease. It felt weird. I called Chuck, my sponsor, and described my feelings. He laughed and hung up.

I now get to live with a sense of peace every day, unless I choose to start minding other people's business or try to "fix" the current events that have nothing to do with me.

The 9<sup>th</sup> Step promises do come true if we WORK for them.

## A PEACEFUL EASY FEELING

SUBMITTED BY: JEFF W.



"Cause I got a peaceful easy feelin'  
And I know you won't let me down  
'Cause I'm already standin'  
[On the ground](#)"

The words to one of my favorite songs, and from one of my favorite groups, took on new meaning when I entered Ridgeview in October 2016 in the Evening IOP Program. I soon discovered that anxiety and depression covered an endless array of conditions and varied greatly from one individual to another. Having others in a group that I could meet with three times a week for several months was an excellent opportunity to share, to learn, and to begin to feel better. Being able to share my thoughts and feelings with others who could relate, who could empathize, and who could offer helpful suggestions definitely gave me a "peaceful easy feeling!"

Each session began with each group member greeting and hugging each other. We sincerely cared about each other, and each week we grew closer as we shared more and more. Sharing was initially difficult for me. I was a 55-year-old man, a 21-year independent business owner, and the son of a retired General in the Army and Army National Guard. My philosophy prior to my breaking point was to be a good soldier and to speak only when spoken to. Thankfully, this changed and I was able to receive more

help when I shared, as well as the fact that I was able to help others by speaking up and talking more.

Over the many hours of sharing, we all experienced a variety of emotions – sadness, anger, frustration, weakness, strength, happiness, laughter. Each emotion was shared and could be expressed without judgment and without condemnation. This was very therapeutic for me and as the weeks progressed, I opened up. I knew that I could trust and rely on every person in that group. Literally,

after several weeks of group therapy, I could definitely say that for each person in my IOP Group, "I know you won't let me down." This was yet another reassuring statement that gave me peace.

Another lesson that I learned was that in the midst of problems, we are completely consumed by them and we fail to see anything else. My problems made me feel like I was completely surrounded and that there was no way out. Being at my wits end, I was literally "already standing on the ground." The only way to go was up and, as I learned, it takes patience and hard work. Being on the ground floor of a building and looking up for a better view of my life and my surroundings was my goal. On the ground, you are not aware of what is just over the next hill or just around the next corner. I learned to take recovery one step at a time and to look for others for help.

Here are some activities that I have found that continue to help me in my recovery:

Active involvement in a support group –

For me, Continuing Care has been a blessing as I have met and shared with friends who have both

psychological and/or addiction needs. Being accountable and attending scheduled meetings is a way to share with others as well as to be helped by the entire group. From organized meetings with minutes taken and bylaws read to weekly home group sessions, sharing with others on a regular basis is extremely helpful and fulfilling.

Volunteer work at Ridgeview – I enjoy participating in the Family Support Workshops whenever I can. Helping others, while at the same time spending time with other volunteers, is a rewarding experience.

Attend social functions for the community – The various social events that the Ridgeview Alumni produce are another way to support those currently at Ridgeview, family members, and the community at large. From

"Support of First Responders" to Spring Flings to Fall Festivals and Gratitude Dinners, all of these activities

help the community while we have the opportunity to work together, while also being able to share any problems that we have with anyone there.

Thank you, Ridgeview, for giving me a "peaceful easy feeling, and I know you won't let me down!"





## PEACE IN SOBRIETY

SUBMITTED BY: STEVEN F.

When I started drinking, I thought I had found the magic potion that would cure a lot of things about me. Things like shyness, withdrawing from others, and not being comfortable in my own skin. What I didn't know was that I had the ability to change those things without drinking alcohol. Thus began the elusive lie that alcohol was a cure for me.

As time progressed, I credited my drinking to my success with a number of things. Relationships, acceptance from others, and ideas that seemed phenomenal. What I didn't know was I was the only one who felt convinced of these things. Others remained skeptical, at best. Time, as it does, kept rolling on and so did my alcoholism.

Under the influence, my choices became more and more in the high risk category. A number of negative consequences were soon to follow. What I didn't know was, most of those choices were insane, but not to me. I could rationalize why

things went south for any number of reasons, except for my poor decisions while drunk. The clutches of alcoholism had me right where it wanted me—restless, irritable, and discontented.

After numerous arrests and incarcerations, I finally decided to do something different. I went to treatment at Ridgeview and found a new way to live. What I didn't know then was I needed to involve others in my recovery. My ego was bigger than Dallas, and I learned the hard way that without “we”, the “I” was screwed. I relapsed and didn't find my way back for 2 years. I didn't know that I would have been welcomed back at any given point, but pride, remorse, regret, and embarrassment kept me out there.

I finally hit that point of desperation that some of us get smacked with, and that drove me back to Ridgeview. I

knew that there was relief from alcoholism. What I came to find out was that the fellowship was a vital component in my recovery. What I learned was that getting a sponsor would change my course in life. What I came to find out was that “we” truly could do together what “I” was not able to do alone.

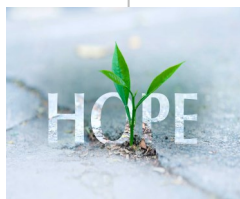
I've been around awhile now, and life has truly taken on new meaning just like the Big Book states. Life used to be full of chaos, irresponsibility, and rash decisions fueled by alcoholism. I left a number of jails and prisons in my wake. Numerous heartaches and disappointments in relationships were abundant. What I didn't know then, was what I do know now. The Big Book states in the promises that, “we will know peace.” Today, I know peace. The ease and comfort in my life today is a direct result of knowing the peace that comes with my sobriety. Thank God for AA.



## HOLD ON LET IT GO

SUBMITTED BY: SARA D.

First you were held  
Full of hope  
You would float  
You held yourself only to this  
fanciful notion  
Severing from the tether  
That affords steady  
[deceptive] perspective.



The fumbling spin of being adrift  
Trapped you in a prison of nauseating  
untrustworthy vision.  
You held your eyes shut. You held your  
legs braced. You held your arms up.  
You pushed against space  
Diaphragm held tight in an emergency  
breath  
You holed up in yourself.  
Withheld from yourself, you  
Held your own under reduced pressure  
Held hostage to yourself, you  
Held honor in self-confinement.

You hold tightly in place as suspended  
energy.  
You hold on to holding on.

You let go and find your heart  
does not fall nor fail.  
Skepticism at first. Fear arose  
next from familiar places. Then  
Knocked you over

when you  
Wrapped your hands around  
your heart again.  
Still it seemed your heart did  
not flee nor rupture.  
You let go again.

You hold your ground. You  
behold a new landscape.  
You hold counsel with your  
heart.  
You fill your hands and create  
a foundation.

Your hands callous as they  
Fill and empty steadily.  
A sign of persistence and adjustment.

Your hands often remain full  
You hold enough to fill your heart  
Your heart is full. You bolster your foundation. You clear  
Your mind of clutter. Again.  
And there is now sharper focus.

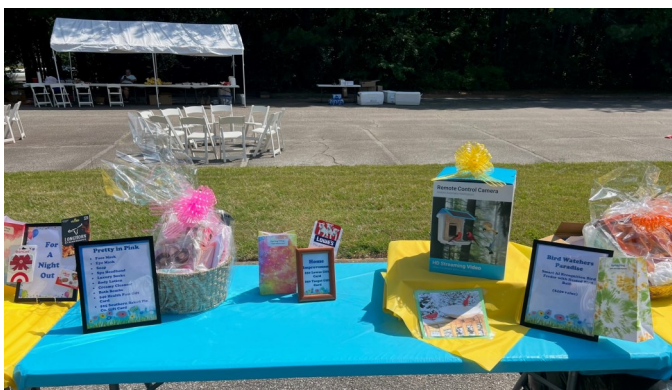
Both your heart and your  
hands are so full.  
You realize you do not want  
more than  
What you hold, What you let  
go, Today.



PICTURE SUBMITTED BY MICHELLE P.

## SPRING FLING—MAY 7, 2023

We held our annual Spring Fling on May 7th! It was a fun filled fundraiser for the Ridgeview Alumni Charitable Corporation which was open to the public and raised over \$3000 for our mission thanks to some great raffle prizes. The weather was perfect for a fantastic day of food, games, music, and fellowship!





## A CELEBRATION OF A LIFE WELL LIVED

SUBMITTED BY: EDDIE C.



**On March 4<sup>th</sup>, 2023, the Ridgeview Alumni Association held a gathering to honor our dear friend and mentor, Sam Anders (November 4, 1938 – January 13, 2023)**

It was a beautiful Saturday afternoon and the Day Hospital lobby gradually filled up as people started to trickle in to celebrate a legend. Alumni, friends, and former colleagues gathered to commemorate, swap stories, catch-up, and connect with each other in a way that Sam would have loved. “Food and Fellowship” goes hand in hand in the Ridgeview recovery world that Sam helped establish, and there were plenty of delicious appetizers and sweet treats. Lots of hugs and smiles were on display as if to emphasize that this was **not** going to be a somber occasion.

The time came to start the proceedings in the auditorium, and a few hundred folks packed the room as Lori and Chip played some tunes, as they have so many times over the years. Photos of Sam played in a loop on the television throughout the day. This was an “open mic” event with the first hour dedicated to anyone who had known Sam for over twenty years to come to the podium to share a Sam story. After several attendees spoke, Elaine read a touching poem and then the audience joined in for “Amazing Grace.” This was followed by a video slide show, with Sam’s voice narrating his own life story. The second hour was for those who knew Sam during the last twenty years to come up and share their favorite anecdote. Tears and laughter (mostly laughter) filled the room throughout the afternoon. After all, Sam always promoted that “we are not a glum lot.” The celebration officially ended with a rousing rendition of “I’ll Fly Away” as we all headed out into the beautiful sunshine embracing the fact that Sam Anders has left an indelible

impression on each of us. His work here is done, may he rest in peace.

\*\*\*If you are a Ridgeview Alumnus and did not know about Sam’s passing and this celebration, or you would like to honor Sam’s legacy by helping others, please reach out to me and get re-connected. It is up to us to continue the good work of the Ridgeview Alumni Association: “We support patients in treatment at Ridgeview Institute; as well as the recovering community to broaden our own lives and recovery through service and fellowship.”

Love and Gratitude,

Eddie Chinal APC, NCC, CMAC

Continuing Care/Alumni Coordinator

Office: 770-434-4567 (ext #3110)  
or Work Cell: 470-606-2071

[echinal@ridgeviewinstitute.com](mailto:echinal@ridgeviewinstitute.com)



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## A CELEBRATION OF LIFE: SAM ANDERS

SUBMITTED BY: EDDIE C.

MARCH 4, 2023 CELEBRATION OF LIFE FOR SAM ANDERS

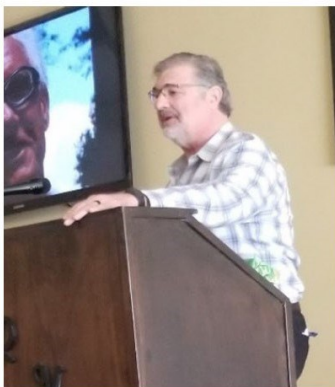
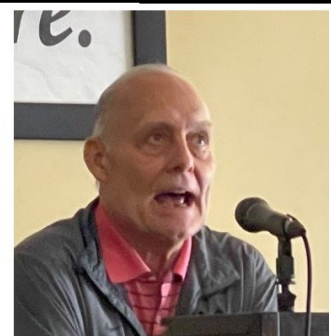
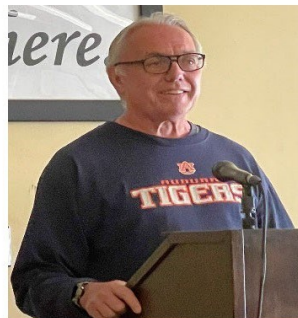


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## CELEBRATION OF LIFE FOR SAM ANDERS (CONT.)

SUBMITTED BY: EDDIE C.

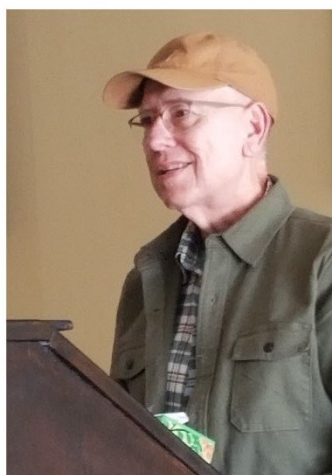


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CELEBRATION OF LIFE FOR SAM ANDERS (CONT.)

SUBMITTED BY: EDDIE C.



(Continued on page 11)

## POEM TO HONOR SAM ANDERS

SUBMITTED BY: ELAINE B.

Away in the distance, beyond sunrise birdcalls and cicada symphonies, a roaring motorcycle emerges in the morning fog.

He revs up the sounds as he turns into campus, enjoying the shady acreage this place provides. By the time the sun sets on this day, countless lives will be changed.

His soft voice eases those in pain, yet he can turn razor sharp in an instant. Like a protective wolf leading his pack, he never gives warnings without cause.

He's seen too many deaths from the tempting vices. More tragedies than we could ever count during a lifetime.

Gearing up, his boots make assured sounds as he begins his day slaying

the most cunning of dragons. Amber liquids, small plant buds, tiny pills, razor blades—how could things so small be so deadly, yet he never wavers in his truth.

The devil is not a caricature with a red

cape and pitchfork. We in recovery could easily spar with such a ludicrous target. But no, our enemy is far more attractive, cunning enough to whisper to us in our own voices,

deathly charming enough to recruit us to go over the edge.

He saw too many fall away. Helped too many weeping parents cope with kids who fell prey to the dragon's lair.

For these reasons, and for himself, he guided us and walked by our side, never enabling our excuses. He brought a single focus to every endeavor.



The drink will kill you.

Take one day at a time.

Stay connected. Auburn is #1.

Hundreds, if not thousands, had the privilege of being in Sam's orbit for a

glimpse in time, but the longevity of his lessons remain forever with us.

## OUR HEALING JOURNEY—CLOCK OR COMPASS

SUBMITTED BY: GEORGE M.

We live in a modern society that loves short-cut techniques. Yet Recovery cannot be achieved by taking the right short-cut. There is no short-cut. But there is a path. The path is based on principles, spiritual in nature, which if practiced as a way of life will remove the obsession to drink or use and enable us to be useful and whole.

Healing happens in the mind. We begin to trust that whatever comes to us is simply an avenue of learning, an opportunity to feel love, gratitude, forgiveness, and peace. A Health Challenge, in my case addiction and cirrhosis from chemical abuse, controls us when we think we are only body rather than *Spirit*. Suppose I have a choice to do something which is an

*enormous TEST to my common sense; what am I going to do?*

My fear-filled mind created a fearful world of experiences. Nothing blocks the path of the Spirit-filled mind. Everything blocks the path of the Ego-led mind. Our journey is a teaching tool for peace, joy, love, harmony, zest, and accountability. If there is one message, it is that a meaningful life is more a matter of what I do than how fast I get it done – ***to be directed by an internal compass, not some clock on the wall.***

Simply doing more things in a faster way failed to get at the chronic causes – the underlying reasons for the pain. It did nothing to really solve the chronic pain that comes from not putting **first things first**. All

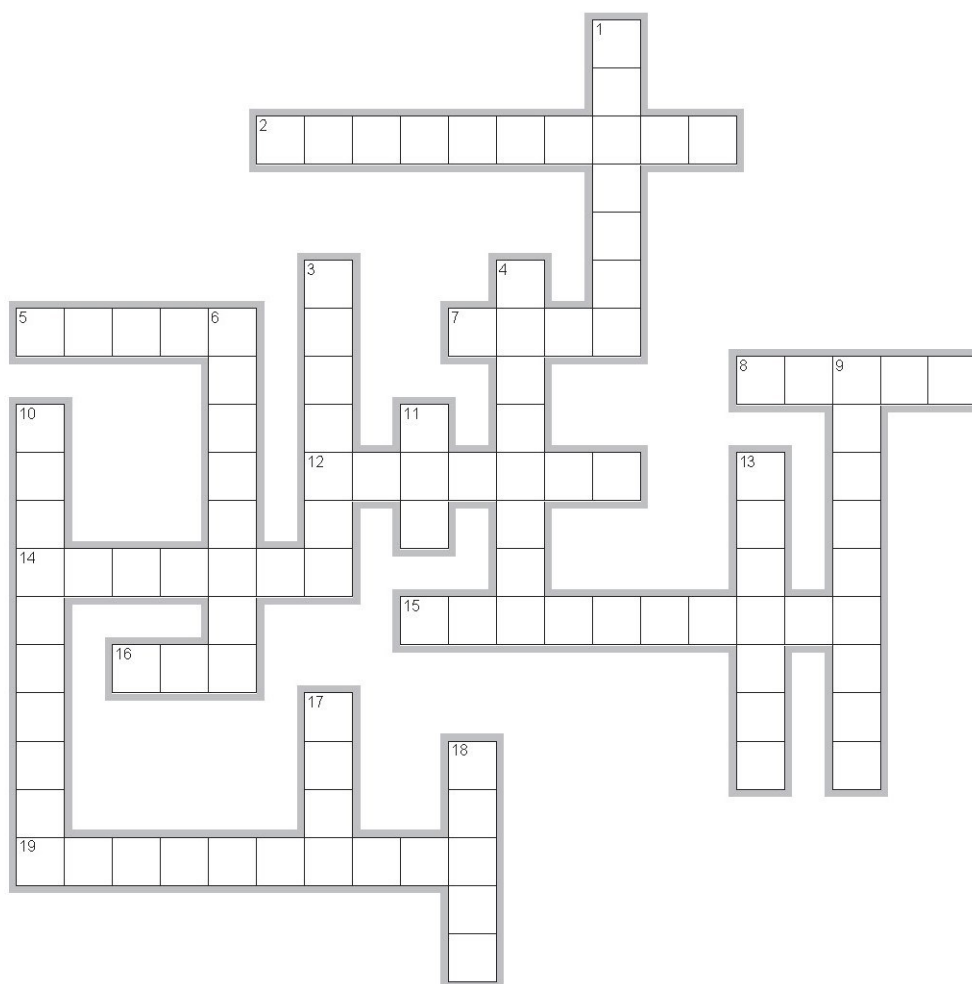
my wishing, and even all the work, not based on valid spiritual principles did not produce quality-of-life results. It's not enough to dream, it's not enough to try, it's not enough to set goals or climb ladders. It's not enough to value. All my efforts have to be based on practical realities that produce the results. Always, there is one thing among all others that must be done first – **Don't Use. Don't Drink.**

For many of us, there's a gap between *the compass and the clock* – between what's deeply important to us and the way we spend our time. And we struggle with the contrast, often conflict, between the clock and the compass. The clock

(Continued on page 14)



## CROSSWORD PUZZLE



EclipseCrossword.com

### Across

2. ... is the solution to all my problems.
5. Chapter 5, How it \_\_\_\_\_.
7. Happy, joyous and \_\_\_\_\_.
8. This is dead without works.
12. The Doctor's \_\_\_\_\_.
14. ... you will surely meet some of us as you trudge the Road of Happy \_\_\_\_\_.
15. Number one offender
16. Theme of this newsletter, I Can't, We \_\_\_\_\_.
19. What the Big Book is meant only to be.

### Down

1. Relieve me of the \_\_\_\_\_ of self, that I may better do they will.
3. We would go to any lengths for \_\_\_\_\_ over alcohol.
4. Are these extravagant \_\_\_\_\_.
6. There is one.
9. What we take in Step 4.
10. The 12 Steps and 12 ...
11. We are people who normally would not \_\_\_\_\_.
13. We will know a new \_\_\_\_\_ and a new happiness.
17. Acronym for hungry, angry, lonely, tired.
18. Trust in God and \_\_\_\_\_ house.

(Answers on Page 14)

**2023 UPCOMING EVENTS**

SUBMITTED BY: DAWN L.

EVENT	DATE & TIME	LOCATION
Dinner and a Movie	June 17, 2023 @ 5:00pm	Day Hospital Auditorium
First Friday - July	July 7, 2023 @ 7:30pm	Day Hospital Auditorium
Whitewater Rafting	June 25, 2023	Ocoee River
First Friday - August	August 4, 2023 @ 7:30pm	Day Hospital Auditorium
First Friday - September	September 8, 2023 @ 7:30pm	TBD
Tubing on the Chattahoochee	September - TBD	TBD
13 <sup>th</sup> Annual Sam Anders Serenity Scramble - Golf	September 29, 2023 8:30am - Registration 10:00am - Shotgun Start	City Club Marietta 510 Powder Springs Street, SE Marietta, GA 30064
First Friday - October	October 6, 2023 @ 7:30pm	TBD
First Friday - November	November 3, 2023 @ 7:30pm	TBD
Gratitude Dinner	Sunday, November 19, 2023 @ 5:00pm	TBD
First Friday - December	December 1, 2023 @ 7:30pm	TBD
Garden Decorations for Christmas	December 2, 2023 @ 10:00am	Serenity Garden

# **The Ridgeview Alumni Charitable Corporation**

**Presents****The Thirteenth Annual****“Sam Anders Serenity Scramble”****Friday, September 29, 2023****City Club Marietta – Marietta, GA****8:30 A.M. Registration - 10:00 A.M. Shotgun Start****Registration fees are \$125 per person (tax-deductible)****Includes round, cart, range balls, light breakfast, snacks, soft drinks, and water****Lunch after the round****Teams of 4 are welcomed. Teams of 3 will be paired with a retired NFL player or Professional Athlete****Corporate Packages and Hole Sponsorships are available. Call for details.****All Proceeds Benefit the Ridgeview Alumni Charitable Corporation****[rvalumcc.org](http://rvalumcc.org)*****Contact Stan Dixon at (404-210-1740) for more information***

## OUR HEALING JOURNEY (CONT.)

SUBMITTED BY: GEORGE M.

ladders. It's not enough to value. All my efforts have to be based on practical realities that produce the results. Always, there is one thing among all others that must be done first – **Don't Use, Don't Drink.**

For many of us, there's a gap between *the compass and the clock* – between what's deeply important to us and the way we spend our time. And we struggle with the contrast, often conflict, between the clock and the compass. The *clock* represents our commitments, appointments, schedules, goals, activities – what we do with, and how we manage, our time. The *compass* represents our vision, values, principles, conscience, direction- what we feel is important and how we lead our lives. We're constantly making choices about the way we spend our time, from the summer to the winter seasons, to the individual moments in our lives. We're also living with the consequences (good or bad) of those choices. Maybe we used time management and chose to "work harder, not smarter."

In my addiction, what I valued was in opposition to the natural laws that govern peace of mind and quality of life. I based my life on illusion and set myself up for disaster. I was told that I didn't know who I was or where I was going. And that I couldn't get to where I

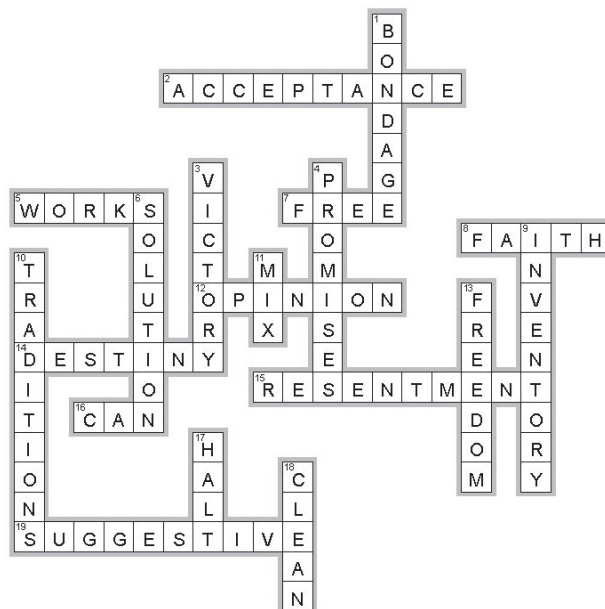
wanted to go from where I was. I would have to start right here and right now. Giving up my old life for a new "resurrected life" meant relying on FAITH and TRUST instead.



It would seem the wisest thing in the world for me to choose my path. It's my right, and people around me would consider me a fool for not choosing and giving the choice to God. Rather than me choosing the right path, I have had to rely on God choosing for me. I have had to learn the hard way to walk according to the standard which has its eye on God (God's will, if you prefer). Whether I think rightly or wrongly, according to my conception I have in my mind, is not relevant. It's like saying, "Yea, but...but...but." As I began living the life of faith in God, Natural laws transformed into the Spiritual, and my Health Challenge no longer controlled me. My cirrhosis is gone. My life is recovery.

Today, I trust entirely in God. When He brings me to the hazard of losing my job, I risk everything in my "common sense thinking," and I leap into what He says is the adventure of a new opportunity. ***Act in Faith – Believe that I believe.*** It's enough to get started on "Recovery – The Path to Success." Only one out of a crowd is daring enough to bank his faith in the character of God. **What did I have to lose? What do you have to gain?**

## CROSSWORD PUZZLE ANSWERS







### 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 \$30.00

(Line 1) \_\_\_\_\_

(Line 2) \_\_\_\_\_

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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 Steering Committee | 3995 South Cobb Drive | Smyrna, GA 30080-6397

This issue, as well as archival copies, are available on our website at [www.ridgeviewalumni.com](http://www.ridgeviewalumni.com). The Newsletter will be in an Adobe PDF format, our website will link to download the FREE Adobe Reader, allowing you to read and print the Newsletter at your leisure.

If you would like to be notified by e-mail when a new Newsletter is placed on the site, E-mail us at [sysadmin@ridgeviewalumni.com](mailto:sysadmin@ridgeviewalumni.com) or contact us thru the Website at [sysadmin@ridgeviewalumni.com](mailto:sysadmin@ridgeviewalumni.com). Please put "newsletter" in the subject line.

**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!**

If you would like to submit an article for the next Newsletter, please email it to Elaine B. at [ehb216@yahoo.com](mailto:ehb216@yahoo.com) or Crystal R. at [crsmart2006@yahoo.com](mailto:crsmart2006@yahoo.com) using "Newsletter" in the subject line.

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Love & Service,  
Communications Committee

