

A Letter from Tammy

My name is Tammy Neubauer and I am in long term recovery from alcoholism. I am a Sync volunteer, but only recently became one. I have been a member of the group enjoying all of the activities and openly welcomed without being pressured to do more than I could.

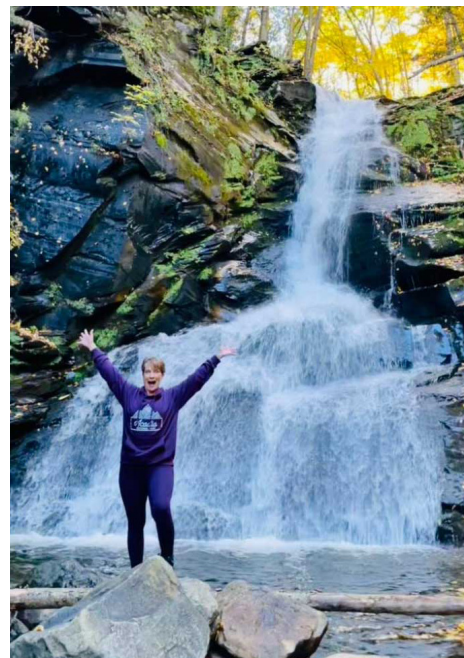
My first Sync activity was a hike/ yoga combination in April 2019 at the Trexler Nature Preserve. I was in a place in a my life where I needed new and good experiences in my life. A former board member invited me and hiked with me. This was a hard hike for me since I was not an experienced hiker. That long trek back to the Trexler Environment Center felt like a million miles. I had my eyes closed and did it one step at a time, but was unwilling to quit. The yoga was led by a person that I met prior and respected so much. I knew this was going to be the reason why I didn't quit walking up that hill. I was right, it was worth it! I was the last person to the top, they were all so happy for me and waited for me to start yoga. The other hikers treated me as an equal and I can remember those conversations on that hike today as if it was yesterday. I am an introvert, it is hard to talk to people for the first time, but in nature... something magical happens!

I remember one of the leaders stopping to listen to sound of the trees and the sound of the birds and I began to do that myself on my walks. I loved every minute of that day. When I got a call the next day to check on me, I asked when we could go again, at this point, Sync only had once a month hikes planned and I was hooked and ready to go even though I was not in shape, they never left me behind and always welcomed me!!

Over the years the activities have increased from once a month to many and I have participated in as many as possible. I encourage as many friends to join because this group of friends is the most loving, supportive, caring and understanding group of friends that I have met. Per, Laura and Meg are always welcoming with open arms, hugs, smiles, tears and they hold space better than most people I've met!

I can list the hundreds of activities that I've done but I will forget the important ones so I will tell my favorite. My favorite memory is the first time I was able to skydive with my son for his birthday in October 2020. It was an incredible experience. The group spent the morning together encouraging each and every person and cheering everyone in the sky and on the ground. I was not scared at until the door of the plane opened. It was magical! My son told me that he wasn't sure that I could ever top that experience. I don't know if I could explain the feeling or the gratitude for the day!

This year I was diagnosed with breast cancer and the following day I was scheduled to go to our spring camping trip. I wanted with everything in my fiber of my soul to cancel and stay home to isolate, but knew that the people I needed the most were the Sync Recovery family. This proved me right! They surrounded with love and allowed me to talk if I needed and to be alone if I needed to be alone. This summer between the cancer and a depression that took me to the darkest place of my life, the one thing that I wanted to continue to do was show up for my Sync events that I could.



At some events, I only sat in a chair, got lots of hugs and understanding. I participated in activities, such as bonfires, that were different for me, because I was different and I was accepted, as I was. I am so very happy to say that I am cancer free and feel that I am coming out of this dark depression finally. My body is finally ready to start the process of beginning to being active again. Until I am able to join in the long hikes, jump from airplanes or repel down waterfalls, I will be joining in all other activities that I can. This group of loving supportive people includes so many more than Per, Laura and Meg. I would love to list each one, but they all know who they are, because I tell them I love them. Thank you for letting me tell you about my love of Sync and please come join me on an adventure!

This letter and photo were submitted by Tammy in November 2022, intended for publication in an upcoming Sync newsletter.

Please see the following page.

To help Tammy's son, Nick – and Sync Recovery create a beautiful Celebration of Life for Tammy, we are asking for your help.

Whether you knew her or not, and whether you are in recovery or not, the vibrancy with which Tammy lived her life continues to ripple throughout our community. She was a bright light who touched the hearts of so many.

Living, loving, laughing, and having fun were how Tammy lived; how she'd want to be remembered; and how she'd want us all to celebrate her legacy.

Please join us as we honor the beautiful life of Tammy Neubauer. A fixture at nearly every single Sync Recovery event, her spirit will certainly be with us at this special celebration.

This daylong event has offerings for everyone who attends: connections with friends old and new; kinship with peers and allies in recovery; outdoor experiences in nature; and various events throughout the day with a community of folks who are inspiring and uplifting – who love to laugh and have fun.

The event will be Open House style with a "formal" Schedule of Events throughout the day – stay for a little, awhile, or all day! More info about the schedule of events coming soon.



venmo

Credit Card: Click [HERE](#)

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CashApp: \$neubauernick

Check: Sync Recovery
PO Box 294, Riegelsville, PA 18077

We are graciously accepting donations for

Tammy Neubauer's *Celebration of Life*

And there are various ways to contribute!

Venmo | Credit Card
PayPal | Check | CashApp



***In the Notes/Comments Section of your donation, please include: For Tammy COL**

Thank You!

If you'd like to make a contribution to help fund this event or would like to help with planning, please contact Per Hagen, Sync Recovery's Director of Peer Support, at (215) 380-3341

or Rebecca de Jesús at breathandmotion@syncrecovery.org

Thank you, and we look forward to seeing you April 8th!