



New Beginnings

Alumni Association

2013 - Spring Newsletter

Coordinators Report

Hello Spring!!!

When I look outside and see the snow-covered ground, I feel like change will never happen. I have yet to see the first sign of spring, the robin. This external event reminds me of the need for internal maintenance and the need for constant internal change. The Big Book tells us that "the main problem of the alcoholic centers in his mind, rather than in his body." It later states that "there is no middle of the road solution". We were in a position where life was becoming impossible, and if we had passed into the region from which there is no return through human aid, we had but two alternatives: One was to go onto the bitter end, blotting out the conscience of our intolerable situation as best we could; and the other, to accept spiritual help." These passages remind me why I need others in recovery to be in my life. By the grace of God, having a couple of 24-hours clean, I find the need for others in my life indispensable! That is exactly what this Alumni Board has given me. Not just days filled with fun and exciting events, but the spiritual connection with others wanting the same goal as myself. Change is inevitable; the type of change we encounter depends entirely on our fit spiritual condition. I can't. He can. Let Him! Come join us this spring!!!

Many Blessings,
Karen Trettin

Upcoming Events

12 Step Workshop

Contact Lori H.

Saturday, April 20th, from 9am - 3pm

GOPHER STATE ROUNDUP XL

MAY 24, 25, and 26 2013

DoubleTree by Hilton Hotel, Highway 100 & 494, Bloomington, MN

MEETINGS • SPEAKERS • FELLOWSHIP • HOSPITALITY • ROOMS • A.A. FILMS

Newsletter Contact Database

We will now only be sending the newsletter in paper form to individuals without electronic mail. If you would like to receive the New Beginnings Alumni Association newsletter sent via electronic form, submit a valid email address to.....newbeginningsatwaverly.com/Alumni/

Steak Fry

1st Saturday of Every Month (Except July)

Board Meeting – 3:00 - 4:30 — Dinner – 5:15 - 6:15 — Speaker/Medallions – 6:30 - 8:30

12 Step Workshop

Saturday, April 20th

9 a.m. - 3 p.m.

Contact Lori H. 651-331-8051



Fishing Bash

Contact Bob B.

Friday, May 17th thru Sunday, May 19th



Gopher State Roundup

40th Annual—Room # 508

Friday, May 24th thru Sunday, 26th
2013

A recent Alumni tells his story:

“The Link of Continuity”

Six months after treatment, I ponder that first week, finding it a blur except for one issue. It amazed me in my naivety, I didn't know it was part of the recovery world as I later learned it to be. The answer to a question I asked many, “Is this your first time in treatment?” An unusually high number of *no* answers. Further discussions with fellow addicts enlightened me; many had been through the process numerous times. Begs the question, 'what happened'? Universally, answers were the same, I quit working my program. I was glad these brothers were brave and returned, I obsessed with preventative measures. The task didn't seem that daunting, the issue was pervasive.

After settling on meetings to support my sobriety, I found something missing, a link. Regardless the number of our weekly meetings there is space between them. More meetings a week, less space between contacts. One meeting a week leaves a canyon, space I can not manage well. Each of us discovers how many meetings is enough. Discharge recommendation was 2-3 per week.

Just because it's simple, doesn't mean it's easy. My link is my phone. Yes, it's *simple*, of course! It's not always *easy* to call, asking for help while exposing vulnerabilities. I may not need solutions now, I need to *share* my burden. How many would be glad to get such a call that entrusted their vulnerability with you? ***They are those things which make us closer, just as they did during treatment.*** Remember? I don't need an hour of a shrink's time, I need ten minutes to gain perspective.

Those I build close trust with in fellowship go into my phone. Their initials “start” with AA, then follows their name. When you click on “A” needing to talk, all your options are staring at you. That link minimizes our chance for relapse. Let's not make the distance between our 1st and 2nd meeting a canyon where relapse awaits. Build your own bridge by calling, we have all the friends needed, wanting to hold that bridge up with us. Bruce B.

•God, grant me the serenity to accept the things I cannot change, the co

of Events



Men's Softball Tournament
Saturday, June 29th



Valley Fair Outing
Contact Karen T.
Sunday, July 14th



31st Annual Picnic @ New Beginnings
Sunday, July 21st



Golf Tournament
Contact Liz W.
Sunday, August 18th

Guru's Corner

Hello from sunny Waverly! The winter rages on, but spring will soon be with us and all this snow and cold will be forgotten; I promise. I would like to thank your Alumni Board for all the hard work they do to help people bridge the space between treatment and recovery. The events and the steak fries are wonderful affairs that promote recovery in a very special way. Please check the website for future activities. I saw an ad on TV about working out, something about changing things up, even shocking our muscles so they don't get stagnant and stop growing. That is something we can apply to our own program. We need to have a fit spiritual program as part of our recovery. So shouldn't we start changing things up and get our spirituality to shock and awe! If we pray, pray harder; when we meditate, focus longer. Change up our morning readings and add some more at night. Volunteer, sponsor more people, and go to a retreat. God loves you wildly and wants us all to be happy, joyous, and free. We may need to put in a little effort. Like all things, you will get out of it what you put into it. Read the promises. If they are not true for you change things up a little, take away bad things in your life, add good things. Give your conscious contact with God some attention and the energy will come back. It has to; there is nowhere for it to go. That too is God. Goodness, I better get down off my soap box now, but you get the point. You already know what to do, so start now. Hope to see you at the steak fries, and put the picnic on your summer calendar. Life is short. Pray hard.

urage to change the things I can and the wisdom to know the difference.

109 North Shore Drive
Waverly, MN 55390



Come grow with us!!

Save the date!

NBW Alumni Association
Steak Fry - 1st Saturday every
month
109 N. Shore Drive
Waverly, MN 55390

2013 New Beginnings Alumni Association Board Members

President – Michel S.

V. President – Liz W.

Treasurer – Bob B.

Newsletter Chair – Bob P.

Co-Chair - Mitch H.

Registration - Lorraine T.

Fundraising Chair – Amy J.

Co-Chair – Lori H.

Steak-Fry Chair – Wendell T.

Steak-Fry Committee – Janell Y.

Steak-Fry Committee – Steve S..

We want you!!!

- **Nominations to become a board member begin in November.**
- **Voted in at the December Holiday party.**
- **6 continuous months of sobriety, have a home group, a sponsor and are willing to be of service!**
- **No experience needed! Great opportunity for service work!!!**

For general information contact:

Coordinator of Alumni Services

karent@newbeginningsatwaverly.com

Check out our new website!!!
www.newbeginningsatwaverly.com