

# New Beginnings

Alumni Association

2011—Fall Newsletter

## *Coordinators Report*

To all NBW Alumni,

It has been my pleasure serving as your alumni coordinator for nearly three years. It is with excitement and sadness that I inform you that as of October 15th, I will no longer be the coordinator of alumni services at New Beginnings. I have truly enjoyed my time as the alumni coordinator and have made many good friends along the way. If you ever need anything or would like to say hi you can reach me via e-mail at the address below. I will not be at any events for awhile as I am moving to Myrtle Beach South Carolina for the winter. Enjoy the winter, and see you in the spring.

Dustin Barnes

dustinbb@gmail.com 651.485.2436



## Upcoming Events

Saturday, October 15th - 9am to 4pm

WOMEN'S RETREAT

Guest Speaker - Janie Jasin

Fun, Gifts and Fellowship

## **!! ATTENTION !!**

### **Newsletter Contact Database**

In an effort to go to a paperless newsletter we are asking that if you'd like to continue to receive the New Beginnings Alumni Association newsletter (via electronic form) that you submit a valid email address to [nbw.newsletter@gmail.com](mailto:nbw.newsletter@gmail.com)

It will take some time to build up this database so for the time being we will still have the hard copy newsletter sent out as normal. We also realize that not everybody has access to a computer but you can visit most local libraries and use the computers there. We are sorry for any inconvenience this may cause but it is something that needs to happen in an effort to reduce costs.

Thank you for your participation!

## Steak Fry

1st Saturday of Every Month (Except July)

Board Meeting— 3:30-5:00—Dinner— 5:15-6:15—Speaker/Medallions— 6:30-9:00

## Here Are the Steps We Took

### *9. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs- Dan H.*

My experience with step 9 is that it can be the most freeing of the steps. I have also found that step 9 is the easiest step too skip over the small details. When working step 9 I found that by spending more time on the 8th step and using the list I had made when I did my fourth step I was able to skip over fewer of the small details and complete a more thorough and full list to do my 9th step off of. It is important to complete this step because this is the point in the program where the promises actually begin to come true. I have found that the more painstaking I am with this program the more I benefit from this phase of my development.

### *10. Were entirely ready to have God remove all of these defects of character- Craig H.*

When I first got a sponsor and worked the steps we talked about prayer and meditation in the morning and giving thanks and taking personal inventory at night. It took me along time to be able to judge myself and not others. I was always told that if I have a issue with other places or people that I have a part in the problem. Now in my life I can stop myself in my own tracks or recognize while I'm taking personal inventory that I had a part in it or it was my fault for starting an argument and make amends with whom ever the issue was with. Continuing step 10 has allowed me to be a better person, husband and father.

### *11. Humbly asked him to remove our shortcomings- Joe C.*

Recently, two of the men I've sponsored relapsed and a third took his own life. I found myself questioning whether or not I was cut out for working with others. About this same time I was hospitalized for some tests. I spent some time in prayer asking God for his will for me in relation to working with others. On the way home from the hospital I got a call from a priest in my hometown asking me if I'd meet with a couple of people he knew who had problems with alcohol. I believe this to be God's will for me and I will continue to pray for the power to carry this out and will leave the rest to him.

### *12. Made a list of all persons we had harmed, and became willing to make amends to them all.- Michelle P.*

After trying to get sober on my own, doing it my way, I finally got a sponsor. I was shown the process of the 12 steps that brought me to a revolution in my attitude and outlook towards life having had a spiritual experience. I work with other women to show them the same process that helped change my life and brought me closer to a loving higher power. So that they too may enjoy a new freedom and happiness.

## The Experience of an Alumni

I heard about the Alumni Association while doing in-patient treatment and have been participating in the activities ever since then. Initially, I would just volunteer at each of the Steak Fry's, but I quickly became involved with the Alumni Association Board. My experience with the Alumni has been one I would not pass up for anything. I have found a second family in the Alumni, and each person has been instrumental in my recovery. I encourage everyone to attend one Steak Fry and see what this great fellowship is all about!

-Michel P



*•God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.*

For time and location of events please visit:

[www.nbwaa.org](http://www.nbwaa.org)

Or call

Dustin @ 651.485.2436

*July-* **No Steak Fry 1st Saturday**

- Friday 15th-17th NBW Campout
- Saturday 16th Steak Fry
- Sunday 17th 29th Annual Picnic

*March-*

- Sat 5th Steak Fry

*April-*

- Sat 2nd Steak Fry

*May-*

- Sat 7th Steak Fry
- Fri 20th-22nd Fishing Bash
- Fri 27th-29th Gopher State Round up

*June-*

- Sat 4th Steak Fry



*August-*

- Sat 6th Steak Fry
- Sunday 21st Golf Tournament

*September-* Sat 3rd Steak Fry

*October-* Sat 1st Steak Fry

- Sat 15th Women Retreat

*November-*

- Sat 5th Steak Fry
- Sat 19th Decorating Party

*December-*

- Sat 3rd Holiday Party

**Guru's Corner**

What a wonderful summer for our alumni, a great picnic, a wonderful golf outing and some fishing along the way. I do want to thank everyone who participated in any way you are all a success. Sure it was hot and humid but the temp seemed a lot higher than Jan Feb and March! I do want to let every one know to get your email address to the alumni board as we are going paperless on the news letter as much as possible,. We are being told the most people prefer to have it delivered via email and it does save the alumni lots of dollars. In my reflections of late I cant stop thinking about the blackouts. Seems strange to me that I was willing to give myself over to an unknown pilot during my drinking, yet I struggle to turn my will and my life over to the care of God. When I was having blackouts I wonder who was in control, and who got me safely home. That unknown pilot always got me home even though I alienated people that still wont talk to me more that 30 years later! Thank God I never killed or physically injured someone. I was more than willing to turn control over in a very sick and pathological way. However when it comes to doing what it takes or turning the direction of my life over to the God of my understanding I bulk. It is easy to get sober and stay sober it really is. Oh ya except for the change everything part. I know what works, we all know what works as the grand kids say easy peasy. How about asking God to keep you sober every morning, and thanking him every night for keeping you straight that day. How about going to your home group every week without fail. How about working with others. How about admitting to wrongs and asking for forgiveness then be willing to have God take you to a better place. How about reading the book and when it tells you to do something Do It, How about working the steps out of the book with your sponsor. Wouldn't it be great. See you in the fall, the season of course. Life is short pray hard.

Gil

## 2011 New Beginnings Alumni Association Board Members

President– Karen T.	763.742.2395	Fundraising Chair– Michelle P.	612.619.8293
V.President– Bob B.	952.797.6563	Co-Chair– Julie N.	320.237.8821
Treasurer– Craig H.	952.292.9710	Co-Chair– Dan L.	612.280.4807
Secretary– Michel P.	612.360.7948	Alumni Contact– Pam F.	763.528.3385
Newsletter Chair– Rick H.	612.554.3209	Alumni Contact– Dan H.	320.493.3704
Steak-Fry Chair– Neil C.	612.965.1013	Alumni Coordinator– Dustin B.	651.485.2436

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To be removed from mailing list please send name and address of entry to be removed to rickhagglund@gmail.com

[www.nbwaa.org](http://www.nbwaa.org)

**Save the date!**  
NBW Alumni Association  
Summer Picnic  
July 17th, 2011 11-4  
109 N. Shore Drive  
Waverly MN 55390

