

# New Beginnings

Alumni Association

2011—Summer Newsletter

## *Coordinators Report*

We are in that wonderful Minnesota summer season. Life is busy for everyone and we are all trying to pack into life as much as we can. This is why I am so surprised at the amount of people who still come out for the steak fry and alumni events during the summer. It is a testament to your dedication that you would spend your limited time with us at New Beginnings. Once again our picnic is almost here and we look forward to seeing you there. I was able to get a motorcycle again so I will once again be leading the motorcycle run the morning of the picnic. We leave at 11:00AM sharp on July 16th, so show up by 10:30 if you would like to ride with us. See you there!

Dustin Barnes 651.485.2436 [dustinbb@gmail.com](mailto:dustinbb@gmail.com)



## Upcoming Events

### *29th annual alumni campout weekend and picnic*

**Friday July 15-Sunday July 17th**

Come for the whole weekend or just a part of it

Free camping is available on the grounds of New Beginnings (109 N shore drive Waverly MN) from Friday 5:00PM-Sunday 9:00AM

Friday- Spirituality workshop 7:00PM Campfire meeting to follow

Saturday- Motorcycle run leaves at 11:00AM Steakfry at normal time

Sunday- Picnic begins 11:00AM Speaker at 2:00PM Roger B, Minneapolis MN

For a more detailed schedule e-mail [dustinbb@gmail.com](mailto:dustinbb@gmail.com)

### *2011 Alumni Association Golf Scramble*

**Sunday August 21st, 2:00PM Shotgun Start**

**Fox Hollow Golf Club, St Michael MN**

Golf and Dinner included

Put together a team of 4 and send \$85 dollars per golfer to

New Beginnings 109 N Shore Drive Waverly MN 55390

For more info or to join a team call Craig H. 952.292.9710 or [craig820@gmail.com](mailto:craig820@gmail.com)

**ONLY  
\$85**



## 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

### *5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs- Julie N.*

This is the step I wanted to skip, I had so many dark secrets. I just had fear. I just didn't want people or myself or God to know what I had done in my past. So, I skipped this step five times, five treatments later, I finally gave myself to this program (H.O.W) and did steps 1, 2, 3, 4, and now doing step five. I know as it says in the B.B that God will be the final judge and nobody else.

### *6. Were entirely ready to have God remove all of these defects of character- Michel P.*

This is a step of willingness. Are you ready to have God remove all of your defects of character? Many of us cling to our character defects – our fear, our doubts, and our hatred, to name a few – because there is a certain comfort in these actions and pain. In Step 4, we made a searching and fearless moral inventory of ourselves. Looking at this inventory, we see first hand what these defects have done to our lives and what they are still doing to our lives. For me, it was hard to take a truthful look at this inventory. But I know what my character defects have done to my life, and that my life was complete and utter insanity, and I was totally powerless. I don't want to live that way any longer. And thanks to this program, I don't have to live that way any longer.

### *7. Humbly asked him to remove our shortcomings- Erin H.*

In the Seventh step prayer, I ask God to have all of me, good and bad. I believe that I turn the good and bad over to God, as I understand Him, because I cannot differentiate the good from the bad on my own. It has been my experience, that God puts people in my life who can teach me what I am good at and what I am bad at, if I let them.

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

Step 8 says to make a list of the people I have harmed and become willing to make amends to them all. I got all the names for every amends I've done so far by first going through the inventory process so see my faults. After clearly seeing that I then put those names on my list and with prayer ask to become willing to make the amends. Pretty simple.

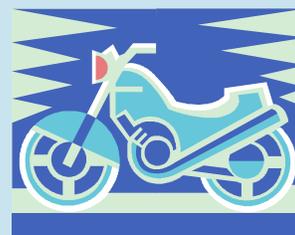
## The Experience of an Alumni

My experience with the New Beginnings Alumni Association has been one of the best experiences I have ever had. When I first went out to volunteer I was not sure what to expect, but the people who had been directing the annual steak fry helped me figure out how I could help. Once I began volunteering on a regular basis I began to see how much the steak fry meant to people who had graduated from the treatment program at New Beginnings. My only wish is that I would have started volunteering for the NBWAA sooner.

### NBWAA Motorcycle Run

July 16th, 2011

Meet at the facility at 10:30 leaving at 11:00



Suggested \$10 Dollar Donation

Questions? Call Dustin 651.485.2436

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

# 2011 Calendar of Events

For time and location of events please visit:

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

Or call

651.485.2436

## 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



## July- No Steak Fry 1st Saturday

-Friday 15th-17th NBW Campout

-Saturday 16th Steak Fry

-Sunday 17th 29th Annual Picnic

## 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

Hello everyone I hope this finds you straight and sober happy joyous and free! When it comes to step 7 I believe we must give credit where credit is due. So please let me take some time to that purpose. I am married to a wonderful woman who has been an angel in my life, and I only had to wait 60 years to find her! She helps me stay humble and reminds me to get to a meeting every time I start doing too much "I" talk. My partner is a stable and healthy influence in my life and supports me even though I parade my shortcoming to him at least weekly. Ain't it a miracle! I really want to thank all the alumni for the joy you bring to the lives of the treatment team. We are all very blessed that you are a part of the New Beginnings family and are trying so hard with your recovery. I sure do feel the love when I am at an alumni event. What a great opportunity you give our patients by being a part of our treatment and recovery team. Thank you thank you thank you.

Step 6 has always been a hard concept for me as I am very ready for Gil to remove all these defects of character. I know I can't remove them with the same mind that started them and cultured them, but here I am working the steps, but fighting the process. Go figure. Steps 4 and 5 and major stepping stones to your spiritual experience and the relief we all seek. Please get a sponsor with experience and someone who has had a spiritual experience themselves to help you through to yours. Life is short pray hard, read the book.

Gil

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

## 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*

