

New Beginnings

Alumni Association

2012—Spring Newsletter

Coordinators Report

Hello NBW Alumni!!!

I am so grateful to be writing this that the words are not enough to express my gratitude! It was honor for me to accept the position as your new Alumni Coordinator late last October, since that time we have been up and running. I was told fairly early in my recovery that change will be the only thing constant in my life if I am living a program of recovery, that statement alone can summarize my experience here as your Alumni Coordinator. We have been learning from our past and planning for our future. There is nothing more exciting than working with the new comer from the depths of destruction to a place of healing and growth. This year is sure to be an exciting one as NBW is celebrating our 30th Anniversary! I encourage each and every one of you to come back to us and become involved today! Many Blessings, and enjoy your spring!
Karen Trettin



Upcoming Events

Saturday, April 21st - 9am to 3pm

12 Step Workshop

Friday, Saturday, Sunday May 18th, 19th, 20th

NBWAA Fishing Bash

Both Events Will Have Fun, Gifts and Fellowship

!! ATTENTION !!

Newsletter Contact Database

In an effort to go to a paperless newsletter we are asking that if you would like to continue to receive the New Beginnings Alumni Association newsletter, will now be sent via electronic form that you submit a valid email address to

nbw.newsletter@gmail.com

It will take some time to build up this database so, *we will be sending out a limited number of paper newsletter but time is running out.* We also realize that not everybody has access to a computer but you can visit most local libraries to gain internet access. We are sorry for any inconvenience this may cause but it is something that needs to happen in an effort to stretch our thin resources.

Thank you for your participation!

Steak Fry

1st Saturday of Every Month (Except July)

Board Meeting— 3:00-4:30—Dinner— 5:15-6:15—Speaker/Medallions— 6:30-9:00

Here Are the Steps We Took

1. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs- Rita P.

Admitting I was powerless over my addiction was confusing for me. I did not understand how I had started using in the first place if I was powerless, and it wasn't until I had realized that I didn't have to have control that I could begin to heal. Admitting powerlessness for me was actually taking responsibility for and acknowledging that I had the choice to continue using and that by following this choice I could allow my life to be out of control. Once I had come to believe that I was powerless over my addiction I was finally able to begin truly working the remaining twelve steps.

2. Were entirely ready to have God remove all of these defects of character- Bob B.

Once we have deflated our "Me, myself & I" overinflated balloon by admitting our lives were unmanageable, we are ready to move on to step 2. We start thinking about how our sober balloon is to be inflated. What do we fill it with? Who fills it? We begin to realize that we cannot simply use the old "Me, Myself & I" air, which will get us the same results. We realize that we need help inflating the balloon and begin looking outside ourselves for an answer. Looking outside ourselves for a solution is necessary, and it is, oddly enough, comforting. We no longer need to go it alone, we no longer need to supply all the answers all the time, and start believing that there is a power greater than ourselves. That's the who, what, when, where and why of how we fill our sober balloon: A greater power.

3. Humbly asked him to remove our shortcomings- Michel.

For me, this was a fairly easy step. Had my life not become unmanageable? Hadn't I already admitted by joining a twelve step program, that there was something bigger than me? Even if it was just that a twelve step program could restore my life to sanity? Yes, I had. So, the decision to turn my will and my life over to the care God was a no brainer. I couldn't stay sober myself, so I was willing to do anything to get the help I needed, even if that meant turning my will and my life over to the power of someone or something else, which to me was God. This step is solely making that decision to turn our lives over to the care of God; steps four through twelve will allow us to do that.

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

This is perhaps the hardest step that I had to do. By making a list of all the persons that I had harmed I unknowingly began on a journey to take my first personal inventory. The Big Book of Alcoholics Anonymous outlines a process whereby it becomes possible to begin to confront the "number one offenders." These resentments are the personal grudges that we may still hold against others. By completing the steps that are outlined in the Big Book I was well on my way. After meeting with my sponsor he pointed out that I failed to account for the fourth column. Once again looking over my list I tried to find where I had been self-seeking, selfish, dishonest, and frightened. This activity helped me to find what has today become a sense of serenity that I never want to let go of. Seems relatively easy

The Experience of an Alumni

It is an honor being an Alumni of New Beginnings and a bonus to serve as a board member. It's a one of a kind opportunity. Prior to being elected to the board I engaged in activities or events the Alumni offered such as the monthly steak fry, workshops or parties. I have a responsibility to the newcomer. I need to be ready and willing to share this solution of sobriety. I do this by being a part of NBWAA. It's awesome to see the newcomers at the steak fry and to greet them with a "hello", let them know it gets better if they keep coming back. It's quite a paradox that in order for me to keep "sobriety" I must give it away. So I love that I get to serve you, the newcomer. So, find your way to New Beginnings and get into to the excitement of helping others, get involved with the Alumni board. I have found the miracles are endless, the laughter never ending and the memories and friendships priceless. It is an experience I will never forget. Thank you all for this wonderful opportunity to be of service to you.

Liz W.
Secretary/Speaker Coordinator



•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:

Karent@newbeginningsatwaverly.com

Or call

Karen Trettin (651)-245-4272

April-

- 7th steak fry
- 21st step work shop

May-

- Sat 5th Steak fry
- Fri 18th-20th Fishing Bash
- Fri 25th-27th Gopher State Round up

June-

- Sat 2nd Steak Fry
- 8th - 10th Spiritual Awakenings retreat
Lake Itasca state park

July- No Steak Fry 1st Saturday

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

August-

- Sat 4th Steak Fry
- Sunday 21st Golf Tournament

September- Sat 3rd Steak Fry

October-

- Sat 6th Steak Fry
- Sat 27th Women Retreat

November-

- Sat 3rd Steak Fry
- Sat 17th Decorating Party

December-

- Sat 1st Holiday Party

Guru's Corner

Spring has come roaring on us and I am very thankful. Last winter seemed to last 14 or 15 months and this winter was a welcome break. I was reminded recently how wonderful it is to be in a place where people accept our past and our recovery. We can talk freely about our disease and recovery to anyone, in an open and honest way. Reaching out to others is very rewarding and helps keep us sober. It is a wonderful process and we easily can see the other persons potential and not the person still hurting. We care for them until they can care for themselves, and give a helping hand when needed. We are all in this together and when one falls we are there to help them up. I know it is not easy to let them become ready before we "bless them with our expert advice", but how about a little compassion for those who are helpless in their addiction. People started trying to help me years before I could recognize it in myself and without that as a background, who knows? As a matter of fact God didn't wait for me to want it, the higher power of my understanding came one morning (close to noon in those days) and when I got up I had no intention of changing anything. Should God have waited? Well I am belaboring the point, please reach out to those suffering from our disease, you will get something good from it also. I hope to see a great turnout for our 30 year anniversary picnic. I am so proud of your efforts toward a recovering life. The 30 years is all about you, thank you all for allowing me to have the very best of all jobs! Remember life is short pray hard.

Gil

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

2012 New Beginnings Alumni Association Board Members

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|-------------------------------|--------------|----------------------------------|--------------|
| President– Bob B. | 952.797.6563 | Fundraising Chair– Julie. | 320.237.8821 |
| V.President– Michelle P | 612.360.7948 | Co-Chair– Amy J. | 952.457.9680 |
| Treasurer– Craig H. | 952.292.9710 | Alumni Contact– Breanna M | 612.702.9539 |
| Secretary– Liz W. | 763.245.1067 | Alumni Contact– Matt E | 612.702.3682 |
| Newsletter Chair– Dan H. | 320.493.3704 | Alumni Coordinator– Karen T | 651.245.4272 |
| Steak-Fry Committee– Wayne J. | 763.222.5242 | Steak-Fry Committee – Steve S. | 763.856.3545 |
| | | Steak-Fry Committee – Wendell T. | 507.381.1889 |

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

