



# New Beginnings

Alumni Association

2014 - Spring Newsletter

Hello All,

Spring is finally here!! (At least that's what the calendar says.) The days are getting longer, snow is melting and some trees are even budding. This brings hope for warmer days, thoughts of green grass and a reminder of a saying I have heard in recovery.

Have you ever heard anyone say they want to always stay "green"? This means remaining able to keep learning, growing and coming to a deeper understanding of oneself and the program of recovery. As the plants and flowers grow, I too hope to continually grow "in the Sunlight of the Spirit"

Welcome to our new Alumni Board and the new president Mike! Thank you all for your service. Thanks also to all who braved the cold to come to our Alumni Speaker meetings. These are held the 1st Saturday of every month, except in July when we have our annual Picnic. Hopefully you didn't miss any of the events in the last few months, but if you did here is a brief recap.

The Women's Retreat was a wonderful day of rejuvenation and connection with other ladies in recovery. We also had a blissful Holiday Party where the fellowship of the season kept us all warm! There was a great 12 Step Workshop earlier in March, which gave an in depth look at the program of action. The Alumni Association puts on many wonderful events throughout the year, all of which can be found on our website.

Finally, we are in need of contacts for people new to recovery. If you can help please send me an email or talk to one of the board members. If you are in school or considering going, talk to someone on the Alumni Board about filling out our scholarship application. Jenn

Thank you to our 2013 Golf Tournament Sponsors

New Beginnings at Waverly

Maple Lake Recovery

GOPHER STATE ROUNDUP XL

MAY 23, 24, and 25, 2014

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

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

Alumni Speaker Dinner

1st Saturday of Every Month (Except July)

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

## Upcoming Events



### Fishing Bash

Contact Mike W.  
(952) 200-9388  
Saturday May 17th, 2014



32nd Annual Picnic @ New Beginnings  
Sunday, July 20th

Save the Date!

August 17th, 2014

2014 Alumni Golf Scramble

See Liz, Bruce or Michel for details!



### Men's Softball Tournament Patients vs. Alumni

Contact Mike W.  
(952) 200-9388  
Saturday, June 28th

*•God, grant me the Serenity to accept the things I cannot change,  
Courage to change the things I can  
and Wisdom to know the difference•*

## The NBWAA Scholarship Fund

New Beginnings Alumni Association is offering a scholarship to alumni that meet the following criteria:

1. Completed a semester of college within the last 6 months.
2. Applicants must also demonstrate high financial need and maintain a 2.25 GPA.
3. Recipients must be accepted as regularly enrolled students.
4. Submit a copy of the transcript showing your name and the name of the institution.
5. Write a personal statement to the scholarship committee addressing your academic and personal goals.
6. A letter of reference from an individual who is not a family member or significant other.

Please email Jenn at : [JenniferG@newbeginningsatwaverly.com](mailto:JenniferG@newbeginningsatwaverly.com)



## 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, visit our website [www.newbeginningsatwaverly.com/alumni](http://www.newbeginningsatwaverly.com/alumni) and fill out the form.

## A recent Alumni tells his story: "A note from an Alumni"

A little more than a year ago, I was in jail, addicted to oxycontin and charged with felony theft and possession. I was at the lowest point in my life. That low point became the moment of surrender that enabled me to start on the road to recovery. That was also the point at which NBW came into my life.

It was during my month at NBW with the guidance of counsellors like Tom F, Wendy, Matt, and Catherine that I began to be shown the tools of recovery and the way to use them. Before I left it was emphasized to me that I find a sponsor, which I finally did, after some arm twisting.

Today, I have a job I enjoy. My family life is better than ever. I have a spiritual life which I have never had before. I have a sponsor, have worked the steps, and go to meetings regularly.

Life is good because I trust God, clean house, and am trying to help others. All this I owe directly to my time at New Beginnings, and I am grateful for that. Chris M.

## Transformation

**You are new today. You are in your youth. You are not the you of old. Not of 12 years past, or 3 years past, or of yesterday. You are now. God offers the miracle of transformation - in every breath.**

**Just breathe...**

Kerry Casey

### NBWAA Mission Statement

The Alumni Association is a non-profit organization. We function solely to provide sober support for patients and their families who have completed treatment at New Beginnings. We are here in the spirit of fun and fellowship to celebrate our recovery, share it with you, and provide contacts for patients graduating treatment and to provide opportunities for service to all alumni.

## Guru's Corner

I want to once again thank the alumni association for the wonderful job they do throughout the year. The sober events and steak fries take an enormous effort in time and energy, we all notice and applaud your efforts. This bunch of dedicated individuals helps others and in doing so they stay sober themselves what a concept. I am always deeply touched when I hear a newcomer reading the big book. I can hear all the fear and trepidation in their voice reading something that they don't yet understand. Yet we know it works we don't have to understand, just read the book and when it tells us to do something **DO IT**. They sometimes stumble with words and can't pronounce others but we know it is all perfect, we can't try to do the steps perfectly however we do them is already perfect! The program of Alcoholics Anonymous works, helping others works, being part of something greater than yourself works. Join the alumni in their efforts to help others and in turn help yourself. See you at the next steak fry. Life is short pray hard. Gil

109 North Shore Drive  
Waverly, MN 55390



**Come grow with us!!**

**Save the date!**  
 NBW Alumni Association  
 Alumni Speaker Dinner - 1st Saturday  
 every month  
 (Except July)  
 109 N. Shore Drive  
 Waverly, MN 55390

**2013 New Beginnings Alumni Association Committee Chairs**

President:	Mike W	Fundraising	Lisa S.	Alumni Speaker Dinner	Bruce B.
Vice President:	Lori H.	Communications	Bob P.	Speaker Coord.:	Mike W.
Secretary:	Michel S.	Outreach	Chris M.	Registration:	Jill M.
Treasurer:	Lizz W.				

**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**  
**JenniferG@newbeginningsatwaverly.com**  
**651.245.4272**

**Check out our website!!!**  
**[www.newbeginningsatwaverly.com/alumni](http://www.newbeginningsatwaverly.com/alumni)**