

Hello Alumni Friends and Family,

Spring is finally here! Hooray!! A time of re-growth and hope. As things are changing outside they are also changing with the New Beginnings Minnesota Alumni Association (NBMAA). We have a new Alumni Board, some returning and some new alumni. Join us for an exciting year. There are many events and opportunities to be of service. If you would like to participate come talk to me or any Alumni Board member.

Our newest event is the “Back to Basics” Workshop on April 18th! Come join us in a guided journey through the 12 steps. As always we have our Alumni Speaker Dinners (ASD) the first Saturday of each month, except July when we have our Annual Picnic (7/19/15). May is a busy month with our ASD, the Fishing Bash and Gopher State Round Up! Calling all male alumni in June for the Softball Tournament, Alumni vs. Clients. For more information on any our events talk to a board member or visit our website at www.NBMinnesotaAlumni.org.

Hope to see you all soon!

Live well,

Jenn – Alumni Coordinator

Thanks for all who participated in the 12 step workshop!

“BACK to BASICS”
Come to NBMN in Waverly on
April 18th

Contact Robert Laidly
at 763-592-9470

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

Saturday, May 16th

Contact Mike W.

952-200-9388

Limited Availability—Sign up today!

GOPHER STATE ROUNDUP MAY 22-24 in BLOOMINGTON, MN.

•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•

These “Serenity” Plaques

Amazing gift for any
occasion

3 Colors!

15 1/2” Wide x 12” Tall



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.nbminnesotaalumni.org and fill out the form.

A recent Alumni tells his story: "On Being a Newcomer to Recovery:"

My journey brought me to New Beginnings in 1998. I was a broken down man, with little hope and no outlook for the future. I met some incredible people there and the counselors were amazing. They took the time to educate me about alcoholism, taught me the 12 steps, and encouraged me to take an honest look at myself. I eagerly did the step work, got involved with service work, and did what my sponsor suggested.

I relocated after leaving New Beginnings. I made new friends, attended several meetings, and made a new life for myself. The years that followed were some of the best of my life. I became successful in many areas including my recovery and my relationship with my Higher Power.

As time went on I became complacent in my commitment to meetings, service and the friends that helped me along the way. I relapsed 4 years ago because I quit doing the things I needed to do. I thought I could run the show and do it my way.

My family asked where I wanted to go for treatment and my only answer was New Beginnings. I felt so at home there. The staff was truly amazing. They helped me get my life on track once before and I needed help again.

I have now been sober 7 months and never want to go back to that life. I truly owe my life to New Beginnings, not once but twice. I love the Alumni Association and their commitment to continued recovery. I look forward to the monthly Alumni Speaker Dinner and speaker meetings and the events they plan throughout the year.

God bless

Ken H.

Our 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 by "Guru Helper"

A few years back when I was educating families about chemical dependency, an older looking man stated, "I've been sober for over 30 years and have sponsored over 25 people and have been successful with every one of them."

I was tempted to think "you arrogant . . ." Then he stated, "I was successful with every one of them because they all kept me sober."

WOW!! What a reminder about what being active in AA is all about. Yes, you can think of all the grand things people do. But that's not what's being asked. There is a service of giving to others that is a gift to yourself. Your service of sobriety may be as simple as making the coffee, or greeting the newcomer, or setting up the chairs, or providing transportation to a meeting.

I remember reading about Lois saying when Bill got sober, she would have him back. She did have more of sober Bill, but she also said something along the line that, "Bill is so involved with the chronic alcoholic, it's like his sobriety depends on it." You have at your disposal many ways to carry the message, to stay sober, to stay healthy. It is always your gift to yourself.

When you look at those who have influenced you, those who have been heros in your history, they all have one thing in common. SERVICE!

Matt K.

109 North Shore Drive
Waverly, MN 55390



Come grow with us!!

Save the date!

NBMinnesota Alumni Association
Alumni Speaker Dinner
1st Saturday every month
(Except July)
109 N. Shore Drive
Waverly, MN 55390

2015 New Beginnings Alumni Association Committee Chairs

President	Liz W.	Fundraising	Ashley C.	Outreach	Holly O.
Vice President	Bob P.		Robert L.		Devin J.
Secretary	Lisa M.	Communications	Adam M.	ASD Set-up	Cory T.
Treasurer	Allan J.		Holly O.		Bonnie T.
Speaker Coord.	Mike W.		Gene L.		Bruce B.
Registration	Cindy 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:

Alumni Coordinator

jenniferg@nbminnesota.com

651.245.4272

Check out our website!!!

www.nbminnesotaalumni.org