

New Beginnings

Alumni Association

2012—Fall Newsletter

Coordinators Report

Happy fall fun seekers!!!

It doesn't seem possible that summer has ended and a new season has emerged. I hope you were able to attend our wonderful Summer picnic, 30th Anniversary, Golf Tournament and Valley Fair! You know how the Big Book states not to rest on your laurels, which means don't get too comfortable, remain active in your recovery and stay spiritually fit? Well, I feel like I do a pretty good job remaining active and spiritually fit.....until I rode the giant swing at Valley fair! That ride extracted all my faith and confidence almost instantly! I felt complete fear, powerless, alone and wishing I could just make it stop, but no matter how much screaming, begging and pleading I did the result remained the same. I could not do anything to change the fact that it was my own best thinking that put me in that situation. Sound familiar? Can you relate? It's amazing how we can revert back to relying on self in a moment while remaining completely sober. Do you understand why our recovery has got to be the priority in everything we do? Remember our drinking was but a symptom. Yes, this may be an extreme example but the message remains the same. We are heading into the season of nominating and voting in the new members for the 2013 board and we need you. Our activities only happen when people just like you step forward and say YES, we are willing to be of service. It's that simple. Get out of your comfort zone and come join us, only you can make a difference.

Many Blessings,
Karen Trettin



Upcoming Events

**Women's Retreat— Contact Michel S.
Saturday, October 27th, from 9am - 3pm**
**NBWAA- Christmas Decorating Party
Saturday, November 17th 10:00 am**
Holiday Party - Saturday, December 1st

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, submit a valid email address to:.....nbw.newsletter@gmail.com



Come check out our new merchandise!

Tumblers, worry stones, hats,
sweatshirts, T-shirts, Speaker CD's
Credit Cards accepted!

Steak Fry

1st Saturday of Every Month (Except July)

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

Here Are the Steps We Took

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

"Yes, there is a long period of reconstruction ahead. We must take the lead. A remorseful mumbling that we are sorry won't fill the bill at all. We ought to sit down with the family and frankly analyze the past as we now see it, being careful not to criticize them." "The spiritual life is not a theory. *We have to live it.*" "There may be wrongs we never fully right." "We don't worry about them if we can honestly say to ourselves that we would right them if we could." Alcoholics Anonymous pg. 83

10. Continued to take personal inventory and when we were wrong promptly admitted it.

This step is regular part of my daily recovery. In the evening when its quiet I sit in meditation and process the day. The Twelve by Twelve tells me, "Every time I am disturbed, no matter what the cause, there is something wrong with *me.*" If an amend is required I make it promptly. Finally, after I have reflected on my day good or bad behaviors & attitudes, I've made amends where needed, I am willing to be better tomorrow, I thank God for this awesome journey in sobriety.

11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out. -Wayne J.

Working step 11 is a very important part of my daily routine. By talking to God everyday through prayer and making the best choices possible while gathering my thoughts through Meditation. I would say it gives me a spiritual "Leg Up" in my journey of recovery. Step 11 has made a positive impact on my life and taught me that if you have questions. GOD has answers!!

12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs. -Dan H.

For me I didn't have a spiritual awakening until I had finished truly working through the twelve steps thoroughly. Which was frustrating for me because I was under the impression that if I worked the program my obsession would disappear. It wasn't until I began working the twelve steps for the third time that my sponsor stopped me and pointed out that in this program you truly get what you put into it. After that revelation I slowed down and started to actually put some real effort into my program. From that point forward my obsession to use has been relieved.

The NBWAA Scholarship Fund

New Beginnings Alumni Association will be offering a scholarship to any 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 Karen at : karent@newbeginningsatwaverly.com

Or

Craig at: craig820@gmail.com



•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.

2012 Calendar of Events

For time and location of events please email:
Karent@newbeginningsatwaverly.com

Or call
 Karen Trettin (651)-245-4272

October—*FREE EVENT!!!*

Saturday, 6th Steak Fry

Saturday, 27th Women's Retreat

9:00 am - 3:00 pm (lunch provided)

Recovery speakers, Prizes, Fellowship

Message therapist, Yogini, Meditation

Laughter, Child free event!!



November—

-Saturday 3rd Steak Fry

-Saturday 17th Decorating Party
 Alumni Bldg

December—

-Saturday 1st Holiday Party

Come see Santa! Gifts for children!

Vote in new Board members! Raffle prizes!



Guru's Corner

Hello, I hope this finds you all happy joyous and free! Thanks to all who came to the picnic, great to see every one having fun in sobriety. The program we follow is simple in its design, however hard to carry out and it can be confusing. The slogans in and around the meetings sound great but people working a program don't always know what they mean or the real intent. Live and let live! Huh, does that mean don't kill anyone? Or does that mean I am living and don't interfere in others' lives? First things first! I love that one however, whatever I do first is first so what in the world could that mean? I never could follow directions, always just did things until they were so dysfunctional that no one could finish putting the object together. Easy does it. Just saying that increases my anxiety, how can I get stuff done and take it easy? Life is hard and the tasks we do take work, the program takes some practice and work. How do I do hard stuff easy? The one that all of us in the treatment community tell people is take care of yourself. Now I realize that no one else will, but how do we know what that means and especially how to do it. People early in recovery have no idea what this means and really are incapable of "taking care of yourself". Our intentions are good but like an intervention we need to describe what is known, how it affects us and offer a solution. Give some examples of what life would look like if they did steps 1, 2 or 3. Taking care of yourself means making choices that will benefit you now and long term (sometimes not even now) we may have to wait to take advantage of decisions that we make now. We may have to do something on Tuesday so that we can be free on Saturday to do whatever we want. At one point in my life I had no idea what to do on a free Saturday but I worked at it and found out what it was I wanted to do. Keep at it, this is your journey and your joy, wrap your arms around it and let's get the most out of our sober life. See you all at the steak fry's, remember life is short pray hard!

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

109 North Shore Drive
Waverly, MN 55390



Come grow with us!!

Save the date!
NBW Alumni Association
Steak Fry - 1st Saturday every
month
109 N. Shore Drive
Waverly, MN 55390

2012 New Beginnings Alumni Association Board Members

President – Bob B.	952.797.6563	Fundraising Chair – Julie N.	320.237.8821
V. President – Michel S.	612.360.7948	Co-Chair – Amy J.	952.457.9680
Treasurer – Craig H.	952.292.9710	Registration - Lorraine T.	763.222.5242
Secretary – Liz W.	763.245.1067	Alumni Coordinator – Karen T.	651.245.4272
Newsletter Chair – Dan H.	320.493.3704	Steak-Fry Committee – Steve S.	763.856.3595
Steak-Fry Chair – Wayne J.	763.222.5242	Steak-Fry Committee – Wendell T.	507.381.1889

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
karent@newbeginningsatwaverly.com

Check out our new website!!!
www.newbeginningsatwaverly.com