



New Beginnings

Alumni Association

2013 - Summer Newsletter

Coordinators Report

Hello Alumni & friends!!!

We are entering into our busiest season of the year. We have already enjoyed the 12 Step workshop, Gopher State and the Fishing Bash. We are looking forward to several other events, but especially our 31st Annual picnic! This is the time to bring the family and friends together and see how much we have grown and changed throughout the year. It has been an honor to see individuals return year after year. The Alumni Association has been my home and school for the last several years. They have taught me numerous life lessons and taught me what it means to be selfless and humble. I would not be who I am today without them. This leads me to the next chapter in my life. I have accepted a counseling position with New Beginnings and have stepped down as your Alumni Coordinator. When we do what the program suggests, amazing things do happen! Simple, not easy. The Alumni Association invites you to celebrate all your hard work and begin enjoying life. I encourage everyone to come and be a part of this amazing journey.

Many Blessings,

Karen Trettin

New Beginnings at Waverly 31st Annual Alumni Picnic July 20 - 21, 2013

Friday, July 19TH

Campers may set-up @ 6:00 PM

NOTE: Campsites are to be torn down by 10:00 AM Sunday

Saturday, July 20TH

9:30 AM	Bike Run 200 Mile (Fuel & Lunch Stops)
1:30 PM	Men's Softball, Women's Volleyball
5:15 PM	Steak fry and Recovery Speaker
8:30 PM	BINGO !!!

Sunday, July 21ST

12:00 Noon	Picnic !!!
2:00 PM	Recovery Speaker
3:30 PM	Raffle drawings

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

Upcoming Events

NBWAA Golf Scramble

August 18, 2013

1:00 Shot Gun start

\$75.00/Golf and Dinner

Sponsorship: \$700 Donation - Hole Sponsor Sign - 4 Golfers & Newsletter recognition
Location: Fox Hollow Golf Club, 4780 Palmgren Ln., St. Michael, MN
Contact: Lizz Weinauer.....763.245.1067

Spiritual Awakenings Retreat

September 13-15, 2013



Location: Mississippi Headwaters Hostel - Itasca State Park
Contact: Michel S. - 612.360.7948 for Details

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 Karen at : karent@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 and fill out the form.

A recent Alumni tells his story: "Those Around Me"

My name is Mitch; I am an alcoholic and a drug addict. I graduated from the New Beginnings inpatient program in April of 2013. Since then (after one very quick relapse) I have been living in the Men's Medium Intensity House.

Since completion of the program I have felt like I am learning to live all over again. Much like an infant struggling with dexterity, I am struggling with such things as cravings and new emotions. In the past my only emotions were anger and a manic like happiness. Now they run the gamut: happy, joyful, sadness, guilt, shame.... In fact, in many ways I am an infant, needing to take direction from those around me regarding decisions and recognizing when my addict self is re-emerging.

That, for me, is the key: *Those Around Me*. If I were to use my old associations and "friends" for help, support and guidance I would be doomed to relapse. However, if I surround myself with healthy people, those in A.A. or N.A. and others who are sober, my chances of recovery grow exponentially. I know this to be true because my relapse started before I left treatment, before I used. My behavior had changed, back to Addict Mitch. And it is *Those Around Me* who will notice that change before I do, before I use.

I need *Those Around Me*. One of which has to be my sponsor. I have to talk to him daily, even if, and especially if, I don't feel like it. This is a person who is there to save my life, as is the rest of A.A. But, this only works if I let it. My ego will not help me; it works for my addict, ever trying to enter my life again; my addict is very patient.

So my lesson is "be a doughnut hole". Everyone knows that doughnut holes are much better than doughnuts; and they come from the middle. Much like the best part of recovery and A.A. is the middle, surrounded by *Those Around Me*.

Mitchell R.

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

The news about Nic Wallenda crossing the Grand Canyon reminds me of a story about a tight rope walker. A marketing man found the world's greatest tight rope walker who was from France and started promoting him to walk across the Grand Canyon with only a wheel barrow. Radio and TV gathered in mass to watch the big event. However before the Frenchman did his walk he asked the promoter if he really believed that it could be done. The promoter said "you're the world's greatest, you're the man, look at all the press to watch the event!" Once again the French asked the promoter "but do you believe I can do it"? The promoter again answered "you're the best there is, the greatest of all time!" The Frenchman asked one last time "but do you believe I can do it"? The promoter finally answered "yes, I believe you can do it" "Good" the Frenchman said "then get in the wheel barrow!" I have related to that story hundreds of times since hearing it. As the Big Book says "God either is or he isn't." Do I believe he can or don't I. Faith is not believing He can, its knowing He will. I do need to climb in the spiritual wheel barrow, I prove to myself over and over that getting out doesn't work for me, when I am in He does handle everything perfectly! Life is short pray hard, read the book. Are we willing to do whatever it takes, are we willing to turn our will and our lives over to the care of God, are we willing to get into the wheel borrow?

Gil

109 North Shore Drive
Waverly, MN 55390



Come grow with us!!

Save the date!

NBW Alumni Association
Steak Fry - 1st Saturday every month
(Except July)
109 N. Shore Drive
Waverly, MN 55390

2013 New Beginnings Alumni Association Committee Chairs

President:	Michel S.	Fundraising:	Lori H.	Steak Fry:	Wendell T.
Vice President:	Liz W.	Communications:	Bob P.		Janelle Y.
Secretary:	Cindy N.		Mitchel H.		Steve S.
Treasurer:	Bob B.			Speaker:	Wendell T.
				Registration:	Lorraine T.

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

651.245.4272

Check out our website!!!

www.newbeginningsatwaverly.com