



# New Beginnings

Alumni Association

2014 - Summer Newsletter

## Coordinators Report

Hello Alumni, Family and Friends,

The most valuable lesson I have learned in recovery is surrender. I surrender to the fact that I don't know and sometimes can't understand everything. I surrender control over people and situations around me. I surrender that my best thinking lands me in a lot of "hot messes." I surrender to the fact that I have a drinking problem and I can't handle it alone.

Someone once told me that in war, when one side knows they cannot win, they surrender. I used to think this meant they lost everything. However, they surrender to save the lives of those who are still left, rather than fight until everyone is dead. There is a striking similarity in my own struggle for sobriety. Am I willing on a daily basis to surrender to recovery, in favor of saving what is left, rather than fighting to a sure death?

Some ways to surrender are to be active in my own recovery by going to meetings, being sponsored and willing to sponsor and attending activities like The Alumni Picnic July 18<sup>th</sup>-20<sup>th</sup>! There will be speakers, a Bike Run, food, games and even a raffle. The Alumni have many events for you to participate in throughout the summer. On August 17<sup>th</sup> we will have the Golf Scramble. Followed in September by the Spiritual Awakenings Retreat. Don't forget the Alumni Speaker Dinners are held the first Saturday of every month in Aug., Sept., Oct. and Nov.! Hope to see you all at our events!

Live Well,

Jenn G.-Alumni Coordinator

## New Beginnings at Waverly 32<sup>ND</sup> Annual Alumni Picnic July 18 - 20, 2014

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**Friday, July 18<sup>TH</sup>**

Campers may set-up @ 6:00 PM

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

**Saturday, July 19<sup>TH</sup>**

9:00 AM

Motorcycle Run 200 Mile (Fuel & Lunch Stops)

1:30 PM

Men's Softball, Women's Volleyball

5:15 PM

Alumni Speaker Dinner

8:30 PM

BINGO !!!

**Sunday, July 20<sup>TH</sup>**

12:00 Noon

Picnic !!!

2:00 PM

Recovery Speaker

3:30 PM

Raffle drawings

## 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

# NBWAA Golf Scramble

August 17, 2014

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 19-21, 2014



Location: Mississippi Headwaters Hostel - Itasca State Park  
 Contact: Lisa (651) 301-5228 or Lori (612) 836-3222 for Details

**Save the date!**



*Women's  
Retreat*

**Saturday, October 25th, 2014**



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

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

## 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.NBWAA.org](http://www.NBWAA.org) and fill out the form.

## A recent Alumni tells her story: "No More Games"

Do you remember spinning around as a kid? Spinning as fast as you could, trying to see how long you could last without falling over? The game ended with you flat on your back, trying not to throw up while the room spun around you as you wondered why you had played this dumb game again when it always ends up the same way.

Maybe most kids learn – maybe we're the ones who don't, because fifteen years later, I was still playing that game (but this time, there were a lot more consequences than just nausea). I got sober at 22 after three years of nightly blackout drinking that cost me a college scholarship, degree, a relationship, my self-esteem and countless other things. Just as I had as a child, though, I didn't learn. After two years of white knuckling it through sobriety as a dry drunk, I relapsed. Three months later, I voluntarily checked myself into NBW, and I immediately wanted to check myself back out. Despite my initial reaction, I got through it, and I lived in a halfway house from October to January of 2013 through the beginning of 2014.

The clichés in AA exist because they work, and one of my favorites is "if you do what you've always done, you'll get what you've always gotten". So I changed my behavior. I went to AA at least three times per week and I got a sponsor who I called every day at 7:30 AM. I helped out at AA and I called other women. I am still never too tired or to busy for a meeting or to meet with my sponsor, because I know that if I am not sober, I will have nothing.

Today, my life is moving fast, but in the best ways possible. I'm back in school and set to graduate next semester. I am in a healthy, loving relationship. I have a close, honest relationship with my family. I have a good job, good friends, and a blessed life. Every loss makes way for something better. Most importantly, I have hope, which is something I never had before. With the help of God, AA and my sponsor, I don't need to play games any more.  
Krista P.

## Guru's Corner

I really hope to see you at the picnic in July. The Alumni have a wonderful couple of days planned for you with great speakers, great food and lots of recovery! Also I am excited we are updating our name to New Beginnings Minnesota, because we feel like we treat the whole state, not just Waverly.

Recovery: it would be really difficult to do anything better for yourself. I remember living in a basement with tinfoil on the windows to prevent bad thoughts from getting in. Now I live in a nice place and go to the basement for safety if there is a storm. Like most of us, I wanted to stick my big toe into this so called recovery and see how the waters were before I would commit. I was afraid of the "stuff" on the other side of the door of sobriety. I knew how to exist in the nightmare I had created in my addiction and I couldn't imagine anything different. I was resistant to change and so pathological in my lies to others and myself, that my reasoning seemed rational. Now I have a psychiatrist that can verify my thinking is OK!

Every part of my life is so much better than in my using. My son said to me the other day that everyone he met, that knew me, thought I was a good person. However, in my amends process there were people that wouldn't even talk to me. Evidently the drunk Gil wasn't so nice. Today I have a roof over my head, food on the table and a little money in the bank. Some say that's better than 90% of the world's population! In my drinking days all that stuff belonged to others.

I don't know what I was waiting for and I don't know what you might be waiting for. Knock down the door and come in to your New Beginning. People that care about you are here. Life is short pray hard.

Gil

## 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.

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:	
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](mailto:jenniferg@newbeginningsatwaverly.com)**

**651.245.4272**

**Check out our website!!!**

**[www.NBWAA.org](http://www.NBWAA.org)**