

Hello Alumni Friends and Families,

The word fellowship occurs over 50 times in the Big Book and over 200 times in the Basic Text. Connecting with others, who think and feel as we have thought and felt, is integral to sustained recovery. One very easy way to do this is to participate in recovery events. The New Beginnings Alumni celebrate recovery with many events throughout the year!

We have had a lot of fun so far but we're not done yet!

Coming up is the Men's Softball Tournament on June 27th. We'll see who comes out with bragging rights and who has to deal with crushed egos. Next is the Bike Run on July 18th. Riding about 200 miles can, and does, lead to lots of interesting stories. Don't miss our Annual Alumni Picnic July 19th. Our theme is "Back to the 60's" when peace, love and the sunlight of the spirit were groovy. This is a great family friendly event for alumni, clients and employees. As always we have our Alumni Speaker Dinners every first Saturday of the month, except July. Reconnect with people and make new friends to "create the fellowship you crave." (p.164) Come share your experience, strength and hope with all of us as we build a fellowship with the New Beginnings Alumni!!

Live Well,

Jenn Gerling

Alumni Coordinator

New Beginnings Minnesota

## Annual Picnic!!!



Are you a "Peacenick"?  
We're going "Back to the 60's"  
with our Picnic this year!  
Sunday, July 19th  
11am-3pm

Join us for a great time for the whole family!

## 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

### 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.



### Men's Softball Tournament

Patients vs. Alumni

Saturday, June 27th

12:00 Noon—Lunch then Softball!

### Annual Golf Tournament

Contact Lizz W. for details

(763) 245-1067

Sunday, August 16th



*•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•*

### Spiritual Awakenings Retreat

September 18-20, 2015



Location: Mississippi Headwaters Hostel - Itasca State Park

Contact: Lisa S. (651) 301-5228, Cindy W. (612) 247-7586

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

## A recent Alumni tells her story: On "Learning"

My experience thus far in recovery has taught me many things about my addiction, myself, and the tools to use in the world outside of treatment.

First of all, my addiction it has taught me that it's a disease, that it can kill and it's everlasting. My diseases will only lead me to jail, institutions, or death. I have learned many things about myself that I didn't know before. I have learned that I can't change the past, but I can live one day at a time and move forward with my recovery.

The staff here have been wonderful and show me my character defects, things I would have never seen myself. They listen when you are having a problem or just want to talk.

Your lodge mates make the experience a good time too. No one judges you and they are here for support also. They make you feel right at home. The tools that I have learned I'll take with me into the real world. I will take them with me every day. I've been taught how to cope with anger, anxiety, and isolation. They have taught me life skills, relapse prevention, what craving a cycle is about and so much more. Also, I will not leave without a sponsor or a plan!

I am so appreciative of New Beginnings Minnesota and everyone here! I will always remember this place and will come back to say "hi" and let them see how they have helped me! Thanks,

--Jillian M.

## Lifes Complications by "Guru Helper"

It is easy to get caught up in life's complications; feeling guilty about the past and anxious about future possibilities. These distractions keep us from being happy, joyous and free. And then there are those in an attempt to help that say to you "Let go and let God," or "Keep it simple stupid." Although you know there is truth to those sayings, haven't you ever wanted to punch them in the face for being so trite in the midst of your perceived dilemma? Step 11, when practiced, is a big help towards keeping simple what we may be tempted to want to complicate.

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 it out.

"I do that" you say, "I pray . . . I pray about my problems. I even pray unselfishly for others."

That's not what the step is asking you to do. It's asking you to keep it simple.

"What do you mean?" you ask.

Step 11 is asking you to pray ONLY for knowledge of His will for us and the power to carry it out.

Of course, if you want you can pray for anyone or anything you want. There is nothing wrong with that. But what does that have to do with praying to get out of the way so you can see the way as already provided? The only complication is being in the way of seeing Gods will to be done through you. In that way is it always done for you. What else needs to be done when you are told all you need to know? Thy will is done. "Keep it simple."

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.		
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](mailto:jenniferg@nbminnesota.com)

651.245.4272

**Check out our website!!!**

[www.nbminnesotaalumni.org](http://www.nbminnesotaalumni.org)