

Hello Alumni Friends and Family,
Honesty, Open-mindedness and Willingness makes up the “H.O.W.” of the program. I need all of these as I take each individual step. I have also found it integral to have a sponsor; someone I trust to share my inner most thoughts, feelings and secrets with before I take ANY actions. If you are looking for a sponsor or just some sober contacts, come talk to me, or even better, get involved with the Alumni Association. This is where sobriety or “clean living” really gets fun!
Live well,
Jenn Gerling - Alumni Coordinator

Thanks for all who participated in the Golf Tournament



Saturday, October 24th, 2015

Time: 9:00am - 2:00pm

Place: New Beginnings Hall

RSVP: Ashley 612-924-5473

acody.juiceplus@gmail.com

Holiday Decorating Party

Saturday, Nov 21st

8:00am-12:00pm



Holiday Party

Saturday, December 5th

Beginning at 5:15

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

Guru's Corner

Hello,

“CHANGE is always bad!” Of course that statement comes out of our using history, and that meant more consequences caught up to us again. It seemed things would be getting worse for a while. However, in our recovery, change means new opportunities, a chance to get closer to our higher power and that life can get better for us. The chance to work with everyone associated with New Beginnings Minnesota has been a wonderful experience that I treasure with all my heart. I can't imagine a better way to serve and to live out 30 plus years of my life. I had a late start doing the right thing, but working for all of you made all the dark years worthwhile. I would really like to thank my partner, Jim Barthel, for the wonderful relationship we have; spiritually, professionally and personally. He has a beautiful heart and loves the addicted. Since 2000 he has supported the patients, the alumni and never once said no to any spending that would help people! This process of retirement has been made easier by the hiring of Lane Elmer as CEO. He is young, energetic, bright and has a heart for the addicted. He will lead New Beginnings Minnesota to new and better heights. We have a wonderful management team from Dr. Elmer, a dedicated professional who loves helping us addicts (go figure) to Brenda, Myra, Berta, Kelly and Marlis, all terrific people who have a life mission to help us all. It is a wonderful feeling to “let go and let God” and to turn things over to your higher power. I remember when I was working with the alumni in the beginning and trying to control things. The gatherings were less than 10 and some weren't even alumni! I let go and it has grown into the strong organization it is today, with hundreds at the events. So for me letting go, letting change happen, means only more good things for us all; more recovery, more alumni and more chances to get closer to our higher power.

Life is short, pray hard.

Gil G.

•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
Would make a GREAT
Christmas gift!
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.

Recent Alumni tell their stories: "On Being a Newcomer to Recovery:"

NBM Waverly

My name is Arthur Ryan Roberts. I am a twenty nine year old father and I am chemically dependent. On the surface my life seems "normal" but under this cool façade is a perfect storm of pain, guilt, shame and resentment which I rely on drugs and alcohol to keep at bay. I am a resident at NBM in order to deal with these issues I will no longer need the crutch of chemicals to make it through my day. I feel I am at the perfect place to accomplish this goal.

I arrived here scared with no idea what to expect. I didn't know what the staff would be like and I was nervous to have to find my place among fifty other men, who I imagined to be as messed up as me. I was right, we are all addicts and crazy in our own right but my fears were unwarranted. From the moment I walked in I was greeted by caring and compassionate staff, as well as complete acceptance and an overwhelming willingness to help from my fellow residents. The sense of comradery and fellowship is incomparable to anything I've experienced. The staff is so genuine and sincere with their approach to our recovery. It's hard to believe that one could possibly care so much about a complete stranger but I am shown this truth daily. I am extremely grateful for this opportunity and if anyone reading this can relate to me and my addiction don't be scared to get help. It's a matter of life and death!

P.S. the food is great!! - Arthur Ryan Roberts

NBM Elk River

The New Beginnings treatment program in Elk River is such an awesome opportunity to have. Not only is there an outpatient program for the community but there is also an in-jail treatment program that gives the inmates at Sherburne County Jail the chance to get help while serving their sentence. It also provides a safe, healthy place to talk about problems, fears or anything that is bothering them. Plus, it lets you do something productive about your situation, whatever that may be, while incarcerated. My experience in the jail treatment program so far has been more helpful than any other treatment center that I have been to. It's given me the chance to really look into myself and has helped me recognize the progression of my addiction over the last few years and more importantly the last few months. I am extremely grateful for the program and would like to say thank you for the opportunity. - Austin B

NBM Olivia

It wasn't until about two months in county jail that I learned there was a treatment program. Being in the Department of Corrections, I was told my treatment at New Beginnings would not count for when I go back to prison. One day the program director called me to ask if I would be interested in their program and I accepted. I am so very glad I did. Now I can actually see a future for my son and I! I thought I was only hurting myself, because I was only worried about myself (and getting high or drunk). I never thought I would willingly put anything before my son. Treatment has taught me that it was the power of addiction and I am utterly powerless! Powerless means I have no choice except to be sober or die. There is no door number 3. If nothing changes, nothing changes. Now I understand why I was bought to Renville jail. All I had to do was surrender my will and my life to my Higher Power. - Amanda

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.



New Beginnings Minnesota
Alumni Association
109 North Shore Drive
Waverly, MN 55390

Save the date!

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

Come grow with us!!

New Beginnings at St. Peter

320 Sunrise Drive, Suite B
St. Peter, MN 56082
507-931-0918

New Beginnings at Minnetonka

13100 Wayzata Blvd., Suite 140
Minnetonka, MN 55345
952-681-2454

New Beginnings at Olivia

104 So. 4th Street
Olivia, MN 56277
612-590-7988

New Beginnings at Litchfield

114 North Holcombe
Litchfield, MN 55355
320-693-2461

New Beginnings at Elk River

13880 Highway 10
Elk River, MN 55347
763-765-3588

New Beginnings at Worthington

1530 Airport Rd, Suite 200
Worthington, MN 56187
507-360-7783

2015 New Beginnings Alumni Association Committee Chairs

President	Liz W.	Fundraising	Ashley C.	ASD Set Up	Cory T. & Bonnie T.
Vice President	Bob P.	Communications	Adam M.	Speaker Coord.	Mike W.
Secretary	Lisa M.	Outreach	Robert L. & Kim J.	Registration	Lori H.
Treasurer	Allen J.				

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@nbminnesota.com

651.245.4272

Check out our website!!!

www.nbminnesotaalumni.org