|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | http://files.constantcontact.com/bd1ce8df501/4d9796dc-6d4b-41ba-918f-a38da0ea8c80.jpg | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  | | --- | --- | |  |  | |  |  |   **Let's Welcome Our New Director**  Steve Lefkowich recently became Program Director for New Beginnings Waverly in February 2018. Steve began his own recovery journey March 1st, 1998. His career in the recovery field was launched at Hazelden Center for Youth and Families where he worked as a CD Tech. After receiving his LADC, Steve worked at Fairview/University of MN doing assessments and working in the Lodging Plus Program. He then worked at Meridian Behavioral Health in multiple capacities including as a counselor at Cedar Ridge, as an Outreach Representative at the Resource Center, and then later as the Program Director at Twin Town, and, most recently, as Program Director at Oakridge.  Steve brings great passion and diverse leadership experience, and is thrilled to be continuing the great legacy of patient-centered care at New Beginnings as well as furthering the mission of the Alumni Association. When not working, Steve is busy spending time with any one of his 4 children, the youngest being 2 yr. old Stella, and being active in the recovery community. | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  | | --- | --- | |  | http://files.constantcontact.com/bd1ce8df501/7431a038-757a-494c-9175-2988d663a1e3.jpg | |  |  |   **Get Involved with the Alumni Association**  It is an honor being an Alumni of New Beginnings Minnesota, it’s been a bonus to serve as a board member and now as the Alumni Coordinator. Every bit of this sober journey has been amazing. I volunteered to be part of the board, I participated in activities and events. There are Alumni Speaker Dinners every month, 12 Step workshops, fishing event, sober client vs. alumni softball tourney in June, picnic in July, golf in August and so much more. I have a responsibility to the newcomer to share the solution to sobriety. I do this by being a part of NBMAA. By having a sponsor, going to meetings, being of service and most importantly – I follow the 12 Steps as they are outlined in the Big Book of Alcoholics Anonymous. It's quite a paradox, that in order for me to keep my sobriety, I must give it away. To do that, I am present every day, I work with other alcoholics/addicts and I participate in service work. Give yourself a jump start. Come to New Beginnings Minnesota. Get into to the excitement of helping others and be involved with the Alumni Association. I have found the miracles here are endless, the laughter is never ending, the memories and friendships priceless. It's an experience you will never forget. Thank you all for this wonderful opportunity to be of service to you.  Gratefully,  Liz Weinauer, Alumni Coordinator  Office: 763-658-5800 x 1513  Cell: 651-245-4272  [alumni@nbminnesota.com](mailto:alumni@nbminnesota.com) | | |  | | --- | | **The Story of Two Wolves**  One evening an old Cherokee told his grandson about the battle that goes on inside people.  He said, "My son, the battle is between two "wolves" inside all of us.  One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.  The Other Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.  The grandson thought about it for a minute and then asked his grandfather; "Which wolf wins? The old Cherokee simply replied,  "**The one you feed"**  ~ Anonymous | | http://files.constantcontact.com/bd1ce8df501/ddc81856-fe3e-4a9e-a775-3bf70679041d.jpg | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | | **A New Beginning....**    In June of 2009, I came to New Beginnings, completely broken. There was really only one thing I had going for myself at that time, I had given up on trying to do things my own way. I opened up my eyes, ears and mind to trying something, anything, different than what I had been doing for, or really to, myself. If there was any one thing that had become crystal clear to me, it was that I did not have the slightest idea of what was good for me. I surrendered, and I finally understood what that meant.  During the 45 days I spent at New Beginnings that summer, I listened, I learned, and I left with the tools needed to begin living a new way of life. I read, and re-read, Bill’s story during that first week and realized that he was, at one time, just as broken, just as sick and just as spiritually void as I was. I decided to try something completely new to me, and I prayed. I didn’t know who or what it was that I was praying to, but it seemed to help. I found peace at the end of that first week and I was able to concentrate on just getting myself well. I never did, and probably never will, find religion, but I did find a spiritual connection that worked for me then, and still works for me now. I left New Beginnings very nervous and scared, but nonetheless committed to using the tools and knowledge gained here to start living a new life. A life of recovery.  It worked for me then, and it continues to work for me now. I worked through the steps for the first time in my life. I’ve maintained a relationship with a sponsor. Yes, there have been many of those, but I’ve always had one. And, perhaps most importantly, I’ve stayed involved and in touch with my recovery. I have come to enjoy the social events throughout the year, particularly those held here at New Beginnings. I come to the monthly Alumni dinners, and the picnic in the summer. I love seeing the people that I’ve gotten to know here and in the rooms of AA and NA, and I love my new life.  My name is John E. and I’m a recovering alcoholic and drug addict, and I thank God, and New Beginnings, every day, for the life I have now. | | |  | | --- | | **Board Members**  Mike W. - President  Michel R. - Vice President  Bob B. - Treasurer  Lisa S.M. - Secretary  Alumni - Communications  Jeff R-ASD Set up  Callie C- Sunday Speaker  Mike W.- Sunday - Speaker  Bob W. - ASD Speaker  Volunteer - Registration  Volunteer - Outreach  Callie C. - Merchandise  Liz W., Alumni Coordinator  Office: 763-658-5800 x 1513  Cell: 651-245-4272 Email:alumni@nbminnesota.com | | http://files.constantcontact.com/bd1ce8df501/92c1dd3a-4847-4e72-b58b-0b3f06f37387.jpg | |  |  |  | | --- | --- | | |  | | --- | | **Outpatient Locations** | |  |  |  |  |  | | --- | --- | --- | --- | | |  | | --- | | **New Beginnings at St. Peter**  320 Sunrise Drive, Suite B  St. Peter, MN 56082  (507) 931-0918  **New Beginnings at Litchfield**  114 North Holcombe  Litchfield, MN 55355  (320) 693-2461  **New Beginnings at Elk River**  13880 Business Center Drive  Elk River, MN 55330  (612)248-1431 | | |  | | --- | | **New Beginnings at Elk River**  19230 Evans Street, Suite 203  Elk River, MN 55330  (612)248-1455  **New Beginnings at Olivia**  104 So. 4th Street  Olivia, MN 56277  (612) 590-7988  **New Beginnings at Worthington**  1530 Airport Rd, Suite 200  Worthington, MN 56187  (507)360-7783 | |  |  |  | | --- | --- | | |  | | --- | | ***Mission Statement***  The Alumni Association is a non-profit organization. We function solely to provide sober support for clients and their families who have completed treatment at New Beginnings. We are here in the spirit of fun and fellowship to celebrate recovery, share it with each of you, provide contacts for clients graduating treatment and to provide opportunities for service to all alumni. | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | |  |  |  | | --- | --- | | |  | | --- | | [**www.nbminnesotaalumni.com**](http://www.nbminnesotaalumni.org/) | |  |  |  | | --- | --- | | |  | | --- | |  | | | |