

New Beginnings

Alumni Association

2012—Summer Newsletter

Coordinators Report

Hello NBW Alumni !!!

It seems hard to belief that it is already June! We have been blessed with a wonderful first half of the year! The 12 Step Workshop, Fishing Bash, Gopher State and the beautiful landscape project in the front of the Alumni Hall has offered us a combination of fellowship and service work. Each event that we are able to organize and conduct makes that one day of sobriety more attainable to the new comer. That is after all why we keep coming back...the new comer. The Big Book of Alcoholics Anonymous tells us "that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail." We are incredibly blessed to have as many opportunities as we do to learn and grow from one another. It makes my day to see new alumnus return again and again to these events and see their growth on a continuing bases. We challenge you to come grow with us!! We have our 30th Anniversary summer picnic right around the corner and it is sure to be a weekend you won't want to miss!

Many Blessings,
Karen Trettin



Upcoming Events

NBWAA 30th Anniversary Picnic

Friday July 20-22 NBW Campout

Saturday July 21st Motorcycle Run & Steak Fry

Sunday July 22nd 30th Anniversary Picnic

NO Steak fry the first Saturday of the month!!!!

Newsletter Contact Database

We will now only be sending the newsletter in paper form to individuals who do not have access to electronic mail. If you would like to receive the New Beginnings Alumni Association newsletter, which will now be sent via electronic form we ask that you submit a valid email address to

nbw.newsletter@gmail.com

Pictures from the
NBWAA Associations
Landscaping Event!!



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

Here Are the Steps We Took

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs- Michel S

We have already done all of the leg work needed for Step 5 while doing Step 4. The main thing I focused on in this step was to make sure I had a person with whom I could share my inventory with...someone that I trusted and felt could give me honest feedback and support. I felt it was important to do my fifth step with someone in the program as we all know each others stories...we have all had similar difficulties in the past, and there is no shame or blame in sharing with someone who has already been there. Doing Step 5 took a huge weight off of my shoulders! I no longer had to hide from the past...instead, I got to learn from it and move forward with the rest of my life.

~Michel S.

6. Were entirely ready to have God remove all of these defects of character- Karen T

Were entirely ready to have God remove all these defects of character. Looking back in early recovery I remember asking God to remove all kinds of negative behaviors, thoughts, and consequences usually in times of crisis and active addiction. It was not until I completed an honest fourth and fifth step that I could go to God and let him know I was ready. It took some time to figure out that just because I am ready, doesn't mean that they will be removed. I am no longer running the show. It is up to the God of my understanding to make change in my life on his time, I just need to remain willing.

7. Humbly asked him to remove our shortcomings- Dan H

In committing to a program of recovery this step was vita. Saying and believing in the seventh step prayer helped me to see that I needed to once again surrender something else to my higher power, however, this time rather than surrendering my will I had to offer my self, good and bad to my creator. After I had truly been able to give all of myself over and willing let go I found that I was free to begin working on the shortcomings and character defects that I faced within my life.

Dan H

8. Made a list of all persons we had harmed, and became willing to make amends to them all. - Liz W

It was suggested to me that upon completion of step seven, to waste no time in getting into this step. The Big Book says, "Faith without works is dead." We already have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory in step 4. This is where I was to be "willing" without reservation to make amends. If I found myself being unwilling, I prayed to become willing. After all, I committed previously "to go to any lengths" to recover from a seemingly hopeless disease.

The Experience of an Alumni

I arrived at New Beginnings on August 20th 2004. I was scared, excited and ready to start a new life that did not include alcohol. The second I walked through the door, I felt like I was at home. The administration staff did a fantastic job of getting me signed in and checked into my room. Once I was settled in, I got to meet my counselor and the rest of the clients. Everyone was extremely nice and always offered help when I needed it. One of the most important parts of my sobriety was the New Beginnings Alumni Association. I finally had the opportunity to give back for all that was given to me. I was able to participate on the Alumni board and be of maximum service to the newcomers at New Beginnings. I owe everyone at NBW a great debt of gratitude.

Craig H.



•God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

2012 Calendar of Events

For time and location of events please email:

Karent@newbeginningsatwaverly.com

Or call

Karen Trettin (651)-245-4272

July - No Steak Fry 1st Saturday

-Friday 20th-22nd NBW Campout

-Saturday 21st 8:30am Motorcycle Run

-Saturday 21st 5:15pm Steak Fry

-Sunday 22nd 11-4

30th Annual Picnic

Donate fishing equipment and receive \$5.00 credit on Alumni merchandise OR a raffle ticket for the picnic!

August-

-Sat 4th Steak Fry

-Sunday 26th Golf Tournament

September-

-Sat 1st Steak Fry

October-

-Sat 6th Steak Fry

-Sat 27th Women Retreat

November--

-Sat 3rd Steak Fry

-Sat 17th Decorating Party

December-

-Sat 1st Holiday Party

Guru's Corner

I hope I see everyone at the picnic, the Alumni has scheduled a wonderful event and I want to thank them upfront for the wonderful work and help they provide our Alumni. Please come and see the marvelous job they did landscaping around the Alumni Hall! One of the ways I tried treating my alcoholism was yoga and meditation, it didn't work. However, there are a lot of benefits I utilize in my daily life. One of the sessions that stuck out in my mind relates directly to the AA program. The leader was angry at the people from India that just hung out with him because he was the master, in contrast to the visitors, from around the world who were busy working hard at their practice. I feel like the same applies to the AA program and practicing it daily. If we want to know how our practices of the AA principles are going we simply need to read the promises. If we don't have all of them we need to work harder at our AA program. We accomplish this by going to meetings, reading the book, working the steps, and working them with a sponsor.

Come see us at our 30th Anniversary picnic!

Gil

Courage to change the things I can and the wisdom to know the difference.



Come grow with us!!

Save the date!
 NBW Alumni Association
 30th Anniversary
 Summer Picnic
 July 21st 22nd, 2012
 11-4

2012 New Beginnings Alumni Association Board Members

President– Bob B.	952.797.6563	Fundraising Chair– Julie.	320.237.8821
V.President– Michelle P	612.360.7948	Co-Chair– Amy J.	952.457.9680
Treasurer– Craig H.	952.292.9710	Registration -Lorraine	763.222.5242
Secretary– Liz W.	763.245.1067	Alumni Coordinator– Karen T	651.245.4272
Newsletter Chair– Dan H.	320.493.3704	Steak-Fry Committee – Steve S.	763.856.3545
Steak-Fry Committee– Wayne J.	763.222.5242	Steak-Fry Committee – Wendell T.	507.381.1889

For general information contact:
 Coordinator of Alumni Services
Karent@newbeginningsatwaverly.com

To be removed from mailing list please send name and address of entry to be removed to hada0803@gmail.com

Check out our new website!!!
www.newbeginningsatwaverly.com