

New Beginnings

Alumni Association

2013 - Fall Newsletter

Coordinators Report

Hello All Alumni Friends and Family,

First off thank you Gil, Jim and the Alumni Board for the opportunity to be a part of the New Beginnings family. What a blessing to be in the position to help others in this unique way as a part of my job. Starting this position reminds me what it was like being a newcomer, full of fear and anxiety, walking into recovery only to find welcoming and helpful people willing to help me adjust to a new way of life. It is so reassuring. My guide into this new job was Karen, our past A.C., and I am immensely grateful to her for the initial and continued help, thank you Karen.

We had a wonderful 31st annual Picnic this year. The speakers were inspiring and their messages carried great depth and weight. Helping others was prevalent not only in their talks but also in the actions of all in attendance. The Bike Run was a huge success; we tripled our participation from last year! I heard there were some crazy happenings along that trail, HA! If this peaks your curiosity then ask an Alumni about going next year. A great time was had by all.

In August we enjoyed a lovely day on the fairway at the Golf Scramble. Everyone seemed in high spirits as they paraded around the links. The raffle this year had some wonderful prizes such as Twins tickets, a set of clubs and a variety of other items. After a long day of golf the comradery was evident at each of the dinner tables as everyone enjoyed stories of mishaps and triumphs of the day's event. It was a wonderful day!

The most recent event, the Spiritual Awakening's Retreat, was held over the second weekend in September. We were all able to relax and enjoy an inner peace heightened not only by our surroundings at the beautiful Itasca State Park but also by the deeply spiritual couple that shared their experience strength and hope with us all. On page 25 of the book Alcoholics Anonymous it says "We have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's Universe." These words have never rung more true for me than they did that weekend.

Finally our upcoming events include the monthly Steak Fry, held the 1st Saturday of each month. These are always a wonderful way to get started in recovery and find out about the Alumni Board. The Women's Retreat is happening October 19th and is open to women in recovery. It is sure to be a rejuvenating experience. We also have a decorating Party that will be held on November 16. We will be decorating for the Holiday Party held in conjunction with the Steak Fry on December 7th. I hope to meet many of you at these events and welcome all of you to come be a part of the Alumni Board.

Live Well,

Jenn Gerling

Thank you to our 2013 Golf Tournament Sponsors

Gil Gilchrist
Premier Bank
Lightning Bug Photography
Behavioral Health Professionals
Mike Happ
Natural Science Landscape

The Lori Hartzell Family
Smuckers
Bernick's Pepsi
US Foods
Kemps
Appert's

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

Upcoming Events



Saturday, October 19th, 2013

Time: 9:00 - 2:00

Place: New Beginnings Hall

RSVP: Liz Weinauer - 763.245.1067

lizzm621@yahoo.com

Lunch Served - Free will offering

Holiday Decorating Party

Saturday, Nov 16th



Holiday Party

Saturday, December 7th

*•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•*

The NBWAA Scholarship Fund

New Beginnings Alumni Association is offering a scholarship to alumni that meet the following criteria:

1. Completed a semester of college within the last 6 months.
2. Applicants must also demonstrate high financial need and maintain a 2.25 GPA.
3. Recipients must be accepted as regularly enrolled students.
4. Submit a copy of the transcript showing your name and the name of the institution.
5. Write a personal statement to the scholarship committee addressing your academic and personal goals.
6. A letter of reference from an individual who is not a family member or significant other.

Please email Jenn at : JenniferG@newbeginningsatwaverly.com



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.newbeginningsatwaverly.com/alumni and fill out the form.

A recent Alumni tells his story: "Miracle of Choice"

With my luggage in my hands I looked at the New Beginnings building and took a deep, depressed breath. Depression and fear were constant companions in my life. Like many alcoholics, lugging those two around in my small daily life had been the norm for sometime.

I had relapsed years earlier after some good sobriety time. Drink for a while till misery appeared and then back to meetings. Once I felt better, the voices of justification and self-knowledge would return and a new round of determined controlled drinking began...again. Ultimately, I was drinking daily, unemployable and locked up in my apartment for days at a time to drink in "Peace." My kids grown, I was dishonestly reassuring them things were great in each phone call. Employment and financial issues? Something or someone was usually to blame.

As I entered New Beginnings my children were many miles away and united in their detachment from this drunken dishonest man I had become. Like the hundreds who entered before me, the arrogant illusion that I had the upper hand in anything was now replaced with the knowledge that I was the fool and addiction was again leading me around by the nose. My self knowledge? It nearly killed me.

The first few days are a bit fuzzy. I managed to get through them thanks to the nursing staff and techs. The kindness and understanding of the mentor they assigned to me gave me great comfort. Without a doubt the staff at NBW understands this illness. It's structure surrounded me with recovery. The staff and schedule were taking on my illness until I could mentally be in a place to invest in my life again.

Because of their compassion, care and professionalism I was reintroduced to honesty, accountability, open-mindedness. Long lost traits that alcoholism kicks to the curb as it takes over your life. Traits that are essential today and everyday to maintain sobriety, along with regular meetings and a good sponsor.

Thanks to one of the speakers I was reminded that miracles were around me if I chose to see them. I chose to see them instead of the worlds imperfections I trained my mind to see when drinking.

Choice...beautiful choice! THAT is the miracle. I have choice back in my life everyday that I am sober and do the simple things that are asked.

John M.

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.

Guru's Corner

I was recently standing in line to make a purchase and overheard a woman talking to the store clerk about the fact that she was worried about the people her son hung out with. I told her she was right, she should be concerned about the kind of people he was doing things with. "Really, who do you hang out with?" she asked. Immediately I puffed out my chest and answered, "These days I hang out with the winners!"

I want to thank you all for the wonderful job you are doing to get and keep your recovery. Every morning we have to wake up and slay a dragon before our feet even hit the ground. We gladly and graciously ask the God of our understanding to keep us sober and straight for the day then humbly and happily thank Him at night for keeping us sober and straight that day. Throughout the day there are a few actions the program has taught us to take that never dawned on us in the throes of our addiction. Things like telling the truth or being truly sorry for our defects and being ready for God to take us to a better place. We have to wonder why these were such difficult concepts for us. We were naughty, bad and even evil at times but not anymore. Now we pray for God to put someone in our lives to be helpful to that day. When agitated we pause and wait for the right answer to come. Today our reliance is on a Power greater than ourselves and this is shown through our attendance to the needs of others.

What an honor it is for me to associate with all of you. You are all good and decent people that care about each other and are willing to help at the drop of a hat. God is crazy about you and loves you wildly! Life is short, pray hard, read the book. Gil

109 North Shore Drive
Waverly, MN 55390



Come grow with us!!

Save the date!

NBW Alumni Association
Steak Fry - 1st Saturday every month
(Except July)
109 N. Shore Drive
Waverly, MN 55390

2013 New Beginnings Alumni Association Committee Chairs

President:	Michel S.	Fundraising:	Lori H.	Steak Fry:	Wendell T.
Vice President:	Liz W.	Communications:	Bob P.		Janelle Y.
Secretary:	Cindy N.		Mitchel H.	Speaker:	Wendell T.
Treasurer:	Bob B.			Registration:	Lorraine T.

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

651.245.4272

Check out our website!!!

www.newbeginningsatwaverly.com