

Coordinators Report

Hello Alumni, Friends and Families,

The leaves are changing and the cool air is moving in as we are wrapping up another wonderful year with the New Beginnings Alumni. Looking back we have enjoyed many events; the 12 step workshop, the Fishing Bash, the Softball Tournament, the Annual Picnic, the Golf Scramble, the Spiritual Retreat and many great monthly Alumni Speaker Dinners. All of these events have been enlightening as well as fun. My personal favorite part has been growing a deeper understanding of recovery and friendship with the wonderful people who attend.

We are not done for the year yet!! Coming up in October is the Women's Retreat, all women in and around recovery are welcome. In November we have the Decorating Party to prepare for our big Holiday Party in December. Don't forget that we have monthly Alumni Speaker Dinners the 1st Saturday of each month. It is great to see familiar and new faces involved in these events!

If you would like to get involved with the Alumni Board please talk to a Board member or come to one of our Board meetings held at 3 p.m. prior to the Alumni Speaker Dinners. This is a great way to be of service to others and give back what has been given to you. It's also a lot of fun! We would love to see you there!

The Alumni Board has also launched it's new website. You can contact the Alumni Board with suggestions, sign up to be a sober contact and find out about all our events. Check it out at www.NBMinnesotaAlumni.org.

Live Well,

Jenn Gerling

Thank you to our 2014 Golf Tournament Sponsors

New Beginnings Minnesota
Premier Bank
Maple Lake Recovery
Behavioral Health Professionals

US Foods
Kemps
Rempel Hardwood Floors
Fox Hollow Golf Course

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



Saturday, October 25th, 2014

Time: 9:00 - 2:00

Place: New Beginnings Hall

RSVP: Jenn Gerling - 651.245.4272

jenniferg@nbminnesota.com

Lunch Served - Free will offering

Holiday Decorating Party

Saturday, Nov 22th



Holiday Party

Saturday, December 6th

**In conjunction with the
Alumni Speaker Dinner**

•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.

A recent Alumni tells her story: "On Being a Newcomer to Recovery:"

I used to be terrified that I was an alcoholic (I was and am). Then once I was in rehab, I was terrified of saying those words out loud at a meeting. I said them. Next I wondered if I should be ashamed and secretive about being an alcoholic. I'm not. And now? Now, on my drive to my meetings, I am grateful and happy to be an alcoholic. I am happy to have lived through despair and to have come out the other side, because without that journey, without the despair, I would not have found the light.

What is the light? I remember sitting in group during my first week of rehab thinking "OK, so I'm here and I'll stop drinking, but I'm NOT doing this spirituality stuff and they can't make me." That's for sure. They couldn't make me. It happened anyway, and I've come to realize that I'm grateful to be an alcoholic because without the addiction, I never would have found a spiritual life.

How do I explain this transformation from despair to living in peace and serenity? I can't. I only know that there was a point at which I simply gave up, and from that point on, my life changed. The craving for alcohol was simply removed, and now my recovery journey is not about not drinking, but is about steadily moving forward in my spiritual growth. Alcohol was the instrument that brought me to spirituality. (I want to clarify that there are times when the thought of drinking occurs to me and I make a conscious decision not to do it. However, the physical craving for alcohol is gone).

I am discovering that great spiritual truths come from a variety of philosophies but that they converge in terms of guiding each of us to finding our center, our truth, our oneness with the universe, our higher power. I read AA literature, Buddhist writings and interpreters, positive psychology, mindfulness literature, cognitive behavioral approaches to behavior change and other works related to living a sober and fulfilling life. Over and over, common themes have emerged from these readings that guide me in my daily life.

One is that a spiritual life exists and that I can have it if I am open to it. When I am most in tune with it, it is as if an outside power is humming through my body. It is strongest when I am with other recovering addicts and we are connected through a web of spirituality.

Another is that I am alive for a purpose. I don't need to know or understand what that purpose is, I simply need to accept the fact that I exist for a reason.

A third is not only to enjoy and to act as if every day is my only day on earth, but to live as if each moment is my only moment on earth. When I do this, I am most in touch with my spiritual self. When I move away from this mindful enjoyment of life, then I move back towards despair.

Finally, recovery is the most fun I have had in decades. Five months into recovery, I wake up each morning glad to be alive. Is my life perfect? Far from it. My husband and I are facing some very serious challenges that will not get better over time. However, as I move forward in recovery, I find that I have the tools to deal with the challenges we all face as part of life and that the fellowship of other recovering alcoholics sustains and supports me. Even on my worst days, I find moments of joy, peace, happiness, contentment and serenity and I have stopped questioning them. They are the gift I receive from being in touch with my spirituality. Leslie M.

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.

Guru's Corner by "Guru Helper"

As I write this, Gil and his wife Char are in Rochester waging a war against Gil's cancer. They are united by faith and God's love. Typically, this is the Guru's corner. This time it will be about our Guru. New Beginnings Minnesota is a place where many come to find the tools to recover from addiction and find that Gil is a part of their recovery. The Big Book and the 12th Step have taught us to give away what has been so freely given us. Gil is a great example of this Step in action. There are many times someone is in need and Gil will offer them help. Now it's time for all of us, friends, family, alumni, co-workers, acquaintances and newcomers to offer up prayers of healing for Gil. We are on a mission to wage a war, fight the good fight and stay strong in faith. So Gil and Char, we all send our prayers.

With love, Your Recovery Family

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

2014 New Beginnings Alumni Association Committee Chairs

President:	Mike W	Fundraising	Lisa S.	Alumni Speaker Dinner	Bruce B.
Vice President:		Communications	Bob P.	Speaker Coord.	Mike W.
Secretary:	Michel R.	Outreach		Registration:	
Treasurer:	Lizz 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:
Coordinator of Alumni Services
JenniferG@nbminnesota.com
651.245.4272

Check out our website!!!
www.nbminnesotaalumni.org