

New Beginnings

Alumni Association

2011—Spring/Summer Newsletter

Coordinators Report

We have had a great start to 2011. With the new board coming on we have begun to plan the years events. It is our hope that if you are new in your recovery, or simply need a boost that we will see you at some of our events. One of the main changes for the year is the timing of the Spiritual Awakenings Retreat to the month of June. Previously this event was held in September, but the Minnesota fall is too unpredictable for weather. Also, we will be having a change of venue to Sibley State Park. This allows us to offer this event to more people for less of a price. Check the calendar for more details! Also, we are in desperate need for AA, NA, CMA, etc.. Contacts for all of MN, specifically female contacts. If you can help please shoot me an e-mail.

Dustin Barnes 651.485.2436 dustinbb@gmail.com



Upcoming Events



ONLY
\$75

2011 NBW Alumni Fishing Bash

Friday May 20th-Sunday May 22

Lodging 2 nights at Camp Holiday Resort on Turtle Lake (Great Fishing)

Saturday Evening Launch on Lake Mille Lacs (2010 Photo)

Food: Friday night, Saturday all meals, Sunday Continental

You bring: Fishing License, Toiletries & Towels, Cold weather gear

For Info: Bob B. 952.797.6563 or becker300@comcast.net

2011 Spiritual Awakenings Retreat

Friday May 20th-Sunday May 22

Lodging 2 nights at Sibley State Park Group Center (near Wilmar MN)

AA, NA Speakers throughout the weekend

Plenty of hiking, biking, canoeing, fishing, and sight-seeing opportunities

Food: Friday night, Saturday all meals, Sunday Continental

You bring: Fishing License (if fishing) , Toiletries & Towels, Bedding, Rec. equip.

For Info: Dustin Barnes 651.485.2436 or dustinbb@gmail.com

ONLY
\$50



Steak Fry

1st Saturday of Every Month (Except July)

Board Meeting— 3:30-5:00—Dinner— 5:15-6:15—Speaker/Medallions— 6:30-9:00

Here Are the Steps We Took

1. We admitted we were powerless over alcohol - that our lives had become unmanageable- Dan L.

My concerned family placed me in treatment at 17 yrs old. This is when I first read the twelve steps off the wall. Step 1 I took exception with immediately. Powerless, come on I just party with my friends- I could quit if I wanted to. Unmanageability, really? I had a job, I went to school. Wasn't all this just a little extreme? I wanted out of that place so I admitted powerlessness and unmanageability, but I had many reservations. In my second treatment I was to angry to be honest, open, and willing to even consider looking at step 1. Ten years later I thought I hit rock bottom , I had lost it all, the girl, the house, the job, the dog. What I hadn't lost was the fight inside me. I really truly believed somehow some way I could control and enjoy my drinking and drugs. Finally after fourteen years of "research" I admitted without reservation that I was beat, I had lost the fight. I could not control alcohol and drugs, my life really was unmanageable. I couldn't predict when, where, or how much I was going to drink or use. Upon my surrender remarkable things began to happen!! I opened up to God, the steps, the program, the fellowship, it all took on new meaning! I was seeing, hearing and feeling different about it all! The spiritual principal that we shall find no enduring strength until we first admit complete defeat had become my experience! I was sold!

2. Came to believe that a power greater than ourselves could restore us to sanity- Karen T.

My experience with Step 2 is I that had to cross a barrier, that for years I believed I was the one with all power of my own universe. Once I had a thorough understanding and accepted Step 1, this next step was to simply restate what I had just discovered. I was not God and somehow, some way, I was sober and I knew my best efforts didn't do this as I had tried multiple times prior. I began by going to meetings, meetings, meetings. Reading the Big Book, getting and UTILIZING my sponsor. It was only by taking action that I could begin to start believing. The direct result of continuing to live the program of recovery was to be able to identify my God, and begin a long overdue relationship. This is a process I repeat from the time I wake up until the time I go to bed, everyday. Thy will, not mine!

3. Made a decision to turn our will and our lives over to the care of God as we understood Him- Bob B.

The 3rd step is exactly where it should be. When we admitted that we are powerless and that a power greater than ourselves could help us, it creates a void in our daily living. We need to look to a higher power to drive the car, rather than just being a passenger watching us destroy our lives and of those who love us and pray for us. A Higher Power fills the void left by putting our will in the back seat, the driving force before sobriety. We only need to make a decision. As we gradually lose our self will, we learn that our Higher Power can guide our life in a productive, rather than a destructive way. We need that help in everyday life, and we grow to rely, wish and pray for it.

4. Made a searching and fearless moral inventory of ourselves- Neil C.

Upon leaving New Beginnings, I took their advice and got a sponsor. Within a few weeks we worked up to the 4th step and he walked me thru this step as it is outlined in the Big Book. I found when putting things down on paper the facts became undeniable. It was easy to list

The Experience of an Alumni

I have been serving the Alumni Association for going on 5 years now and I can say that with each year that passes I gain a different perspective on my experience there. I truly enjoy attending the steak fry's to see and talk to people that I usually only get to see once a month. I have gained some great friends and have had some fantastic experiences along the way. It all started by showing up and cooking steaks every month, then softball came and I started doing that too. I love, love, love softball so it was cool to find out that New Beginnings had a team, there are actually a few that have New Beginnings alumni on them. It's been great so far so come on out to the steak fry's and we'll have something for you to do to get out of yourself and help out.

Rick H

Gopher State Round Up

May 27th-29, 2011



Join New Beginnings Alumni Association

Hospitality Suites 508 & 510

www.gopherstateroundup.org

•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.

2011 Calendar of Events

For time and location of events please visit:

www.nbwaa.org

Or call

651.485.2436

March-

-Sat 5th Steak Fry

April-

-Sat 2nd Steak Fry

May-

-Sat 7th Steak Fry

-Fri 20th-22nd Fishing Bash

-Fri 27th-29th Gopher State Round up

June-

-Sat 4th Steak Fry

-Fri 17th-19th Spiritual Awakenings Retreat



July- No Steak Fry 1st Saturday

-Friday 15th-17th NBW Campout

-Saturday 16th Steak Fry

-Sunday 29th Annual Picnic

August-

-Sat 6th Steak Fry

-Sunday 21st Golf Tournament

September-

-Sat 3rd Steak Fry

October-

-Sat 1st Steak Fry

November-

-Sat 5th Steak Fry

December-

-Sat 3rd Holiday Party



Guru's Corner

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

2011 New Beginnings Alumni Association Board Members

President– Karen T.	763.742.2395	Fundraising Chair– Michele P.	612.619.8293
V.President– Bob B.	952.797.6563	Co-Chair– Julie N.	320.237.8821
Treasurer– Craig H.	952.292.9710	Co-Chair– Dan L.	612.280.4807
Secretary– Michel P.	612.554.3209	Alumni Contact– Pam F.	763.528.3385
Newsletter Chair– Rick H.	612.554.3209	Alumni Contact– Dan H.	320.493.3704
Steak-Fry Chair– Neil .	612.965.1013	Alumni Coordinator– Dustin B.	651.485.2436

For General Information Contact::
 Dustin Barnes Coordinator of Alumni Services
 dustinbb@gmail.com
 651.485.2436

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

www.nbwaa.org

Save the date!
 NBW Alumni Association
 Summer Picnic
 July 17th, 2011 11-4
 109 N. Shore Drive
 Waverly MN 55390

Non-Profit Org.
 US Postage
 PAID
 Permit 28026
 Minneapolis, MN