

THE LINK

The Monthly Newsletter of Minnesota Recovery Connection



MINNESOTA
RECOVERY
CONNECTION

connect. recover. advocate. serve.

253 State Street, St. Paul, MN 55107 | p. 651-233-2080 | f. 651-294-8949

www.minnesotarecovery.org

Special Recovery Month Edition!
See inside for details.

WHAT'S HAPPENING AT MRC

Events, Workshops, and Trainings at MRC!

There's so much going on at MRC as we work to connect and strengthen the recovery community. Listed here are just a few things you'll want to know about.

Summer Recovery Speaker Series

Bill Greenwood – Crooked Path: 12 Songs

Thursday, August 25, 7 pm

MRC/The Recovery Church, 253 State Street, St. Paul, MN 55107

Free.

Musician Bill Greenwood will play 12 original songs written from his personal experience with the 12 Steps. This one-hour concert called, A Crooked Path, contains songs that detail his journey from the hopelessness of addiction to the freedom that comes through surrendering to a higher power. This music will resonate with anyone who has been affected by the destructive cycle of addiction.

Other Workshops

Addiction and Recovery in Faith Communities

Friday, September 16, 10 am-3 pm

MRC/The Recovery Church, 253 State Street, St. Paul, MN 55107

\$10, includes box lunch.

This workshop is part of a series of forums to support members of faith communities in creating and delivering addiction recovery support. Through individual and panel presentations as well as group discussion, this workshop offers the latest information, resources, and strategies on how to educate, support, and provide hope to individuals, families, and communities affected by addiction. *Registration required.*

Mindfulness, Yoga, and The 12-Steps with Thérèse Jacobs-Stewart

Saturday, September 17, 9 am-3 pm

The Recovery Church, 253 State Street, St. Paul, MN 55107

\$55, box lunch from Cafe Latte included

Join us for this day of rest and reflection, and explore the spiritual components of 12-Step recovery through a unique integration of mindfulness meditation and gentle yoga practices. *Registration required.*

Karen Casey & Bill Alexander: Cultivating More Joy In Our Relationships

Saturday, October 22, 9 am-4 pm

The Recovery Church, 253 State Street, St. Paul, MN 55107

\$45

Registration required. For more information or to register, please contact Karen Casey at 239-398-6327.

August/
September 2011

UPCOMING EVENTS

Bill Greenwood

Crooked Path: 12 Songs

August 25, 7 pm

Free.

Volunteer Training:

Telephone Recovery Support

August 18 & 25, 6-9 pm

Volunteer Training:

Recovery Coach Academy

Oct. 13-Nov.17, 6-9 pm

One day retreat: mindfulness, yoga and the 12-Steps

Saturday, September 17

9:00 am-3:00 pm

View full events calendar at

www.minnesotarecovery.org



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NATIONAL RECOVERY MONTH

National Recovery Month

Prevention Works • Treatment is Effective • People Recover
SEPTEMBER 2011

September 2011 will be the 22nd annual **Recovery Month** observance by the U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA), and the Center for Substance Abuse Treatment (CSAT).

Recovery Month serves to educate the public on how alcohol and drug addiction is a national health issue, a treatable illness, and that recovery is possible.

Recovery Month provides a platform to recognize all in recovery, including family, friends and the professionals who serve them. Individuals in recovery often go unnoticed by the broader population; therefore, Recovery Month provides a vehicle to celebrate and express gratitude for recovery with neighbors, friends, and colleagues. The observance also encourages citizens to take action to help expand and improve the availability of effective treatment for those in need.

For more information about National Recovery Month, please visit www.recoverymonth.gov.



SEPTEMBER 6, 2011 @ 7:10 P.M.
TWINS VS CHICAGO WHITE SOX

We are so excited for the upcoming Rally (Caps) for Recovery Twins Game on September 6! This year will be the biggest Recovery Month Twins game event yet with 1,431 members of the recovery community all sitting together in one section at Target Field.

Before the game begins, William C. Moyers will be introducing Recovery Month to the entire crowd at Target Field and T. Mychael Rambo will sing the National Anthem. We are honored to have both of these individuals in long-term recovery put a face and a voice on recovery!

We'll see you at the ballpark for this awesome celebration of recovery!

clean II: a turning point

Saturday, August 27, 6:30-10 pm

clean II: a turning point, is an art exhibition by artists who have been affected by drug or alcohol addiction, who are connected with the recovery community, however they define it, and are actively working towards recovery in their life.

An opening reception will take place at Your Arts' Desire Gallery of Art and Framing in Minnetonka on Saturday, August 27 from 6:30-10 pm.

Location:

Your Art's Desire Gallery of Art and Framing
1298 Minnetonka Blvd.
Minnetonka, MN 55305

This event is free and open to the public. The exhibit will be on display at Your Art's Desire throughout the month of September.

Recovery Month
Spirituality
breakfast

Friday, September 16, 7:30 am

This year's Recovery Month Spirituality Breakfast will feature keynote speaker, Thérèse Jacobs-Stewart, a practicing psychotherapist, meditation teacher, and international consultant for more than 25 years. Thérèse is the founder of the MindRoads Meditation Center, a neighborhood practice center integrating contemplative practices from both East and West and the home of the Saint Paul, MN chapter of "Mindfulness and the 12-Steps" meetings.

This event, presented by the StepUP program, Minnesota Recovery Connection, and Recovery Works! is free and open to the public. **RSVP required.** For more information and to RSVP, contact **Patrice Salmeri at 612-330-1405 or salmeri@augsborg.edu.**

Location:

East Commons, Christensen Center, Augsburg College
720 22nd Avenue S. Minneapolis, MN 55454



September 24, 2011 ■ 9 am-1 pm

This year's Recovery Month grand finale will take place on National Rally for Recovery Day, Saturday, September 24 with the Walk for Recovery.

Event Schedule:

9-10 am: Registration at Lake of the Isles Lutheran Church, 2020 W. Lake of the Isles Parkway

10-11:30 am: Walk for Recovery around Lake of the Isles (2.86 miles)

11:30 am-1 pm: Post-walk celebration including food (free tacos), music, and fellowship

This is a National Recovery Month event to express gratitude, convey hope, and to celebrate all in recovery and those who help recovery happen! Bring your family and friends--wheelchairs, strollers, and even the family dog!

- > This event is free and open to the public.
- > Register online at www.minnesotarecovery.org.
- > Click here to download a PDF flyer for this event.

Other Recovery Month Events in Minnesota

See page 4 for complete details about these additional

Recovery Month events:

- > clean II: a turning point
Opening Reception
- > Rally (Caps) for
Recovery Twins Game
- > RS Eden 40 Years of
Building New Beginnings
- > Spirituality Breakfast
- > Recovery Picnic
- > Heartbeat of Recovery/American
Indian Recovery Month Event
- > Walk for Recovery
- > Recovery is Happening
5k Run/Walk
- > Recovery Picnic &
Volleyball Tournament
- > Mark Lundholm Flexing Your
Humor Muscles Workshop
- > Mark Lundholm: A Night of
12 Step Humor

For more information about
National Recovery Month,
please visit
www.recoverymonth.gov

GET INVOLVED!

Telephone Recovery Support

Volunteer Training

Thursdays, August 18 and 25

6-9 pm

MRC's Telephone Recovery Support program is a peer-to-peer recovery support program that allows recovering people a way to give back, strengthen their own recovery, and support others who are seeking recovery. Through this program, trained MRC volunteers call individuals seeking recovery who have requested this service to ask how their recovery is progressing and to connect them to the resources they need to achieve and maintain recovery. You must have a minimum of six months of experience in recovery to be trained as a Telephone Recovery Support volunteer. *Registration required.*

Recovery Coach Academy

Volunteer Training

Thursdays, Oct. 13-Nov. 17

6-9 pm

Recovery Coach Academy will provide you with the training, tools, and resources you need to become an effective Recovery Coach. You must have a minimum of two years of experience in recovery to be trained as an MRC Recovery Coach. *Registration required.*

For more information about how to become an MRC volunteer, or to register for the upcoming trainings, please contact **Monique Bourgeois at 651-233-2080, ext. 21** or monique@minnesotarecovery.org.

Other Recovery Month Events in Minnesota

Event	Date	Location	Cost	Contact
clean II: a turning point Opening Reception	Saturday, August 27, 6:30-10 pm	Your Art's Desire Gallery in Minnetonka	Free	Melissa 952-988-9772 or mail@yourartsdesiremtka.com
Rally (Caps) for Recovery Twins Game	Tuesday, Sept. 6, 7:10 pm	Target Field	\$20 per ticket	Julia Parnell: 651-233-2080 or julia@minnesotarecovery.org
RS Eden 40 Years of Building New Beginnings	Friday, Sept. 9, 5-9 pm	Hard Rock Cafe	Free	RS Eden 612-287-1600
Spirituality Breakfast	Friday, Sept. 16, 7:30 am	Augsburg College/Step Up	Free	Patrice Salmeri 612-330-1405 or salmeri@augzburg.edu
Recovery Picnic	Sunday, Sept. 18, 1-4 pm	The Recovery Church	Free	Deb Jackels 651-291-1371 or therecoverychurch@gmail.com
Heartbeat of Recovery/American Indian Recovery Month Event	September 27, 9:30-11:30 am	540 Cedar Street, St. Paul	Free	Denise Estey Lindquist: Denise.Estey.Lindquist@state.mn.us or 651-431-2461
Walk for Recovery	Saturday, Sept. 24th, 9am- 1 pm	Lake of the Isles	Free	Julia Parnell: 651-233-2080 or julia@minnesotarecovery.org
Recovery is Happening 5k Run/Walk	Saturday, Sep. 24th, 8am	Rochester, MN	Free	www.recoveryishappening.org Contact tiffhuns@yahoo.com
Recovery Picnic & Volleyball Tournament	Sunday, Sept. 25th, 11:00 am	SMRC, Mankato, MN	Free	Kevin 507-386-5730 klangton@smnrc.org
Mark Lundholm Flexing Your Humor Muscles Workshop	Friday, Sept. 30th, 12:30-2:45pm	SMRC, Mankato, MN	\$30	Kevin 507-386-5730 klangton@smnrc.org
Mark Lundholm: A Night of 12 Step Humor	Friday Sept. 30th, 8pm	Ostrander Theater, Mankato	\$20/ \$15	Kevin 507-386-5730 klangton@smnrc.org

Minnesota Recovery Connection is a nonprofit 501(c)3 Recovery Community Organization. Funded by a grant from DHS-ADAD.

VOLUNTEER SPOTLIGHT

Jason Knox



Jason Knox

"Getting involved with MRC has provided a huge boost to my recovery. It's given me a chance to

get to know myself better and to get outside of my comfort zone. I've gotten to challenge myself, and test my mettle a little bit, by trying and accomplishing things I didn't know I was capable of."

"Along the way, I've been lucky enough to get connected with a great staff and great volunteers. It's also been really nice getting involved with MRC's Telephone Recovery Support, where I've gotten to know others in recovery through personal stories and shared experiences. It feels great listening to the positive side of recovery and it's really good to hear the promises coming true for people!"

SUPPORT OUR WORK

Ways to Give

There are many ways to support the work of MRC. Become a volunteer, make a financial donation, share your ideas with us, or help us build our list of recovery resources by sending us the names of organizations and services in Minnesota that support individuals, families, and communities seeking recovery.

Yours in Service,

Nell Hurley

Executive Director

Minnesota Recovery Connection

nell@minnesotarecovery.org

651-233-2080, ext. 20