

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 | e. info@minnesotarecovery.org | www.minnesotarecovery.org

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.

Celebrating Families Returns in 2012!

*A Program of Recovery for Parents and Children
Impacted by Alcohol and/or Drug Dependence*

January 30–April 30
6:00-8:30 pm

This 14-week family recovery program begins January 30, 2012 and will take place every Monday evening from 6:00-8:30 pm through April 30. For more information, or to register for this program, please contact Ken Roberts at 651-366-7730 or kenr@transitions.pro



November 2011

UPCOMING EVENTS

Recovery Speaker Series
December 6
William C. Moyers

View full events calendar at
www.minnesotarecovery.org



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Fall Recovery Speaker Series

Tuesday, December 6
William C. Moyers – “Now What?”

The steps to recovery start with abstinence and lead to a complete transformation of the body, mind, and spirit. The process is arduous and takes a long time to unfold. Eventually, though, the days and months turn into years and decades of sustainable recovery. But then life's challenges get in the way. And suddenly the issue is sanity more than sobriety. William C. Moyers talks about “life on life's terms” beyond addiction.

7:00 p.m.
MRC/The Recovery Church
253 State Street
Saint Paul 55107

Open to the entire recovery community, these free speaker events are presented by Minnesota Recovery Connection, Hazelden, and the Recovery Church.

Art and Recovery clean II: a turning point

Did you miss the 2011 clean II exhibit?

Now you can see it online!

This exhibit was created and co-sponsored by Your Art's Desire Gallery of Art and Framing, Minnesota Recovery Connection and the Recovery Works! Committee for National Recovery Month 2011. The gallery exhibit ran for the month of September. The art work in this online presentation of the exhibit includes all of the submissions.

View the exhibit at
www.minnesotarecovery.org

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

WHAT'S HAPPENING AT MRC (continued)

Other Updates and Information

MRC joins ARCO!



ARCO "The Association of Recovery Community Organizations at Faces & Voices of Recovery (ARCO). ARCO unites and supports the growing network of local, regional and statewide recovery community organizations - linking recovery community organizations and their leaders with local and national allies, and providing training and technical assistance to recovery community organizations.

For more information about Faces & Voices of Recovery and how to get involved, please visit www.facesandvoicesofrecovery.org or contact Nell Hurley at nell@minnesotarecovery.org.

Position Available at MRC

MRC is currently hiring a Director of Development!

Find out more at:

www.minnesotarecovery.org

Share Your Story for National Recovery Month 2012



Share your story with SAMHSA (Substance Abuse and Mental Health Services Administration) for National Recovery Month 2012. SAMHSA is looking for **military families** (including veterans and active personnel) and **people who are or have been involved in the criminal justice system** (including those who were once incarcerated, on parole, or workers in the field). They are looking for stories from people with at least two years of recovery or family members.

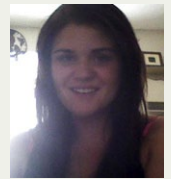
Your story should be under 300 words, focus on your recovery and include:

- Your personal experiences with alcohol and other drugs
- How it affected your military career, legal consequences, or work life.
- How you found recovery
- How long you have been in long-term recovery
- Anything else you want to share!

For more information contact **Julia Parnell** at **651-233-2080** or julia@minnesotarecovery.org

VOLUNTEER SPOTLIGHT

Nicole says:
"I have been a volunteer at Minnesota Recovery Connection for about four



Nicole Oliveira

months now and it's the best thing I could have chosen to help me with my recovery and to give back to others. I mainly volunteer with the Telephone Recovery Support where I help others in recovery with things that can help their sense of quality in recovery. I make it a priority to volunteer at least weekly and more if I can find time in my schedule of being a single mother, a college student and working on my career goals. I get more than I expected out of volunteering with Minnesota Recovery Connection as it ultimately helps strengthen and hold me accountable to others in my recovery. I plan to continue volunteering and helping with all aspects of service work within the recovery community MRC has established. I really love this volunteer position as it works so well with my personality and how much I want to help people stay in recovery like me, it's so rewarding that I look forward to that day I go to MRC."

Thank you to all the MRC volunteers who have now collectively passed the 3100-hour mark of service!

For information about becoming an MRC volunteer, please contact **Monique Bourgeois** at **651-233-2080, ext. 21** or monique@minnesotarecovery.org.

GET INVOLVED!



Advocacy Committee

The **MRC Advocacy Committee** is made up of members of the recovery community who are interested in planning and executing ways to educate friends, neighbors, policy makers, and the media about the reality of long-term recovery from addiction to alcohol and other drugs.

The Advocacy Committee will begin meeting again in January 2012 and we will start the year off with a Capitol Lab on **January 18th at 10am!**

All are welcome! To RSVP for the Capitol Lab and for more information please contact **Julia Parnell** at **651-233-2080 ext. 22** or julia@minnesotarecovery.org