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June 2010

THE LINK

The Monthly Newsletter of Minnesota Recovery Connection

MINNESOTA RECOVERY CONNECTION

connect. recover. advocate. serve.

WHAT'S HAPPENING AT MRC

Summer Events at MRC!

There's so much going on at MRC this summer! Listed here are just a few things you'll want to know about.

Concerts

John McAndrew Concert
Saturday, June 12, 7 pm
MRC/The Recovery Church, 253 State Street, St. Paul, MN 55107
Free.

John McAndrew's solo performance show "I am Home" combines music and story-telling to take you on a personal journey of recovery. His life and his music connect all of us. He will have you laughing, crying, stomping your feet and clapping your hands.

Summer Recovery Speaker Series

JoAnn Campbell on "Practical Spirituality"
Tuesday, June 22, 7 pm
MRC/The Recovery Church, 253 State Street, St. Paul, MN 55107
Free.

Because our sobriety is "contingent on the maintenance of our spiritual condition," it's crucial to be able to assess our own spiritual fitness, identify where our maintenance can be improved, and have a repertoire of practical ways to grow spiritually. Hazelden's JoAnn Campbell will teach you these tools of "practical spirituality" and show you how to turn your daily life into a spiritual dance.

Fred Holmquist on "Praying for a Slow Recovery and Why It's Alcohol*ism* and Not Alcohol*wasm*"
Tuesday, July 13, 7 pm
MRC/The Recovery Church, 253 State Street, St. Paul, MN 55107
Free.

Mark Twain is paraphrased as saying, "Quitting smoking is easy, I've done it hundreds of times." For alcoholics and addicts, histories of periodic abstinence are common, so the challenge quickly becomes *staying* sober. Hazelden's Fred Holmquist's talk will address this challenge and deepen your understanding of the powerlessness that drives sober unmanageability and will help you gain a greater capacity for compassion for yourself and others.

Bill Alexander on "Choosing Joy: The Steps on the Path of Simple Hearted Contentment"

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UPCOMING EVENTS

John McAndrew Concert
June 12, 7 pm
learn more

JoAnn Campbell on "Practical Spirituality"
June 22, 7 pm
learn more

Volunteer Training: Telephone Recovery Support Program
June 23, 6 pm
learn more

VIEW FULL EVENTS CALENDAR

RECOVERY RESOURCES

Treatment Services
Housing Services
Family Services
Employment Services
Additional Resources

VOLUNTEER FOR RECOVERY

Tuesday, August 10, 7 pm
MRC/The Recovery Church, 253 State Street, St. Paul, MN 55107
Free.

To choose joy is to choose to live consciously in mindful harmony with all things exactly as they are. The joyful life is a simple one of love, compassion, and emotional balance. In this debut presentation, Hazelden's Bill Alexander will show us how to walk the simple path of joy where it's always been; right beneath our feet.

National Recovery Month

National Recovery Month is in September and this year MRC presents Recovery Works! 2010. As has happened for the last 10 years in Minnesota, part of our Recovery Month celebration includes a Twins baseball game. This year's Recovey Month Twins game event on Thursday, September 30 promises to be an even bigger and more visible event because of the new Target Field!

Our 2010 theme is "Rally Caps for Recovery." 1,465 seats are reserved in our prominent "rally" sections at Target Field (sections 329-334). Retired congressman Jim Ramstad will throw out a first pitch, and a mid-game announcement will recognize our group and invite all fans to show their support by putting on their "Rally Cap for Recovery" during the 8th inning.

To participate in Minnesota's "Rally caps for Recovery" event by purchasing tickets or becoming a sponsor, please contact Julia Parnell at 651-233-2080 or julia@minnesotarecovery.org.

Don't delay, tickets are first-come, first-served and will go fast! **Deadline for individual, group, and sponsorship orders is August 1, 2010.**

GET INVOLVED!

Volunteer for Recovery

Service is the heart and soul of MRC. All our recovery support programs are volunteer-based and offer people in recovery a way to give back, strengthen their own recovery, and support others who are seeking recovery.

MRC is seeking volunteers to support the recovery community through the following MRC programs and services:

Recovery Coaching
Telephone Recovery Support
Resource Library
Resource Database
Workshops, Trainings and Events

For more information about how to become an MRC volunteer, please contact Tracy Knollin, Volunteer/Training Coordinator, at tracy@minnesotarecovery.org or 612-220-2242.

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VOLUNTEER SPOTLIGHT

Making the Most of Opportunities

MRC Intern Dallas Hansen

MRC is happy to announce our new summer intern, Dallas Hansen. Dallas is currently enrolled in the MCTC Addiction Counseling program and comes to MRC with great enthusiasm for serving the recovering community. Dallas has been in recovery for over six years and is deeply rooted in the sober community in the metro area.

Dallas recently completed the MRC Telephone Recovery Support volunteer training and he is also an MRC special event volunteer. As our summer intern, Dallas will provide general support for MRC's core programs and services, and other special projects including speaker events and Recovery Month activities.

Look for Dallas at upcoming MRC events where he will happily answers any questions you may have about MRC programs and services!

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

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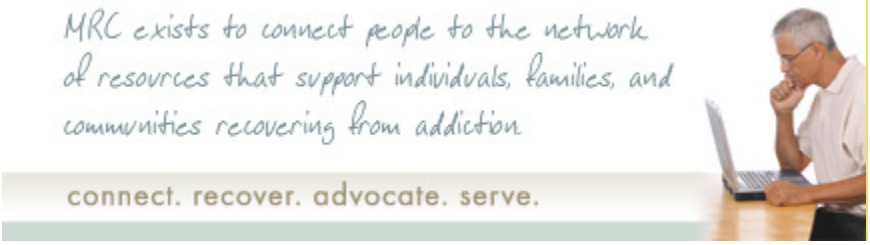

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