

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.

NUTRITION WORKSHOP

Nutrition in Recovery

Thursday, June 9 | 6:30-8:30 pm

MRC, 253 State Street, St. Paul, MN 55107

In this free nutrition workshop you will learn about:

- Holistic Nutrition: What it is and how it's connected to recovery
- Food Pyramids
- Physiology of Stress
- De-Constructing Cravings
- 12 Steps towards better balanced health
- Kitchen Basics
- Recipes for simple cooking
- Food tasting



Presented by Karin Moore, M.A.

There is no fee, but **registration is required**. To register for this program, please contact Julia Parnell at 651-233-2080 or julia@minnesotarecovery.org.

A CALL TO ARTISTS

clean II: a turning point

Your Art's Desire Gallery of Art and Framing in collaboration with Minnesota Recovery Connection and the Recovery Works! Committee will be celebrating National Recovery Month in September 2011 with a reprise of their clean show. This year's theme will be a **turning point**.

We are looking for 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. This is a juried show and this year we are asking interested artists to create and submit for review, work(s) that specifically explores their experience or interpretation of their turning point towards recovery. *Deadline for submissions is noon on Monday, August 22, 2011.*

Visit www.minnesotarecovery.org to view the complete event flyer.

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May 2011

UPCOMING EVENTS

Recovery Yoga

Every Tuesday at noon at MRC
Free!

Nutrition Workshop

June 9
Free!

Volunteer Training: Telephone Recovery Support

June 21 & 28
Free!

Recovery Speaker Series

June 30-Matt Bowles-Roth
July 28-Martin Kihn
August 25-Bill Greenwood
Free!

Advocacy Committee

Friday, May 27
1 pm at MRC
Everyone welcome!

Outreach Committee

Saturday, June 4
10 am at MRC
Everyone Welcome!

View full events calendar at
www.minnesotarecovery.org



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WHAT'S HAPPENING AT MRC (continued)

Other Workshops, Trainings, and Events

Volunteer Training: Telephone Recovery Support

June 21 & June 28 (Two consecutive Tuesday evenings)
6:00 - 8:30 pm, MRC, 253 State Street, St. Paul, MN 55107
Free!

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. For more information, or to register for this program, please contact Monique Bourgeois at 651-233-2080, ext. 21 or monique@minnesotarecovery.org.

Summer Recovery Speaker Series

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

This summer, the speaker series will take place on the last Thursday of the month in June, July, and August.

Matt Bowles-Roth

"My Recovery From Compulsive Gambling"

Thursday, June 30, 7 pm
MRC, 253 State Street, St. Paul, MN 55107

Bill Greenwood

"Crooked Path: 12 Songs"

Thursday, August 25, 7 pm
MRC, 253 State Street, St. Paul, MN 55107

Martin Kihn

Bad Dog: (A Love Story)

Thursday, July 28, 7 pm
MRC, 253 State Street, St. Paul, MN 55107

GET INVOLVED!

Advocacy Committee

The **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 meet on **Friday, May 27 at 1 pm at MRC.**

All are welcome, but please RSVP by contacting **Julia Parnell** at 651-233-2080, ext. 22 or julia@minnesotarecovery.org.

Outreach Committee

The **Outreach Committee** is made up of members of the recovery community who are interested in educating other members of the recovery community about the value and role of Minnesota Recovery Connection.

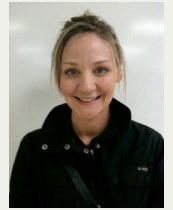
The Outreach Committee meets on the **first Saturday of the month** at various locations. The March meeting will take place on **Saturday, June 4 at 10 am at MRC.**

If you are interested in getting involved or would like more information, please **contact Nell Hurley** at 651-233-2080, ext. 20 or nell@minnesotarecovery.org

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

VOLUNTEER SPOTLIGHT

Britt Stewart volunteers in many of MRC's programs including Celebrating Families, our



Britt Stewart

advocacy program, and the Recovery Works! committee. According to Britt, "MRC is the best." She also says, "I love being involved, working with others, and helping to strengthen the recovery community. It's such a great way to give back and I get to strengthen my own recovery while I'm at it."

Thank you to all the MRC volunteers who have now collectively passed the 1000-hour mark of service! MRC volunteers will be gathering for a BBQ at Nell's house on Thursday, May 26 to celebrate this milestone.

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