

# THE LINK

The Monthly Newsletter of Minnesota Recovery Connection



MINNESOTA  
RECOVERY  
CONNECTION

connect. recover. advocate. serve.

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## WHAT'S HAPPENING AT MRC

### MRC is Hiring!

MRC is hiring a full-time Volunteer/Training Coordinator

The Volunteer/Training Coordinator is responsible for recruitment, training, and day-to-day management of volunteers and recovery coaches. The Volunteer/Training Coordinator also conducts outreach to communicate the role and value of Minnesota Recovery Connection to the recovery community.

For a full job description or to apply, please visit [www.minnesotarecovery.org](http://www.minnesotarecovery.org).

### Recovery Speaker Series

*Recovery Speaker Series events listed are free to attend and take place at MRC/The Recovery Church, 253 State Street, St. Paul, MN 55107.*

**Thérèse Jacobs-Stewart: "Mindfulness and the 12 Steps: Living Recovery in the Present Moment"**

Tuesday, November 2, 7 pm

For those of us in recovery, Thérèse Jacobs-Stewart's recent book, *Mindfulness and the 12 Steps*, offers a fresh approach to developing our own spiritual path through the Buddhist practice of mindfulness, or bringing one's awareness to focus on the present moment. We can revisit each of the Twelve Steps, exploring the interplay of ideas between mindfulness and Twelve Step traditions--from the idea of living "one day at a time" to the emphasis on prayer and meditation--and learn to incorporate mindfulness into our path toward lifelong sobriety.

**John MacDougall: "A Fit Spiritual Condition"**

Tuesday, December 7, 7 pm

"We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition." John will explore the daily behaviors, found in the Big Book, that allow us to achieve and maintain a fit spiritual condition, one day at a time.

November 2010

### UPCOMING EVENTS

**Therese Jacobs-Stewart**  
"Mindfulness and the 12 Steps"  
Tuesday, November 2, 7 pm  
Free

**John MacDougall**  
"A Fit Spiritual Condition"  
Tuesday, November 2, 7 pm  
Free

### Recovery Yoga

**All-levels Vinyasa Yoga Class**  
Every Tuesday at noon  
MRC, 253 State Street  
St. Paul, MN 55107  
Donation-based.

Experience how yoga can assist your recovery from addiction and/or compulsive behavior through breath work, meditation, and physical postures.

View full events calendar at  
[www.minnesotarecovery.org](http://www.minnesotarecovery.org)

### RECOVERY RESOURCES

Learn about recovery resources in Minnesota at  
[www.minnesotarecovery.org](http://www.minnesotarecovery.org)



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## WHAT'S HAPPENING AT MRC *(continued)*



### Tuesday, November 2, is Election Day! Get out and vote!

People in recovery are deeply impacted by decisions made by our elected officials. Your vote counts to impact who these elected officials are. Please exercise your power to affect change by stepping into the voting booth on Tuesday, November 2.

*A few key points and resources to remember for Election Day:*

#### **Polls will be open from 7 a.m. to 8 p.m. on November 2.**

You can register to vote on Election Day at your poll as long as you can provide proof of residence. MN ID can be used to register, but it is not required. Visit registering to vote to find out what you need to do to vote on Election Day.

Find your polling place and look at a sample ballot for your district. (You can bring a filled-out sample ballot with you into the voting booth as a guide.)

#### **Important phone numbers:**

If you are in the 7-county Metro area and you would like a free ride to your polling place on Election Day, call **1-877-50-RIDES**. Anyone can use these rides, and accessible vans are available for people with disabilities.

If you have general questions, or you experience potential voting rights violations on Election Day, call **1-866-OUR-VOTE** from the polling place and speak to a volunteer attorney.

If you have any further questions about voting, please visit [www.mnvotes.org](http://www.mnvotes.org).



## VOLUNTEER SPOTLIGHT



*MRC Volunteer Lisa Pepper*

### Making the Most of Opportunities

“I love being a part of MRC’s peer-to-peer recovery support programs. I get so much more back than I give out—that’s how the program of recovery works,” says MRC Volunteer Lisa Pepper who volunteers in the Telephone Recovery Support program. “This is about paying it forward for me—I was given my life back through recovery and I hope that I can help do that for someone else.”

## GET INVOLVED!

### Volunteer Opportunities

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.

### Recovery Coaching

MRC offers peer-to-peer recovery support through our Recovery Coaching program. Volunteers are matched with individuals seeking recovery to offer on-going weekly support to help remove barriers and help enhance and sustain recovery.

### Telephone Recovery Support

This peer-to-peer recovery support program is similar to the Recovery Coaching program, except that it is limited to phone support. Volunteers reach out over the phone to individuals seeking recovery in order to connect them to the resources they need to achieve and maintain recovery.

If you are interested in volunteering, please contact Jim White, Volunteer Services Intern, at 651-233-2080 or [jim@minnesotarecovery.org](mailto:jim@minnesotarecovery.org).