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September 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.

Summer Recovery Speaker Series

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

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.

Recovery Yoga

All-levels Vinyasa Yoga Class

Every Tuesday at noon beginning August 17
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.

NATIONAL RECOVERY MONTH

September 2010 will be the 21st annual **Recovery Month** observance by the U.S. Department of Health and Human Services Substance Abuse and Mental Health Service 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,

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UPCOMING EVENTS

Bill Alexander
"Choosing Joy"
August 10, 7 pm
[learn more](#)

Volunteer Training: Telephone Recovery Support Program
August 17, 6 pm
[learn more](#)

[VIEW FULL EVENTS CALENDAR](#)

RECOVERY RESOURCES

[Treatment Services](#)

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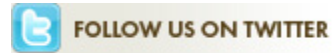
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**VOLUNTEER
FOR RECOVERY**



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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.

Rally Caps for Recovery Twins Game

Get your tickets now! There are less than 100 tickets left and this event is sure to sell out!

Rally caps available for purchase through our website soon!



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 Recovery 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). Don Shelby will do a pre-game presentation around the hope of recovery, 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 13, 2010.**

Other Recovery Month Events in Minnesota

Event	Date	Location	Cost	Contact
Don Coyhis, White Bison – Wellbriety Speaker	September 2, 7:00 pm	Minnesota Recovery Connection, 253 State Street, St. Paul 55107	Free	Nell Hurley, MRC, 651-233-2080
Heartbeat of Recovery	September 4, 11:00 am – 4:00 pm	Minneapolis American Indian Center	Free	Denise Estey Lindquist, DHS, 651-431-2461
Spirituality Breakfast	September 16, 7:30 am	Augsburg College, Mpls	Free	Patrice Salmeri, StepUp, 612-330-1166
Rollin' on the River, Hazelden Alumni Dinner Cruise with Speaker John MacDougall	September 16, 6:30 – 9:00 pm	Paddleford Landing, Harriet Island, St. Paul	\$25 per person	Nathan Wardwell, Hazelden, 800-262-4882
TWINS Game	September 30, 7:10 pm	Target Field	\$18 per ticket	Julia Parnell, MRC, 651-233-2080
Film Premiere: "Lost in Woonsocket"	September 23, 7:00 pm	Riverview Theater, Minneapolis	Free	Julia Parnell, MRC, 651-233-2080
Honoring Families in Recovery by Debra Jay (Talk & Book Signing)	September 23, 7:00-8:30 pm	Wayzata Community Church	Free	John Leonard, The Retreat, 952-476-0566
Live Concert featuring "No Excuses"	September 25, 1:00-3:00 pm	Black Bear Crossing (Como Park Pavilion)	Free	Nell Hurley, MRC, 651-233-2080
Kickball Tournament	September 25, 4:00-7:00 pm	East Picnic Grounds, Como Park, St. Paul	Free	Monique Bourgeois, ARC, 612-219-9470
Live Concert featuring "Covert Ops"	September 25, 5:00-7:00 pm	East Picnic Grounds, Como Park, St. Paul	Free	Monique Bourgeois, ARC, 612-219-9470

For more information contact **Julia Parnell** at 651-233-2080, ext. 22 or julia@minnesotarecovery.org or visit www.minnesotarecovery.org.

GET INVOLVED!

Telephone Recovery Support Volunteer Training August 17, 6-7:30 pm at MRC

This free training will give you the skills and knowledge to become a successful volunteer in MRC's Telephone Recovery Support program, a peer-to-peer recovery support program that offers recovering people a way to give back, strengthen their own recovery, and support others who are seeking recovery.

Registration required.

For more information about how to become an MRC volunteer, or to register for the August 17 training, please contact **Tracy Knollin**, Volunteer/Training Coordinator, at tracy@minnesotarecovery.org or 651-233-2080, ext. 21.

VOLUNTEER SPOTLIGHT

Making the Most of Opportunities

MRC volunteer Jim White is experiencing quality recovery after many years of trying to get sober. According to Jim, the key to his recovery is to "get involved." "I always wanted to do service work as part of my recovery, but in the past I



Jim White
MRC Volunteer

never did. It feels great to be a part of something and to give something back," said Jim.

Jim is currently a volunteer in MRC's Telephone Recovery Support program, where once a week he reaches out over the phone to others in the community who are seeking recovery.

SUPPORT OUR WORK

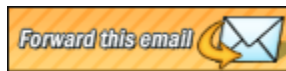
Ways to Give

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



MRC exists to connect people to the network of resources that support individuals, families, and communities recovering from addiction.

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