

Lost and Found Newsletter

HELP FOR THOSE LOST IN ANOTHER'S ADDICTION

- Need Help?
Call us today :
218-287-2089
- Addiction Interventions
- Counseling Concerning Addiction and Mental Health
- 5th Steps
- Informational Classes
- Recovery Supports
- Resource Library of Life-giving Materials

I Didn't Know Recovery Is Possible!

My name is Tanya, and I'm in long term recovery. I remember the moment well in 2005 when I realized things had to change.

One Morning...

One morning I woke up knowing that I got home from drinking again, but I couldn't remember how. My car was there so I must have been driving in a blackout. It terrified me that I might have hit someone and not even realized it.

I knew I needed to turn things around, and I did.

My four children became my motivators, my reason to keep trying. I saw my daughter going down the same road that I had, and I wasn't going to give up on her either. I fought, even when she didn't think I would. This daughter had seen the drinking side of



Tanya (right) and her daughter, Alexis

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intergenerational pattern, we beat the odds and just in a blink of an eye it was like we charged forward making things happen for our family in a good way.

Generational Change

I grew up where drinking was in all parts of life. I had never heard about 20+ years of sobriety—anywhere.

The good news,! I have

heard many stories of successful recovery in the work I do now, and it brings hope that I can be successful and will get the opportunity to encourage others to do the same.

Giving Back

I have used this new energy to help others in my community in many ways.

In my recovery, I get to be an advocate on many levels.

I currently sit on the Human Relations Commission. Ten years ago I didn't even

know what a commission was, let alone know what can come out of being involved.

It's amazing seeing what recovery and good energy can do for the soul. I have become an active community member, and most of all I have become a mother who cares for the future of my children.

Recovery is possible!

Denise's Corner

Denise Peterson, Executive Director



The Pain of Addiction and the Joy of Recovery

We at Lost and Found Ministry see both ends of the spectrum when it comes to the pain of addiction and the hope of recovery from the disease of addiction.

Every day we get phone calls from family members wondering what to do about an adult child or loved one who is struggling with an addiction. We welcome them to come in and talk—get some guidance—find some hope.

We also get letters and phone calls like this one for Giving Hearts Day:

"Lost and Found helped me so much and I will be forever grateful. I still stop by once in a while. I have been sober for four years now, thanks with your help! If I could, I would donate every month. Maybe down the road that will happen..." D.

This (and help from you) keeps us going. Thank you, Good Friends! God is good.

Introducing...

Project



Arts | Creativity | Teamwork

Lost and Found Ministry and reGROUP: Peer Advocates for Addiction Recovery are pleased to offer interactive, hands-on, experiential learning opportunities for your group, classroom, staff retreat, or business meeting—for any age. Thought-provoking, experiential fun with a purpose!

It's a new way of telling the story—through the dramatic arts. It could be improvisation, story drama, puppetry, puppet making, mask making, or sociodrama. All of which bring new ways of seeing a message.

Beth Brantner, counselor at Lost and Found Ministry and Amy Tichy, educator and drama therapist have teamed up to bring a new twist to the conversation on addiction and recovery—and several other challenging subjects.

"I liked how you turned a boring science lesson into a fun interactive activity," said a SADD student after participating with Project ACT.

Brantner and Tichy offer six different program

formats on various topics such as:

- Bullying**
- The Disease of Addiction**
- Stress Management**
- Communication**
- Your topic of choice!**

Project ACT is available for bookings for schools, business meetings, staff trainings, youth events, and more. They can provide interactive programming for any size group.

Contact us at beth@lostandfoundministry.org or 218-287-2089. for more information or to book an engagement. More information online, too.

Highlights and Happenings



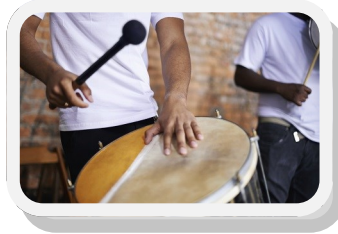
Giving Hearts Day 2015 brought 60+ people to visit Lost and Found Ministry and reGROUP. Gracious donors gave \$27,631. Thank you! Thank you, also, to donors who gave match and inspired

others to give: Dakota Storage Products, Marshall Heitzman, Hope Lutheran Church, Jim and Cindy O'Day, Denise Peterson, Trinity Lutheran 90/10, and Bernadine Ursin. Carol Zielinski won the gourmet dinner donated by Rev. Simon Fensom and Irene Braukman won the airplane ride donated by Rev. Wil Fisher.

Twenty-nine friends of reGROUP: Peer Advocates for Addiction Recovery walked the **St. Patrick's Day Parade** in Fargo on March 14 proclaiming Recovery Works!



Recovery Drumline Self-Help Group will meet every Friday evening at 6:30 pm at reGROUP, 107 7th St. So., Moorhead, beginning April 3.



Drumming has been shown to support recovery by encouraging discipline, group interaction, and enjoyment. Lead by Randy Stetson, LADC. Free.

My Adult Child is Addicted/Alcoholic, and the Rest of Us Are Falling Apart!



Discussion and Insights
Lead by Beth Brantner, LPCC



reGROUP
107 7th St. So.
Moorhead, MN 56560
218-258-0555
www.regrouppmn.org



Lost & Found Ministry
111 So. 7th St.
Moorhead, MN 56560
218-287-2089
lostandfoundministry.org

A Christian ministry
of healing for those who
struggle with addictions.

Figuring out how to hate the disease yet love your child is not easy. There is help and support out there.

Tuesday, April 21
7:00 pm-8:15pm
111 7th St. So. Moorhead, MN

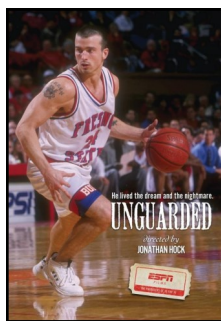
Call 218-287-2089 for more information
www.lostandfoundministry.org

Caring - Nonjudgmental - Confidential

On Tuesday evening, April 21, at 7:00 pm, Beth Brantner, LPCC will lead a discussion on "My Adult Child is Addicted/Alcoholic and the Rest of Us are Falling Apart." Free and open to anyone who is trying to figure out how to love—and help—someone struggling with the disease of addiction. Call 218-287-2089 for more information.

reGROUP Yoga in Recovery
7-week session—\$65.
Dates: Tuesdays, 7 Sessions
April 7-May 12
Time: 5:30—6:30 pm
Location: reGROUP
107 7th St. S
Moorhead
To sign up, contact Tanya at 218-258-0555
or Tanya@regrouppmn.org
Facilitated by HeartSprings
practitioner Camelia Lamey

Starting Tues
Apr 7-May 12,
5:30-6:30 pm,
reGROUP and
HeartSprings will
offer "Yoga in
Recovery." \$65 for 7
sessions. Call 218-
258-0555 to
signup.



Library Favorite! DVD "Unguarded" Chris Herren, basketball legend, played for the Boston Celtics, struggled with addiction that nearly killed him. Hear his story of recovery.

Check out the Lost and Found library open 9-5 M-F full of DVDs, CDs, VHS, books, study guides, devotionals, and resource information for living. lostandfoundministry.org/library.html



Trinity Lutheran Church
Lost and Found Ministry
111 7th St S
Moorhead MN 56560

Return Service Requested

\$90 Early Birdie Special ends June 1

2015 Tournament Sponsor

June 26, 2015
Meadows Golf Course
10 am Shotgun Start

Lost & Found Ministry Mulligan Classic

"Because Everyone Deserves a 2nd Chance"

Register today to reserve your place in the tournament!

When: Friday, June 26, 2015
Where: Meadows Golf Course
401 34th St S, Moorhead, MN
Check-in: 9:00 am; **Shotgun start at 10:00am**
Format: 4 Person Scramble
For Info: Call Lost & Found: 218-287-2089 or lostandfoundgolftournament.eventbrite.com
(Watch out for the mulligan classic shenanigans!)

Cost: \$100/person (\$90 special by June 1)
Includes: Registration gift, 18 holes of golf, cart, event prizes, light breakfast, full lunch, games, door prizes & lots of FUN! Licorice is back!

Tee Sponsors: \$250
Hole Sponsors: \$100
Support the work of Lost and Found Ministry