

The Freedom Flyer

The Newfound Freedom Newsletter ~ Keeping the Community Connected

September 2016

NFF at Founder's Day!



Jackie D., Sam S., Mike M., Scott F., Brian K., Tracy W.

Over June 10-12, 2016, I was privileged to attend and to be in service at Founder's Day in Akron, Ohio, the birthplace of Alcoholics Anonymous. This being my second time at Founder's Day I knew what to expect- thousands of drunks, like myself, celebrating what Bill W. and Dr. Bob brought into this world 81 years ago.

Newfound Freedom was given a very unique service commitment this year. Last year we were in the registration room signing people up and having fun, but this year we were going to be giving tours of interesting sights that I had read about but had never seen. I wasn't sure that my fear of public speaking had fully been removed, and this made me nervous, especially given my lack of familiarity with the locations. But my nervousness was replaced with optimism when the words of my sponsor came to me, "Those in service stay sober".

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Caps off to the 2016 Season



NFF Fighters 2016

The NFF Fighters just finished their second season in the URSL recovery softball league. Although they fell short of making the playoffs, they agree it was a very successful season. The team improved on last year's two-win season, finishing this year with seven wins. But statistics aren't the whole story. What the players, coaches, and spectators got out of the season can't be measured in wins and losses, runs, or double plays. The fellowship and sober fun is what made the season one to remember.

Head Coach Robert Kobash is grateful for getting "just another day clean." This league is a great way for guys to have clean and sober fun. While Kobash loves supporting the team, there are a few specific reasons he chose to coach again this year. He was happy to see players return from last season, alumni getting more involved, and Scott Fleming out on the field. These things pulled him back into his role as Head Coach. Kobash said his season highlight was seeing the players' significant others and children come out and have fun.

"Everyone wants to win but at the end of the day that doesn't matter," said Kobash. "The fellowship and camaraderie is what will keep bringing me back."

First time assistant coaches John Koreck and Bob Gerrity were equally impressed with the amount of heart the players showed. They said it was inspiring to see guys like Rob Masterson and Joe Kramer, both new to the team, show up every week and give one hundred and fifty percent.

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Monthly inspirational quote provided by Chris Brennan.

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Upper left: Scott F. in the field. Upper right: Shawn M. running the bases. Bottom: Drew G. taking a swing

Joe, who played left field, and Rob, the team's pitcher, have experience playing on various other teams, and brought their skills to the NFF Fighters this season. Their dedication and talent earned them both the title of 2016 Co-MVP. While honored to have the title, Joe and Rob walked away with so much more. Doing something they love to do while growing closer to other people in recovery was an experience they won't forget.

"Being down in the last inning and watching these guys fight back and win was my highlight," Rob said. And when asked about his highlight, Joe said: "Building the camaraderie while doing something I love."

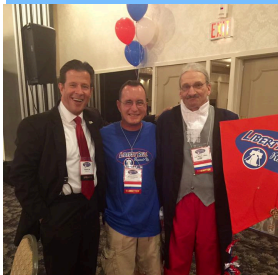
To say everyone is excited for next season is an understatement. The goal for next year is to make the playoffs, though either way everyone is looking forward to returning to the field. The twelve steps

teach us to stress progress, not perfection. While perfection

may be the ideal, progress is what we must focus on, for that is how we measure success. The wins and losses are important but at the end of the day, it's really about having fun in recovery. ♦

By Resident Brian K.

5th Annual LBR- A Milestone in the Journey



Lee "Ben Bull Franklin" with committee member Jim E. and local speaker & MC Robbie W.

Over the weekend of June 24th-26th, 550 people from all over the world poured into the Clarion Hotel in Philadelphia for the fifth annual Liberty Bell Roundup. As always, it was three days of fellowship and high energy, a buzz was in the air as they celebrated half a decade of success.

"It was a blast," said Phil B, NFF resident and LBR attendee. Phil had a great time at the event.

Jim E., LBR committee member since day one, said this was the best one yet.

For the fifth anniversary, the original logo was used, a nod to the 5th anniversary which brought some vintage flare to this year's overall look.

Scott F. could not be happier with how everything went. "This was a milestone in our LBR journey," he said. The LBR committee is already hard at work planning the 2017 event and who knows what is in store. After all, according to Scott (and everyone else), "Every year it seems to get better and better!" ♦



Original LBR logo from 2011, used again this year

We asked committee member Dave W. some questions about LBR:

Freedom Flyer: Can you believe it's been five years?

Dave: I am astonished. It seems as if it was just a few months ago we were all getting together for the first time to discuss the Liberty Bell Roundup concept and to begin planning LBR 1.

Freedom Flyer: How have you seen LBR grow over the years?

Dave: Wow! The LBR has a capacity of 600. Year one we completely sold out, followed by a year two sell-out. Year three we were sold out entirely three months before the event.

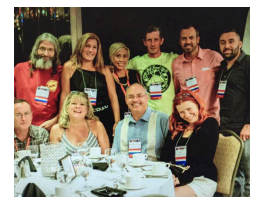
Freedom Flyer: What is the process for getting ready each year?

Dave: Actually, we have already gotten speaker commitments for the 2018 LBR and are starting to get commitments for 2019! However our planning for each year's event begins in the fall the year before. At that point, the Committee is established. We then begin meeting in January and start planning out the details. We will meet 10 - 12 times between January and the actual event. We have an LBR Chairperson and the following committees; Registration, Treasury, Printing and Promotional, Outreach, Hospitality, Decorating, Volunteer Coordinator, Security Staff Coordinator, and last but certainly not least, the

"Lee Ben Bull Franklin" committee. Without going into boring detail, the amount of planning, coordination for each committee chair is tremendous, and the coordination between each committee is essential to the success of the event. The work is worth it, as we get to present to the LBR attendees an awesome and seamless experience.

Freedom Flyer: What's your favorite thing about LBR?

Dave: I would have to say my favorite thing about LBR is the difference it makes in people's lives. Over the years I have had so many people come up to me at different times and say they were at LBR... It was a very difficult time in their life or recovery, and that something that they heard or that occurred during that weekend changed their life for the better, changed the direction they were headed. I have had so many people tell me similar things over the years - that is my favorite thing. ♦



Friday was amazing, from the accommodations to the fellowship to the meetings. Our hotel overlooked the river and had an amazing walk-way which gave an awesome view of the water and rocks. The Friday night kick-off meeting was awe-inspiring and it was great meeting people from Canada and all over the U.S. The evening was full of interesting conversations and new connections.

Early Saturday morning we all met up to prepare for the tours we'd be giving. Our group took the very first tour so we could see how it's done. We rode through Akron absorbing information as our guide pointed out different landmarks and gave interesting facts that we would later present to other tourists.

When it came time for my group (which also consisted of Tracy W. and Mike M.) to facilitate our tours, I was given the honor of speaking on the microphone as the "guide" which amazes me because I have issues guiding my own life, hah! The tours were fantastic. The energy from the people that I met was contagious and all the nerves were replaced with good vibes. I also learned a lot more about AA history.

One thing in particular that stuck with me was the story of Sister Ignatia, a nun who worked alongside Dr Bob. Beginning in 1939, she helped alcoholics get help at St. Thomas Hospital in Akron, Ohio, by sneaking them in the back door and admitting them under "Gastric Distress". She is credited as having starting the first alcohol detox in the US and she dedicated the rest of her life to helping alcoholics in Akron, and then Cleveland.

It was great to learn more about Sister Ignatia. I had heard of her but didn't really know her connection. I never realized how instrumental she was; that she's the reason we give out coins to celebrate sobriety.

Ending the day with the "big" meeting was spectacular. The main Saturday night meeting had close to ten thousand people. Seeing the sobriety countdown at an event that large can't be described. And to say the Lord's Prayer in unison with a stadium of people was breathtaking. The echo of "Our Father" is something I can still hear in my head today.

As we drove home Sunday I reflected on where I was when I came into the rooms two years ago and how far I've come in that short time. I feel like I truly am a different person, a better man, and I owe that to the 12 steps and weekends like this; weekends where I can look around a stadium filled with ten-thousand people just like me- people who had been transformed by turning their life over to a higher power, who are living everyday by the spiritual principles that we were taught by our sponsors- and finally feel like I belong.

That being said, if anyone reading this has never been to Founder's Day, I highly recommend it. It is a weekend that may forever change your life. Next year we are selling literature, and I'm already excited to go back.

Thanks again for the opportunity Scott! ♦

By Resident Brian K.

Another Amazing NFF Event!



It was a fabulous Fourth of July at Bowman. A few hundred people showed up for this mid-summer BBQ and speaker meeting.

Residents, alumni, family, and staff all gathered in the backyard for an inspiring message and delicious food.



*Brennan's
Corner*

*The Man who
Renounces Self
Comes to Himself!!*

What's Going On?

Ongoing NFF Meetings

Monday:

• **AA Step Mtg** 7pm
First Presbyterian Church in Bristol.

• **NA Text Study** 7pm
First Presbyterian Church in Bristol

Tuesday:

• **Roving Recovery Meeting** 7pm
(Location changes weekly, alternating between the three men's recovery houses.)

Wednesday:

• **Garage Mtg** (Men's Lit Study) 7:30pm
Bowman Garage

Thursday:

• **Recovery Rap Mtg** 9:30am
Blue Ridge House



NFF Celebration Meeting

Last Monday of Every Month!!!

NFF & Community Events

Exciting Events Coming This Fall:

NFF October Camping Trip

NFF Bonfire Meetings

Fall Horseshoe Tournament



Look for more information soon!



Announcements!

New Monday Night Meeting Format:

Each week a different NFF Alumni or Community Member will be speaking on a step.



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