

## NEW BEGINNING NEWS



### NEW BEGINNINGS SUPPORT GROUP, INC.

FIRST CONGREGATIONAL CHURCH  
519 WASHINGTON ST. WHITMAN, MA 02382  
P.O.BOX 423 ABINGTON, MA 02351  
TELEPHONE #781-499-2659

INFORMATION NB IS OPEN 6 TO 9 PM

Orientation 6 - 6:30 (One time event)  
Support Groups 6:30 - 7:30  
INFO + 7:30 - 7:50  
Social Time 7:50 - 8:15  
Program 8:15 - 9 (sometimes 8:30)

THE PURPOSE IS TO BENEFIT THE COMMUNITY BY PROVIDING A SUPPORT GROUP FOR ADULTS TO FIND PURPOSE IN ALL DIMENSIONS OF THEIR LIVES AFTER EXPERIENCING A LOSS.

FEBRUARY 2026

## PRESIDENT'S MESSAGE

Hello New Beginnings Members

February, the second month of the year is probably the most notable for Valentine's Day, Black History Month, and Presidential Holiday. February is also the shortest month of the year, with only 28 days (unless it's leap year - in which case there are 29 days - but the next leap year is not until 2028).

February has a lot of love, to be sure. Here are some highlights

Groundhog Day

We are all familiar with Punxsutawney Phil's emerging squinty eyed from his burrow; root about for a shadow which may or may not be present casting doubt on the whole meteorology profession. It's all good fun to pin our hopes on an early spring.

Valentine's Day

Love it or Hate it. It is a good day to reach out and tell somebody how you feel about them.

President's Day

What began as a celebration of Washington and Lincoln's Birthdays it became a Federal Holiday highlighting the history and contributions of all presidents. Also Wm. Harrison and Ronald Reagan were also born in February.

Black History Month

Recognizes and celebrates the achievements of African Americans throughout history. A critical and an important month for education and reflection.

What's on your calendar this month?

Sincerely,

Leslie Pearce, President

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What are the goals/changes you would like to see at New Beginnings in this upcoming year?

Please write any goals/changes on a piece of paper and put it in the Goodwill basket on

any Monday night in January and we will do our best to add your goals to ours and make any changes that would make New Beginnings better. No Names needed.

Thank you.

## COUNCIL MEETING

THE NEXT COUNCIL MEETING WILL BE HELD ON  
FEBRUARY 18, 2026  
6:30 PM

At First Congregational Church 519 Washington St. Whitman  
All N.B. members are invited to attend.

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## COUNCIL MEMBERS

### EXECUTIVE BOARD

President Leslie Pearce

VP Steve Griffin

Treasurer Jeff Tracy

Clerk Rosanne Payne

Director Gail Bowers

### COMMITTEE CHAIRPERSONS MEMBERS - AT- LARGE

Arlene Volpe

Silas (Tom) Adams

Kim Sturge

Facilitator Co. Ann Mackey

Hospitality Carole Dick

Fundraiser/Social Gail Bowers

Web/Publicity Steve Griffin

Programs Christopher Kimball

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ARE YOU INTERESTED IN JOINING THE COUNCIL - VOLUNTEERING,

PLEASE SEE ANY COUNCIL MEMBER

## FEBRUARY PROGRAMS

FEBRUARY 2 Social/Facilitator Meeting

FEBRUARY 9 Reiki with Kim Sturge

FEBRUARY 16 Potluck (Please use an insulated bag to keep food hot or cold)

FEBRUARY 23 Irish Dancers

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## FEBRUARY SOCIAL CALENDAR

It is important that if your plans change and you cannot attend an event you signed up for, that you notify the event host so she/he can plan accordingly.

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On the first Wednesday of every month Leslie will host Singo at D'Ann's.

WED. FEBRUARY 4

Dinner & Singo with Leslie 5:30 PM for Dinner 6:30 PM for Singo at \$  
D'ann's 340 Centre Ave Abington. Please sign up.

THUR. FEBRUARY 12

Lunch with Leslie 1 PM at Tommy Doyles 37 Oak St Ext. Brockton \$\$  
Please sign up.

SAT. FEBRUARY 14 HAPPY VALENTINE'S DAY

DANCE with Leslie - Dale and the Duds at the Whitman VFW  
95 Essex St Whitman. Cost \$20 No sign up needed

FRIDAY, FEBRUARY 20

Lunch with Gail 12:30 PM at LaScala's 1070 N Main St. Randolph \$\$  
Please sign up.

FRIDAY, , FEBRUARY 27

Comedy Night with Christopher 8 PM at the VFW 736 Chief Justice  
Cushing Hywy. Cost: \$28.52 Please sign up and pay in advance.

Give Christopher a check for New Beginnings by February 10th.

Please sign up or email Gail -newbeginnings2016gb@gmail.com for all reservations.

Both should include your name, telephone #, and the event you want to attend.

The Social Committee is looking for members to host events.

And a special Thanks to all that do.

## THE QUEEN OF HEARTS

The Queen of Hearts is a raffle that will be played every Monday night. \$1.00 for a raffle ticket gives you a chance to win half the pot. There will be a board with 54 sealed envelopes attached, inside the envelopes will be a playing card from a deck of cards.

One raffle ticket will be drawn every week and that winning raffle ticket will get a chance to open one of those sealed envelopes. If you open the envelope that contains the Queen of Hearts, Congratulations you will be the big winner.

Chris Kimball will be in charge of ticket sales.

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## MEATBALL STROGANOFF

8 tbsp unsalted butter	1 large onion, finely chopped
2 cloves garlic, finely chopped	3 cups thinly sliced mushroom caps
2 tbsp all-purpose flour	1 ¾ cups beef stock
¼ cup dry white wine or ¼ cup more beef stock	
¼ tsp salt to taste	ground pepper to taste
2 tsps Worcestershire sauce	1 cup sour cream
2 tsps fresh dill, chopped or ½ tsp dried dill	
16 to 24 small, cooked meatballs (homemade or store bought)	

Melt butter in a large pot over medium heat, add the onion, and cook for 5-6 minutes

or until soft. Add the garlic, mushrooms and cook for another 5-6 minutes or until most of the liquid cooks off. Sprinkle with flour, stir and cook for another minute. Add the beef stock and wine, if using, bring to a simmer, and cook for 3-4 minutes or until the liquid is slightly thick. Add salt and pepper to taste, Worcestershire sauce, sour cream, and dill and stir until evenly blended. Add the meatballs and simmer (do not boil) for 5 to 7 minutes, or until the meatballs are heated through.

Makes 4 to 6 servings