



Recovery Starts with Meridian Behavioral Health

Comprehensive Substance Abuse Treatment Options

Meridian Behavioral Health offers a comprehensive selection of drug and alcohol treatment programs for individuals throughout Minnesota.

We are the referral destination of choice for many Chemical Health professionals because the goal of all of our programs is to arrest active addiction, stabilize our clients and their families, and support sustained recovery.



To refer a patient or learn more about us:

1.877.367.1715

MeridianPrograms.com

Disclaimer: The model depicted in this ad is not associated with Meridian Behavioral Health and is for illustrative purposes only.

Change? Me?

“If you do not change direction,
you may end up where you are going.”
Lao Tzu



by Mary Lou Logsdon

“Everybody wants it to be different but nobody wants to change.” The pastor referenced the tension in the congregation. Few were happy; most could name someone or something that needed to change. Status quo held tight. Many years later I recall his words as I think about the changes I would like in my life. Do I really want it to be different? How much am I willing to invest to make it so?

I like to take stock of my life as the new year begins. It is an opportunity to inventory the past year—what went well and what didn’t? What were my joys and sorrows? What were my opportunities and challenges? How did I respond? Where am I and where am I going? What did change? And what didn’t?

Recently, I listened to a futurist on the radio who said that when we project into the future, we project what we already know rather than bold or creative ideas of what might be. In other words, we project the past into the future. Who of us would have predicted ten years ago we would walk around with a computer in our pocket that could access the world with a few taps, call anywhere, store photos on a cloud and steer us to a location in the heart of the city, block by block?

I adapt to most of these changes, but do they bring me closer to where I want to be? I am going to change but who is holding the reins of change? The market place? My employer? My aging body? Or me?

If I am in the same place next year, how will I feel? Is there something in my life I really want to change? If there is, I probably know exactly what it is. I want to be healthier—get more exercise, better sleep, lose weight. I want a different job or career. I want to get out of an unhealthy relationship. I need to quit smoking, drinking, relying on sleep aids. When the answer pops right up, we know what the issue is.

What keeps us from making the change? James Belasco and Ralph Stayer say, “Change is hard because people overestimate the value of what they have—and underestimate the value of what they may gain by giving that up.” We know what we are losing but we don’t know what we are gaining. I remember when I decided to meditate for 20 minutes daily. I wondered how I would ever find the time to do it. It seemed every minute of my day was already booked. How could I spare another 20 minutes? I could not sense, in my body, how the relaxed self that re-entered my day could feel so free. Or that my kids would soon take it in stride that I took 20 uninterrupted minutes when I got home. Or that my schedule did allow for this new practice.

Our lives may not be what we want them to be but they are comfortable, normal, routine. It is so much easier to

pick up fast food or sit in front of the TV or rummage through Facebook than it is to call a friend for a walk, cook a healthy meal or tackle the closet that overflows with too much stuff. Neale Donald Walsch says, “Life begins at the end of your comfort zone.” Just because it’s comfortable, doesn’t mean it’s working.

My parents lived with many inconveniences because they were familiar, even when the inconveniences were not at all comfortable! They built their house right after World War II, just outside of a small Minnesota town. They always thought they would do that again, build another house, especially as the town encroached on the surrounding farm fields. Through the years there were many things that needed attention in the house. The retaining walls leading to the tuck-under garage bowed. The front steps pulled away from the house. Cold penetrated the thin insulation. The answer was always the same, “We aren’t going to be here that long. We can live with it.” They lived there the rest of their lives. Small fixes kept the house livable, while the big things were never addressed. How many of us live our lives like that? We tweak around the edges, but never address the real issue. Starting therapy. Saving for retirement. Getting out of a dysfunctional relationship. Leaving the security of our unsatisfying job for something we love.

Denial and defensiveness keep us stuck, too. It isn’t that bad. It could be worse. Who has it better anyway? Marshall Goldsmith says, “After living with their dysfunctional behavior for so many years (a sunk cost if ever there was one), people become invested in defending their dysfunctions rather than changing them.”

Our beliefs can get in the way. I am not smart enough, disciplined enough, patient enough. I’m not strong enough, old enough, young enough. We inherit beliefs from our family, adopt them from our culture, or are bullied into them by someone else. Time to let go of false belief systems.

A good place to start a change plan is to ask, what are my values? What is important to me? Do I really want to end up where no change is taking me? The new year is a great time for a checkup. Find one thing you really want to change. Write it down. Tell a friend what it is and schedule a weekly time to check in. Ask her to help you keep on track. If it’s a new habit, do it everyday for 30 days. Have a slip? Begin again. Incorporate it into your daily life. Fake it till you make it. Celebrate success.

It is never too late to begin. Imagine that place you want to be next year at this time. Decide what you can do today to get there. Change the direction you are going today and you just might get someplace very interesting tomorrow!

Mary Lou Logsdon is a Spiritual Director and Retreat Leader in the Twin Cities. She is a member of Sacred Ground’s Education Formation Team. She can be reached at logsdon.marylou@gmail.com or 651/583-1802.

Good Health If it's so easy, why is it so hard?

By Eleanor Ann Leonard

"Whether you believe you can or believe you can't, you're right." ~ Henry Ford

In 2009 Rip Esselstyn published *The Engine 2 Diet – The Texas Firefighter's 28-day Save-Your-Life Plan that Lowers Cholesterol and Burns Away the Pounds*. He had followed a plant-based diet most of his life and credits it with giving him the necessary strength and stamina to be a successful world-class triathlete and later a firefighter. His Engine 2 Diet is the result of his offer – and promise – to help a fellow firefighter lower a dangerously high cholesterol level. The dramatic results prompted him to share his concepts and recipes with a larger audience. His website will guide anyone wishing to improve their life by "redefining their relationship with food."

That redefinition starts in the mind and is probably the toughest challenge to getting through those first 15 days



we are told it takes to change a habit. But "old habits die hard" as the saying goes and we are really good at defending them and crafting clever excuses. Dr. Wayne W. Dyer knows something about excuses. As a leading proponent of the self-help human potential movement, his relaxed, approachable demeanor that many came to know during PBS television pledge drives, made his books and seminars accessible to millions. Dr. Dyer died this past August yet continues to inspire via his website which includes an archive of his blogposts.

In *No Excuses, Your Body Wants To Be Healthy – How I Dropped My Waistline for Good*, Dr. Dyer wrote: "I had been carrying an extra 15 to 17 pounds around my waist for about 10 years, using the excuse that this is what happens when you get old." After publishing his book *Excuses Begone!*, he met Jorge Cruise, author of *The Belly Fat Cure*, who forced him to "test my own paradigm in my own life." Letting go of his "old-age" excuse, he lowered his sugar consumption and "In 30 days that 17 pounds had melted off my waist." He writes, "The fact is we can do this with anything – from belly fat to any excuse-bound situation that is blocking our health and/or happiness."

Sounds simple enough, right? So why do so many of us fail at similar attempts? The relevant point is not his physical act of cutting back on sugar, but the mental adjustment that preceded it. He had to stop replicating the excuse for those extra pounds. And therein lies the basis "truth" in all self-help, self-improvement teachings: It all starts in the mind. Coincidentally, Dr. Dyer's "Daily Inspiration" for January 11th was this: "In order to optimize your health, begin noticing the frequency of any thoughts that support the idea of sickness as something to be expected – and eliminate them from your mind."

In another post, *Let Your Food Be Your Medicine*, he introduces Dr. Joan Borysenko's book, *The Plant Plus Diet*

to page 7



Like Dolphins Made of Silver Light

by Emily Roiphe Carter

This weekend I was scrolling through the video playlist on a field biology site I like to visit when I came upon a warning, "Elephant Calf Eaten Alive by Lions: Not For Sensitive Viewers." I make myself watch these videos for two reasons: First, I have the irrational need to convince myself that it is not as bad as I fear, and second, because my father once told me that if one loves the world, one must love it with open eyes, accepting its horror as well as its beauty. I had briefly wanted to be a field biologist and my father told me a scientist must never turn away.

As to the latter, I did not turn away. As for the former, it was, as always, worse than I feared. The young elephant calf was just a bit too big for the lions to kill with a bite to the neck. It kept trying to get up and failing. The lions grabbed at its knees, trunk, and finally its softer parts, as it screamed for its mother again and again, an agonized trumpeting call that the fieldworker, when interviewed, said she heard echoing in her ears over the next three days as she edited the footage back at base camp. They'd

to page 5

Progress, Not Perfection

by Raina Goldstein Bunnag

We are well into the New Year now, and we're either slogging through our resolutions and changes, or they've been tossed aside as old habits come creeping back. Whichever side of the coin you fall on, inspiration and motivation for better health isn't hard to find. It seems everyone around you is on your side — there's a mass exodus to the local gym, the break room at work is stocked with healthy snacks, and there are about 400 nutrition and exercise blog posts popping up on your news feed.

While this support can be helpful, it also has the potential to be harmful. Often encouragement from well-meaning loved ones or online health resources can make us feel inferior. This may cause us to compare ourselves to others or inspire us to strive for perfection. While it's important to seek betterment, perfectionism evokes an all-or-nothing attitude. This sets us up for feelings of failure or disappointment.

Strengthening your health and wellness routine is a necessity for everyone and it is part of a larger wellness journey. Our individual goals, concerns, interests and skills play into our health needs.

For those in recovery, improving wellness is uniquely important as it will help you to maintain sobriety, balance, and positive self-esteem. Our wellness routine needs to be well-tailored to exactly where each of us is today. It's important to come up with strategies and habits that can aid in your recovery and general wellbeing. This is a journey, so we are striving for progress, not perfection.

Outlined below are ideas to create or improve your own personal health and wellness routine, setting yourself up for success. I draw from my experience as a dietitian and health coach as well as incorporate personal stories of wellness journeys from two people in different stages of recovery. Sophia, 31 with six years sober, and David, 65 with 12 years sober, share their stories.



Decide your motivation. Before setting new goals for your wellness journey, you need to check in with yourself. Why do you want to make changes?

Are you embarking on new practices to help you maintain sobriety? Are you upping your exercise to qualify for a race? Perhaps you just had a health scare which triggered the desire for change.

Think about your motivation before changing your habits. Research shows that people who have a clear picture of their internal motivation are more successful in long-term change than those who strive for only external motivation. Examples of internal motivators include a desire for health, personal fulfillment and autonomy. External motivators are drawn from outside of ourselves, like physical appearance, financial reward and peer pressure. Decide your motivation, write it down, and revisit it often for inspiration. Remember that this is about you, don't let someone else's priorities become your own.

to page 6

Calendar

January, February and beyond

Exciting Sober Sex

Thursday, January 28th, 8-10pm
3010 Lyndale Ave S, Minneapolis
Cost: Free

Sober sex can be the best sex of your life! This class, led by sex and relationship therapist Laura Rademacher, will examine common concerns for sober people and their partners in an atmosphere of fun and sex positivity. We will discuss developing sexual goals and boundaries and communicating with partners. Further topics include avoiding triggers, dealing with sexual fantasies involving use, and navigating dating and hookups as a sober person. Don't be intimidated by the idea of having sex sober. Get inspired about the hot possibilities ahead of you! People of all genders, orientations, and relationship styles are welcome.

Blaming, shaming, guilt, judging, making excuses: Spiritual roadblocks Feb 6

These keep us from moving forward to a deeper spiritual connection and compassion. Redirecting and reclaiming this energy can be used to connect with our goals and other people. By recognizing and understanding how these roadblocks affect us, we can begin to move past them to live our lives more fully in present time. Feb 6, 1-3 pm, Men's Center, 3249 Hennepin Ave, Mpls. 612-821-6424. Cost, \$20. Kathleen McDowell, MA, is an author and educational speaker about the long-term

effects and recovery from childhood trauma. ivegotamessage.com

Psychic Development Beginning/Foundation Class February 24 - October

Learn to consciously access your soul's guidance, clarity, and wisdom. Discover your abilities/purpose working with your body and soul partnership in this lifetime. Wedn. evenings, February - October. Cindy Lehman, 612-669-1861, cindy@cindylehman.com, www.cindylehman.com

Marriage Mechanics Weekend Workshop Sat., Feb 20, 10am-4pm, light lunch provided; Sun., Feb 21, 10am- 1pm

Come in for a tune-up. Leave with (em) power tools. Do you maintain your relationship with your significant other as well as you do your car? When was the last time you ran a "diagnostic test" to see which areas of your relationship needed attention? In this weekend workshop, you'll learn techniques that will help you to run your relationship more smoothly. This workshop is for all couples who are interested in deepening communication through understanding. You are the mechanics of your relationship. Learn techniques that will help you to re-adjust the problem areas. Areas that will be covered: Timing Belt Atunement - How to move smoothly through life's changes. Re-Alignment - Squaring the relationship so that you're moving in the same direction through understanding communication patterns.

Flushing Out the Coolant - Helping the engine (heart of the relationship) to run more smoothly. Understanding what sets off a negative cycle and how to change that to positive interaction.

Changing the Spark Plugs - Charging the ignition and firing the combustion to power-up the relationship. Fun, interactive exercises to promote connection with your partner. \$295/couple. Facilitated by Connie Cohen, MA LAMFT AT. To register please send a check to Connie Cohen at Aslan Institute, 4141 Old Sibley Memorial Hwy., Eagan, MN 55122. For more information contact Connie at 612-483-1673 or write conniec@aslaninst.com

Exploring 12 Step Spirituality: Second Sunday monthly through May - Explore centering prayer meditation and deepen your practice of Step 11. 9am - noon at the Colonial Church of Edina, Fireside Room, 6200 Colonial Way, 55436. Sessions include: Centering Prayer Instruction, Two 20 Minute Sessions of Silence, and reading from the Big Book. Presenters share personal experiences; Group Discussions. A free will offering of \$10/session to cover rent, snacks, printing and coffee is appreciated.

The Dan Anderson Renewal Center, Hazelden, Center City, MN. 12-Step-inspired weekend retreats focus on some of the common issues faced in recovery: forgiveness, practical spirituality, healthy relationships, grief, and loss.

Jan 26 - Jan 28

Twelve Step Retreat for Members of the Military and Veterans in Recovery

Jan 29 - Jan 31

Codependency and Your Spirit

Feb 5 - Feb 7

Preventing Relapse

Feb 12 - Feb 14

Being Together, Staying Committed

Ongoing

Basilica of St. Mary 2016 Lecture Series based on the book Being Sober and Becoming Happy by Dr. John A. MacDougall. All lectures at 6:30pm at the Great Hall, top floor of Basilica School, north of the Basilica on W. Laurel Avenue. The Basilica is located at Hennepin Ave. and North 17th Street in Minneapolis.

Tues. Feb. 9: Surrender and Trust
Thurs. Feb. 11: Practice These Principles
Tues. Mar. 8: Spiritual Recovery From Trauma and Abuse
Thurs. Mar. 10: Love and Romance
Tues. Apr. 12: Hope
Thurs. Apr. 14: Finding Joy in Life
Tues. May 10: Becoming Happy
John MacDougall is the Spiritual Care Coordinator at The Retreat, in Wayzata. All lectures are free; no need to sign up in advance.

Hazelden's Second Sunday Retreats

The second Sunday of each month everyone in recovery is invited to Hazelden in Center City, MN for an inspirational day of workshops, fellowship, sharing and fun. Second Sunday is open to anyone 18 years or older involved in a 12-Step program. Cost is \$20/person and the day includes a buffet lunch and information packet.

9 a.m. - Register at the Cork Center

9 a.m. - Introductions and orientation

10-11 a.m. - Lecture

10:30 -12:45 - Small group discussions

12:45 - 1:30 p.m. - Sunday buffet

1:45 p.m. - Small group discussions or Meditation group

2:55 p.m. - Relaxation group

For information call 800-257-7810.

Plymouth alumni are welcome.

Pancake Breakfast: 3rd Sunday of each month, 10am-12:30pm; The Recovery Church, 253 State Street, St. Paul, MN, www.therecoverychurch.org. Pancakes, sausage, juice and coffee (free refills on pancakes and coffee). \$5 per person/10 and under \$2.50 at the door (No one turned away due to lack of funds!)



MARC HERTZ
CONSULTING, LLC

Addiction & Mental Health Solutions for Families, Individuals & Organizations

Dynamic Family Services for Family Focused Recovery

For more information go to:

www.marchertzconsulting.com or
call us at 888-635-7078

Get with the Program...

with a Phoenix Spirit Subscription!

A one-of-a-kind newspaper filled with spirit, recovery, and thoughts for just plain good living.

\$14 for one year - \$26 for two!

Name _____

Address _____

City, State, Zip _____

Gift subscription to: _____

email address: _____

Mail your check to The Phoenix Spirit,
2610 Irving Ave. S., Mpls, MN 55408

SMOKING STUDY

University of Minnesota

SMOKERS who want to try new cigarettes that may or may not lead to reduced smoking are wanted for a research study. This is NOT a treatment or smoking cessation study.

COMPENSATION WILL BE PROVIDED.

Call: Tobacco Research Programs at 612-624-4913 for more info.



Share the Warmth of

Serenity

Inspirational
Medallions, Dog Tags
& Key Chains

"The Originators"
Coins for Celebration, Dedication and Serenity

www.wendellsinc.com 1.800.860.9355

Winter is the time to give your kidneys some love

In the healing philosophy of the Far East the energy flow in our environment is reflected in our bodies. In the system of the Five Elements, it is the Water Element that corresponds to the night-time in the daily cycle and the winter in the yearly cycle. The organs associated with water and thus winter are the kidneys and the urinary bladder.

Isn't it amazing that your two kidneys, which are the size of your fists, can filter your blood, all one and a half gallons of it, 400 times a day! The adrenals are associated with the kidneys and have to do with handling stress and keeping inflammation down. In Chinese Medicine the kidneys are viewed as the center of the life force. They enable us to go out into the world and handle whatever we encounter during the day.

If you get really cold hands and feet in the winter, it could have to do with the condition of the kidneys. The kidneys are thought to rule the bones and the joints, so if you have bone loss, low back pain or painful joints, you need to take care of your kidneys. Hearing is also associated with the water element, so hearing loss and other old age symptoms like graying of hair, fatigue, losing teeth and memory are all kidney issues. One way to diagnose the condition of your kidneys is by looking at the skin under your eyes — if the skin is dark or puffy then the kidneys are weak.

On the emotional level, you know your kidneys are strong if you have a strong will, confidence and good memory. Some signs of weakness are depression, lack of motivation, fears, sexual issues, sleep problems and

a need to control others. Energy peaks in the meridians of kidney and bladder from 3 to 7 pm, so if you energy drops at that time, your kidneys may need some support.

The flavor associated with the kidneys is salty, so a good quality sea salt is important, plus some other foods like miso soup, soy sauce or umeboshi plums as well as sea vegetables. In the winter we should eat less raw foods and use longer cooking times, and have soups and stews more often.

There are some powerful acupuncture points for your kidneys and bladder between your Achilles tendon and the ankle bones, on the inside and outside of your foot. Put steady pressure on these points for a minute or so if they are tender.

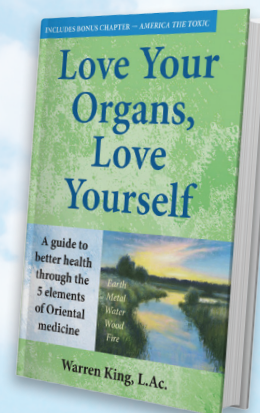
Take care of your kidneys this winter. Keep them warm, eat nourishing foods and take the time to rest. Winter is the time of the year for going within. Meditate more and avoid excessive thinking. Keep a reasonable schedule and make some time each day to do nothing. Rub your hands together and put your hands over your kidneys and send them some gratitude and love... they are the batteries you need for the rest of your life.

Warren King has practiced Oriental Medicine for 24 years and has worked with almost 10,000 patients. His goal is to treat the root cause of issues. He specializes in Auricular Medicine and Quantum Neuro Reset Therapy. His new book, *Love Your Organs, Love Yourself* is available at loveyourorgans.com. His website is warrenking.com.

Imagine you have 10 servants that keep you happy and healthy.

You *do* have these servants; they are the 10 main organs of your body. In this exciting new book you'll learn the language these organs use to communicate with you.

Now your symptoms will make sense and you'll find out what your organs have been trying to tell you!



New book by Warren King, L.Ac

Licensed acupuncturist for over 23 years, who has treated over 9000 patients.

Order online at loveyourorgans.com

for advertising rates call David at 612.298.5405

Classified ads

MINDFULNESS BASED RELAPSE PREVENTION (MBRP)

Looking for a new approach to relapse prevention treatment?

MBRP combines cutting edge neuroscience & psychology to help address addictions and support long-term recovery. Program offered at Conceptual Counseling, Inc.— an agency known for its welcoming setting and supportive services.

For more information: www.conceptualcounseling.com or 651-221-0334. Ask about insurance coverage. Other treatment options also available.



help wanted

We are looking for a reliable individual w/ experience selling advertising on the phone. Good hourly pay & commission possible. Paid Vacation - employee pension fund. Call Ron 651-405-0149

sober housing

S. Mpls. Sober House
Lg. Furnished Rooms
1 block to bus/store
\$375/mo. - \$450/mo.,
free a/c, cable & utilities
Jim D. 612-751-1960

support groups

G.I. Gurdjieff
Established group with direct lineage to Gurdjieff. Weekly meetings are held to understand Work as taught by W.A. Nyland. If you have a serious interest in the ideas of inner Work call 651.387.1072

business opportunity

Twin Cities
Recovery/Spirituality
newspaper for sale
call 612-805-1959

Have you ever thought of owning your own small newspaper?

Now is your chance to let meaningful work into your life. Don't wait another year to make positive change.

the phoenix spirit

RECOVERY • RENEWAL • GROWTH

Every trial, every demon, every issue we find and face holds within it the seeds of healing, health, wisdom, growth and prosperity. We hope you find a seed in every issue

The Phoenix Newspaper is a monthly publication for people actively working on their physical, mental, emotional and spiritual well-being. We are committed to providing articles, advertising, and information about recovery, renewal, and personal growth to help people experience life in a balanced, meaningful way.

The opinions and facts presented in this publication are intended to be diverse and represent those of the writers and/or contributors, and are not necessarily those of The Phoenix. We seek writers and interview subjects who are willing to gift you with their honestly held convictions and insights. We seek to attract advertisers who offer products and services of integrity. But we urge our readers to research, and trust their instincts.

publisher and editor
Julia Jergensen Edelman
2610 Irving Ave. S.
Minneapolis, MN 55408
612.805.1959
phoenix@thephoenixspirit.com

sales director
David Goldstein
612.298.5405
goldsteintc@aol.com

ad design
Ashley Pederson

contributing writers:
John Driggs, Barbara Kummer,
Eleanor Leonard, Mary Lou Logsdon,
Emily Carter Roiphe

Letters to the editor, stories and pictures are welcomed. phoenix@thephoenixspirit.com

Can't find the paper near your house or apartment? Write to us at phoenix@thephoenixspirit.com and we'll do our best to get The Phoenix Spirit to a drop-off site near you. For a list of drops visit us at www.thephoenixspirit.com



Second Step
Supportive Housing
Program

Offering both men's and women's programs

For information or to set up an interview
Call Toll-Free
1-877-570-3982

"Give us a call before you fall"

Gambling Problem?

For most people, gambling is just recreation. But for some, it becomes a real addiction.

For information on problem gambling visit www.NorthstarProblemGambling.org or to speak to someone now, call 1-800-333-HOPE.



Support Groups

MONDAYS

Understanding Eating Disorders, Treatment, and Recovery: Second Monday of each month, 6.8:30 p.m. The Emily Program staff provides answers to common questions and concerns of families and friends “new” to eating disorders, treatment and recovery. 2265 Como Ave, St. Paul, 55108. Free, drop in. Visit www.emily-program.com or call 651.645.5323.

Buddhism and 12 Steps at Mind Roads Meditation Center in St. Paul near St. Catherine’s College, St. Thomas University and Snuffy’s Malt Shop @ 2046 St. Clair Avenue (Cleveland Ave. is the crossroad) 7.8:15pm. meditation and one step/ month. Ongoing. Open to all. Visit www.mindroads.com.

Eating Disorders Anonymous: second and fourth Monday of every month, 6.7:30pm in Little Falls at St Gabriel Hospital in the Rose Room, 3rd. ST. entrance. JoAnn at 320.232.9576, or edalittlefalls@hotmail.com

Friends and Families of Suicide: a place of support and comfort where those that have lost a loved one to suicide will be comfortable talking about their own loss as well as hearing about the losses of others. FFoS meets the 3rd Monday of every month 7.9pm, Twin Cities Friends Meeting, 1725 Grand Ave., St Paul, 55105. For more info email ffosmn@yahoo.com or call Tracy Toner, 651.587.8006.

Debtors Anonymous: a group of men and women who use the 12-Step program to solve problems with debt and other money issues.; www.daminnnesota.org 952-953-8438. Monday, 7-8:30 p.m., St. Mary’s Greek Orthodox Church, 3450 Irving Ave. S., Mpls, 55408. (from the south parking lot use the door next to the flag)

Bloomington Codependents Anonymous: 7p.m.,men&womenatUnitySouthChurch, corner of 1st Ave. and American Blvd. For more info go to: <http://www.unitysouth.org/calendar.aspx> or call 952.469.3303

Support group for married and divorced fathers. Parenting, partnering, and anger management issues. Mondays, 7 to 9 p.m. in Hopkins. Call Kip 763.783.4938.

Nicotine Anonymous: 7-8pm, 1655 Beam Ave. Maplewood. Maplewood Professional Bldg. St Johns Watson Education Center, 2nd Floor, #20, Room 4. 952.404.1488 or 800.234.81MN.

Eating Disorders Anonymous: St. Paul, MN, Mondays @ 6:45.7:30 PM at Hamline Midway Library, 1558 W. Minnehaha Ave., St. Paul, MN 55104. Venita Johnson 612.964.2387 or eda.diverse@gmail.com for more information.

TUESDAYS

Families Anonymous (FA): First and third Tuesday evening of each month, 7pm. Support group for families and friends of those dealing with drug, alcohol or other behavioral issues. Is someone you love destroying family harmony by using drugs or alcohol? Free help exists! Join us at St. Timothy Lutheran Church: 1465 N. Victoria Street, St. Paul, MN 55117, or contact Dave E: 612-701-5575.

Debtors Anonymous: a group of men and women who use the 12-Step program to solve problems with debt and other money issues.; www.daminnnesota.org 952-953-8438. Tues, 7-8 p.m., Dayton Ave. Presbyterian Church, 217 Mackubin St., St. Paul, 55102. (1 block n. of Selby and 2 blocks e. of Dale. Meets in the parlor.

Recovery International Meeting at Mary Mother of the Church, 3333 Cliff Road, Burnsville, rm 9 at 3pm. It is a proven self help method to deal with mental illness including depression, anxiety, anger, mood disorders and fears using cognitive behavior therapy. Contact Rita at 952-890-7623.

Emotions Anonymous - For those dealing with emotional stress, depression, etc. 7:30pm at Christ the King Lutheran Church, Room 106, 8600 Fremont Ave., Bloomington. Take Penn Ave. south to 86th. Turn left and keep going to Fremont, just east of 35W. Brian at 952-888-6029.

Nicotine Anonymous: 7-8pm at St. Columbia Church/School, 1330 Blair Ave., St. Paul, 55104. Sherry for more info at 651-644-8682.

Overeaters Anonymous Roseville: Meetings are held from 9:45 – 10:45 a.m. at St. Christopher’s Episcopal Church, 2300 N. Hamline Ave., Roseville, Room 218 Call Janie 651.639.4246 for more info.

A.C.A., 5:30 to 7 p.m., Dakota Alano House, 3920 Rahn Rd, Eagan (Hwy 13 & Cedarvale Shop Ctr). 651.452.2921. <http://www.dasinc.org/>

A.C.A. 7pm, Saint Michael’s Lutheran Church 1660 W City Rd B (at Fry). Roseville. Open to all. Step and Traditions meeting.

Get a Fresh Start! 12-Step AA group, open meeting Tues., 7pm, atKingswill Church, 1264 109th Ave NE, Blaine. Denny, 763.757.6512.

Eating Disorders Anonymous: 6:30-7:30pm, Zimmerman Evangelical Church, 25620 4th St. W, Zimmerman, 55398. Jodi A.: 763.244.6803 or eda.zimmerman@gmail.com for more info.

WEDNESDAYS

Eating Disorders Family & Friends Support Group: Open to the public, 1st and 3rd Wednesday of each month, 5:45 p.m. – 7:15 p.m. at The Emily Program, 2265 Como Avenue, St. Paul, MN 55108. 8.5

Overeaters Anonymous: St. Paul Midway: Wednesdays 7–8 PM, Hamline United Methodist Church. Two blocks east of Snelling & Minnehaha. Park in south parking lot, use south entrance to education building. Press buzzer. For more info contact Susan at 651.295.7854.

Adult Children of Alcoholics: Wednesdays @ 7 pm. St. Mary’s Episcopal Church, 1895 Laurel Ave, St. Paul. Meets downstairs, sign in the lobby. For more information call Mary at 612.747.0709.

Transitions: 7:30.9:30p.m. Support to men and women who are transitioning from incarceration to living in the community. Trained facilitators and peers provide emotional support in a safe, openly honest environment to discuss discouragements, frustrations, temptations. One of the trained facilitators is a woman. The Men’s Center, 3249 Hennepin Ave. S. Minneapolis, 612.822.5892. tcmc@freenet.msp.mn.us

Women’s CoDA Group: Women’s Only Co.Dependents Anonymous Group. Meets every Wednesday at noon at Colonial Church of Edina, 6200 Colonial Way (Fireside room, S. end of bldng). For more information, call Valerie at 612.741.5281

Workaholics Anonymous: for people who are chronically preoccupied with work. Meets every Wedn. 12–1pm in the east bldng at Fairview Riverside Hospital, 2450 Riverside Ave. Mpls. Take elevator inside main hospital entrance to level B, follow signs to east building and dining room E. - 952.985.1368.

Marijuana Anonymous, Bloomington, 6-7 pm, Minnesota Valley Unitarian Universalist Church 10715 Zenith Ave S. (2 Blocks south of Old Shakopee Rd, on the East side of Zenith) Contact: bloomingtonma@hotmail.com

AA Meeting: 6:30 – 8:30pm St. Christopher’s Episcopal Church, 2300 N. Hamline Ave., Roseville. Call 651.639.4246 for more info.

Atheist/Agnostic Alcoholics Anonymous, 3249 Hennepin Ave S., #55 (Men’s Center, in the basement) Mpls, 7. 8 pm., Open to Men and Women. For more info write tcAgnostic@gmail.com

THURSDAYS

Downtown women only non-smoking Alanon Step Group. Noon, 2nd floor First Baptist Church on 10th St. and Harmon Place. Parking and entry in back. Ring office buzzer for entry. Andrea, 612-868-9982.

Red Book ACA/ACOA: Recovery Church, 253 State, St. Paul, 7:30-9pm. For more info call Deb @ 651.291.1371 or Bruce at 651.407.6336.

Recovery International Meeting, St Phillip Lutheran Church, 6180 Highway 65 N, Fridley at 7pm. It is a proven self help method to deal with mental illness including depression, anxiety, anger, mood disorders and fears using cognitive behavior Therapy. Ken, 763-571-5199.

CoDA Group: Co-Dependents Anonymous 12-Step Support. 6-7:30pm at Unity North Church, 11499 Martin Street NW., Coon Rapids, MN 55433. SW corner of US Hwy 10 and Hanson Blvd. Call Chris @ 763.438.3583 for more info. Also check www.coda.org

Adults with ADHD Support Groups: (first time free) Every Thursday morning 10am . noon and every Thursday evening (except last Thurs of the month) 7pm 8:30pm. LDA Minnesota, 6100 Golden Valley Road, Golden Valley, MN 55422. Tel. 952.922.8374 or www.ldaminnnesota.org

Eating Disorders Family & Friends Support Group: Open to the public, 2nd and 4th Thursday of each month from 5:45 p.m. – 7:15 p.m. at The Emily Program, 5354 Parkdale Drive, 2nd Floor, St. Louis Park, 55416.

A.C.A.: 6:30pm Prince of Peace Lutheran Church 200 Nicollet Blvd #E Burnsville. Step meeting, open to all.

FRIDAYS

Recovery International Meeting at Bethlehem Lutheran Church, 4100 Lyndale Ave S., Mpls at 7pm. It is a proven self help method to deal with mental illness including depression, anxiety, anger, mood disorders and fears using cognitive behavior therapy. Ruth 612-825-4779

Eating Disorders Anonymous: 5:45-6:45pm, Grace University Lutheran Church, 324 Harvard St SE, Mpls on U of M East Bank Campus. Free parking in Lot AA across street. Open. edaminneapolis@gmail.com, 612.305.8367

Women’s AA Meeting. TGIF Meeting. 6:15 pm at Epworth United Methodist Church, 3207 37th Ave. S., Mpls. Handicapped accessible. Meeting consists of lesbian, bi, and straight women, many of whom have maintained long term sobriety. Chris A. 612.722.1936.

SATURDAYS

Northeast Minneapolis CoDependents Anonymous (CoDA) Group: East Side Neighborhood Services, 1700 2nd Street NE, Minneapolis, MN 55413 (corner of 2nd Street NE & 17th Avenue NE). Park in lot behind building and use rear entry door. Saturdays: 1-2pm. For more information contact Ralph W. at rrwink@aol.com or 612-382-0674.

CoDA Group: Shoreview, Shepherd of the Hills, 3920 North Victoria Street, 1 blk north of 694. Please enter from the back/north side of building off of Gramsie. Door “G”. Follow signs to room #265. 9-10am. Dana, Shoreviewcoda@gmail

Overeaters Anonymous Newcomer Meeting: Third Saturday of the month, 1pm.2pm. Sumner Library, 611 Van White Memorial Blvd., Mpls, 55411. For more info contact Allison @ 612.499.0280, Gene @ 952.835.0789 or visit www.overeaters.org.

Overeaters Anonymous Courage to Change Meeting: Saturday mornings 8-9a.m. at St Christopher’s Episcopal Church, 2300 Hamline Ave N. Roseville. Contact Donna with questions at 651.633.3144.

Clutterer’s Anonymous: St. Christopher’s Episcopal Church, 2300 N. Hamline Ave.,

(Hwy 36) room 220, Roseville. 12 step support group meets the first, third and fifth Sat. of the month, 10–11:15am. www.clutterersanonymous.net

Debtors Anonymous: a group of men and women using the 12-Steps to solve problems with debt and other money issues.; www.daminnnesota.org 952-953-8438. 9-10am, Bethel Evangelical Lutheran Church, 4120 17th Ave. S., Mpls, 55407 (meeting rooms 7 & 8. Enter sliding glass door facing parking lot.)

Guided Himalayan Meditation: Step 11: Learn to relax, learn to control your thinking and emotions, improve your sleep, acquire peace, serenity, improve ADD and PTSD. For people in recovery. \$1. New Brighton Alano. 2284, County Rd I, Mounds View. Saturdays, 9:29.10:29. Call Roger @ 763.350.0629

Overeater’s Anonymous: 8.9 a.m., Falcon Heights Community Church, 1795 Holton Street, Falcon Hgts. Lisa 651.428.3484.

Obsessive Compulsive Disorder Support Group: 1st and 3rd Sat. of the month, 11am -1pm Central Community Center, 6300 Walker St., rm. 215, St. Louis Park, MN. Call Burt at 612.722.1504.

Choosing Healthy Sexual Boundaries, Saturdays 10am-noon. Concerns about your sexual behavior? Receiving negative feedback about your sexual choices? Safe, non. confrontational, nonjudgemental place to talk with other men re healthy sexual boundaries. The Men’s Center, 3249 Hennepin Ave. S., Mpls, 612-822.-892.

Adult Children of Alcoholics & Dysfunctional Families: Saturday, 10a.m., ACA Club Fridley, Moon Plaza, Boardroom in the lower level of Unity Hospital, 550 Osborne Road, Fridley. Please see www.acaf-ridley.com for additional information.

Men’s & Women’s Support Group: Meetings every Saturday (including holidays) at 8:30a.m. Prince of Peace Church, 7217 W. Broadway, Brooklyn Park. (north entrance.) Informal, safe place to share experiences of joy and concerns. We promote growth & positive change to meet the challenges of our lives. Call 763.443.4290.

Debtors Anonymous: Using the 12-Steps to solve problems with debt and other money issues.; www.daminnnesota.org 952-953-8438. 10:30-noon, Wooddale Church, 6630 Shady Oak Rd., Eden Prairie, 55344. (enter front door #1, lower level rm. 147)

South Side Men’s Group: Saturdays, 8:20 to 10 a.m. Support for men working toward positive personal change. Creekside Community Center, 9801 Penn Ave. S. Bloomington. Visit www.southsidemensgroup.org.

SUNDAYS

Double Winners Anonymous. A closed meeting of alcoholic women who combine recovery with Alanon. 5:30pm. Wesley Rm, Lake Harriet United Methodist Church, 4901 Chowen Ave. S., Mpls. Take doors from pkng lot and turn left down the hall. LeeAnn J at 763.234.1054 or Margaret K at 612.823.8279.

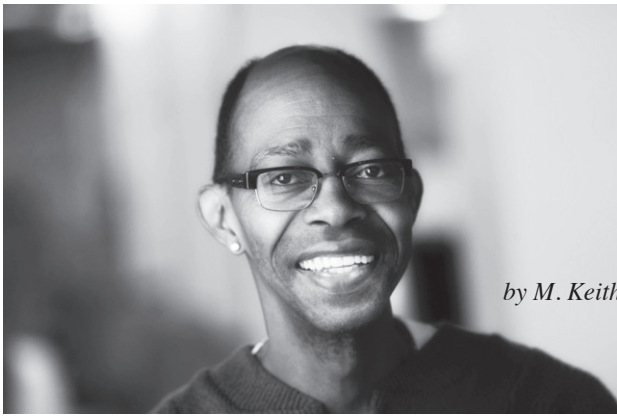
Big Red Book ACA, 11:15am at the Cavalier Club, 6123 Wooddale Ave., Edina, MN 55424. Call Therese S. at 952.927.6761 for more info.

Eating Disorders Anonymous: 5-6:30pm in Eden Prairie at Wooddale Church, 6630 Shady Oak Road, 55344. Room 291. Contact Nikki: nikkihaven@gmail.com or call 612.227.4079.

Deep-Healing Prayer Group: Discover how God provides healing of memories, emotions, and the body at St. Paul’s Evangelical Lutheran Church, Sundays, 7-9:30pm, www.Door2Hope.org. 612.874.1033.

Calix Society: A group of Catholic Recovering Alcoholics and their family/significant others who desire to strengthen their spiritual growth, meets the 3rd Sund of the month at Cathedral of St. Paul. Mass at 8am., break-fast/speaker meeting at 9am. 651.773.3117.

Sobriety Resolutions for 2016



by M. Keith Dennis

Doing the right thing and expecting the same results is the principle behind my Sobriety Resolutions for 2016. I closed out the year sober and realized I needed to take steps to help ensure I will end this year clean. My thinking is that if I do what worked to stay clean I will get similar results. This is not the traditional “resolutions” that didn’t work for me in the past. I gave up on setting New Year’s goals years ago because I finally accepted that I was setting myself up for failure and disappointment.

I really have only one resolution and that is to stay sober 24-hours a day. My sobriety resolutions are my prescription plan for making it happen. The plan is based on the actions I took last year that worked. I realize that even if I accomplish my goals there is no guarantee I will not relapse. But by writing them down, I have a plan that increases the chances of staying sober.

Here are the things I plan to do to support my sobriety:

Self-care first—Making sure I do the basics is a given; but can’t be taken for granted. My goal is to focus each day on eating a balanced meal, drinking the recommended amount of water, meditating in the morning and following my daily exercise regimen. Failure to follow through with these goals will impact everything else I plan to do and would be an indication that I’m in relapse, not recovery. These are the most important steps in my plan.

Staying connected, avoid isolation—I can attest to the fact that addiction is a lonely, isolating condition. This is why I’m committed to continued attendance at my regular AA home-group three times a week if not more, staying in touch with my sponsor and connecting with the supportive addicts I’ve met in my recovery. To widen my sphere of support, I’m letting more family members and friends know I am in recovery so they can support me and be that ‘eye-out’ if they see me beginning to slide. I’ve learned that people who care will support me if they know I’m serious about staying clean and improving my life.

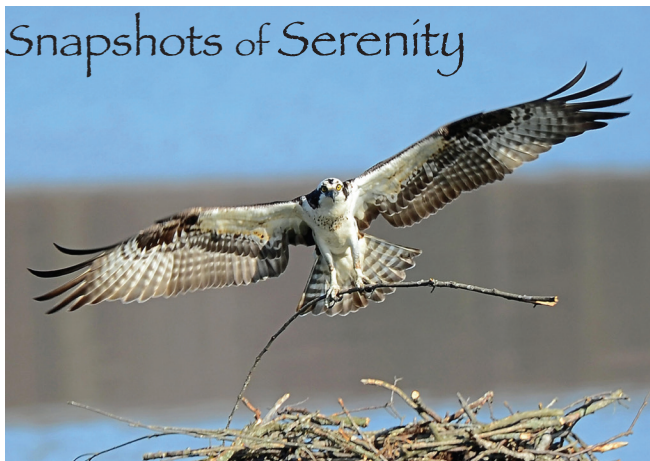
Practice gratitude, celebrate successes—This is probably the one I really need to work on to make it happen. Like most people in recovery, I have a tendency to beat myself up over things that didn’t go as planned. If I spend time going over and over what I didn’t do it prevents me from doing the right thing the next day. I have a list of things I’m thankful for and put it on my phone so I can read it anytime, anywhere. At night before giving thanks for 24-hours of sobriety, I will read it to remind me of the things for which I’m grateful.

Support others, pay it forward—When I stop thinking it’s all about me, I’m able to use my talents and experience to help others. Whether it is calling a fellow addict who may be struggling or volunteering to help a kid learn to read, I feel better about myself when I know that I’m making a difference. Selfishness was one of my character defects when using and I want to make selflessness part of my recovery.

It’s a simple plan and easy to follow that position me to achieve my goal of staying sober for 24-hours a day, 365 days of the year. The four keys are self-care, staying connected, being grateful and supporting others. Of course, nothing is easy when it comes to staying clean. I realize that I’m not perfect and may not adhere to the plan every day. If or when that happens I’m going to be easy on myself. Beating myself up will not change what has occurred and will prevent me from getting back on track.

I have some other things I want to accomplish this year that are not related to my sobriety. Rather, they are things I can do because I’m sober. But if I don’t succeed at any of these things my life isn’t greatly impacted. My sobriety resolution and goals to support it, on the other hand, can mean the difference between staying on the path I have chosen, or going back to where I don’t want to be. I’m convinced I’ll have more success with my sobriety resolutions than what I had with past resolutions because the stakes are higher. For me, it could be the difference between life and death, of enjoying my life or being slave to an addiction.

Snapshots of Serenity



One twig
at a time

Email your
photos to
juliaedelman@
gmail.com and
receive a free
one-year
subscription to
*The Phoenix
Spirit*.



www.Words of Peace
by Prem Rawat

*In this world of confusion
you must find clarity*

LET IT SNOW!

**Winter Family
Weekend**

Celebrate the wonders
of winter with your
family in the north
woods at this exciting,
3-night / 4-day all-
inclusive family retreat!



February 12-15, 2016

(includes special Valentine’s Day activities for all)

Tons of fun for everyone!

Enjoy activities like sleigh rides, skiing, snow
shoeing, wildlife programs, winter survival,
climbing wall, hands-on educational programs,
campfires, arts & crafts and much more!



Audubon Center of the North Woods

on the east side of Grindstone Lake near Sandstone, MN

www.audubon-center.org • 888-404-7743

adler | GRADUATE
SCHOOL

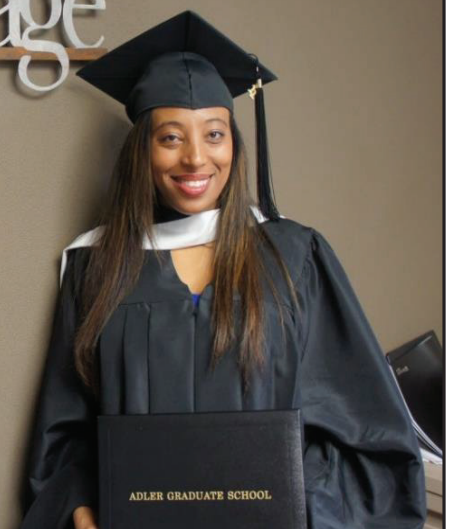
Master’s Degree or Certificate in Co-Occurring Disorders
(Substance Use and Mental Health Disorders)

OFFERED ON CAMPUS OR ONLINE

encourage

Looking for a progressive
approach to working with
simultaneous mental health and
substance use disorders? Adler’s
MA and Certificate programs in
Co-Occurring Disorders (COD)
provide integrated, holistic
training to help struggling
clients, families and communities.

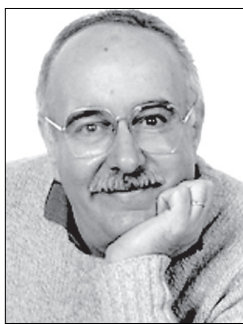
Contact Program Director Kristin
Williams at 612-767-7057 or
kristin.williams@alfredadler.edu.



Flexible scheduling designed for working adults!

Adler Graduate School
Practical psychology, inspiring change

1550 East 78th Street • Richfield • Minnesota • 55423 • 612- 861-7554
www.alfredadler.edu



by John Driggs, LICSW

Many of us fool ourselves into believing that other people care about us more than they really do. Or else we don't grasp just how much some people have to offer us and push away real love. Too many of us are in a no-man's land of self-deception when it comes to getting close to others. Some of us admit that we just don't "get" relationships; others of us feel we are experts on relationships. Actually neither is true. Many of us have inaccurate ideas on how people feel about us but only later on know when we are truly loved or not loved. Overall it's better if we see others and ourselves in a more realistic light. We must take off the rose-colored glasses of gullibility and remove dark opaque lenses of cynicism to have a clearer view of who is close to us and who is less close to us. Let's have the wisdom to know the difference

I went with what appeared to be a gem of a man for two solid years. He was respectful, sexy, and attentive to me

Perilous Self-Deception: When we have a distorted view of how much others care for us

in ways that words could not describe. He had a bright future as a doctor of internal medicine. I drooled over him and followed him around like a puppy dog. We'd dance in the street, go clubbing with friends, and couldn't get enough of each other. All of us have the one love of our life. He was mine. It all happened so fast. The future looked good as I completed my MBA studies. Unfortunately, after I graduated something mysteriously changed. He said he couldn't see me as much as his studies were getting more intense, He subtly put down my degree as less academically rigorous compared to his and he got a little jealous of my contacts in the business world. I constantly made excuses for him and minimized the warning

by this one and my heart has never been quite the same.

My son and I were really close when he was young. That all changed when I separated from his dad ten years ago. As my son grew older he had less to do with me. I attributed the distance between us to the hard feelings he had towards me for the divorce. After all, I left his dad for another man who truly loved me. My son felt sorry for his sad-sack dad.

Last week I ran into my son at the Mall. I barely recognized him as he had grown into a mature man. He ran up to me and gave me a big hug and said he really missed me. A week later I got a text from him saying we should get together and

“When you **don't feel lovable** yourself
you will not see when **others truly care** for you.”

signs. My mind went into a tailspin as I desperately tried to reel him back in and have the fun we used to have. I was sick with fear of losing him. All of this came to a crashing end when I caught him kissing another intern. My heart was shattered and I kept asking myself, "What happened here?" Finally it dawned on me that he really wasn't into me as much as I thought he was. I was better as his fawning admirer than I am today as a competent adult woman on my own. I got fooled

talk. I couldn't believe what I was hearing and felt that I had died and gone to heaven. I didn't think he cared about me! Then I remembered the occasional cards he sent me over the years just to say hello that I never responded to. My heart ached for how I had dismissed his efforts over the years. Perhaps, just perhaps, it was my guilt over how I had hurt his father and not his resentment towards me that explained the distance between us. I stopped being afraid of getting close with him. We had a lot of catching up to do!

These bittersweet examples of inaccurate love perspectives are just a glimpse of the many variations of human relating. To further complicate things, most of us change over time with our loved ones. Who we were years ago is not who we are today or who we will be tomorrow. The same can be said about our partners in caring. It's best if we continually reflect on how things are changing between ourselves and a loved one and discuss how to best support each other. Blindly relying on an assumed old pattern between you and a partner may be quite perilous and result in a diminished life.

The Dangers of Assumed Love

When we assume other people care about us when they don't so much we can really have our hearts broken and put

ourselves in danger. Being clueless about a partner's controlling us and our putting our partner on a pedestal can set us up for toxic and possibly violent relationships. Assuming our friends will be there when we really need them and ignoring their recurring veiled indifference to us can set us up for shock and heartbreak when our first life crisis sets in and in fact no one is really there for us. Having someone be our friend for ulterior motives may lead them to give us misguided feedback in their own self-interest just at the very time we need an honest relationship. The time to discover a friend is not as friendly as we need isn't when we are in the throes of a life crisis. It's best to find out before our life crisis that a friend is less of a real

friend. Also, when we only imagine others are our real friends when they're not we can fall into the hopeless trap of trying to get them to love us and become desperate. Taking others for granted with no demands on them may also cause them to take us for granted even more so. There is hardly a more depressing feeling than having lots of people we know and feeling alone in the world. The scars from such experiences can last a lifetime. It is normal to feel heartbroken and discouraged when this happens. We are not at fault for expecting more from friends. We would be way wiser to call a spade a spade and find some real friends.

The Dangers of Dismissive Love

Some of us are in the habit of not seeing how other people really do care about us when they actually do. We may dismiss kind gestures or caring words with an aloofness that shows we're uninterested in allowing people to be close to us. Often times we're not even aware that we're holding others at arm's length. We may quite negatively view other people without even giving them a chance. We may see them as too needy when they are actually just being nice to us. We may choose to have only superficial relationships.

Clearly none of us is required to like everybody and we all can fall into an occasional bout of taking our friends for granted. But having an overall pattern of dissuasiveness can really harm us in the long run. We may become lonely and despairing towards life, thinking that no one really cares for us. People with this pattern may actually lack the ability to let people love them and have difficulty expressing authentic caring towards others. Sometimes they may have a snobbish view of what life owes them and how they are better than others. This syndrome makes for a lonely, empty life that inclines us towards addictive behaviors, insincerity and chronic depression.

Sometimes people complain about not finding the right person in life to love them. Actually just the opposite is true. Many people are and have been available to love them but we just don't see them. When you don't feel lovable yourself you will not see when others truly care for you. To feel loved we have to allow others to

“An amazing retreat. Hazelden is a place of spiritual renewal and revelation.”

—A recent retreat participant

**Be transformed. Again.
Experience new insight
and healing on your path of
lifelong recovery.**

**The Dan Anderson
Renewal Center at Hazelden
in Center City, Minnesota**

Twelve Step-inspired weekend retreats focus on common issues faced in recovery: forgiveness, practical spirituality, healthy relationships, grief, and loss.

The Lodge program offers individualized retreats based on your personal recovery journey and current life situation. The Renewal Center staff will work with you to determine your program topics.

hazelden.org/renewalcenter
800-262-4882

We invite you to call us with questions.
We are available 24 hours a day.



**Hazelden Betty Ford
Foundation**

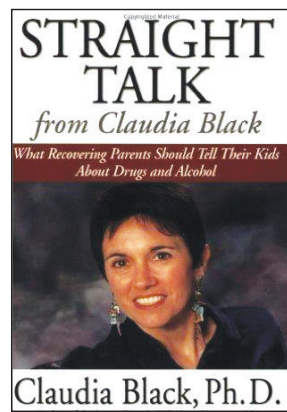
**John H. Driggs
LICSW
Psychotherapist**

- In-Depth Individual Psychotherapy
- Marital & Family Therapy
- Parent/Child Consultation
 - Trauma/Attachment Disorder Treatment
- Men's Therapy Groups

Sliding Scale Fees
Since 1981 • St. Paul Location

651-699-4573

Books by Barbara Kummer

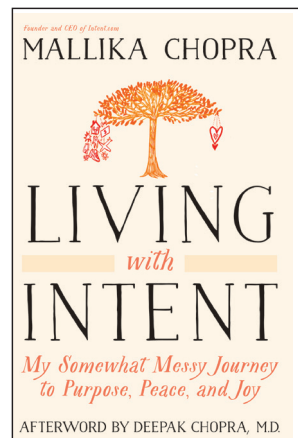


Straight Talk from Claudia Black:
What Recovering Parents Should Tell Their Kids
about Drugs and Alcohol
By Claudia Black, Ph.D.
Hazelden Publishing

Before you begin a discussion with your children on addiction, it may be helpful to clarify your motives and expectations, especially if you are talking about your drug/alcohol history and subsequent recovery.

Black is known for her work with family systems and addictive disorders. She uses five recovering parents and their different stories in this book. She takes the reader through the process of discussing addiction and recovery, new ways of relating, and creating healthy family traditions.

The last chapter describes how to speak to specific age groups. Remember, discussion is a process; not a one-time event. Black states, “Your children do not need you to be their best friend; they need you to be their best parent.”



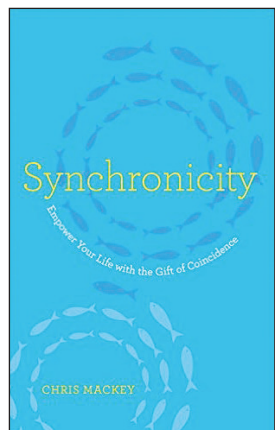
Living with Intent: My Somewhat Messy Journey
to Purpose, Peace, and Joy
By Mallika Chopra
Harmony Books

Are you ready to move from thought to action to outcome? Mallika Chopra tells her journey of a year spent “living with intent” and shares her hope and wisdom. As the busy founder of INTENT.com (a website and app), author, mother and wife, she learned firsthand how overwhelming stress can be. And she developed workable strategies and actions that can help inspire, motivate, and rebalance a busy life. “The journey really is the destination — if we slow down enough to pay attention. When we slow down to notice, the universe gives us the signs we need.”

These practical suggestions include Incubate, Notice, Trust, Express, Nurture, and Take action. She states, “Intents are expressions of who we aspire to be psychically, emotionally and spiritually.” She admits she leaned this early from her father.

Included at the end of each chapter are Intent Practices such as making a balance wheel or mind map. She suggests quietly asking yourself these three questions: “Who am I? What do I want? How can I serve?” and following up by meditating on “What does the Universe want from me?”

At the end of the book, Deepak Chopra provides his own list of 10 keys to live a life of fulfillment. He agrees with his daughter and suggests that readers learn to live in the present, for it is the only moment you have.

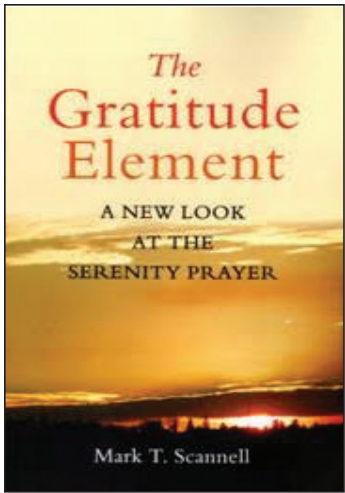


Synchronicity:
Empower Your Life with the Gift of Coincidence
By Chris Mackey
Watkins Publishing

A clinical psychologist with 35 years’ experience, Mackey includes personal and clinical experiences of coincidences and synchronicity. These include case studies and anecdotal reports from people who stated that they were “in synch” with life and Gallup poll results of people who self-identify as “spiritual but not religious.” He discusses the brain science behind their perceptions.

Readers who are interested in positive psychology in treating mental illness, which was developed by Martin Seligman, will find extensive information on Mackey’s website.

What gift of coincidence or synchronicity have you received lately?



The Gratitude Element:
A New Look at the Serenity Prayer
By Mark T. Scannell
Gasscann Publishers

Although Scannell is no longer a Catholic priest, his interest in spirituality is clear. He describes the history and evolution of The Serenity Prayer, a prayer of petition, which has been used for years by religious and Twelve Step groups. He identifies the prayer’s different versions and the authors attributed to it.

Scannell indicates his intent to add to the prayer by including gratitude in the last sentence: “I am grateful for the serenity, courage, and wisdom you have given me.” He discusses how resentments and feelings of entitlement can hold one back from experiencing the gifts of gratitude. He also describes several gratitude practices he uses and the benefits he has experienced.

Each chapter concludes with Reflection Questions for contemplation, such as, “Where have you acted courageously in your life?”

Quality
-COACHES-

Your neighborhood
GREEN GARAGE

- Solar Electric Power
- Eco-friendly mechanics
- Oil recycled as heating oil

Feminist care for your car.

FREE
loaners!

WE SERVICE ALL MAKES & MODELS, FOREIGN & DOMESTIC!

612.824.4155

20 W 38th St (38th & Nicollet) Minneapolis, MN 55409

quality-coaches.com

We can't
afford ^{not} to
have health
insurance.

Call 1-855-3MNSURE or visit mnsure.org

“Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.”

Quotables

- Buddha

John H. Driggs, L.I.C.S.W., is a Licensed Clinical Social Worker in private practice in St. Paul and co-author of Intimacy Between Men (Penguin Books, 1990). He can be reached at 651-699-4573.

Resource Directory

To place a Resource Directory listing call Julia at 612.805.1959 or write phoenix@thephoenixspirit.com

The world's largest
internet medallion and
recovery gift store.

Recovery Emporium

CREATORS OF: "THE LITTLE
BIG BOOK DICTIONARY"

*Vast Selection of In-Stock Recovery
Related Medallions & Gift Items.*

**GREAT PRICES
FAST PERSONAL SERVICE**

RecoveryEmporium.com

*Recovery Medallions, Gifts,
Resources, Articles,
Links and Daily Readings*

Toll Free: 888-798-3496
10am-4pm Eastern, Monday-Friday

dolphins from page 1

been on “team Lion” she said, they’d followed them for months. There was a drought, their usual food, Cape Buffalo, hadn’t arrived, the pride was losing cubs — cubs the researchers had seen playing and tumbling in the long grass. At first the researchers were just glad the lions had landed some protein. It took the calf an hour and half to die, she said, adding “It was in so much pain.”

In the face of this kind of horror it is hard to believe in a higher power, a force of mercy and grace moving through the universe. It is easy to conclude that we are alone, entirely, that all sentience is merely a random occurrence and not a very long one at that. How could there be anything at all but cold facts in a universe where such a thing not only happens, but happens frequently.

I’d had enough of animals and clicked on Docu-Planet, all documentaries, all the time: It offered an animated graphic rendering of an interview with a woman who’d been abducted by the Lord’s Resistance Army. In well-rendered deep focus panels, she described watching her husband hacked to death and being forced to cook and eat his right arm.

In more current news, a Sunni Muslim boy was beheading a Shia Muslim boy. The Sunni was 12, the Shia was screaming.... even after it seemed his vocal chords must have been cut. A voice announced it was the will of something called Allah in arabic and God in english. Switching to the local station I was regaled with the side of a fascist gathering led by a billionaire sneering from underneath what looked like a helmet made of hairspray and lemon pudding. He was working them up to a boisterous pitch, putting the blame for their lack of happiness and excess of worry squarely on the heads of brown-eyed, brown-skinned people. Immigrants and terrorists were ruining the quality of American life in New Hampshire...The Granite State. The crowd, many of whom probably had never seen an actual brown-skinned person in their lives, roared. I’d seen their expressions before, the aggrieved grins, the faces of people in old postcards, Greetings from The Lynching....standing around the burned body, their eyes alight with flames and the sentiment of how good it was to at once destroy a black body and hell yeah, shock any panty waisted effete Northern liberal that might be looking at the postcard and getting his delicate sensibilities all in a twist, frigging hipster, go back to Portlandia and eat some tofu.

At this point, it had nothing to do with open eyes. It had to do with who has the right to look away when there are people who can’t get away.

When I finally logged off, I was thinking about speciation, How we evolved into something so... rococco... so bizarre compared to every other life form. What is it about us? The only thing I could come up with was this:

Non human animals are innocent of knowledge; they do not understand that their food is alive, capable of suffering, We on the other hand are innocent of nothing. It wasn’t getting knowledge that cast us out, it was choosing to ignore it once we got it.

If there was any numinous power at work in the cosmos I thought, it wasn’t the good kind.

It was one of those Sunday nights, in other words, where it seemed less crazy to believe in the Devil than in God.

Life seemed, as someone said, nasty, brutal and short. Short, above all. “Born a-stride a grave” wrote Samuel Beckett, “the light glimmers for an instant and is gone”.

Normally when confronted with this kind of existential despair I do what most philosophers do in the same circumstance; eat a hearty dinner and retire to bed precisely as if I were not confronted by cosmic despair. Existential despair — existential anything really — has never induced a human action outside perhaps, that of representing said existential state in words, music, or some form of — probably — modern dance. But maybe it was because it was the first Sunday of the year and I could already see the daylight spinning minutes on the cold blue rolling axis, I thought of the word *short*. The days were getting longer, but life was staying short. And that might be the saving grace of it, if I chose to believe in what’s after all only one unprovable hypothesis among many.

God, if God exists, is long. If God is, God is in, and made of, eternity. Time is the one thing that can not be run out of. It goes on forever both ways. Behind this second the past stretches forever. Same thing ahead, the future goes on forever. We are always right in the middle, between two equidistant eternities. Now imagine God — a force for light, mercy, joy, vibrance — that not only can understand this absurd time scale, but is made of it. Then all our horror, our Killing Fields and Bergen Belsens, don’t even last a parsec. Our sobbing cries of pain and betrayal pass across time like an expression on the face of a toddler who thinks it’s going to cry for the feathery ghost of a moment, but then is distracted by something, maybe it sees a watery prism leaping through beveled glass onto a whitewashed adobe wall. Our whole life’s nothing but a stutter step before regaining our balance.

Today, I won’t ask if that can be true. I won’t question neurology and where the electricity goes that makes up the tower of memories and moments that we are. I won’t ask how we can see the face of god without a functioning occipital lobe, let alone eyes. I will assume the self is not made of the red juicy stuff of the body. I will believe that we will dive and surf

through the rollers of time, like dolphins made of silver light. Today, let’s agree for the sake of it that a higher power is just that, a power that will scoop us higher, hold us like a translucent green wave, always rolling, cresting, breaking only to reform so we can keep splashing and tumbling. I’ve seen footage of a baby elephant on the beach, too, seeing the ocean for the first time. She spun her trunk around like a crazy pinwheel and then tried to see if she could stand on her head in the bay, ran back and forth, trumpeting frantic unstoppable gales of joyful noise. That’s as true as the other, so there must be at least a chance that what I suspect moves in a chain through us, this leaping playful mystery, is real and is more than just what is, more than just what happens, more than just us.

To be sane is quite often to be uncertain, but sometimes I can look at the faces around me, or even just my wind scraped view of the Long Island Sound the friendly blinking of loading dock lights switching on at six thirty and I can say a prayer for everyone who died screaming.

Emily Roiphe Carter is a writer living on the East Coast.



Confessions of an addict

by anonymous

Im sick when Im sober

My wife doesnt understand how far Ive fallen,
She hates me drunk
She loves the sex after Ive smoked weed
She doesnt know why Im so distant on adderall
Shes happiest when Im on opiates
She says my soul is a good one, but I dont believe it
I never lie if she asks, but she rarely asks

I dont drink often anymore, Ive had my 10 yr binge. The sickly mornings, heaving in the shower, walking around all day with a wad of TP in my butt. Crapping 4 times before I have to leave for work. Not having a hang over just because I always felt like poo.

I rarely smoke anymore because it just makes me anxious

I only take the Stims when I cant find downers.

I LOVE to take the opiates still, tramadol is my favorite, really the only one I want. I function at a very high level and get alot done. The others seem to over dope me.. oxys, vics, morphine... Never done the H, no plans to either.

I know Im an addict and want my life to change, but the answer in my head is to find a steady plug. Seems I never have a problem with drugs until I run out...

Im strong ive kicked many of my habits solo and been clean for years. But then I go back.. Is this my life?



Specialize in hope

as an addiction counselor

Study with today’s leading practitioners at the nation’s largest nonprofit addiction treatment center. Residential and online master’s degree programs are available. Three convenient start dates throughout the year.

Hazelden.edu
651-213-4617



Hazelden Betty Ford



Graduate School
of Addiction Studies

5408-1 (07/15)
© Hazelden Betty Ford Foundation

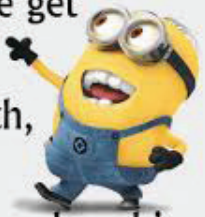
Progress, not Perfection from page 1

What should a health and wellness routine include? Components of a routine will be slightly different for everyone, however there are basics that are crucial for a healthy life. The essentials are sleep, exercise, healthy eating, and positive stress coping mechanisms. These are fundamental wellness practices. They are not “extras” or things to consider if you have free time. In fact, they are the very foundation of your health to achieve physical, spiritual and mental wellbeing.

The specifics of how these self-care practices work in your life are what you need to determine yourself, both by listening to your body and through trial and error. Remember, our goal isn’t perfection. The journey toward better health is a work in progress with many moving parts. You are always able to tweak your routine as you go, based on the changes in your own life.

This is definitely a “the whole is greater than the sum of its parts” situation. When you neglect one aspect of your health, the other parts are kicked out of whack too. For example, most of us have experienced the unhealthy food cravings that result from lack of adequate sleep.

**The only exercise
some people get
is running
their mouth,
Jumping to
conclusions and pushing
their luck!**



Another familiar situation is the irritability and anxiousness that accompanies a sedentary lifestyle or lack of exercise.

Taking on a complete routine may seem daunting, “I need to do ALL of this?” Yet, you’ll find that once you achieve success in one area of wellness, the rest will get easier. Sophia shared that when she eats a “clean” diet of wholesome, unprocessed foods, she has more energy and feels better about herself. This enables her to be strong in other areas of self-care like exercise and spirituality. Similarly, when David quit smoking, it improved the quality of his life exponentially. He reported becoming less irritable, more active and happier.

Decide your non-negotiables. While we want to depart from our perfectionist tendencies, there are some self-care practices that are non-negotiable. No matter how busy or stressed we are, we each have habits we must commit to in order to stay balanced. Non-negotiables will differ for everyone and it’s up to you to figure out what is most important.

Setting non-negotiables will help you to put your health first while also ensuring that you are able to stay in control on even the craziest of days. Think about practices that make you feel your best and set a positive tone for the day or week. Ideas include: eating breakfast each morning, walking for 30 minutes each day, sleeping eight hours, or eating one serving of green vegetables daily.

Sophia has two non-negotiables. First, she reads AA daily meditations literature for ten minutes each morning. Second, Sophia stays hydrated and drinks water throughout the day. David makes sure he schedules at least one AA meeting and three workouts each week. Without this,



he says he becomes anxious and less productive at work and home.

Start slow and set mini-goals. Resolutions can be daunting, because often we make all or nothing deals with ourselves. While we’re striving for an all-encompassing routine, we need to start slow and take gradual steps toward our long-term goals. One way to do this is to replace the word resolution with lifestyle change. This reminds us that we’re in it for the long haul.

Start with small goals that you plan to achieve (or make progress on) in one week or one month. When you set the goals, use the motivation we discussed earlier to guide you. Also, be realistic about where you are now and what you can expect from yourself. For example, David began swimming in early sobriety to help him manage stress. When he started, he could swim just two laps at a time. Over the course of a year, he worked up to 36 laps. Starting slow will enable you to achieve your goals and continue progressing over time.

Another avenue to lifestyle change success is to create specific and measurable goals. Instead of, “I will go to meetings more,” try, “This week, I will go to three meetings, on Monday, Wednesday and Friday after work”. Measurable goals (three meetings) keeps you accountable and enables you to evaluate your progress. Thinking about specifics beforehand (Monday, Wednesday and Friday) allows you to create realistic goals.

Find resources that serve you. We certainly live in the information world. There is an abundance of health advice and science in the form of websites, blogs, books and apps. Take full advantage of the resources, however, learn how to choose the sources that fit your lifestyle change model. These are sources that are

positive, comprehensible, and factual.

Before you search, you need to know what you’re looking for. If you are seeking information on benefits and risks of specific foods, exercises or medicines, you need a reliable scientific source.

How do you know if it’s legit? Check that the information comes from a credible institution like a university or government entity and

that the specific article is written by an expert (PhD, MD) or a licensed professional (doctor, physical therapist, dietitian, etc.) Still, use your common sense, there are plenty of “experts” who give extreme, misleading or ill-informed advice.

If something sounds fishy, it probably is.

Alternatively, if you are looking less for science and more for lifestyle advice or personal stories, a blog may be perfect for you. Surf around the blogosphere and find sites that resonate best with you. There are great blogs about recovery, exercise, cooking, mediation, you name it. Make sure the blogs are positive and empowering. If a resource makes you feel inferior or makes severe sounding claims, those are red-flags that it’s time to look somewhere else for your information.

Progress, not perfection. Accept where you are today. We go full circle here, back to the beginning of this article: Remember that your health and wellness journey lasts forever, so make sure to celebrate your progress, no matter how small it may seem. You are working to improve your health and staying positive automatically makes you healthier.

It’s easy to feel frustrated when we don’t meet our goals, health-related or otherwise. With high expectations from inside and outside, it’s hard to be okay with where we are right now. This is all about acceptance. The Big Book from AA says, “And acceptance is the answer to all my problems today.” If we’re not okay with ourselves today, we won’t have the space to become better tomorrow.

Raina Goldstein Bunnag is a Registered Dietitian with a Master of Public Health degree. Through her writing she teaches people simple, approachable methods to lead healthier lives.

**“Make sure
to celebrate your
progress, no matter
how small it may
seem.”**



Master of Professional Studies in Integrated Behavioral Health

This innovative master’s degree merges **mental health** and **substance abuse** education and training into a single, comprehensive program.

Graduates will be uniquely qualified to meet the interrelated treatment needs of individuals with co-occurring disorders.

For more Information visit
cce.umn.edu/ibh
612-624-4000

COLLEGE OF CONTINUING EDUCATION
UNIVERSITY OF MINNESOTA



Smoking Cessation Wellness Retreats



www.smokingcessationretreat.com
Office 337-766-0021 / Direct 845-392-4813
Addiction Statistic: 75% of all those who relapse are Smokers.
So isn't it time to consider Quitting?

Good Health from page 1

Solution: Personalized Nutrition for Life. Trained at Harvard Medical School in cell biology, she is a licensed psychologist internationally known in integrative medicine and mind-body work. The book sorts through the confusing and contradictory information about wellness plus asks us to consider the humane treatment of animals that become our food. “Personalized nutrition” asserts that no matter how seductive the promise of any health plan, no one solution is right for everyone. Individual body chemistry varies and fluctuates so that a program that works for you may not work for your partner or your children; and something that works today may no longer be adequate in five years.

Louise Hay, a colleague of Dr. Dyer and life-long proponent of positive thinking, will turn 90 next October. In 2014 she published *Loving Yourself to Great Health – Thoughts & Food – The Ultimate Diet*. Co-authored with two health and wellness practitioners, the book goes beyond life-affirming quotes to include nutrition as vital for a happy life. In her preface she writes: “It is only a thought, and a thought can be changed. I believe this is true for your health, too.”

Celebrities such as former President Bill Clinton, Ellen DeGeneres, country singer Carrie Underwood, former heavyweight champion Mike Tyson, to name just a few, speak openly about their vegan and vegetarian diets, to which they unambiguously attribute their excellent health, high energy and mental acuity. Granted, a plant-based diet is not for everyone. Suggesting the topic often prompts the rolled eyes or dismissive comments such as “That’s food for cows and rabbits, not humans.” After all, we’ve relied on meat and dairy as basic sustenance for many generations. Only recently, as evidence-based statistics reveal the benefits, have we been encouraged to include more vegetables and fruit in our diets.

We all want to live our fullest lives without pain and to grow into old age with a functioning healthy mind and there is no shortage of information on how to do that. Why then do we have record levels of obe-

sity with all the associated health issues – high blood pressure, cholesterol, diabetes, heart problems? Why is prescription drug usage at record highs?

New York Times author Eldon Taylor, in his book, *Gotcha! The Subordination of Free Will*, addresses how attractive sound bites, repeated often enough, become social and cultural dogma. Dr. Norman Shealy, a leading world expert in pain and depression management says, “The overwhelming lesson of this book might be called ‘Subliminal Seduction,’ which has gradually overwhelmed free will and critical thinking.”

Which brings us to new year resolutions. When have we heard one of those “sound bites” suggest a resolve to memorize a poem, learn to play the harmonica, volunteer at a homeless shelter or smile more? Instead, year after year, we get the dizzying repetition of the new year/new you with a media blitz featuring attractive, toned, athletic bodies. We are assured that some gizmo or equipment will help us achieve those bodies and that we’ll be healthier, happier and living to our full potential. Who doesn’t want all that? So if help comes in the form of a gadget that can track our steps walked, how long it took to walk them or whether we had a good night’s sleep, of course, we must need it!

But have we, as Dr. Shealy suggests, been seduced by the coolness factor of all that paraphernalia and allure of glowing digital icons? If I note the time on my kitchen clock as I go out the door for a walk down a tree-lined parkway, enjoying the sun and birds singing, talk to a few dogs, return home and check the clock again, I see that I’ve walked for 55 minutes. Call me naïve, but is my life enhanced knowing how many steps I took? When my feet slide over the side of the bed in the morning and slow-shuffle to the kitchen, do I need a wristband to tell me I could have used more sleep? Absolutely, I get it: the technology is fun and can be beneficial. But it is not free. For many, a gym membership is simply not affordable; nor is an \$800

elliptical machine or \$114 wireless activity tracker armband or \$125 exercise shoes. If we buy into the belief that these things drive the activity, it is easy to “excuse” ourselves from working out if we can’t afford them. Likewise healthy eating gets deferred because we “can’t afford to buy all that fancy food.” Here’s the thing: physical activity and healthy eating depend on the mind, not equipment and gadgets or expensive food. The simplest, most beneficial exercise continually recommended is walking – put one foot in front of the other and just walk. Leave the phone and earbuds at home; engage your surroundings. Do some stretching, yoga or pilates. Body-weight workouts use your own body weight for tension and resistance. Meditation reduces stress and lowers blood pressure. Plenty of guidance and information is obtainable online, in books and videos. Yoga instruction is even available early morning on public television.

Healthier foods can actually be less expensive. Compare one pound of ground beef costing \$8.00 that serves 3 at \$2.67 each with a pound of dried beans at \$2.79 which will provide at least six servings at



\$1.47 each or a 15-oz. can of beans at \$.50 per serving. Firefighter Esselstyn promotes “feasting on jillions of plant-diverse foods.”

So go ahead, experiment. It took me a while to try kale and now it’s one of my favorite greens. If one recipe doesn’t work, rather than pitch the food, try a different version of the recipe.

Optimum health starts in the mind. Commit to not making excuses, to resist getting sucked into the hype of the current fad or trend. Pushing past the mental hurdle is the biggest step on the journey toward a healthy, vibrant you. The possibilities are as limitless as your enthusiasm, curiosity and willingness to own your power.

As Wayne Dyer says, “The teachers have arrived, so we the students must be ready to take charge.”

MINDFULNESS BASED RELAPSE PREVENTION (MBRP)

Looking for a new approach to relapse prevention treatment?

MBRP combines cutting edge neuroscience & psychology to help address addictions and support long-term recovery. Program offered at Conceptual Counseling, Inc. – an agency known for its welcoming setting and supportive services.

For more information: www.conceptualcounseling.com

or 651-221-0334. Ask about insurance coverage.

Other treatment options also available.



Tommy Mischke at his St. Paul home.
Rarely seen but always heard at mischkeroadshow.com

EYES on MINNESOTA

T. D. Mischke. Renegade radio host, pod-star, celebrated writer and musician, eccentric savant, quirky intellectual, outlaw orator, father, husband, whiskey drinker (and rather private so we better stop there).

Mischke views his unique world exclusively through Spectacle Shoppe lenses. And dang it, we're proud!



Mischke wears glasses from our vintage collection – (largest collection in the nation!)

Get fit for your perfect frame:

UPTOWN Hennepin Avenue
NEW BRIGHTON Silver Lake Road
ST. PAUL Grand Avenue
BURNSVILLE Burnsville Center
888.797.EYES

