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## Our Environment: The Beauty of Bees

By Mary Rose Remington

According to Becky Masterman, director of the Bee Squad Association Program at the University of Minnesota, there is both good and bad news when it comes to bees. “The good news is the media has done such a good job of letting the public know the bees are in trouble,” Becky says. The bad news — of course — is that the bees are in trouble.

The Bee Squad at the University of Minnesota is the outreach arm for the University of Minnesota Bee Lab, under the guidance of nationally known and respected Dr. Marla Spivak. During beekeeping time (spring, summer and fall) the bee squad starts early in the morning in the aviary with the bees. “It’s my job to make sure the bees are healthy,” says Becky who knows before the sun is up that she will be stung 10-15 times that day.

“I don’t wear gloves. I have to be careful with the bees and try hard not to kill them — I’m entrusted to help manage other people’s bees,” Becky explains, adding that when you kill a bee, she releases a pheromone that alerts the other bees and they start attacking. She relays that wearing protective gloves makes her more clumsy with the bees, and she would be more likely to kill them.

When students and others are in the apiary with Becky, they almost always ask her to point out the queen bee. “People are fascinated with the queens,” she says, “She has the ability to lay 1,500 eggs per day and she has a ton of power. Without her, the colony will die.” Sadly, along with the worker bees, the national health of queen bees is also suffering. According to Becky, queens are not living as long as they used to. “She used to live 5 years, then it was down to 2 years, and today we are losing 30 percent of our queens every summer,” she states sadly.

### What’s Ails Our Bees?

There is a laundry list of what ails our bees: exposure to pesticide, herbicides, fungicides, parasites, viral and bacterial diseases and a serious lack of pollinator friendly foods. As Dr. Spivak states in her Ted Talk, “This small bee is holding up a large mirror — how much is it going to take to contaminate humans?” When I asked Becky which of these challenges keeps her up at night, she declared, “Varroa mites! They are public enemy number one when it comes to our honeybees.” Becky feels the commercial beekeepers have a better handle on treating varroa mites, and they are attempting to learn from them.

Becky explains how bees have elicited passion in various groups who would otherwise never have met: There’s a program where scientists and artists who love bees gather, work together, then perform on stage and recite poetry, sing and tell stories related to bees. The Minneapolis College of Art and Design has partnered with the University of Minnesota Bee Lab to display bee related art projects produced by these groups.

Working with bees can be a stress reducing hobby with far reaching mental health benefits. “Everyone who works



with bees finds it really relaxing. The beauty of keeping bees is you can’t rush through the work. I can’t be in a hurry when I’m working with bees,” says Becky. She then shared details of a new program involving Minnesota Veterans who took beekeeping classes last winter in order to be ready to work in their own apiary near the Minneapolis airport this spring. These veterans get to learn something new, have their own source of natural honey, and develop one more way of dealing with stress and anxiety.

Becky shares her observations about the flexible work habits of bees. “In a colony, bees actually change jobs based on the need of the hive. If more foragers are needed, the younger bees may head out early to do the foraging. You have to respect that level of organization and communication.”

### Bee Keeping: Not for Everyone

Beekeeping, experts tell us, is difficult, expensive and not for everyone. “I tell people who are interested in becoming beekeepers to put a lot of thought into it,” Becky cautions. “Go into it with your eyes wide open. Take a class. Spend time in our apiary. Spend an entire summer working with someone else’s bees and take your time deciding.”

Becky reminds us that every third bite we eat is thanks to the pollinating work of bees, and that bees reflect the health of our environment. When we help bees by taking good care of the environment, we help ourselves.

### 8 Ways to Help Bees

- This fall, leave dead wood, flowers, leaf litter, or plant stems for overwinter habitat.
- Next spring, plant a pollinator friendly garden with a variety of flowers of different colors, shapes and blossoming times. ([www.beelab.umn.edu](http://www.beelab.umn.edu) or [www.xerces.org/pollinator-conservation](http://www.xerces.org/pollinator-conservation)).
- Choose native plants. Avoid plants treated with systemic insecticides.
- Encourage your neighbors to create a pollinator friendly yard.
- Reduce or eliminate use of pesticides, herbicides, insecticides and fungicides.
- Band together with local churches, schools and businesses to make their grounds bee friendly.
- Create a rain garden, or put out shallow watering dishes.
- Teach the next generation about bees. Take children outside and show them bees gathering pollen.

### Resources

University of Minnesota Bee Lab Classes; research and mentoring for the public. [www.beelab.umn.edu](http://www.beelab.umn.edu)

Ted Talk by Dr. Marla Spivak of the University of Minnesota

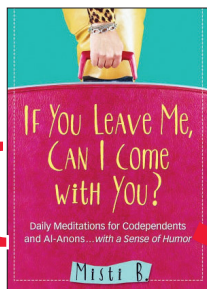
The Bee Bummer. [www.ted.com/talks/marla\\_spivak\\_why/bees/are/disappearing](http://www.ted.com/talks/marla_spivak_why/bees/are/disappearing)  
Minnesota Hobby Beekeepers Association Friendly group of 400+ beekeepers who have various levels of experience. [www.mn.beekeepers.com](http://www.mn.beekeepers.com)

### Books

*Bee Time* by Mark Winston

*Honey Bee Democracy* by Thomas Seeley





## Restoring Resilience

by Mary Lou Logsdon

*"Resilience is our essential nature, woven into our being as a natural capacity to restore and recover so that we can experience the joy and well being that are our birthright." Dr. Henry Emmons, MD*

What is resilience? Is it strength, persistence, courage? Do you think about your resilience or another's? Is resilience acquired or innate?

"Resiliency is the rapidity with which we recover from adversity," according to Richard Davidson, founder of The Center for Healthy Minds at UW-Madison. It is a learnable skill. By strengthening that skill we can recover from adversity more quickly. We cannot, however, avoid it. Adversity will visit us at some time. Bad things happen. Perhaps if we spend less time worrying about adversity striking and more time building our resiliency muscle, we will be better prepared for adversity's inevitable arrival.

Humans are naturally self-correcting, able to withstand stress, hardship, and loss while we keep living complex lives. Dr. Henry Emmons, author of *The Chemistry of Joy*, says the problem is that sometimes we are hit by a real storm of adversity, or the challenges of life pile on and it gets harder and harder to bounce back. Add to that the 24-hour news cycle bringing the world's tragedies to our door – horrific acts, deadly violence, weather disasters. This collision of difficulties (ours and the world's), manifests as depression, anxiety or the many faces of stress gone awry. Medication, therapy or other measures may help, but often fail to fully restore our birthright gifts of balance, meaningful connections and joy – the elements of a resilient life.

Resilient brains seem to shut off the stress response and return to baseline quickly. Steven Southwick, MD, says that the notion "I'm going to be rejected or fail or won't be accepted by the group" activates the same circuits as if that person saw a wolf. We go immediately into fight, flight or freeze mode, an evolutionary remnant no longer very useful. Constantly hitting those fear circuits causes stress hormones to flow through our brains. The more we worry or fret, the more we use those circuits. Like water running down an eroded hillside, our brain follows familiar neural paths leading to fear and anxiety.

The good news, according to The Center for Healthy Minds, is that we can positively influence the way our brain develops, how efficiently it operates, and what skills it acquires. By activating specific areas of the brain we strengthen them. Frequent worrying strengthens the worry area; frequent calming strengthens the calming area. Repeatedly imitating a specific attitude, style of thinking or behavior can help overcome our own stress and trauma.

Two ways of improving resilience are through mindfulness and social connection.

Mindfulness is the practice of staying

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## LEARNING SPACES

by Eleanor Ann Leonard

*"The roots of education are bitter, the fruit is sweet." – Aristotle*

How could a 15-year-old girl be considered a threat to the Taliban? On October 9, 2012, in the Swat valley of north-western Pakistan, a gunman stepped onto a bus in which Malala Yousafzai was returning home from school and shot her in the head. Not because of religious, ethnic or social differences; but because she was an outspoken advocate for education. At just 11 years of age she had spoken out against the Taliban edict forbidding girls to be educated. She gave a talk entitled, "How dare the Taliban take away my basic right to education?" She continued going to school and speaking out despite death threats to her and her family. The Taliban intended to silence her. The shooting had the opposite effect.

Malala not only survived, she finished school and, now globally known, continues to push for education. She published a book, *I Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban*. In 2012, just 17 years old, she was awarded the Nobel Peace Prize, later telling Ellen DeGeneres, "Education helps you to get an identity." For most people in the western world, school is a normal part of life, something we take for granted. "But in other parts of the world," Malala told Diane Sawyer and ABC News, "we are starving for education. It's like a precious gift."

We may have lost sight of that preciousness in our culture with free public schools, mandatory attendance and an almost infinite choice of colleges, trade and technical schools. In today's competitive global market, college students hope to increase their odds of finding meaningful

work. At the same time, the academic and social challenges and pressures can override sound judgment as evidenced by legendary campus partying, binge drinking and recreational drug use. For the student who is in recovery, walking into that college atmosphere can be like stepping into a minefield.

The academic community has been paving safer paths through those minefields for over 50 years. Some 130 schools – Rutgers, Brown University, Texas Tech and Augsburg College in Minnesota, to name just a few – have successful programs committed to helping students in recovery.

Augsburg's StepUP program, established in 1997, has gained a national reputation and is often used as a model. To be clear, it is not a recovery program; the focus is to help students already in recovery navigate the sometimes turbulent waters of campus life by providing dedicated sober housing, licensed counselors and alcohol-free social events at no additional cost to the student.

In *Paradise Lost*, John Milton wrote: "Long is the way and hard that out of hell leads up to the light." Those words could describe the arduous climb out of addiction to recovery. For someone who spent many dark years in the grip of addiction, finally sitting sober in a college classroom can indeed feel like having come a "long way out of hell."

Hilda Arnorsdottir "had no plans for life after age 30." Childhood social anxiety with selective mutism (she spoke only to her family and two close friends) increased at age 12 when her family moved from the U.S. back to her home country of Iceland. There she found kids

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## Hidden Shame: A Curse and a Blessing

by John Driggs

Hidden shame is a powerful emotional and physiological reaction. It fills our being in covert ways. It can cause us to become violent or withdrawn from life and it can prompt us to bring out the better parts of ourselves in ways we never expected. It is both a curse and a blessing. Typically we may have some glimmer of how it operates in our lives but mostly we're unaware of how much of our existence is driven by shame. It is often the obscured answer to such questions as: "Why did he murder all those people?" or "Why can't I have a healthy relationship?" or "Why do I have no ambition?" or "What drove me to go on a humanitarian mission?" It is the passion that drives us and is anything but boring and bland.



By definition shame is an intense disliking of oneself. It is unlike guilt which is based more on an evaluation of how we behave. It often remains hidden because it is such an intolerable emotion, so much so, that our psyche would rather not recognize it and instead deny its existence. Shame very much reflects cultural values but is often more dependent on how we were raised. It can be very healthy. Feeling bad about ourselves can actually help us become better human beings, as the story below suggests:

*You know my siblings have really had it in for me ever since our aging mom needed more home care due to her increasing memory loss. I always told them, "You take care of mom if you want to. She never had a kind word for me growing up. Why should I go out of my way for her now?" Besides I don't even know how to help her out. She is just nuts a lot of the time. Of course, getting the cold shoulder from my sisters at holiday gatherings only made me feel like two cents. Deep down I knew I was being unfair to my sibs. This idea was echoed by my wife who said, "Caring for your mom is more about caring for your siblings who are burdened by her care. It is also about living up to your personal values. That's why their criticisms hurt so much. You ought to be ashamed of yourself." This was a tough message to swallow as only my wife could deliver it. But I knew she was right. Now I bite my tongue, see mom one afternoon a week and feel better about myself and my sibs, who are warmer than ever to me. I feel like I really have a family now.*

Shame can also have a very dark side and cripple our lives. The ways we hide

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# Calendar

## Upcoming

**Saturday, August 6 • HazelFest – 4th Annual Music & Recovery Community Festival!** 10am – 7pm at the Hazelden Campus, Center City, MN. Tickets \$25 at the door (kids under 12 are free). Presented by Hazelden Betty Ford Foundation and sponsored by 89.3 The Current. [www.HazelFest.org](http://www.HazelFest.org).

HazelFest Main Stage - Cloud Cult



Special Guest Speaker, John Feldmann, producer & lead Singer of Goldfinger Hippo Campus; Davina & The Vagabonds; The Honeydogs; Pushing Chain. Yoga on the Lawn with Taryn Strong from She Recovers.

Recovery Speaker Tent: Johnny & Molly of Communist Daughter; Gary Stromberg; T. Mychael Rambo; Tom “Thomas” Humpston. Drum Circle hosted by Don Karsky & Cecelia Jayme

## Saturday, September 10

**NuWay House Annual Picnic, 3-6pm,** 2118 Blaisdell Ave. S., Mpls. *Celebrating 50 years in the Heart of the Recovery Community!* Fun, food, music, prizes! Call 651-964-3680 for more information.

## Narcotics Anonymous

**July 15-17** - NA PIG Campout, Apple River Family Campground, Somerset, WI  
**July 30** - NA Speaker Jam, 2pm-10pm, Mount Olive Church, 3045 Chicago, Mpls  
**Aug 7** - Area of Hope Picnic, 11am-6pm, Mounds Park, St. Paul

**Sept 2-4** - The 8th Annual Inner City Unity Convention of Narcotics Anonymous, Crown Plaza Hotel, MN. For more social events, see [www.NAMinnesota.org](http://www.NAMinnesota.org)

## Fairs & Festivals

**Renaissance Festival - Aug. 20-Oct 2:** Get thee to the Ren Fest, the largest in the nation, where you can watch a joust, gnaw on turkey legs, browse wares, try fencing and be wowed by three stages of troubadours, magicians and dangerous juggling acts. Shakopee; [renaissancefest.com](http://renaissancefest.com).

## Minnesota State Fair - Aug. 25-Sept 5:

The giant slide, chocolate-coated bacon, baby pigs, music and milkshakes. Need we say more? Minnesota State Fairgrounds, St. Paul; 651-228-4400 or [mnstatefair.org](http://mnstatefair.org).

## Ongoing

**All Recovery Meetings:** Minnesota Recovery Connection is hosting All Recovery Meetings throughout the Twin Cities. These meetings honor all pathways to recovery, acknowledging that each person's path is unique. The meetings are an opportunity for social support focusing on the hope and healing found in recovery and to connect with others who are initiating and maintaining a recovery lifestyle. Come, socialize, share - friends and family members welcome. Call 612-584-4158 for more info or go to <https://minnesotarecovery.org/upcoming-events/category/all-recovery-meetings/month/>

## Women in Recovery – An Opportunity to Connect

Women in Recovery (WIR) is a monthly speaker series held on the fourth Wednesday of the month at The Retreat. WIR is a caring community that provides educa-

tion, spiritual insight, and growth opportunities for women in all 12-Step recovery programs. Each month, WIR gathers to learn and grow around issues of universal concern to women in all forms of recovery. From relationships to health and wellness, from finances to dating and sexuality, speakers cover topics that deepen personal healing and transformation. On Wedn., July 27 join WIR in a discussion on Forgiveness. Forgiveness opens the heart to more joy. As we open to more joy, we open to more love. Embracing more love brings us the gifts of acceptance and serenity. Teesie Vallero, an inspirational speaker and forgiveness and grief coach, will share her experience and life-changing results from the spiritual practice of Forgiveness.

Refreshments and fellowship, 6:30pm; programming at 7p.m. For more information please visit <http://www.theretreat.org/women-in-recovery> or call The Retreat at 952-476-0566. Women in Recovery is sponsored by The Retreat – a community based recovery program grounded in the spiritual principles of Alcoholics Anonymous in Wayzata, MN.

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

- Releasing Your Inner Critics - July 22-24 with Thérèse Jacobs-Stewart
- Living Passionately, Living Lovingly - August 5-7 with Karen Casey
- Freedom from the Bondage of Resentment - August 12-14 with Fred Holmquist
- The Grace of Aging - August 26-28

with Elene Loecher

- Spiritual Awakening with Roger Bruner, Sept 2 - 4
- Promises Alumni Reunion, Sept 8 - 11 Call 1-800-262-4882 for more info.

## 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. Open to anyone 18 or older involved in a 12-Step program. \$20/person 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

800-257-7810; Plymouth alum welcome.

**Pancake Breakfast:** 3rd Sunday of each month, 10am-12:30pm; The Recovery Church, 253 State Street, St. Paul, MN, [www.therecoverychurch.org](http://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!)

**The Recovery Church** offers worship services Sun. at 9 & 11am., 253 State St., St. Paul, 55107. Fellowship between services. Devoted to expanding spirituality & the 12-Step experience. All invited. 651-291-1371 or [www.therecoverychurch.org](http://www.therecoverychurch.org).

To place a listing, email [phoenix@thephoenixspirit.com](mailto:phoenix@thephoenixspirit.com) or call 612-805-1959.

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# I'd Give Anything

by Richard Talbot

It was many years ago, but I have never forgotten what my friend Al said to me on a warm summer evening in June.

Jan and the kids were out of town one night in the summer of 1990, and my friend Al Kirsh and I spent an evening together as I played my tenor recorder and Al played our family piano.

Al is an accomplished pianist. He's one of those guys who sits down to play and in no time, a crowd gathers round to listen. He can play nearly anything and he does it with an ease and virtuosity that is truly impressive.

I stood at his side and watched his hands race up and down the keys. I marveled at his coordination and his ability to play chords with his left hand and the melody with his right. At one point I remarked about this skill to use two hands at once in making his music. He looked at me and said, "You've got it wrong. I watch you play your recorder and I see you use two hands to make many of the notes you play."

I had never thought of that before, but he was right. I do use the left and right hand simultaneously to create many of the notes I play.

I continued to watch him play and he did so with the ease and alacrity of a man who believed in himself. Over and over he went pressing out chord after chord, melody line upon melody line creating the most beautiful tunes.

Impressed with his talent and ignoring my own, I said, "I'd give anything to be able to play like that."

He leaned into the piano pressing out another chord then smiling, he looked up at me and said, "Anything? Anything but practice."

And with that simple utterance my life changed. I saw at once that whatever I truly wanted I could have. By intuition I realized that the things I wanted were the things that were within me to have. There are things in me that talent can provide but only when coupled with practice — the handmaiden of accomplishment.

There are desires in me, desires in all of us that attract us because the Creator has placed in us an aptitude for these things. He would not have placed them there at the foundation of our creation had He not provided us a way for them to come to fruition.

Descartes said, "I think therefore I am." To this I would add, "I want therefore I will have." And I need give only one thing to make my dreams come true. Practice.

I no longer say I'd give anything for this or that. I now simply look inside and ask if I truly want it. And if the answer is yes, I get myself a plan and I start in to practice. And I practice until that thing is mine.

It was a long time ago but I've never forgotten those words. Anything? Anything but practice.

*Richard Talbot is a columnist and freelance nonfiction journalist living in Falcon Heights, Minnesota. He is the author of three forthcoming books: The Best Part of the Day; The House on Idaho Avenue; and Chalk Drawings.*

## the phoenix spirit

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**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.

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# Support Groups

## MONDAYS

**Mindfulness and the 12 Steps** at Clouds In Water Zen Center, St. Paul. Near University and Western – 445 Farrington Street, St. Paul, MN 55103. Mondays, 7-8:15pm. Meditation and one step/month. Ongoing. Open to all.

**Overeaters Annonymous:** Monday mornings, 10-11am. 3rd floor, handicapped accessible. Minnehaha United Methodist Church 3701 50th St Mpls 55407. For more info call Ana 651-592-7510

**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.emilyprogram.com](http://www.emilyprogram.com) or call 651.645.5323.

**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](mailto: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. Meets the 3rd Monday of every month 7-9pm, Twin Cities Friends Meeting, 1725 Grand Ave., St Paul, 55105. For info email [ffosmn@yahoo.com](mailto:ffosmn@yahoo.com) or call Tracy @ 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](http://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&women at Unity South Church, 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](mailto: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](http://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 go 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.,** 5:30-7 p.m., Dakota Alano House, 3920 Rahn Rd, Eagan (Hwy 13 & Cedarvale Shop Ctr). 651.452.2921.[www.dasinc.org/](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, at Kingswill 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](mailto: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](mailto: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](mailto: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](mailto: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](http://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](http://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](mailto: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

**Nicotine Anonymous** meeting on Sat. morning, 10am at Linden Hills Congregational Church, 4200 Upton Ave South, Mpla. Enter at the back door. 952-404-1488.

**Spenders Anonymous:** Our purpose is to stop spending compulsively and work toward serenity in our relationship with money. 1-2 pm at Bethany Lutheran Church, 2511 East Franklin Avenue, Minneapolis, MN 55406; street parking or in the church lot; enter through the gate on Franklin and ring the bell; <http://www.spenders.org>

**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 [rwwink@aol.com](mailto:rwwink@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](mailto: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](http://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](http://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](http://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, non.judgemental 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](http://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](http://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](http://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.



## from the publisher

Julia Jergensen  
Edelman



Someone asked me recently who my favorite teacher was. Ok, truth be told, it was one of those password questions on a website for Delta. But it got me thinking nonetheless - despite the lack of face-to-face contact.

I thought of Sister Brown at Sacred Heart School. She taught me not to laugh at the class clown's jokes for fear of being sent to the Bench of Shame in the hallway. I thought of George, a salty sailing instructor who taught me the difference between a beam reach and a broad reach and the trade-offs between thrill-seeking (it's exhilarating!) and a measured approach (it gets you safely to a destination). And dare I not forget Mr. and Mrs. Bradley, who taught me that dads can take long baths in the morning and draw cartoons — but not necessarily at the same time — and moms can “wear the pants” and be accountants. There is no right and wrong way regarding family roles. But all this was long ago, as evidenced by the “wear the pants” reference. Who *says* that anymore?

When I think of my teachers now, the list is long, and growing daily if I pay attention. There's the spider in the corner of my office that keeps building an intricate and delicate web, again and again.

We have a tacit agreement regarding each other's life form, and I watch her with admiration as she spins her surroundings, then sits in anticipation of what might happen next.

There are my kids, who teach me to practice what I preach and that each day is a gift as precious as love and life itself.

But perhaps time, in its relentless march forward, is my biggest teacher right now. It can't retrace its measured steps. It has momentum and is forward-focused. Yet, paradoxically, it stays precisely in the moment. It's an ever-present, invisible guide, that never retires from its job, dies, or gets swept up with one swift stroke of a broom and dustpan.

This month's lead article is about education in recovery. Eleanor Leonard writes beautifully of two young people and their journeys through recovery and college. Their stories symbolize the courage that many people in recovery find, and the faith that if they continue to take the right steps, that their one precious life will follow.

Regular columnist John Driggs writes in this issue about the costs and benefits of shame, and sheds light on the various faces that shame wears. And Mary Lou Logsdon speaks to us of mindfulness and social connection — two key ingredients in the recipe for resilience.

In fact, this issue of *The Phoenix Spirit* is filled with many tidbits and teachings. We gently offer them to you, to savor, enjoy, and pass on.

A special thank-you to Delta Airlines for allowing me this journey, without ever having to leave my home..

“We did then what we knew how to do. Now that we know better, we do better.”

— Maya Angelou

# Quotables

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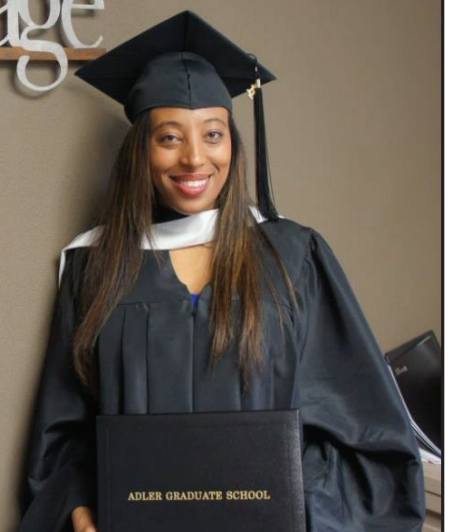
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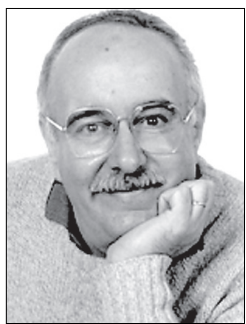


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John Driggs, LICSW

## Hidden Shame from page 1

*about this too long as it gets too depressing. Better get back to my routines.*

Although these personal experiences with shame are incredibly discouraging and persistent, it's essential to hear that with careful efforts they are changeable. Toxic shame is not an accurate description of who we really are; it is more a description of what we grew up with. It is in fact a false self-impression. It is possible to live with less toxic shame and more healthy shame. It is possible with hard work and support to lessen toxic shame and increase healthy shame in ourselves. Shame is not a psychological death sentence.

### Recognizing hidden shame

Most of us have a hard time acknowledging shame in ourselves. We hardly know what it looks like. Most of us can understand embarrassment when we are caught doing something bad. Few of us can witness long standing chronic shame in ourselves. And of course, what we don't see does hurt us. To lessen shame we have to first see it in ourselves. Healthy shame is about hurting others; toxic shame is about hurting ourselves (and possibly others). Shame does register in our bodies and can sit there for years. Generally you can identify shame by seeing how you act it out. We can see its "footprint" in our lives. The following are likely signals of shame:

- continual sense of feeling defective for no apparent reason
- unwillingness to expose our vulnerabilities to others
- grandiose attitude that we are a cut above others
- an urge to keep a secret or be reticent after we have done some wrong
- patterns of procrastination and underachievement
- slumped posture and avoidance of

eye contact with others

- perfectionism and a preoccupation with personal achievement
- persistent feelings of fraudulence
- tendency to over-apologize to others for minor transgressions
- inability to accept compliments and help
- unexplained exaggerated bouts of rage and blaming of others
- personality split between one's public and private selves
- having an excuse for everything and denying personal responsibility
- facility with convincing others that everything is their fault and what is obvious is untrue
- avoidance of serious personal friendships and love relationships
- intolerance with being alone with oneself for extended periods
- sensations of heaviness and dread in our bodies as if we are about to die
- unwillingness to forgive or holding a long-term grudge towards others



### Origins of toxic shame

Most healthy shame has its roots in the ethos of family and culture. Being taught the difference between right and wrong or how to conform to the norms of society in how we treat others gets rooted in ourselves in early family and social experiences. Most of us develop a fully formed personal and social conscience by the age of 12. We may not *do* better but we *know* better. Positive relationships with kin and community teach us healthy shame.

Toxic shame is a form of emotional trauma where our attempts to connect with family members at earliest ages get met with ridicule, indifference, neglect and rejection. We get hit where it hurts and we internalize a very negative self-image to conform to what important people think of us. We become brainwashed and crushed by other people's views of us. We don't see how these views are more about our accusers than ourselves and we adopt these views of ourselves for life. We do this unconsciously to simply fit in: Having no family is not a viable alternative for a child. Today's toxic shame feelings are our body's way of telling us that we need to be deficient in order to belong. Such experiences are inaccurate descriptions of who

we really are and reflect the true deficiencies of the family in which we were born. Unlike healthy shame which is an accurate reading of who we are when we have done wrong, toxic shame is a false reading. We live with this false reading in a perpetual state of trauma especially when we can't see shame in ourselves.

### Guidelines for growth

There is no magic wand or happy pill to remove toxic shame from our identities or to be appropriately shameful when we need to. This balancing act of lessening toxic shame and increasing healthy shame can only be learned over time with much real life practice. It involves brain rewiring much like learning to play a musical instrument after you've been taught to hate music. A caring and wise relationship with a helper and support group is required to learn the sweet harmonies of self-acceptance, forgiveness of oneself and others and an abiding sense of personal responsibility. Problematic shame results from betrayals of trust in personal relationships and they require reparative personal relationships to heal. Healing shame is not just an intellectual experience; it is a sacred experience of being moved by the music of love with another human being. No book or workshop or class alone can heal shame in us. We need to have a deep intimate relationship with another human being to help us transform ourselves. And learn the music of love in our bodies.

Clearly word of mouth referrals by trusted friends may help us find such guidance. Although healing is a long process, the actual efforts to heal will already help us recognize we are on the right track and give us hope.

There are practical things to do to get started. Learn about shame. Read Gershen Kaufman's book, *Shame: the Power of Caring* (Schenkman Books, 1985). Do some self-appraisal. Look at yourself in the mirror and ask, "Am I really that motivated to accept myself?" and "What practical value would it serve for me to do so?" Most of us sabotage our own efforts in healing shame and are more willing to go with what is customary and see ourselves as defective. That may be quite enough for now. On the other hand we may be really motivated to overcome hurtful shame. We don't need to know how to do it; we just need to get a good "music teacher" to teach us the language of love. In my many years of healing I can tell you that love always wins out. It is music to the ears.

*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). Call 651-699-4573.*

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# Reader's Write: Dealing with Depression in Recovery

by Rick Palmer

The worst part of having clinical depression is the crash that generally occurs after experiencing a ray of hope. Or, if I dare admit, after feeling "happy" for the better part of a day or two.

However, there are times when I feel so low, that it takes unimaginable effort just to get out bed. These are times when simply eating or showering require too much energy. It only serves to crush my spirit even lower when a friend or perhaps an acquaintance in recovery offers comments such as, "You know of course, this is *your choice* to be depressed," or, "It's such a beautiful day outside today, why do you want to sit around feeling sad all day?" I've even heard, "Look, I have bad days too, but you don't see me moping around all day," and, "I wasn't going to say this, but I think you're just lazy."

Such comments lead me to feel intense shame, which spirals me deeper into the dark hole of depression. I begin to question myself and ask, "Am I so delusional that I am *choosing* this incomparable sadness?" Other thoughts will follow... "Is this some sort of sick perversion that I am enjoying unconsciously?" "If this is truly within my control, why am I so blind to it?" "There must be some way to flip a mental switch, and actually feel the same enjoyment in life and recovery as my friends seem to feel."

I understand. I know there are people in the world who use a claim of "depression," when their real struggle in life is their need for attention. I have frequently thought that those individuals are possibly lonely and haven't developed any healthy means to ask for the attention they seem to crave. Unfortunately, this kind of person may have made a lasting impression on people who do not live with depression. That impression often leads to adopting an attitude about all people who identify as having depression. This attitude in turn can force people to push away from the people who have a true diagnosis of clinical depression — a diagnosis based on a chemical imbalance in the brain.

So to the true depressive — I get it! I know

why you isolate and hope that others will not witness your level of depression that seems to get deeper and longer as time goes by. I trust the science that has determined that many of us have a brain that simply does not produce required levels of serotonin, norepinephrine and other neurochemicals to achieve emotional balance. Of course, there are still many unanswered questions. I am just grateful our mental health professionals have moved forward from the often barbaric treatments for depression from the past. There is still much work to be done.

I am in recovery. Gratefully I have lost the mental obsession to take drugs or drink alcohol. The fact remains that I still feel the need to keep secrets. Secrets about how low I feel at times. Sometimes the secret is that I even have depression. With all I have gained through recovery, how dare I express anything but joy and gratitude? I often feel I am obligated to respond to innocent questions about my day with, "Things are great! Couldn't be better!" Sadly, this is often a lie.

Current research tells us that "co-occurring diseases" such as addiction and depression are far more prevalent than ever thought before. Perhaps we — addicts with clinical depression — need to step out of the shadows of despair and self-imposed isolation. Perhaps we need to find each other and employ some of the same basic tools we have used to address our addictions. Maybe we might find strength in the connectivity of one depressive-addict helping another?

All I know is that I did not work this hard, for this length of time to not be capable of enjoying some of the simple joys in recovery. For so long, I have only known prolonged periods of varying levels of stifling depression. Along the way I had found temporary relief in substances. Yet no matter how much I used, relief was shortly followed by even more complicated depths of despair. Maybe there is hope after all. Hope is not a word that depressives can buy into easily. What if

frank and supportive communication with another person of equal affliction could give us a place to begin recovery from depression as well? We have already seen this approach work with addictions. To others like me, what do we have to lose? As they say, we can always ask for a refund of our misery.

Now a word to our friends and loved ones who have, each in their

own way, tried in vain to "pull us out" of something that is perhaps as equally painful to observe as it is to have. We know you have the best of intentions. However, those with depression are equally frustrated. If you are in recovery, try to recall how difficult it was and how frustrated you were when people bombarded you with statements such as, "Why can't you drink like everyone else?" "Your brother or sister doesn't need to smoke marijuana to relax!" Or, "Just how tough is it for you to take your medication like it is prescribed?" Can you remember how you felt? Remember the shame when it seemed as though you were letting everyone who cares about you down?" Do you remember thinking, "They just don't understand

my addiction or alcoholism as a disease? I never wanted it this way." There is a parallel here. People have said to me, "Feeling depressed is normal in early recovery, we all go through it. If you would put more effort into your recovery your depression will go away." What I hear in those words is, "You're doing something wrong within your recovery program. Depression is your fault. If you ignore it, it will go away. All sadness, hopelessness and despair is completely within your control."

To people who suffer with clinical depression like me, these statements do not motivate. They crush us into deeper bouts of still more depression. Partly because we know that a tiny part of what you say is true. And then we feel more shame. It is the shame that tells us we can't admit that there are days when we feel good. Those days however are few and far between. Sometimes it is a fact that we do feel good, and feeling good is uncomfortable because it is foreign to us. And when someone starts questioning us, it can feel like an attack. However, if someone we know struggling with the same type of depression should talk to us about the days when the depression has lifted for a while, we are much more willing to listen.

My hope is that we find a place where depressive addicts can meet and share our fears, flaws, and perceptions with other depressive addicts. I also hope for a future where our fellow addicts in recovery, who don't suffer with clinical depression, can make an effort to be part of our collective solution. Not someone who through misunderstanding becomes another layer of our problem.

I believe in the power of people helping people, when there is a common foe. Be it addiction, alcoholism, depression, PTSD, or any of a long list of diagnosed struggles. I am continually learning. With hope, I can get better on many levels. Together with other depressive addicts, I can find the strength to recover from all co-occurring illnesses. Together we walk out of this as better for having had the experience along the way.

When we are in shame, we don't see the big picture; we don't accurately think about our strengths and limitations. We just feel alone, exposed and deeply flawed.

Brené Brown



## EYES on MINNESOTA

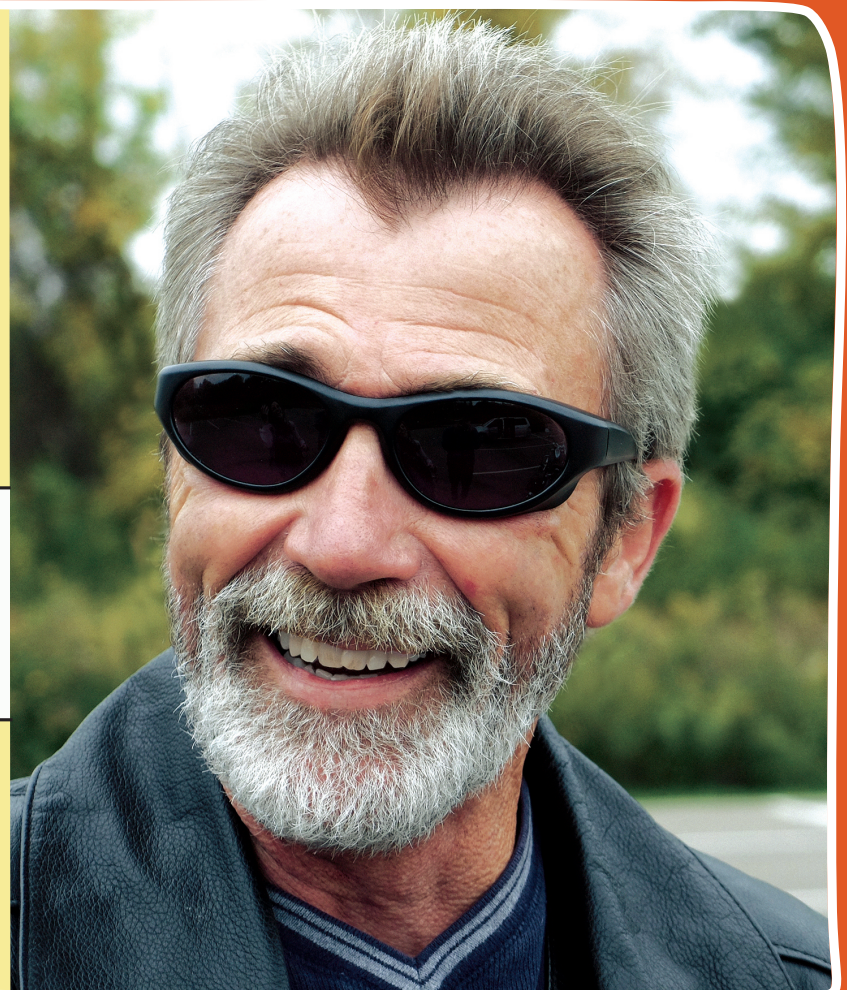
**Steve Chilstrom says he's an "unassuming Granddaddy" from Coon Rapids most days, but when he climbs into his leather, he escapes to boisterous biker rallies to "enjoy the human theater." Chili says his Big Daddy glasses from The Spectacle Shoppe keep out the wind and bugs; clearing the way for "one wild spectacle."**

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## Restoring Resilience from page 1

through mindfulness and social connection.

Mindfulness is the practice of staying in the present. Sylvia Boorstein defines mindfulness as the “aware, balanced acceptance of the present experience. It isn’t more complicated than that. It is opening to or receiving the present moment, pleasant or unpleasant, just as it is, without either clinging to it or rejecting it.” When I am present to things as they are now, I don’t need to wonder what will happen next, what danger might await me, or how I will address something tomorrow. I am simply here with what is.

When we are not present our mind wanders through relics of the past or imagines fears and fantasies into the future. According to James Doty, M.D., 80 percent of the time we focus on the future or past, limiting who we are and the connections we can make.

I meditate 20 minutes a day to practice mindfulness. It helps. I grow aware of my distractions – such as planning my next vacation, tonight’s dinner, what I am going to do after this and then after that, and so on and so on. I notice the distractions and then I let them pass by, like leaves floating down the river. Being here and now is more relaxing than trying to manage my what-if world.

Recently, *The New York Times* asked artist Maurizio Cattelan, what he would invent to make life easier. His answer – a pause button! I imagine a pause button on my left arm, just above the elbow, two vertical lines. When my mind starts going wild with things to buy, to remember, to clean up, to organize, to.... I can simply hit my pause button and stop the action.

The second way to improve resilience is through social connection. An enemy of joy is the mistaken belief that we are alone and isolated. We have been led to believe that we are a separate self that needs to bootstrap everything, Lone Ranger style. This belief is continually reinforced by the American religion of independence. Separation is an illusion. Mother Theresa knew this and said, “If we have no peace it is because we have forgotten that we belong to each other.” Resilient people know they belong to each other.

Karen Reivich at the University of Pennsylvania trains Army personnel about resilience. She teaches that when we are laid low, the thing to remember is that other people matter. People who let other people help them tend to recover better than those who are fiercely independent. One of the best things we can do during times of high stress is to actively reach out to family, friends and colleagues for their advice, assistance and emotional support.

When life gets difficult, we are tempted to pull inward and think we must go it alone. We needn’t. Listen to people who have recovered from illness, active addiction or abuse. A common thread is how a small group of people supported them in their recovery. When we know we have someone to call upon to listen, to care, to be there, we see that we are not alone. It changes everything. Albert Schweitzer said, “We are all so much together, but we are all dying of loneliness.”

If we are not as resilient as we like, we can change that. We can live more often in the present moment and we can connect with people important to us. Call a friend to join you on a river bank. Watch the water flow gently by. Restore your resilience together.

*Mary Lou Logsdon provides spiritual direction and leads retreats in the Twin Cities. She can be contacted at [logsdon.marylou@gmail.com](mailto:logsdon.marylou@gmail.com).*

## Resource Directory

### A DIFFERENT KIND OF GRIEF

Individual coaching & on-going coaching groups for those who have a family member/friend who has died from addiction. Contact: [gloria@recoveringu.com](mailto:gloria@recoveringu.com) /612-866-1056 for time, day, fee, and location.

### BETTORS ANONYMOUS

Bettors Anonymous now meeting in MN. Men and women using AA’s spiritual solution to recover from gambling addictions. [www.bettorsanonymous.org](http://www.bettorsanonymous.org). 612.298.8593.

### COACHING SUPPORT, FAMILY/FRIENDS OF OPIOID & ALCOHOL ABUSERS

Individual coaching & on-going coaching groups for those who have family or friend who is addicted to heroin, Rx opioids or alcohol. Contact: [gloria@recoveringu.com](mailto:gloria@recoveringu.com) /612-866-1056 for time, day, fee, and location.

### DEBT MANAGEMENT PLANS AND FINANCIAL COUNSELING

**LSS Financial Counseling** – Conquer Your Debt™ offers debt management plans to consolidate your debts into one monthly payment, with a lower interest rate and good credit outcomes --and free financial counseling to help you gain financial confidence. LSS provides tools and guidance to put you on the path to a debt-free future. Call 1-888-577-2227 or [www.ConquerYourDebt.org](http://www.ConquerYourDebt.org)

### COUNSELING

**Maple Grove Therapy and Wellness** is a collaborative of therapists working to serve primarily adolescents and young adults struggling with chemical and mental health issues. 612-460-0427, [www.maplegrovetherapyandwellness.com](http://www.maplegrovetherapyandwellness.com)

**Amethyst Counseling Services** - 651.633.4532

### EATING DISORDERS

**Melrose Center**- Melrose heals eating disorders for both males and females of all ages. Our experienced team offers specialty programming for those struggling with an eating disorder and substance abuse - whether they are in recovery, treatment or still struggling with substance abuse. Locations in St. Louis Park, St. Paul and Maple Grove. Visit [melroseheals.com](http://melroseheals.com) or call 952-993-6200.

**The Emily Program** offers a wide range of eating disorder treatment services to individuals concerned about their relationship with food and/or body. Our caring and experienced staff develop personalized treatment plans to help individuals recognize and change unhealthy behaviors and restore hope for the future. Six locations. [www.emilyprogram.com](http://www.emilyprogram.com) or 651-645-5323.

### JEWISH RECOVERY NETWORK

A group of addicted people in recovery or in need of recovery, as well as their families and friends Open meetings second Sunday of the month..... 763-544-4446

### NAROTICS ANONYMOUS HELPLINE

Drug Problem? We Can Help! Call Now 24-hour (877)767-6767. Also, check out [www.NAMINNESOTA.ORG](http://www.NAMINNESOTA.ORG) For a complete listing of meetings, upcoming events campouts, and service opportunities.

### SOBER SCHOOLS

**Pease Academy**, “Peers Enjoying A Sober Education” is the oldest recovery high school in the U.S.; 612.378.1377

### SOUL READINGS/CLASSES

**Soul Readings/Psychic Development Classes:** beginning, advanced, and workshops. **Cindy Lehman**; 612.669.1861; [www.cindylehman.com](http://www.cindylehman.com); or email [cindy@cindylehman.com](mailto:cindy@cindylehman.com)

### SPIRITUALITY

**Sacred Ground Center for Spirituality** 651.696.2798; [www.sacredgroundspirit.org](http://www.sacredgroundspirit.org). Explore your spiritual journey with the help of a spiritual director familiar with the 12-Steps.

### SUFI HEALING

**Four Layers of the Heart; Learn to Live in the Divine Love, Call Jess Fauchier**; 763.537.4907, [fauchier@goldengate.net](mailto:fauchier@goldengate.net) or [www.suficenternmn.org](http://www.suficenternmn.org)

### WOMEN’S MENTAL HEALTH

**Amethyst Counseling Services** - 651.633.4532

To place a Resource Directory listing call Julia at 612.805.1959 or write [phoenix@thephoenixspirit.com](mailto:phoenix@thephoenixspirit.com)

**“Sometimes, I’ve believed as many as six impossible things before breakfast.”**

– Alice’s Adventures in Wonderland, Lewis Carroll

**John H. Driggs**  
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Psychotherapist

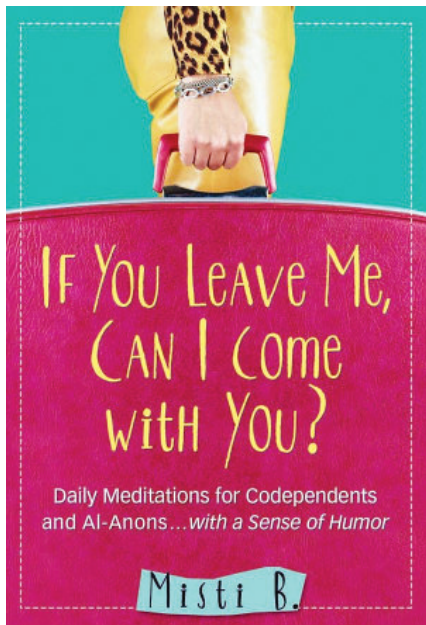
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## Books *by Barbara Kummer*



### **If You Leave Me, Can I Come With You? Daily Meditations for Codependents and Al-Anons...with a Sense of Humor**

*By Misti B.*

Beginning with New Year's Day, readers will enjoy Misti B's honest and humorous reflections on her experience as a codependent person who attends Al-Anon, a Twelve Step recovery program for individuals affected by the disease of alcoholism.

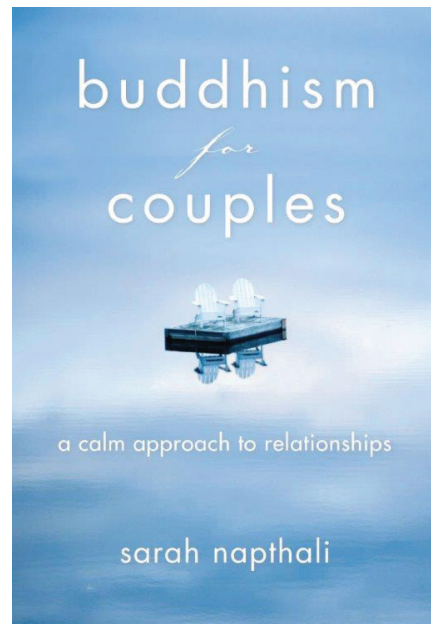
She offers a year's worth of daily meditations in a lighthearted manner. They are inspiring and delightful. Misti shares the valuable life lessons she learned and sayings she heard in and outside of the rooms of recovery. For example, after hearing a speaker discuss Step 8, she realized, "What I do directly reflects what I am inside. If I say I'm pursuing a spiritual life, I need to act like it. If I bring God into all of my encounters, then there's less chance of me ruining someone else's life. Or even my own."

Each essay closes with an "In spite of myself" section such as, "God, help me to not cave into fear. It limits my options."

### **Buddhism for Couples: A Calm Approach to Relationships**

*By Sarah Naphthali*

The first chapter is about the difficulty of living as a couple. Other chapters cover letting go, battling negativity, and anger. Each chapter includes her observations on that topic and how she applied Buddhist teachings, specifically Buddha's Four Noble Truths. This has enabled her to see more clearly using non-judgmental observation.



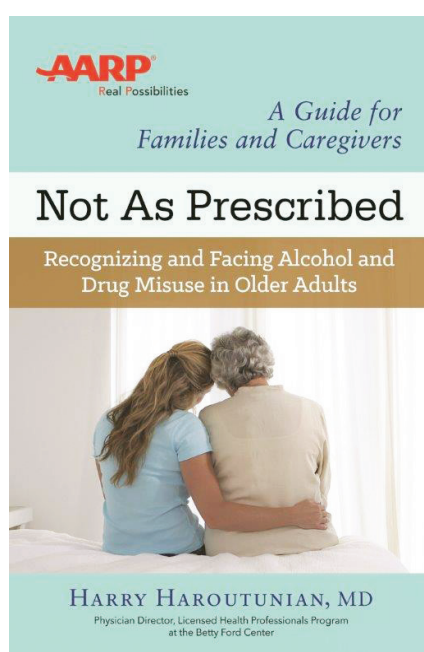
Each chapter closes with "Things to contemplate..." and "Things to do." In the chapter on communication she provides her summary of communication in partnerships. For example, she suggests, "Stick to one point. Don't discuss all your problems at once. You don't have time." Naphthali suggests that during meditation, or even as you are going about your day, consider another's difficulties and wish them well using traditional Buddhist words such as, "May she be happy," or "May he be free from suffering," and "May he feel safe."

### **Not as Prescribed: Recognizing and Facing Alcohol and Drug Misuse in Older Adults**

*By Harry Haroutunian, MD*

Drug misuse and addiction is one of the fastest growing and unrecognized health problems in the United States in older adults, which is defined as age fifty and older. AARP coordinated efforts with the Hazelden Betty Ford Foundation to provide important information about substance misuse and addiction. Knowing the difference between normal signs of aging and misused drugs or addiction may help families identify drug misuse and abuse.

Toxic combinations of prescription drugs, whether under a physician's or several physicians' care, can mimic aging or disguise addiction. The magnitude of this problem and the rationale why different age groups use, and some misuse, alcohol and drugs is provided.



pain relief.

Haroutunian states, "Older adults who go through addiction treatment have some of the best success rates for staying in long-term recovery." Are you over 50 and on pain medications? This book is for you. Do you or someone you know take four or more medications? This book is also for you. Is drinking or drug use affecting your relationships? This book is for you too.



### **Calm**

*By Michael Acton Smith*

A 2005 study found people who regularly practiced mindfulness meditation physically change their brains. Smith states, "A calm practice, incorporating meditation and mindfulness, can be as effective in treating the symptoms of depression and anxiety as drug-based treatments." Are you ready to change your brain?

This is a beautiful book filled with colorful, easy to read pages of quotes and suggestions to help change your perspective and calm your life. It is based on the iPhone app and a calm app is provided to help start and continue a daily meditation practice. There is even a fun hidden origami feature included near the end of the book.

Smith recommends using a journal and provides several fill-in-the-blank pages throughout the book. He suggests taking time at the end of the day to reflect on three questions: What made you feel calm today? What are you grateful for? What were the three highlights of today?

The benefits of achieving calmness include improved physical and mental health. One section in the book recommends using nature to assist with a shift to calmness. Smith states, "Spending time in nature is a shortcut to serenity." Other sections cover work, creativity, children, travel, relationships, food, and sleep.

*If you have a favorite book you'd like to share with other readers - or perhaps you've written such a book - write to [Barbarakummerreviews@gmail.com](mailto:Barbarakummerreviews@gmail.com)*

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## Learning Spaces from page 1

her age “in a big rush to grow up.” Not wanting to be left behind, she accepted a vodka drink at a birthday party and for the first time she felt relaxed, “There was no stone in my stomach.” Soon she was drinking “as much as I could whenever I could.” Eventually she was also ingesting street drugs and prescription medications.

As years went by, blackouts became frequent. At one point, she lived in her pajamas, not eating or sleeping and paying a neighbor to pick up her liquor. A series of sexually exploitive relationships fueled her low self-esteem and she began cutting (medically viewed as non-suicidal self-injury to cope with emotional pain). Travelling with her family, she found ways to sneak drinks. The relentless self-destructive pattern continued until age 29 when,

in a substance-induced “superwoman moment” Hilda threw herself down a flight of stairs. The ER doctor seemed “pissed off; he prescribed ibuprofen and threw me out.” It was then, she says, she “had this moment: I wanted to live.”

She called her mother and within weeks was scheduled for treatment at Hazelden. But the addiction wasn’t quite ready to let go. Hilda drank at her going away party in Iceland and on the plane to Minnesota. By the time she arrived at Hazelden, her kidneys were starting to shut down. After three months of treatment at Hazelden, Hilda lived in a halfway house where she learned of Augsburg’s StepUP program. She wanted to go to college but was pretty sure that at age 30 she “had missed that bus. I was too old, would not

know what to do and too late in my life to live in a dorm.” Yet in the fall of 2014, she began classes at Augsburg College and says, “If it wasn’t for the StepUP program, I would never have applied.”

To be sure, she has struggled. Attending class and socializing bring up old anxieties. She has relapsed, had to drop some classes. With a spunky tenacity, she sorts through it all and is still at Augsburg. A self-described “history nerd” she now gets high on soccer, basketball and her dog whose unconditional love, she affirms, “gives me meaning.” Prior to recovery, she had been to Mexico and India and although she drank during those trips, she says the experiences forced her out of her comfort zone and boosted her self-confidence. Her plans for the future are uncertain; but she thinks she’d like to live in Mexico or Italy and do “fulfilling, rewarding work” that helps people.

When Hilda was leaving for Hazelden, her father gave her Viktor Frankl’s book, *Man’s Search for Meaning* which, she insists, “should be obligatory reading.” A favorite quote by Frankl is, “Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and freedom.” For someone who previously couldn’t see beyond age 30, having hope for a future is tremendous growth.

**B**ob L. (full name withheld at his request) remembers that in high school it was easy to “make friends through drugs.” While sober he “didn’t know how to meet new people.” An only child, he witnessed four family members recover from addiction to live “happy, sober, fulfilled lives and [show me] there was a better way.”

Bob, now 22, found that “better way” and celebrates two years of sobriety in July 2016. His story might well have gone differently. He started drinking at age 13, by 14 was smoking marijuana and by 16, he says, “I was high all the time.” His life was a steady flow of alcohol, recreational, prescription and over-the-counter drugs, blackouts, stealing medications and money, shoplifting, and selling liquor purchased with a fake ID. He was arrested three times, once spending a night in jail.

He admits he had “great parents; they treated me well.” It wasn’t enough. One

time he ditched his cell phone so his parents wouldn’t be able to track him while he disappeared for two days of partying. When he finally arrived home, he found his dad sitting in a chair staring at the driveway; he had not gone to work for those two days.

Bob tried recovery twice at the insistence of his parents. After the first month-long program, he was sober and attended AA meetings for several months while denying his addiction: “I’m just a kid doing what all teenagers do. I really believed what I was doing was normal.” He went back to using.

After a second residency program with older people, many recovering from heroin, he rationalized, “I’m too young to have a drug problem and I don’t do heroin so, no, I’m not an addict.” Almost wistfully he says, “You can convince yourself of anything.”

When his parents gave him an ultimatum – stop using or leave – he moved to Utah to live with the family of a girl he knew; he was kicked out when they discovered he was stealing the girl’s ADHD medication. Each time he wore out a welcome, he moved on: a different school, another state, a new family, back to his own family, an apartment with an older man who was a “severe alcoholic and didn’t care what I did.” Charging thousands of dollars on his mother’s credit card, he threw wild parties in a fancy hotel room. Moving on to meth and heroin, when cash ran out, he called his parents and lied about needing money for food.

Remarkably, he managed to maintain high enough grades and test scores to be accepted at Southern Methodist University on partial scholarship. It was a “complete disaster.” Drugs were readily available; he stopped attending classes and stayed in his dorm room getting high. Rather than have “fails” on his school record, he took a “medical leave of absence.” Upon returning home he immediately went to party with old friends. He woke up in a basement: “No memory, money gone, drugs gone, all my stuff stolen.”

Something clicked. “I realized I was killing myself. I was 20 years old and not ready to die. I didn’t want my parents to have to bury their only child.”

Within a week he was in residential treatment again. “I learned a lot; I was open to taking advice rather than thinking I knew it all.” Now majoring in computer science and mathematics since spring 2015, he finds Augsburg a good fit with less party life and a “respect for sobriety.” The StepUP program “keeps us sober; help is available when we struggle.” His “high” now comes from writing computer programs and seeing them work. He spends time in nature and maintains a spiritual life through prayer and meditation. And he tells his story at treatment centers. “It reminds me of where I was and helps alleviate shame and guilt.”

Of family members who overcame addiction and have since died, he says, “They helped a lot of people throughout their lives. This inspires me to want to lead a similar life so that when my time comes...I can be at peace as well and know that I have made a difference.”

While college is important to them, Bob and Hilda clearly exemplify that education happens far beyond the classroom. As Viktor Frankl suggests, those tiny spaces between stimulus and response that open to us countless times very day give us all of us opportunities to learn, to grow, and, as Malala Yousafzai says, to shape our identity.

## Snapshots of Serenity



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