



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.

The Brand, Spanking New!

Finding Resilience to Live in the Moment Again

by Dan Maurer



I like new things. I like them so much that I seek after them all the time. Well . . . I'll be honest—I lust after new things.

Things like new cars. I love new cars. That new car smell is the best. Even the new, used-car is fairly cool. But the fun-factor gauge definitely goes past “eleven” when you buy a new, new car.

You know how it goes: You think the moment you drive it off the lot that everyone is looking at you.

“Holy shit—look at that guy! He’s the best! Th.. Th- That car is . . . NEW!” You can hear people saying this (in your head) after you drive off the lot.

When you see the opposite sex pulling up alongside you at a stoplight and you think:

I know it. I’m hot. I’ve got a new car. It’s not just new. It’s brand, spanking new. Listen to my engine, babe. It roars—just like me. I’m an animal! A wild, raging, high-tech sex monster!!

It’s like you’re wearing the new car as an extension of yourself. I mean, crap, even the air conditioner and the funky heated seats make it seem like you have your own damn, private climate control system. And the sound system? Don’t get me started — I’m still amazed at the bluetooth capabilities of my iPhone connected to my car stereo.

Know something else? A new life is pretty fun too.

When I got sober five years ago, I was still reeling from a felony arrest and a DUI — and potentially losing my family and my wife — to care much about anything other than simply straightening myself out. So I worked on myself. Hard. I lived in a sober house and I went to meetings up to six or seven times a week. I worked it and it felt great! I thought, *I can do this*. And it’s all so new, anyway! Y’know what? This is actually kind of FUN.

It worked. After I had one year behind me, I was pretty darn proud of myself. It was still all so relatively new, too, because brand, spankin’ new things kept happening to me!

Life just seemed to work out, job and family-wise. And the newness of it was dizzying. Intoxicating, even.

I published my first book. I became a freelancer. I started a blog. Book two came out. Then three and four were in the works. Freelance and speaking events came out of the woodwork. We got a new house. We lived in a new city. New meetings. New church. New life. New, new, NEW!

It was all new. It was shiny. It was pretty flippin’ amazing, really.

But a new day arises. A new change is imminent — the change of the not-so-new-anymore.

With every new day the once-brand-spanking-new things become . . . not as shiny.

Take that brand new car, for instance.

The brand, spanking new car becomes “just” new. Then it’s used. Pretty soon there are empty coffee cups and dog hair in the passenger seat. And the new smell goes away.

Of course, it was all in your head to begin with.

When you first drive off the lot, nobody cares that you’re driving a new car. Nobody’s head is turning. (Well, okay... if you’re driving a Lamborghini maybe so, but anything under 60k doesn’t count.)

And no, the opposite sex doesn’t give a crap what you’re driving. Or that you’re even there. She’s probably thinking instead about whether her idiot husband remembered to make supper for the family on Tuesday before she gets home.

A new car, a new life . . . everything loses its novelty, not just because everything ages.

I’m going to turn 45 soon. And, dammit, I don’t want to enter the next “age bracket” when I take an online survey or check the appropriate box when I get my new driver’s license.

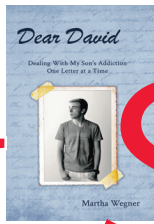
When I thought about my past five years, when I went from 39 (kinda old) to 45 (what?!) I wanted more of the new: I don’t want to drive my damn 2007 Dodge Avenger (a hand-me-down from my wife) any longer. I want to *feel* the way that I did when I first got sober. I want the “new” life . . . again and again! Of course, all is not lost: I figured out something I think is pretty profound the other day while I was meditating before bedtime. It’s something I need to remind myself daily, in fact.

It goes something like this: MY NEED TO LOVE AND SEEK AFTER NOVELTY IS INVERSELY PROPORTIONAL TO THE WILLINGNESS I HAVE TO REMAIN IN THE PRESENT MOMENT.

I suppose you could also add into the first part of the statement above: my fear of aging, of losing my parents, my friends, of growing old, too. The less dreamy and enamored I am by the THE NEW or NOVELTY, the more I realize that I’m living mindfully, living in the moment. And I find I’m less afraid; that I’m less obsessed about getting a new car. Or new clothes. Or even a new job or a new house or a new life.

The now, the moment — this are all we ever have. And that’s my newest bit of wisdom for this week, which — when you think about it — is a transformative change and a new realization in its own right.

Dan Maurer is a writer and transformer living in the Twin Cities. Visit <http://transformation-is-real.com/>



Is it Time to Retreat?

by Mary Lou Logsdon

Retreat. Withdraw. Pull back. When armies retreat they fall back, de-escalate, leave the frontline for a place of safety and rest. Me, too. I go on retreat to regroup, refresh, rejuvenate. Our frenetic lives leave us fewer and fewer quiet places to retreat into. Electronic devices have marched into every room of the house. They ride with us, walk with us, sleep with us. News is broadcast all day. Phones ring, beep, vibrate incessantly. Even out-of-doors, too often machines swallow the stillness. It takes much more effort to retreat. And we need it more than ever.

I contacted several retreat centers in our area to ask what they are noticing about the current retreat scene. Here is what I heard — people arrive exhausted. They don't realize how tightly wound they are until they stop. Their biggest need is rest. Our lives are full and the demands on our time are many. Retreatants come to sleep, to relax, to unwind.

I know how that feels. The first thing I do when I get to my retreat is move into the simple room I'm assigned and unpack whatever it is I brought. There is usually a place to hang a few things, a drawer or two, a desk, a bed. I settle in. I lay down. I fall asleep. I rarely nap at home, but on retreat the cares of home seem far away and a nap is so inviting.

Secondly, retreat house directors reported that fewer of their guests are part of a mainstream church. Even when the retreat house is connected to a specific faith or denomination, the retreatants are often un-churched. This does not mean that they are un-spiritual or un-informed nor unwelcome. They are often well-read in spirituality yet untethered to a church community. They come for the peace, the calm, the serenity, the spirit... the silence

Silence is nourishing. Early on, during a silent retreat, I catch myself starting to speak, but soon the silence expands and my voice recedes. When I share that silence with other retreatants, we check in with a nod or a smile or a gesture of kindness like holding a door or adjusting a chair. We become a community without words.



A third change is the connection between spirit and nature. In the past, many sought the sacred in churches or temples or synagogues. Now people come to nature to refresh and reconnect with

spirit. Most retreat houses in our area have open space to wander, gardens to enjoy, a lake or pond to watch the reflection of the sky.

On my retreats I love to wander the grounds. There are usually paths and trails, but not so well marked that you don't occasionally have a surprise twist

to page 7



Healing From Abuse: Light Encourages Recovery

by Eleanor Ann Leonard

In 2015 as the Children's Theatre Company (CTC) in Minneapolis was hosting festive events to celebrate its 50th anniversary, a smaller, quieter happening began to ripple through the CTC alumni community. No fanfare, no hype, but to those involved, of greater celebratory significance. Thirty-one years had passed since the 1984 arrest of John Clark Donahue, the theater's co-founder, and several other staff members on child sexual abuse charges. Donahue spent ten months in the Hennepin County workhouse; the other cases were dismissed or settled out-of-court.

In May 1991 the Minneapolis *Star Tribune* ran a thoroughly-researched two-part feature by reporter Kay Miller that documented in unflinching candor details of the CTC sex abuses. She wrote, "At the time of [the] arrest...it seemed questionable whether the man [Donahue] or the institution could survive. Seven years later Children's Theatre is not only alive, it is financially more secure than ever and has plans to increase its scope and artistic prominence."

By 2015 that scope and prominence was solid. CTC had made adjustments, established new protocols and seemed to have buried all distasteful remnants of the abuse years. Everyone — the institution, alumni, teachers, administration — had seemingly moved on. The Twin Cities theater community, which many feared might suffer collateral damage, was stronger than ever. Fifty years and thriving was reason to celebrate.

But beneath the self-congratulatory galas lay unresolved issues from the abuse years. Students from that time had gone on to jobs, careers and livelihoods and were now themselves in positions of authority as middle-aged adults. Many carried burdensome secrets from those years — un-

spoken and unresolved. Some did not survive.

Publicity surrounding high-profile abuse cases — Catholic Church, Bill Cosby, Boy Scouts, to name a few — have contributed to increased cultural awareness. In May 2013 the Minnesota legislature enacted a bill known as the "Minnesota Child Victims Act...Actions for Damages Due to Sexual Abuse; Special Provisions" which amended Minnesota statutes allowing an extra window of time to file civil actions regarding child sexual abuse.

THE CHILD VICTIMS ACT DEADLINE FOR FILING IS MAY 24, 2016. BECAUSE ADEQUATE TIME IS NEEDED TO PROCESS YOUR CASE BEFORE THE FILING DEADLINE, SEEK LEGAL ADVICE IMMEDIATELY IF YOU THINK YOU HAVE A CLAIM.

The 2016 Academy Award-winning film *Spotlight* highlighted a team of *Boston Globe* reporters whose tenacity and integrity broke the story emphasizing the systemic nature of sex abuse in the Catholic church. In accepting the award, a producer said, "This film gave a voice to survivors."

That "voice" began speaking up in the CTC alumni community as they reunited around the 50th anniversary. Through social media and technology that did not exist in the 80s, the dark secrets of those years started to tumble out into the light. In private Facebook discussions survivors discovered they were not alone, that the abuse pattern was much bigger than they had been led to believe. Most importantly, they now had an acknowledged community of support, something blatantly missing 30 years ago. Healing could begin.

to page 12

Stepping into Life

by Emily Carter



When I hear the word retreat, I tend not to think of meditation, cedar scented cabins, or even a prettily situated lakeside bench. I think of troops of traumatized and malnourished shoulders slogging through mud to get back from the front lines, I think of standing in the doorway of a party and seeing some bad decision I'd made making his way to the front of the buffet line; I think of retreat as something to beat hastily in order to get somewhere I can I can let out that breath I didn't realize I'd been holding. Like most people, I am a mixture of equal parts cowardice, reckless bravado and regret, but in one thing, at least, I am healthy: I have a good instinct for retreat. Every time I've turned and run outside a room that felt suddenly crowded and sour, that summer air felt like silk on my face.... and every time I've run from something it's been a sound decision that led me to run into something better.

There are moments in all our lives when something tells us "enough, reverse your trajectory, get up and go". Some call this "bottoming out". At other times we refer to what's universally known as a "moment of clarity". I recalled this watching a memorial service on You Tube for a poet I had known and admired. I listened to the testimonials: funny, bawdy, harrowing, the speakers delivering both good and bad prose. Peering at the audience seated in an ad hoc half circle of plastic chairs I

made out the faces of familiar people, some of whom I hadn't seen in thirty years. An ex-boyfriend

looked exactly the way I imagined he would; balding, angular, with fashionable glasses. I heard my name mentioned once or twice as one of the "kids" who the deceased had mentored. We are all old I thought. I had expected to be horrified at the fact, but instead I was triumphant. I'm old! I yelled at the tiny screen....bet none of you saw that coming. There's only one reason this memorial service wasn't for me: because I knew when to retreat, which in my case simply meant begging for bus-fare back to rehab and Minneapolis where, at 28, I had to grow up, all over again, for the first time. It wasn't that I felt no connection to the faces now on screen, it was that I just had to run away from them if they were ever going to see me again. I retreated, in other words, into life. It wasn't so much

A retreat gives me the opportunity to gather my disparate parts, the pieces of me that are scattered, ignored and displaced. This quiet time allows a place for my feelings to peek out and get a little attention.

to page 6

Calendar

Upcoming
Gopher State Roundup:
Acceptance Is The Key
May 27-29



**Gopher
State
Round-Up**

An occasion to share the fellowship and to carry the message of AA; with Al-Anon and Alateen participation. XLIII Annual Roundup! <http://www.gopherstateround-up.org/>

12
 the retreat
 women in recovery

Join Our Meeting
 Every 4th Wednesday,
 January Through October

6:30 Refreshments and
 Fellowship
 7:00 Programming

theretreat.org/women-in-recovery
 1221 Wayzata Blvd East
 Wayzata, MN 55391
 952.476.0566

**Emotional Sobriety and Centering
 Prayer Meditation Workshop**
June 4, 9am - 4pm

12-step spirituality workshop with three presenters. Share personal presentations; Centering Prayer instruction and two 20-Minute Sessions of Silence. Suggested offering of \$15-20 to cover lunch, coffee and snacks. Colonial Church of Edina, 6200 Colonial Way, Edina, 55436. www.12stepspirituality.org/Home.aspx

**XIII Annual Dry Bones Blues Fest
 Sunday, June 19, 1-8pm**

Celebrating recovery with live blues at the Minnesota Music Cafe, 498 Payne Ave, St Paul, MN 55130. Food and family friendly fun. See ad on page 6!

NuWay House Annual Picnic!

Saturday, September 10, 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

May 7, 1-6pm: 13th Annual Recovery in the Parlor Celebration! Speakers, food & fellowship. Dayton Ave. Presbyterian Church, 217 Mackubin St., St. Paul, 55102

June 10-12: SMARB - Southern MN Area Recovery Bash! Beachfront Campout (cabins/tents), fellowship, speakers, workshops, volleyball and water fun at Camp Patterson on Lake Washington near Mankato. Register at NAMinnesota.org

June 11, 6-10pm: ICUCNA Comedy Night! Dinner, open mic and Comedy Competition at the Recovery Church, 425 State St., St. Paul, \$12-\$15. For more events check out www.NAMinnesota.org

Ongoing

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.

• **Recovering Our Connection** - June 24-26 with Mike Borash and Maureen Brine

• **Growing Up in Sobriety** - July 1-3 with Martha Susan Horton

• **A Kinder Voice: 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

Call 1-800-262-4882 for more info.



Karen Casey

Overeaters Anonymous

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

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 info call 800-257-7810; Plymouth alumni 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!)

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.

To place a listing, email phoenix@thephoenixspirit.com or call 612-805-1959.

Correction: Last month's cover art was the creative genius and spirit of Nancye Williams. Visit her website at nancye-bydesign@yahoo.com to see more of her work.



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

Snapshots of Serenity



Send us your Snapshots of Serenity and Peace!
 email snapshots to juliaedelman@gmail.com and receive a free one year subscription to The Phoenix.

Calling All Art!

This September, Your Art's Desire Gallery of Art and Framing marks their sixth year of celebrating National Recovery Month with their clean show. This year's theme will be "whole/some living."

They are seeking artists who have been affected by drug or alcohol addiction, and who are actively working toward recovery in their life. (This is not limited to the addicts' experience; people who love someone who has struggled with addiction are also encouraged to submit work.) This is a juried show — interested artists may create and submit work for review that specifically explores this year's theme "whole/some living." Artists are encouraged to explore how recovery opens us up to a more vital sense of "wholly living" as opposed to how addiction led to an experience of merely "some living."

For consideration please email no more than 3 images (jpegs) to: mail@yourartsdesiremtka.com or submit a CD of images to:

Your Art's Desire 12928 Minnetonka Blvd, Minnetonka, MN 55305.

Please be sure to include contact information, dimensions of the artwork and medium. The show runs September 1 - 30

- All submissions must be in by Sat. July 23
- The selected artists will be notified by Sat. Aug 6
- All artwork must be completed and in the gallery by Mon. Aug. 15
- Opening Reception is scheduled for Sat. September 10, 6:30 – 9 pm

YOUR Art's DESIRE

Your Darkest Moment Could be the Beginning of Change

By Mark Bowness,

Crash. Bang. Reality. As I woke up, a dark misty haze was swirling around my mind. The moment that I recognized that I was in a hospital bed, the events of the past 24 hours came flooding through my mind. I had tried to take my own life. At the age of 26 years old, my marriage had ended, and along with it, the non-profit organization that I had worked so passionately to grow, was pulled from under me. At that moment in time, living ceased to be an option.

After a seven-year relationship, my wife had walked out of the door, never to return--and as I sat in our apartment surrounded by everything we had built together, the future looked dark and overwhelming. It was a future that I was certain I was not willing to endure. I turned to Google and keyed in the words "most painless and quickest way to kill myself."

I will always maintain that my attempt at wiping my existence off the face of the planet was the best thing to happen to me; it totally changed my life. Whether it's the end of a relationship, the struggle to get a job, or an overwhelming sense of hopelessness and lack of direction, we all experience "dark moments" in life. It is these most difficult times that can turn out to be the most profound.

Let me share with you four ways that your darkest moments could be the making of your life, should you choose to see this as a new doorway.

Forced self-intimacy

When life takes you to the darkest places, absolutely no one around you can understand how you feel or what you are going through. Others may have had a similar experience, but only you can react to your situations the way that you do. During our

tough times, we are forced to stare at ourselves eye-ball to eye-ball, as though we are standing in the mirror and gazing deep into our very soul. As we engage in these moments of forced self-intimacy, we make crucial decisions that redefine who we are, what we want and what we are willing to accept or not accept for our lives. It is the choices that we are forced to make, during this dark period, that lay the foundation of our powerful life change.

Blank canvas opportunity

We absolutely take life way too much for granted. Trying to end my life was my awakening moment to this truth. I truly recognized with my head and my heart that we live life only once and so I made a decision to view my life as a blank canvas, to start again and paint whatever picture I so desired for my future. The result was that I created an eco-island business in Fiji that gained worldwide media attention, was filmed for 18 months and became a TV show that aired in the UK, Australia and America on BBC. My darkest moment became my catalyst to pursuing life in all its fullness, and as a result I embarked upon a crazy adventure.

Benchmarked experience

When we experience a powerful life situation and nothing feels as though it could get any worse, we have then built a foundation of experience on which to construct the rest of our lives. Nothing could be any worse than trying to take your own life, and so I launched a bold and daring business idea - if I went bankrupt it could never be as bad as non-existence. The tough times that we endure give us a place of reference and offer the motivation to continue. When we realize that we have endured 'X', and 'X' was horrific and terrible, yet we are still standing -- then we are filled with the hope that we can get through the smaller battles each day.

A moment of awakening

There are times in our lives when everything piles on top of us, and as a result, we make decisions for our lives that are not healthy, nor wise - wrong relationships, poor choices in behaviour patterns,

of awakening. Now we rebuild ourselves, truly discovering who we are, what we are about and everything that we stand for--from the ground up. These are the powerful moments of true awakening.



During my darkest moment in my life, the only person who may actually have experienced much of what I was going through, was the poor guy who wrote that post on Google. If you are on the precipice as we approach the dawn of this new year, I encourage you to not simply endure your life, but to embrace it.

So don't wallow...grab life by the horns, wrestle it to the ground and overcome your demons. I truly know that you will look back and be able to say that this moment, right now, was the best thing that ever happened to you.

Mark Bowness is passionate about changing people's lives. After trying to take his own life, he made a New Year's Resolution to totally turn his life around. Mark is now the founder of New Year's Revolution, An Embracing Community For People Ready To Create Total Transformation In Their Lives.

Classified ads

sober housing



Second Step
Supportive Housing
Program

Offering Men's Programs

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

"Give us a call before you fall"

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

40,000 readers
will read your ad in
The Phoenix Spirit!
Call David Goldstein
612-298-5405

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

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 com-
mitted to providing articles, ad-
vertising, 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 in-
tended to be diverse and represent
those of the writers and/or contrib-
utors, 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 prod-
ucts 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

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: _____

e-mail address: _____

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

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 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

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 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 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 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 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/

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 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

Nicotine Anonymous meeting on Sat. morning, 10am at Linden Hills Congregational Church, 4200 Upton Ave South, Mpls. 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 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, 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 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.

from the
publisher

Julia Jergensen
Edelman



Life is circuitous, at least mine has been, and often I find myself scratching my mop, wondering how I got to this particular place in time — and why. While the journey has been filled with twists, hairpin turns, and I've stopped millimeters short of a precipice or two, it's been pretty darn good. Challenging, yes. Filled with moments of awakening should I choose to look at them, yes. And each day I find myself grateful and mostly at peace with the conscious choices I make.

Twenty-one years ago I chose to get married, become pregnant, and move to Minneapolis pretty much in one fell swoop. Pregnant, jobless, in early recovery, and not knowing a soul in the Cities except the realtor who sold us our home, I found myself in an antique store on Grand Ave. in St. Paul. Because that's pretty much what pregnant, married, jobless and lonely people in early recovery do as everyone knows.

The real reason I was there, was so I would pick up a copy of *The Phoenix*, and the universe would put me in touch with Fran Jackson, then publisher.

Fran passed away peacefully this past February surrounded by her family: Mike, Frank, Carolyn, and Maretta. Fran published *The Phoenix*, lovingly, devotedly, and intelligently in the 1990s until

her keen entrepreneurial spirit moved her in her next business venture, interacting with clients in need of Chemical Use Assessments, mainly for court cases like DWIs and other criminal defense matters, driver's license issues, and divorces.

Fran's daughter, Carolyn Agin Schmidt, speaks as this leg of Fran's life as her most fulfilling. While Fran certainly served and guided the recovery and spiritual communities as the publisher of *The Phoenix*, it was with the aforementioned business that she could guide, advise and care for people in an intimate face-to-face fashion. "She loved meeting with each and every one of these clients, often taking hours to get to know them and help them get on the right track to recovery in whatever form they needed whether it be treatment, education, or making changes in their life," says Carolyn. "Many times she would advise people that they 'weren't chemically dependent but that they needed to get a life.'" I'm sure Fran ran this business as she directed *The Phoenix* — confidently, competently, and with abounding compassion.

So I picked up *The Phoenix* at the antique store in the fall of 1995 and called Fran the next day, explaining that I was a freelance writer in want of work. Soon after, I met Fran at her home office and we spoke for hours, but not of news-

Frances Ann Jackson

DREAM AS IF
YOU'LL LIVE
FOREVER.

LIVE AS IF
YOU'LL DIE
TODAY.

— JAMES DEAN



papers or stories to write. We connected over our own stories — of wanting to live smartly, speak our truths, and make a difference in the world. Those things she did with aplomb.

In Fran I found a mentor both professionally and personally. She was unwavering in her commitment to the truth — in the printed word of *The Phoenix*, with her own candor and wisdom, and with what I knew of her personal life.

There will be a Celebration of Life for Frances Ann Jackson on Sat., June 4 from

3-6 at Cozy's Pub on Como Park (Golf course clubhouse), 1431 Lexington Pkwy N., St Paul, MN 55117. Fran's family is inviting anyone who knew and loved her to attend, and to share your favorite story of this vibrant and passionate soul.

In lieu of flowers please consider donating to a scholarship endowment in her name at Women Venture (St. Paul). This endowment will serve to benefit young women who exhibit a passion for creating and owning their own business. www.firstgiving.com/fundraiser/michael-agin/FAJ-ScholarshipFund. Peace.



No synthetic chemicals
Vegetables, fruits, herbs, honey, eggs
18 week summer season
3/4 bushel \$575
5/9 bushel \$475
1/2 bushel \$375

Spring and fall shares available

I was raised with the philosophy that the land is a gift to be cared for and nourished before it is passed on to the next generation. It is a relationship where there is communication and kinship. It is with joy and good, honest sweat that we work these fields to produce the most nutritious and flavor filled vegetables and fruits that you can find. -Norm the Farmer

507-378-4252

norm.the.farmer@gmail.com

www.earthdancefarm.net

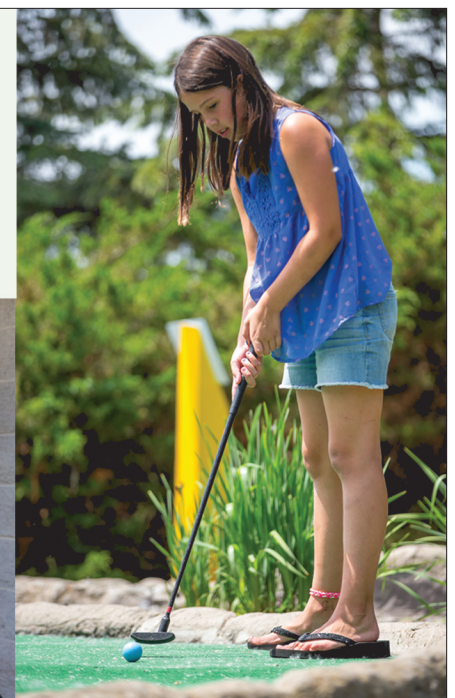
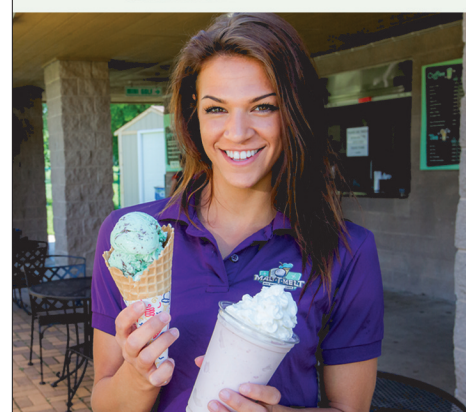
Gambling Problem?

Gambling can become a
powerful addiction.

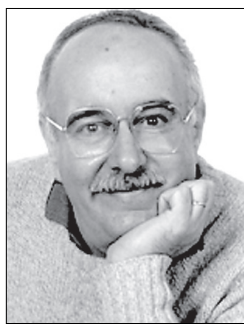
There is Help.

Call 24-hour helpline at 1-800-333-HOPE
Visit NorthstarProblemGambling.org
Text HOPE to 61222

Northstar
Alliance
NORTHSTAR PROBLEM
GAMBLING ALLIANCE



6335 Portland Ave. S., Richfield, MN 55423 • 612-861-9348



by John Driggs, LICSW

*Good character
is doing the right thing
when nobody else
is looking.*

When I first met Jamil I didn't know what to think. He is a charming, funny and intelligent man from Somalia who is active in his community here in the States. He helps many of his own country persons to make it in America as he has done well himself and has a good civil service job. He came across as somebody I would like to know, particularly because I hadn't known any Somali people before. I would often tease Jamil about his adjustment to our culture as he would with me about learning his culture. It was always done in a good humored and respectful way and fostered the beginning of a good friendship. Only once did we have a stressful exchange about differences between his Muslim faith and my Christian religion. I wanted very much to like Jamil and would often

overlook his idiosyncratic behaviors--like borrowing money and not repaying lenders and expecting to come to my house at any time of the day without notice. He looked at me in amazement when I challenged these behaviors. Ultimately I ascribed these behaviors to cultural differences, and perhaps to a lack of cultural awareness on my part. I had always been raised in rather narrow-minded culture and craved to prove that I was not narrow minded myself. Besides it's not hip to think badly of Somalis in my liberal circle. However Jamil's behaviors continued to get worse. He stole newspapers from our common coffee shop, he got divorced from his wife. And he also did little childcare and he would denigrate American culture. Finally one day I asked another Somali friend what he thought of this behavior. He said, "This behavior is not typical for Somali men. Out of your own need to be open-minded you are being blind to his bad character. Don't be a fool. Somali men do not abandon their kids or steal newspapers"

...

Sometimes we need to go outside our normal circles to find out who we really are and understand what we are dealing with. Actually many of us turn a blind eye to our close associates especially when we have an

unconscious stake in staying blind. We want things to work out and we may overlook important warning signals. In this case I didn't need to reject Jamil but I did need to alert myself on how I could be hurt by him and perhaps limit my efforts and extent to which I could be his friend. Too many of us don't see character flaws in people we know and we continue to be fooled and hurt by those we care for. Most of us only see the external image of people we know and have no idea what we are getting ourselves into, sometimes with disastrous results. Image and character are often confused in our culture. It would be far wiser if we took seriously the brief warning signs that someone we know is not what they appear to be.

What is character?

Character is difficult to define because it has to do with the inner qualities within ourselves and not on scientific, easily observable analysis. It is a measure of how we treat others and how we handle ourselves. It is who we generally are, not how we behave or think at a given moment in time. It is the part of us that remains generally constant in ourselves and defines our identities, a lot like a signature is unique to who we are. Approximately 40-60 percent of who we are is determined by our genetic make-up. Some of us are reserved; some of us outgoing. Others of us are sensitive to others; some of us have a tough skin and aren't worried about being criticized. Some of us are naturally happy; others of us can't find sunshine even on the sunniest of days. The rest of our character development is determined by our life experiences, especially early life growing-up relationships and exposure to trauma. The final piece of our character is determined by the culture in which we live and the current relationships we maintain. Generally by age 25 our brains are fully mature and who we are is mostly set for life, subject to

some tweaks if we expose ourselves to intense psychotherapy.

Especially noteworthy are people with characterological illnesses, sometimes called personality disorders. These are people who don't learn from past behaviors and lack empathy for others. About one if 6 of us has a personality disorder and can often do great harm to others. Our true character hides under a false front and is only seen in bits and pieces over an extended period of time, usually lasting over a year. Most of us don't even know our own true character and live in a world of illusory self-deception. Character can change over time but only with considerable effort in a challenging intimate relationship. Some people do this in a good marriage and become better people. It is always best to examine our own character and improve it over our lifetimes.

Why is character so important?

I am certainly not advocating making judgments about everybody we meet. In fact, not taking another person's inventory is an essential part of addiction recovery as we need to focus on ourselves. Let us not be the first to cast the proverbial stone. For the moment, other people are doing the best they can and we often need them in our lives. Nevertheless, let us realize what we can expect from other people whom we are close to or depend on. Oblivion and naiveté will not do the trick. You don't treat alligators the same way you treat pussy cats. Indeed, part of embracing the Serenity Prayer means that we have the wisdom to know the difference.

If you are close to or rely on a person with a bad or irresponsible character, especially one that appears to be safe or charismatic, you can count on that associate eventually making you the target of his or her bad character. It can be your worst nightmare. The small clues that people give off in the early parts of relationships are always the gateways to hell (and heaven too!). It's best to not choose that door and to move on. Problem people are sent to us to keep us on our toes, to learn that all that glitters is not gold and to learn how we deserve better. Character is

to page 10



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



**Specialize
in hope**

as an
addiction
counselor

Hazelden Betty Ford



Graduate School
of Addiction Studies

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

HazeldenBettyFord.edu

651-213-4175

5621-3 (2/16) ©2016 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

Food for Early Recovery

by David Wiss

Introducing the concept of nutrition into a treatment program is not an easy task. Many addicts in early recovery are not ready for health behavioral change, since most are simply trying to get past the immediate crisis of addiction and the associated life adjustments of abstinence. In fact, sobriety can magnify pre-existing dysfunctional eating behavior. Many addicts began using drugs and alcohol in their early teens and never developed a healthy relationship to food.

Many people in early recovery crave sweets and simple carbohydrates such as candy, juice, cereal, grilled cheese, peanut butter and jelly, or ice cream. In addition to such food preferences, many may have damaged their digestive system through the use of alcohol, pills, opiates, and other substances.

Additionally, the reward deficiency syndrome created by chronic exposure to addictive substances often requires that the food consumed be highly rewarding to the brain. These foods are typically sweet, salty, high fat, easy to digest, or some combination of these traits. Examples include chips, cookies, and most processed snack foods.

While excessive weight gain is certainly an issue and can lead clients back to using substances, the bigger problem is malnourishment, which limits the ability of the brain to heal from the ravages of addiction. Low quality food leads to low quality thinking, and can lead back to using drugs and alcohol.

What we crave

There are many factors that contribute to how a person eats — food availability, financial resources, and general food philosophy. But to generalize about the average addict in sober living, it might look something like this:

Breakfast consists of several cups of coffee with flavored creamer and sweeteners, cigarettes or "vape," and perhaps an energy drink. If food is consumed it's typically bacon, eggs, hash browns, and/or

sugary cereal

Lunch might consist of a white flour sandwich, burger, wrap, or pizza, all of which lack fruits and vegetables. Often lunch is from a fast-food restaurant.

Snacks throughout the day include candy, chips, cereal bars, soda, energy drinks, and sweetened coffee.

Dinner typically is protein and starch such as pasta and meatballs or meat pizza. Vegetables may or may not be present.

Between 10pm and 1am is when the real eating occurs. Many people are on medications such as Seroquel that can lead to loss of control and increased food consumption. Typical nighttime snacks include sugary cereal, ice cream, bread, bagels, tortillas with melted cheese, pizza, and other highly processed foods that can lead to a full blown binge episode.

It's simple: Eat real food.

If someone in early recovery is offered a choice between addictive food and nutritious food, most will select the more "rewarding" choice. The problem is that this "reward" generated by the brain gives the patient the illusion that they are getting what they need, when in reality they are just stimulating dopaminergic neural pathways. What they really need is a diet high in protein, fiber, omega-3 fatty acids, antioxidants, and vitamins and minerals. Think of the six food groups: fruits, vegetables, grain, dairy, animal protein, and plant protein such as beans, nuts, and seeds. The goal is to get representation from all six food groups at least twice a day and to avoid items that cannot be classified into this food group system.

Sample Meal Plan

Breakfast could consist of a fruit smoothie with mixed frozen berries, banana, spinach, unsweetened Greek yogurt, flax seeds, unsweetened almond milk



Healthy morning snacks include a piece of cinnamon raisin sprouted whole grain bread with almond butter, and hard-boiled eggs.

Lunch consists of a large plate of mixed raw veggies topped with tuna or chicken salad, or a lentil, bean, or grain soup. Snacks include fruits, string cheese, and a handful of nuts.

Dinner could be quinoa or other whole grain such as farro, salmon, asparagus, and a green salad topped with pine nuts. For a snack have a bowl of frozen cherries topped with unsweetened Kefir and cacao nibs.

Why Not Just Take a Multivitamin and Eat for Pleasure?

It's a common mistake to assume that the daily consumption of a multivitamin will "cover all of the nutritional bases." Of course, supplemental nutritional can be helpful if the person has a compromised ability to eat or has a limited diet. But too often, people fall into the trap of using multivitamins to assume they do not have to concern themselves with the nutritional quality of their food. For starters, supplemental vitamins will never be able to contain the antioxidant potency of real food. Phytochemicals that flourish in real food cannot always remain stable in a supplemental form. Second, arguably the most important nutrient for addiction recovery is fiber, which is found in fruits, vegetables, whole grains, beans, nuts, and seeds. It is of paramount importance to eat fiber from food - not fiber supplements - to improve gut function and achieve balance in the microorganisms that live throughout the gastrointestinal

tract. Lastly, consumption of highly processed junk food throughout the day can significantly hinder the recovery process in numerous ways:

- Unstable blood sugar impacts mood and concentration
- Nutrient-void food can leave

patients feeling sluggish and reliant upon caffeine (for the illusion of energy)

• Refined grains, added sugars, and added fats will negatively alter the microbiome (which we are discovering has an impact on mental health)

• Highly palatable food will condition the brain to expect food to taste a certain way, perpetuating the cycle of food addiction and promoting substance-seeking behavior. For example:

- Eating candy will make eating fruit become less appealing.
- Sweetened beverages will make drinking water less appealing.
- Heavily seasoned and sauced food will make plain food be less appealing.

What can you do?

Consider this a call to action to implement healthy eating for sobriety. Consult with a registered dietitian nutritionist, particularly ones that have training and expertise in the addiction population. Consider embracing the following:

- No sweetened beverages (sodas, sports drinks, etc.) including "diet" drinks
 - No candy (or highly sweetened foods)
 - No fried foods (i.e. chips)
 - No refined grains (use whole grains)
 - Cereals should have more grams of fiber than grams of sugar
 - Dessert should only be served as dessert
- The primary focus should not be about what not to eat, and should always be about what to eat.

David Wiss MS RDN is the founder of Nutrition In Recovery and a co-founder of Dietitians for Professional Integrity. www.NutritionInRecovery.com.

Are your glasses aging you?

VISIT, CALL or CLICK:

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



Then



Now

We've been putting people in glasses they love since 1969.
Let us do the same for you. You'll look as young as you feel.

Our model & customer is standing out in Ray Ban frame #RB5228.

Healing from Abuse from page 1

Kristen Froebel, an alumni who attended the school from 1979-1984, said she became immersed with following the stories that unfolded on the Facebook thread. As stories surfaced, it became clear that 30 years later people were still suffering from “the impact of the failure of adults to protect children,” says Ms. Froebel. “Facebook created a safe place with freedom to talk of the complexities; only good can come from conversation.” Ms. Froebel set up four conversation groups that brought small groups of CTC alumni together in the Twin Cities, New York and Los Angeles in what she calls CTC Alumni Circles. Cordelia Anderson, whose Sensibilities Prevention Services program works to prevent child sexual abuse and exploitation, facilitated the groups in Minneapolis. The other groups were peer led.

Most of us harbor a few secrets, but few are of the magnitude child abuse victims carry into their adult lives. The issue that surfaces repeatedly is the purposeful web of secrecy that surrounds abuse. Ms. Anderson is emphatic: “Abuse thrives in secrecy.” Victims at CTC had not only been coerced into silence; those who tried to speak up were denigrated, accused of betrayal and ostracized. At the same time, bystanders, witnesses, staff, administration, even some parents, chose to focus on protecting the theater and its artistic vision. Loyalties and allegiances were clearly misguided.

In the movie *Spotlight*, a victims’ attorney tells a reporter, “Mark my words... If it takes a village to raise a child, it takes a village to abuse one.” The May 19, 1991

Star Tribune article was unambiguous: “Hennepin County Judge Charles Porter spent a week poring over the 1,000 page transcript of the grand-jury investigation of CTC. In a statement at Donahue’s sentencing...Porter concluded that ‘collectively this community knew what was going on at Children’s Theatre.’ In Porter’s view, the community refused to confront adult-adolescent sexuality at the theater because it was so enamored of the art Donahue produced.”

On December 1, 2015, two former actors and students of CTC – Laura Adams and another plaintiff known as John Doe 84 – filed a civil lawsuit in Hennepin County District court naming three defendants: The Children’s Theatre Company, CTC co-founder John Clark Donahue and former CTC actor and teacher, Jason McLean.

At a press conference after filing, Laura Adams appeared with her attorneys, Jeff Anderson and Molly Burke of Jeff Anderson Associates (www.andersonadvocates.com), a firm that has successfully

litigated clergy sexual abuse cases across the United States. While Ms. Adams states she was abused by Mr. McLean, she says, “It’s important to talk about what the

culture was at the time which made it possible for Jason to thrive. Jason wasn’t the only one abusing at the time. There were other people; this was a culture that was prevalent.”

In April of this year HBO premiered the movie *Confirmation* that details the 1991 embattled confirmation hearings around Supreme Court Justice Clarence Thomas. A university law professor, Anita Hill, had testified before a Senate Judiciary Committee that Mr. Thomas had sexually harassed her. With the film’s release, Ms. Hill was interviewed by NBC Today and asked about comments that “maybe we’ll never know what really happened there.” She responded, “I think that sends a wrong message for people who are going through some of these same things today.

This idea that we can never know the truth is just not accurate. We can know the truth if we have the right processes in place and what I think the film shows very clearly is that the wrong processes can lead us to confusion.”

National Public Radio’s Nina Totenberg broke the Anita Hill story in 1991. Speaking with an NPR Politics podcast team in April she said: “I was pilloried during this. I had one of the great stories of any reporter’s life...and the cost was enormous in terms of negative publicity and people trashing me a lot and senators yelling at me.”

Just the same, public awareness did begin to shift. Sexual harassment claims nearly doubled in the following two years. Workplace rules, guidelines and grievance procedures were established. Still, a shocking number of harassment and abuse incidents go unreported and unprosecuted. True, it is a victim’s personal decision whether to prosecute; but if their reason for choosing to remain silent is based on fear of not being believed, then we as a culture are culpable.

The national Start By Believing campaign (startbybelieving.org) focuses on awareness and response to sexual assault. A survivor’s journey to healing and justice is long and arduous but, as the title suggests, the first thing a survivor as the right to expect is to be believed.

Kristen Froebel hopes that every body tells their story. “Mine is mine to tell, theirs is theirs,” she says, “The cultural story is one our whole community has to come to grips with.” Kristen’s hope is that CTC will take responsibility for the “Institutional Memory” of the years of abuse, perhaps by having a sculptor create a beautiful statue for the garden — a memorial with a plaque commemorating the children who were abused.

In her press conference, Laura Adams addressed the most commonly-asked question: Why come forward now? “It’s time to tell our stories. We have held — and I say “we” — there are a lot of us — we have held this secret far too long and holding this inside is damaging...society has shifted; I think these stories can be told with some integrity and grace....There were several people around me who I knew were abused and none of us were talking because we didn’t feel safe....We didn’t feel like we would be believed...nobody was encouraging us to come forward.... Now we’re all in our 40s and 50s...so what I want out of...telling my story is for people to see that...the kind of healing that can happen as a result of sharing these deep secrets is immeasurable....I’ve been in therapy for a long time which is why I have some strength...I want to be clear that you don’t have to do what I’m doing right now...you can maintain your privacy. But I want every single person, if they haven’t told somebody, to tell someone.... Don’t hold the secret any more; it doesn’t deserve to be held in the dark. It deserves to be in the light.”

The 13th century poet Rumi wrote:

How did the rose ever open its heart
and give to this world all of its beauty?
It felt the encouragement
of light against its being,
otherwise we all remain
too frightened.

Each of us is responsible for encouraging the light that allows a frightened heart to open. The world needs all the beauty it can get.



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 /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. 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 /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

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

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 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 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 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; or email cindy@cindylehman.com

SPIRITUALITY

Sacred Ground Center for Spirituality 651.696.2798; 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 or 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

Books *by Barbara Kummer*

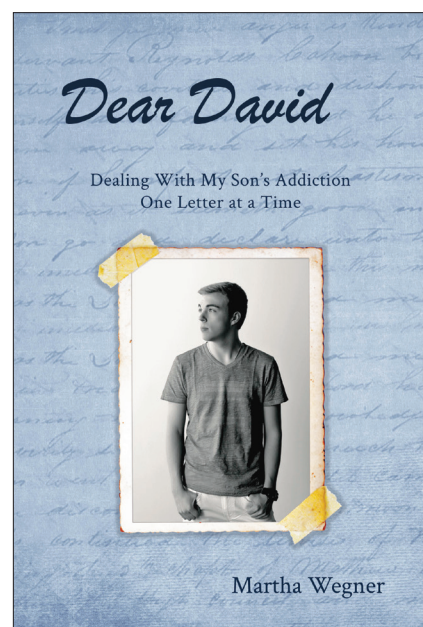
Dear David: Dealing with My Son's Addiction One Letter at a Time

By Martha Wegner

After seven weeks of in-patient treatment, David walked away from treatment for the third time. He was homeless due to his addiction, again. Wegner dealt with the pain of his disappearance by writing letters to him (all ending with Love, Mom). She describes the pain of having a loved one living on the streets, unable to be contacted. Since her letters couldn't be mailed to him she posted her journal on a blog.

In one letter, she lists all of the events he missed due to his drug use. In another, she describes the experiences his drug use exposed her to, such as going to a pawn shop to look for her son's watch, one of many items pawned to support his drug habit. David told her that it's not personal. For Wegner it is. She reports the deep sadness she felt when she didn't find the watch; however, she found another similar watch which she bought and wore for a time.

She is honest in her description of events and emotions including expressing her anger at what David's addiction has done to their family. And she is hopeful when she discusses the duffel bag of stuff

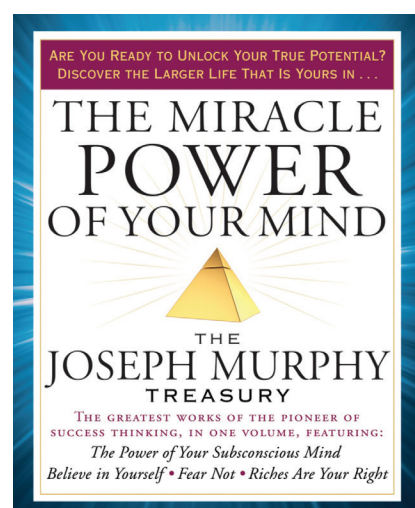


David left behind at the treatment center saying, "Then I will wash the clothes, fold them, and put them away. When you are home and sober, you'll need them."

She recounts what was discussed at the treatment center's family program where they were told that the addict "has to want it more than you want it." Until then, Wegner writes to let out the pain and let in the love.

The Miracle Power of Your Mind: The Joseph Murphy Treasury

By Joseph Murphy



Readers familiar with Dr. Joseph Murphy's name will be excited to learn that Tarcher Penguin published his collection in their recent Success Classics series. There they will find everything written—all 24 books from 1954-1963 and multiple pamphlets—by Murphy, the pioneer of success thinking. All collected in one very large volume.

Murphy's writing is uplifting and encouraging. He states, "I wish for every man who walks the earth what I wish for myself. The sincere wish of my heart is, therefore, peace, love, joy, abundance, and God's blessing to all men everywhere."

The founder of the New Thought movement was a prolific writer and motivating speaker. It's all in here.

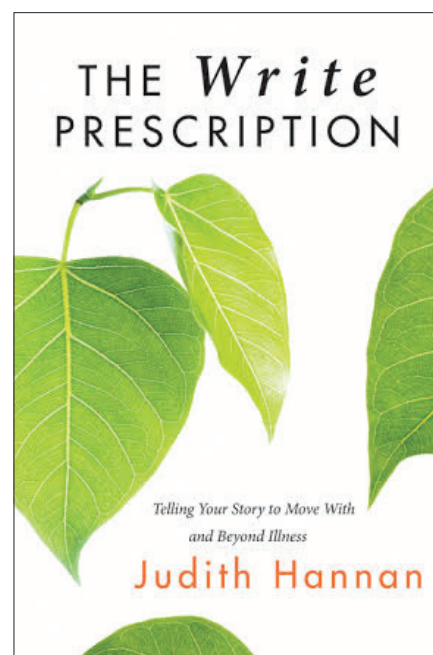
The Write Prescription: Telling Your Story to Live With and Beyond Illness

By Judith Hannan

Practical instructions are provided in three parts: first, a series of writing prompts; second, suggestions to change observations into story narration; and third, encouragement for individuals to write about their experience of illness and treatment.

Included is information on clinical trials about the Medical Narrative and the therapeutic value to patients' recovering from illness and how writing helps the healing process. Hannan wrote to deal with and get through her young daughter's illness. She does that by doing what writers are advised to do—show, don't tell.

She encourages putting the words on the page, "Whether you are writing for yourself, to gain clarity of current circumstances, or to be published and reach a wider audience." She extends an invitation to everyone to contact her with their experiences with The Write Prescription.



visit us at

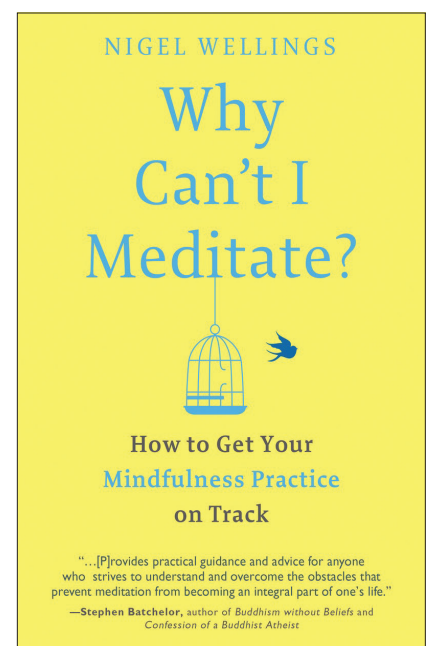
www.thephoenixspirit.com

Why Can't I Meditate? How to Get Your Mindfulness Practice on Track

By Nigel Wellings

Looking for an in-depth analysis of the practice of mindfulness and practical advice on how to incorporate meditation into your daily routine? Wellings, a practicing meditator himself, provides both. According to Wellings, mindfulness is, "Being consciously aware of what is happening inside of us and around us in the present moment, accepting what we experience without picking or choosing, without judgments about right or wrong, good or bad, and seeing things as they really are."

He interviewed over forty meditators and meditation teachers for examples and insights into how to begin, and when wavering, continue a mindfulness practice. Anyone who has attempted the practice of meditation understands the challenges involved. Wellings offers a variety of strategies to overcome those challenges. Readers are encouraged to use kindness when including meditation as part of a mindfulness practice. And keep practicing.



If you have a book you'd like reviewed, contact Barbara.kummerreviews@gmail.com. The Phoenix Spirit also seeks writers for the paper — we consider essays on spirituality and recovery, short stories (1500 words or less), and pieces on personal journeys of growth and renewal. Submissions may be sent to juliaedelman@gmail.com



www.Words of Peace
by Prem Rawat
**EVOLUTION NOT
REVOLUTION**

Wheel Fun Rentals

wheelfunrentalsmn.com



Water Rentals

Lake Nokomis 612-729-1127 • Lake Harriet 612-922-9226
Lake Calhoun 612-823-5765 • Lake Como 651-487-8046



Bike Rentals

Minnehaha Falls 612-729-2660 • Lake Nokomis 612-729-1127
Richfield - Veterans Park 612-861-9348
Duluth - Canal Park 218-722-1180 • Lake Como 651-487-8046

Enjoy the outdoors with your family!

"The quality of your life is not determined by the quality of your positive experiences but the quality of your negative experiences. And to get good at dealing with negative experiences is to get good at dealing with life."

— Mark Manson

Quotables



XIII Annual DRY BONES Blues Fest

**SUNDAY
6/19/2016**

1 PM to 8 PM

\$10
FREE WILL
OFFERING ONLY

OPEN AA MEETING ALL DAY LONG

**Celebrating Recovery
with Live Blues**



Minnesota Music Cafe

499 Payne Avenue, St. Paul Minnesota 55130

Lineup:

Sober Rose Productions
Host: Thomas Zachary

- 1 PM: Running from the Blues
- 2 PM: Mike Ball & Blood Like Wine
- 3 PM: Dorothy Shelby Blues
- 4 PM: Mercy WildFire with Banjo Tom
- 5 PM: Detroit Don King Blues
- 6 PM: Ramshackle Charmers Rocking Blues
- 7 PM: GawdAwfulBoys Country Blues
- Open Jam**

Food & all kinds of beverages
at special Father's Day prices
Public & Family-friendly event

Thanks to our sponsors:



Stepping into Life from page 1



pulling a geographic wrenching the wheel and making a last minute, screech-and-skid swerve away from a cliff I'd been steadily driving toward. You never know how fast you are really going until you try to hit the brakes.

I'm not the only one, however. During the past years I have watched friends who were getting too close to bad things, some racing, some just traipsing toward sorrow.

For some "too close" meant jail, homelessness, trashed marriages...for some, the nimble ones, it was merely a sense of self disgust that made them turn around, turn away and then turn up in the rooms, cup of lukewarm coffee in hand and a grin on their face that said they knew we'd been expecting them. Why didn't you ever say anything, one of them asked me. I was never one to tell someone they needed do anything if they hadn't asked my opinion. If someone asks me if they have a problem, for example, I tell them I truly don't know. I suggest seeing what happens if they try to stop doing whatever it is they want to stop doing on their own. How does it go? How do they feel? But I do see it on their faces sometimes: A story of a particularly skeezy one night stand...a three foot driving error that would have killed a pedestrian if it had been three and a half. Everyone hears

their own panicked but ecstatic trumpet screeching: turn around, retreat, run away. The sound can be as chilling as any call to battle, charging out of the fray is as frightening as charging into it. Retreat can be implacable, nothing you can do to fight it. It picks you up and hurls you, like a wave takes a swimmer, and tumbles you head over heels: You've got no more say than a pair of socks in a washing machine. If you fight it, you will only lose oxygen faster,



wound up scraped and contused; stiffen up too much and you can drown. Relax and you will find yourself on the beach, gulping in drafts of salt sprayed oxygen. Retreat is a power greater than yourself. The very need to retreat, the fact that you have to do it if you want to keep breathing, is a first lesson in humility.

So I'm not ashamed of retreating, or even of running away, because in the end I wasn't just running away, I was racing into real life; a place more complex and amazing than I could ever have expected.

Snapshots of Serenity



Send us your Snapshots of Serenity and Peace! email snapshots to juliaedelman@gmail.com and receive a free one year subscription to The Phoenix.



Specialize in hope

as an
addiction
counselor

Hazelden Betty Ford



Graduate School
of Addiction Studies

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

HazeldenBettyFord.edu

651-213-4175

5621-3 (2/16) ©2016 Hazelden Betty Ford Foundation

SAVE THE DATE

NuWay is celebrating 50 years In the Heart
of the Recovery Community.

ANNUAL PICNIC

EVENT DETAILS

Saturday, September 10
3 - 6 pm

LOCATION

2118 Blaisdell Ave S
Minneapolis 55404

MORE INFORMATION

651-964-3680



The Importance of Character

from page 4

everything when new people come into your life

Why are we so blind to character?

Many of us want to give others the benefit of the doubt and make excuses for their behavior. We want to appear open-minded and not judgmental towards others, especially when we haven't know others for very long. We may worry more about hurting someone else's feelings if we think badly of them. Simultaneously we don't tend to our own safety needs. Also, most of us have a secret wish to hang on to others almost at all costs. Were we to actually perceive others accurately for who they are we might become scared of finding that out and being alone and friendless. So we hang on for dear life and put the rosy glasses on. The most important need is the need to attach and we may turn a blind eye to bad character simply to fit in and not lose the relationship. Some of us are in a state of external siege and are required to not see bad qualities in our associates. People in corporate jobs are often in this position. Maintaining our illusions appears to keep us safe even when the reality is just the opposite.

Some of us are attracted to bad character. We're afraid of being treated well and are actually irrationally comforted or excited by bad character in others. Being treated well is not something we feel we deserve and we see no need to discern its absence in others. Some of us are sleepwalkers. Too many of us are in a daze in our

overly busy lives and have lost touch with our senses and instincts that give us warning signals about others. Those of us who constantly stare at our cellphones are in this category. Our oblivion appears to keep us safe. Finally, there is no blindness better than oblivion to our own character. Some of us are or fear we are doing bad things ourselves and the last thing we want to see are flaws in other people's behaviors as it reminds us of our own. Too many of us live with our heads in the sand and hope for the best. Often we miss what good people we already are that our own failings are like molehills rather than mountains. Illusion is the refuge of the wary and perhaps the best we can do at times is to be blind.

How culture contributes to our character?

There is no way to separate who we are from the circumstances that we live in. If we have a happy family life our mood is generally good no matter what life throws at us. Yet few of us in bad marriages can find a sunny day no matter how much sunshine falls into our life. To some extent we are our circumstances. At least half of our happiness is determined by the people we hang out with and the bigger social network of people we identify ourselves with. We may like to believe that we are self-made persons who determine our own destinies but just the opposite is true. For example people recovering from alcoholism speak of having a Higher

Power that goes beyond themselves. Recovering people have a much better chance to remain sober if they have active connections with peers and sponsors in a Twelve Step program. On their own addicts are powerless. The same could be said about many aspects of personal growth. We are all pretty powerless on our own: We mammals need each other no matter how much we resist it or feel too proud to ask for it.

It is no brilliant observation to notice how much of who we are is driven by our on-line lives. We live in an image-frenzied culture and we hardly know ourselves. Few us can make it without our cellphones or facebook presence. We often have no idea how to make decisions on our own or know how we rate if we're not connected. Unfortunately biases and mis-perceptions by others can also discolor our views of ourselves. The very thing that sustains us can also rule our lives.

Few of us know who we really are without our on-line presence. The superficiality of cyber chatting makes us helpless to know ourselves at a deeper level and keeps us from acknowledging real character in ourselves and others. We live too often in two-dimensional lives and get stuck there. We may have a bad case of the shallows, something that would have shocked our ancestors who continually worried about character. Gone are the days of children's character be assessed on their school report cards.

How to recognize the warning signals of good/bad character

Look at the following signals as they tell us who we really are and how others are around us. Character is everything in relationships. The chickens always come home to roost no matter how much pretending we do. It is best to start with ourselves to assess character. It is necessary to observe who a person is over a long period of time to see someone's true colors. Hints of who a person is may show up as:

- How considerate and courteous are we to others?
- Do we do the right thing when nobody else is looking?
- Are we open to differences with others?
- Do we have long-term, active personal friendships or not?
- Do we notice the beggar and help the challenged person on the street?
- Do we treat ourselves with respect and honesty?
- Can we delay gratification, be patient and manage our anger?
- Do we generously tip the wait person and pick up our own litter?
- Are we involved with the well-being of others or are we self-preoccupied?
- Do we ask how other people are doing or just talk about ourselves?
- Do we sometimes lose an advantage when other people might benefit?
- Do we give up our seats on

Ask yourself, "How many people do I owe words of gratitude to?" What stops us from thanking them?

the bus to elderly and handicapped people?

- How much do we support charities and render assistance to those in need?
- How often do we apologize for hurting others and make amends?
- How often are we kind to people we have no connection to?
- How active are we in lessening world problems?
- How capable are we of forgiving ourselves and others who have hurt us?

Guidelines for bettering our own character

Clearly we are each works in progress throughout our lives. None of us need to give up on ourselves no matter how much trouble we've caused. None of us is beyond improvement or is a lost cause. Each day can be a new day in improving how we relate to others and treat ourselves. Often it is our small efforts that change the world as we know it.

I am a big fan of gratitude and honesty. Noticing on a physiological level how kind other people are to us on a daily basis can free us to be unabashedly kind to others. Once you feel kindness in your body you get hooked on kindness. For example, I get a lump in my throat and feel glee when I see the morning newspaper on my doorstep. Given the harsh weather of Minnesota at such an ungodly early hour, I cannot imagine that the dutifulness and dependability of my newspaper delivery person could ever be explained by the modest wages he or she is paid. Many people throughout our week are not just doing their duty towards us, they are extending us kindness. If you have any doubts trying delivering newspapers or mail to see what it takes. But we have to recognize and savor the kindness to build our own character. The only way I know of thanking such people is to say hello when I see them and to pass their kindness on to others.

The list of people we can be grateful to is a lot longer than we are aware of or ever imagined. Ask yourself, "How many people do I owe words of gratitude to?" Neglected relatives, old high school teachers, forgotten buddies, inspiring coaches and people that made a real difference in our lives are awaiting our calls. What stops us from thanking them? Heaven forbid if we ever wrote a thank you card to a long lost loved one or a teacher who inspired us! Doing so affirms something valuable in ourselves that can extend to many other parts of our lives. A wise nun once told me, after I was admiring her extensive career in teaching and inspiring students, "We nuns don't do great things, We do small things with great kindness" We are all capable of such character.

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.



Art Therapy, & Creative Arts Therapies.
Marriage and Family Therapy,
EMDR, & Trauma-Informed Therapy.



Individual, Family/Couples,
Children/Adolescent
School/Community Programs,
Groups, Consultation, Supervision.

Creative Counseling for the Soul...

Office (651)318-0109 www.ArtOfCounselingStPaul.com

Retreat from page 1

or turn. Chairs, gliders, or swings are stationed to watch the sunrise or sunset, the frenzy of squirrels and chipmunks, the flitting of birds. One November retreat I saw wild turkeys each morning, perched in the trees. At a late summer retreat I saw deer craning their necks to reach ripening apples. Feeders often entice colorful song birds. Nature speaks calm, presence, joy.

There are many kinds of retreats. Some are structured, others free form. Some have celebrated speakers, while others offer surround-silence. Some are in community, others are solo. I have tried almost all kinds and I appreciate every one.

We are blessed with many retreat settings in the Midwest. When the retreat calls for time alone to just be, a hermitage can be the perfect spot. Typically it is a small cabin with a bed, a basic kitchen, a sitting area. Most have indoor plumbing, but be sure to ask. Typically they are planted in wooded acreage, with trails to draw you into the wild.

Sometimes a retreat is a great way to celebrate community. Churches or other groups will sponsor an annual retreat for their members at a retreat center. These may be gender specific – men's retreats and women's retreats – or they may be a couples' retreat. Often there is a speaker or retreat leader but the group may call upon its own members to provide reflection.

I recently spoke at such a retreat. The setting was nestled in the just greening St Croix River valley. The planning committee organized the weekend, decided the theme, determined the cost, registered attendees and addressed all the details. The committee reserved the retreat house, worked with the kitchen staff, assigned rooms, scheduled the massage therapists. One member led the Qigong meditations, another chose the music, others planned the closing ritual. Each of the nearly 60 guests was greeted with a beaded bracelet lovingly made by someone on the committee. The weekend flowed beautifully and fit the community to a T. The retreat was designed for the community rather than squeezing the community into a pre-defined retreat mold.

Some retreat houses have an annual schedule and people reserve the same week every year. Over time close friendships are formed and the retreat becomes a reunion as people look forward to reconnecting. There are directed retreats where the retreatant meets with a spiritual director each day for a 30 to 60 minute session. Some retreats are organized around activities – knitting or quilting or yoga or writing or cooking. Common interests connect the retreatants as they walk through the door.

A retreat gives me the opportunity to gather my disparate parts, the pieces of me that are scattered, ignored and displaced. This quiet time allows a place for my feelings to peek out and get a little attention.

You don't have to be church or belong to a faith tradition to appreciate the serenity of a retreat house. The Episcopal House of Prayer in Collegeville has 13 rooms with 17 beds. They rent the center in their off-season to groups such as book groups, women's groups or intergenerational families. The attendees appreciate the sacredness of the space, the immediate sense of calm and the welcoming common areas. There is a spirit-filled energy that pervades the setting, even as the focus is directed outside the religious realm.

If it is hard to get away overnight, you have as an option a single day retreat. The Benedictine Monastery in Maplewood offers the opportunity to rent a room for a day of reflection and still sleep in your own bed at night. You can settle into eight hours of quiet, join the monastic community for lunch and prayer, take a nap, step out of ordinary time.

I used to think of retreat as a time-out, time away from routine. I now think of retreat as a time-in, a time to look inward, reflect on my life, be present to my own inner work. A retreat gives me the opportunity to gather my disparate parts, the pieces of me that are scattered, ignored and displaced. This quiet time allows a place for my feelings to peek out and get a little attention. Ordinarily, I can keep myself so busy that feelings rarely have to be explored. No time for that now! On retreat feelings show up and are not so easily dismissed. Now what? As Rumi, a 13th century Persian poet writes in his poem *The Guest House*:

Welcome and entertain them all!

When I ignore my feelings, I ignore a part of me that might have something important to say. Take anger, a very natural, human feeling. When I stuff it away, it expands and threatens to leak out like a poisonous gas at some ill-timed encounter – say when my lovely neighbor comes to borrow a cup of sugar. Or consider joy. I can stuff that away, too. Excess joy might lead a person to uncontrollable happiness and bursts of silliness. How would all the work get done? If I start releasing the backlog of feelings, sorrow is sure to make an entry. And then what? Days, weeks, months of tears? A person could get lost for years in the tall grasses of sorrow, never to be seen again. There the beleaguered mind goes – walking the plank of terror.

*Even if they are a crowd of sorrows,
who violently sweep your house
empty of furniture.
Still, treat each guest honorably.
He may be clearing you out
for some new delight.*

Clearing me out for some delight? My stockpile of feelings can grow to a size where there is no room for new feelings – like delight or surprise or inspiration.

*The dark thought, the shame,
the malice, meet them at the door
laughing and invite them in.*

Invite them in. Welcome them. Free them. Free me. That is what retreat is for – to free us of the baggage we've been collecting. The baggage we've inherited. The baggage that belongs to someone else.

To lighten my load. To quiet my demons. To celebrate the now.

*Be grateful for whatever comes,
because each moment*

*has been sent as a guide
from beyond.*

Let your guide lead you to a place of respite, whether it's a campsite in the wild, a cabin in the woods or a retreat center on the outskirts of town. Retreat. Recenter. Recover.

Mary Lou Logsdon is a Retreat Leader and Spiritual Director in the Twin Cities. logsdon.marylou@gmail.com

Silence. Rest. Peace.

Benedictine Center

651-777-7251 www.stpaulsmonastery.org

Replenish Yoga & Wellness

Check out our 2016 Retreat Schedule to find the right retreat for you!
www.replenishliving.com (under Retreats)

- Weekends of self-care and spiritual rejuvenation
- Enjoy mat work, group discussion, meditation & personal time
- Each Yoga & Wellness Retreat has its own unique theme
- Private Sessions & Corporate Retreats available

*We offer a variety of retreats to balance
Mind, Body and Spirit in beautiful,
serene nature settings that allow you
to replenish yourself!*

Follow us on Facebook - Replenish Mind*Body*Spirit or
sign up for our newsletter at www.replenishliving.com
for up to date retreat information!

replenish
mind • body • spirit

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



"As the essence of courage is to stake one's life on a possibility, so the essence of faith is to believe that the possibility exists."

Quotables
— William Salter

Soul Soothing Retreats

Men only, silent, religious

Demontreville Jesuit Retreat House

Lake Elmo, MN 651-777-1311

"Each year more than 3,000 men from all walks of life participate in retreats at the Deomontreville Jesuit Retreat House. Retreats at Demontreville have one theme: to know, love, and serve God in this world. Strict silence is maintained throughout the weekend, except for an optional recreation period after dinner on Friday and Saturday."

www.jesuitpartners.org

For women

Assissi Heights Spirituality Center, Rochester, MN

507-282-7441

Italian Romanesque home of the Franciscan Sisters. Rooms for women on 100 secluded acres.

Arts

Anderson Center,

Red Wing, MN 651-388-2009

Rooms available from November-April in historic house on 330 acres in the bluff-land region of the upper Mississippi.

www.andersoncenter.org

The Grand Marais Art Colony,

Grand Marais, MN

218-387-2737

Began in 1947 as a summer refuge for artists seeking study in the wilderness. Workshops in print-making, book arts, sculpture, drawing, and watercolor, acrylic, oil, and sumi-e painting. www.grandmaraisartcolony.org.

Yoga and Meditation

Replenish Yoga & Wellness

Offering a variety of retreats to balance mind, body and spirit in beautiful, serene nature settings that allow you to replenish yourself.

- Weekends of self-care and spiritual rejuvenation
 - Enjoy mat work, group discussion, meditation & personal time
 - Each yoga and wellness retreat has its own unique theme
 - Private sessions and corporate retreats available.
- www.replenishliving.com.

Institute of the Himalayan Tradition,

St. Paul 651-645-1291

A place for study and sharing, education and community. Workshops and classes in hatha yoga, meditation, stress-relief, relaxation, wellness, self-discovery. Private consultations, initiations, residential programs and group/private retreats are also offered. www.ihtyoga.org

12 steps

Hazelden Renewal Center,

Center City 800-257-7810 or

651-213-4200

Retreat lodge for those living the Twelve-Step recovery program. www.hazelden.org/web/public/renewalcenter.page

Families coping with an ill child, or death

Faith's Lodge,

Webster, WI, 612-825-2073

A unique retreat center for families who have a seriously ill child or have suffered the loss of a child. Located on 80 acres, about two hours from the Twin Cities.

www.faithslodge.org

Nature Retreats

Audubon Center of the North Woods

Sandstone, 888-404-7743

Non-profit environmental learning, conference and retreat center on Grindstone Lake near Sandstone, MN. Diverse 535 acre lakeside sanctuary with 7 miles of trails and meeting spaces, lodging, meals, as well as team-building, challenge and naturalist programming for any size group. Offering a variety of nature-connected all-inclusive adult, family, and youth 'get-aways' such as our Women's Wellness and Adventure Weekends; Food and Farms Weekend; Birding Bonanza; summer family camp, and winter family escape. www.audubon-center.org

ARC
RETREAT COMMUNITY

ARCRETREAT.ORG 763.689.3540

Come up North and find your Bliss!

Camp Bliss is a one of a kind retreat center located just three miles outside of Walker, MN. The property is 43 acres of gorgeous forest including three lakes! At Camp Bliss you will experience nature and rejuvenation that will leave you blissful! We offer a wide array of retreats, weddings, conferences & getaways as well as private rentals to meet any event you have in mind. Our gorgeous lodge can sleep up to thirty or more depending on sleeping arrangement. The views from any window will leave you breathless!



Women's retreats, Grown Up Girlz Getaways, Crafting retreats, Personal Empowerment retreats, retreats for people with disabilities and their caregivers, conferences and day long events... and with gratitude to our Veterans we offer retreats for Veterans, spouses & families.

Camp Bliss is the ideal setting for all your events including weddings, family reunions, fishing weekends, company retreats or anything on your list! We are ready to exceed your expectations! Open year round! We will help you create the perfect event!

Camp Bliss - 6150 Camp Fish Road - PO Box 879 - Walker, MN 56484

218-547-4004 - www.campbliss.org

Soul Soothing Retreats

Boundary Waters Wilderness Area, northern Minn. Various entry points. The BWCA is a 1,090,000-acre wilderness area within the Superior National Forest in northeastern Minnesota under the administration of the U.S. Forest Service. dnr.state.mn.us/canoeing/bwca. 218-626-4300

Camp Bliss

6150 Camp Fish Rd., Walker, MN 56484, 218-547-4004
A one of a kind retreat center located outside of Walker, MN with three lakes on 43 acres of gorgeous forest. Women's retreats, personal empowerment retreats, weddings, conferences and getaways — as well as private rentals to meet any event you have in mind. www.campbliss.org

Spiritual

ARC Retreat Center, Cambridge, 763-689-3540
Serving individuals and groups seeking time apart, rest, and spiritual renewal. Log lodge with single rooms, hermitage and cottage on ninety wooded acres near Cambridge. www.ARCretreat.org.

Benedictine Center of St. Paul's Monastery, Maplewood, 651-777-7251
Contemporary monastic environment of Benedictine Sisters. www.stpaulsmonastery.org/7-benedictine-center/retreatsonmyown.

Carondelet Center, St. Paul, 651-696-2750
Historic center adjacent to the College of St. Catherine. The sisters of St. Joseph have rooms for up to 20 guests. Labyrinth and walking paths. www.carondeletcenter.org

Christ the King Retreat Center, Buffalo, 763-682-1394
Oblates of Mary Immaculate offer accommodations in a retreat house that overlooks Lake Buffalo. www.kingshouse.com

Dunrovin, Marine-on-St. Croix, 612-433-2486
The Christian Brothers have two suites and 38 single rooms available for private retreats in their center on the St. Croix River. www.dunrovin.org

Episcopal House of Prayer, Collegeville, 320-363-3293
Nine single and four double bedrooms available in the house, with an opportunity for meditation in the architecturally-stunning oratory adjacent to it. Meditation path and walking trails. www.ehouseofprayer.org

Franciscan Retreats and Spirituality Center Prior Lake, MN
www.franciscanretreats.net

Franciscan Life Center, Little Falls, 320-632-0668
A private, two-unit log cabin/hermitage nestled in a pine grove clearing on the Franciscan Sisters' campus in Little Falls. www.fslf.org/pages/FranciscanLifeCenter/

Holy Spirit Retreat Center 3864 420th Ave
Janesville, MN 56048
Phone: 507-234-5712
www.holyspiritrc.org

Loyola Spirituality Center, St. Paul 651-641-0008
“dedicated to helping people notice, name and respond to the experience of God in their lives. We welcome all regardless of faith tradition, age, race, sexual and gender orientation or economic means.” See website for retreat topics and locations. www.loyolaspiritualitycenter.org

McCabe Renewal Center, Duluth, 218-724-5266
Benedictine Sisters offer rooms for individual and group retreats in historic Duluth mansion. Labyrinth and massage available. www.duluthbenedictines.org

Mount Olivet Retreat Center, Farmington, 952-469-2175
Contemporary retreat center on 150 wooded acres owned by Mount Olivet Lutheran Church. Indoor pool, sauna, whirlpool, prayer labyrinth. www.mtolivetretreat.org

Pacem in Terris, St. Francis, 763-444-6408
Year-round hermitages on 240 wooded acres operated in the Franciscan tradition. www.paceminterris.org

Prairie Woods Franciscan Retreat Center www.prairiewoods.org
Hiawatha, Iowa

Sacred Ground Center for Spirituality, St. Paul, 651-696-2798
Directed Retreats. Schedule a private appointment with a Sacred Ground Spiritual Director. Walk and explore the spacious grounds and labyrinth while meditating on your path. www.sacredgroundspirit.org

Shalom Retreat Center Dubuque, Iowa, 563-582-3592
On an 81-acre prairie, offers room to walk, pray, and reflect with numerous paths, meditation garden and wildlife. Private or directed retreats, bedrooms and hermitage, all faiths and spiritualities. www.shalomretreats.org

St Anthony Spirituality Center Marathon WI
www.sarcenter.com

The Spirituality Center at St. Benedict's Monastery, St. Joseph, 320-363-7112
Sisters of the Order of St. Benedict offer rooms at their Spirituality Center and a woodland hermitage. Garden & walking paths. Everyone is welcome!
• Individual and group retreats
• Centering prayer retreats
• Faith formation programs
• Hermitage retreats
• Sophia Program for Women in Ministry
• Spiritual Companionship
www.sbm.osb.org

St. John's Abbey Guesthouse, Collegeville, 320-363-2573
Benedictine monks offer 30 rooms in their guesthouse that also has a meditation chapel, library, meeting rooms, and dining room. On the campus at St. John's University. www.abbeyguesthouse.org

Online resources

FindtheDivine, an online directory of spiritual retreats, religious retreats and conference centers. Includes articles and blog. www.findthedivine.com

Loyola Press. Experiment with a three-minute online retreat. “Three-Minute Retreats invite you to take

a short prayer break right at your computer. www.loyolapress.com

Minnesota specific retreat links: www.retreatfinder.com/Directory/United_States/MN_Minnesota.aspx

www.retreatsonline.com/usa/minnesota/default.htm

www.addictionrecoveryguide.org/treatment/retreats





Refresh your Spirit

Everyone is welcome!
Individual & Group Retreats | Centering Prayer Retreats
Faith Formation Programs | Hermitage Retreats
Sophia Program for Women in Ministry | Spiritual Companionship



The Spirituality Center Saint Benedict's Monastery
St. Joseph, Minnesota
320-363-7112 | spiritualitycenter@csbsju.edu | www.sbm.osb.org | Saint Benedict's Monastery 104 Chapel Lane, St. Joseph, MN 56374-0220

“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 Betty Ford

Foundation

hazelden.org/renewalcenter
800-262-4882
*We invite you to call us with questions.
We are available 24 hours a day.*

5234-2 (02/15) © 2015 Hazelden Betty Ford Foundation