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Take Good Care

According to the 2015 report by the National Alliance for Caregiving and AARP, nearly 44 million adults in this country provide personal assistance for family members with disabilities or other care needs. As Cynthia Orange points out in her latest book, *Take Good Care: Finding Your Joy in Compassionate Caregiving*, when you add to this statistic the number of family, friends, and others who are at the ready to lend support or extend a helping hand when it is needed, you might ask, “Who isn’t a caregiver?”

Take Good Care is unique because it isn’t your typical self-help, memoir, resource, or reference guide. It’s all of the above. And more. It uses caregivers’ stories, up-to-date research, advice from experts, and her experience to discuss a broad range of caregiving issues, from finding our appropriate place in the “circle of care” to raising compassionate children and how family systems, cultural beliefs, and experiences can influence how we care for others. A thread in the book is the importance of self-care, self-awareness, balance, boundaries, and of being prepared—especially at those times of crisis when “lightning strikes” or a loved one is diagnosed with diseases like Alzheimer’s.

Throughout the book, Orange highlights the often subtle distinction between caretaking and caregiving, as she does in this excerpt from the introduction:

“I think of caretaking as codependency’s close cousin. However, while there has been a trend to think of codependency as a pathological disease that requires treatment (or a support group), I don’t view caretaking through that same lens in this book. While many caretaking behaviors may be similar to codependent behaviors, my aim is to normalize them somewhat because I believe we all have a tendency to caretake from time to time. As readers will discover, it is when these tendencies become extreme or automatic that we find ourselves giving so much to so many so often that we risk losing sight of ourselves in the process.

To understand the difference between caretaking and caregiving, focus for a minute on the words take and give. Caretakers often have a tendency to swoop in to take charge, take over, or take control of a situation or person in an effort to fix a situation or even a person—often without being asked or without even realizing they’re doing it. When we jump in to rescue someone who doesn’t need or want to be rescued, we run the risk of capsizing the whole ‘relationship boat,’ possibly straining a relationship or even sinking a friendship.

Of course there are times of crisis when ‘swooping’ is just what may be necessary. When someone close to us experiences a health emergency, an accident, a fire or natural disaster, a sudden death in the family, or some other sudden and unexpected catastrophe, the person or persons most

affected may be temporarily numb—paralyzed by grief or uncertainty as to where to turn or what to do. But, here again, it comes back to balance and boundaries. Most of us know in our hearts if we are the appropriate ones to rush to the aid of a friend or family member in critical need of help.

There’s no denying that caring for others can make us feel good about ourselves. That’s only natural. Reaching out to others with an open heart and helping hand can bring out the best in us. But things get a little murky when the act of giving care is so ego driven that we don’t feel good about ourselves unless we’re doing something for someone else. Speaking from my own experience, caretakers need to be needed; they need to be liked. When I’m in caretaker mode, I’ve caught myself going out of my way to do something I don’t want to do for someone I don’t even like because I want them to think highly of me. In such instances, caring for others becomes more about me than them. Of course, now that I’m a grown-up, I am able to put my feelings and needs aside and help everyone—friend and foe alike—in a pure spirit of love and generosity. And if you believe that. . .

A psychologist friend of mine put it this way: *It’s a struggle not to define our worth by how much others need us. It’s everywhere in our culture—in medicine, in politics, in teaching, everywhere—especially when others feed that tendency and project that image by telling us how wonderful and extraordinary we are. Hopefully, when we come to recognize that what people think—both negatively and positively—is not necessarily the way things really are, we let go of the fierce need to be the special one.*

I think it helps to think of caretaking as the out-of-balance and ‘self-centered’ behaviors that reflect a person’s deep need to be in control and accepted. On the other hand, caregiving consists of more balanced behaviors that reflect compassion and concern for others. You might say, caretaking is more about getting love, while caregiving is more about giving it.

If you’re like me, you discover that these are not ‘either/or’ behaviors. I find that I can be the poster girl for healthy and compassionate caregiving one day and an example of an unhealthy, controlling, and out-of-balance caretaker on another day, depending on the circumstance or the person. I confess that my caretaker within most often emerges when caring for a close friend or family member. But I’m getting better at recognizing those caretaking and controlling tendencies when they occur. Then I dust myself off, make amends, and remind myself of what I’ve learned and share in this book about the importance of healthy boundaries and mutual respect, maintaining balance, letting go of the need to control, and the need to practice good self-care.”

Cynthia Orange is the author of the Nautilus Award winning book Shock Waves: A Practical Guide to Living with a Loved One’s PTSD, and co-facilitator of a caregivers’ support group. She has written hundreds of articles about addiction, recovery, parenting, PTSD, and caregiving.

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Retreat into Deep and Meaningful Recovery



by Olivia Pennelle

When I think of the word retreat, it conjures up an image of sitting a log cabin, dressed in a white robe, sipping a steaming mug of hot tea. My woes have melted away on the massage table and I'm transported into a state of bliss and contentment. I can see an expanse of water on the horizon, as I relax into an oversized chair and exhale any remaining tension. But it is so much more than just relaxation; retreats today have expanded to include workshops that help develop self-care rituals which nourish the body and soul. When I leave a retreat, I feel like a new woman.

Retreats are particularly beneficial for those in recovery—given our propensity to neglect ourselves during active addiction. In this article I share my own experience of how I came about developing self-care rituals, and I report on an interview with retreat owners from She Recovers; on the philosophy behind their retreats, and what is particularly special about them. I also share a participant's perspective to see just how beneficial they are, and how they can enhance your recovery.

Reflecting upon my own journey, when I entered recovery, my concept of self-care was limited to a shower a few times a week, if I was lucky. I had zero comprehension of how to self-soothe and nurture my well-being. Rest and relaxation—in my skewed vision—could only be achieved through inebriation. A massage was only ever a prelude to a boozy lunch and a night out—which, invariably, descending into chaos. The same was true of yoga; I only ever

achieved temporary relief from my addictive behavior as I returned home to a bottle of wine, or three. Any benefits of these self-care activities were overtaken by the effects of drugs and alcohol.

I was forever chasing that one thing that would fix my racing thoughts, inability to cope with life, and incessant desire to escape my existence.

Once everything in my life had gone—including my sanity—I finally found recovery.

Recovery was like entering a new dimension—my whole world opened up—like someone had switched a light on in a dark room. I discovered who I was and the futility in seeking to fulfill myself with drugs and alcohol. I uncovered my needs and learned the skills to begin to cope with life. I realized that self-care was paramount to achieve optimal health. As well as looking after my physical well-being, it was essential for me to engage in activities that nourished my emotional and spiritual health. This holistic approach formed the basis of my strategy to recover, and to maintain continued sobriety.

The components of my self-care strategy include: exercise, eating well, expression (writing, creativity, talking), self-development workshops (mindfulness, meditation), and restorative practices (yoga, massage, rest and relaxation). Essentially, I learned effective means to nurture and self-soothe without the use of substances—which only ever did the opposite of caring and soothing myself.

During the past five years of my recovery, I have been on a number of retreats. They have enhanced my recovery significantly; I have learned about the power of meditation, mindfulness, massage, community, drum circles, walking,

nature, and eating well. I have no desire to harm myself today, and I want to be part of the human race.

It's hard to ignore the increasing prevalence of retreats today; ranging from one-day mindfulness or yoga workshops, to week-long retreats on a beach in Mexico. They provide the escape and solace from our stressful lives that we so desperately seek. Whether a yoga and relaxation retreat, or a workshop themed event, the benefits are invaluable. They provide the impetus and the tools to nourish ourselves in healthy ways—which is exactly what we strive for in recovery.

I interviewed the owners of She Recovers—a mother (Dawn Nickel) and daughter (Taryn Strong) team—who are also in recovery. They run retreats throughout the year in Mexico, Bali and Salt Spring Island. In May, they are hosting their first three day event in New York (She Recovers NYC), which will bring together 500 women interested in a diverse range of recovery, and feature renowned motivational speakers including Gabby Bernstein, Elena Brower, Glennon Doyle Melton and Marianne Williamson. I was keen to find out the philosophy behind their recovery-specific events and how they can enhance one's recovery.

She Recovers events frequently sell out in advance (NYC sold out three months in advance!). I asked Dawn why she thinks her retreats are so uniquely popular: "There are two main reasons that our retreats are so popular, we believe. Each one is very purposefully

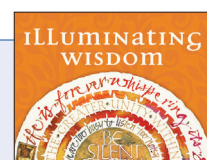
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The Healing and Spirituality of Tantra

By Jennifer Kimball Gasperini

The word Tantra is often misunderstood by Westerners, incorrectly ascribed to uninhibited or marathon sex. In fact, Tantra is a technique that originated in India to connect the physical body to another dimension and can be practiced alone or as a couple.

In contrast to many other spiritual practices, Tantra regards the human body as the necessary means for enlightenment, as opposed to seeing it as something requiring purification. Just a small proportion of Tantric texts—less than 10 percent—deal with sexuality; well over half the texts focus on the use of mantras, while others focus on the worship of



deities and the creation of visual aids to meditation.

The word "tantra" comes from a Sanskrit root meaning "to weave or extend." Tantra practitioners believe the whole world is a completely interwoven unity. Interestingly, Tantra, unlike any other strand of Indian spirituality, bestows great respect for women and to the female aspect of divinity.

Five years ago, Sara Biewen and Thomas Stout of Minneapolis went looking for something to bring new life and depth to their 20-year marriage. After considerable research, they chose to attend a three-day Tantra workshop that had a transformative impact on their relationship, and their careers. Over the next year, they immersed themselves in training to become SkyDancing Tantra teachers and have continued to strengthen their relationship while working with individuals and couples around the country to share their passion and knowledge about Tantra. With backgrounds in psychotherapy and bodywork, they have become life-long students of meditation, sexuality and interpersonal dynamics. "Our students are from all walks of life: single, married, young and old, gay and straight. Tantra is for everyone," Sara remarks.

Among the gurus bringing Tantra teachings to Westerners are Margot Anand of SkyDancing Tantra, Caroline Muir of Divine Feminine Awakening and Charles Muir of Source School of Tantra Yoga.



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Calendar



Upcoming

Gopher State Annual Roundup XLIV
May 26 - May 28, \$17 prereg; \$20 door
Theme: Willing To Go To Any Length An occasion to share the fellowship and to carry the message of AA; with Al-Anon and Alateen participation.
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Cultivating Joy in an Age of Uncertainty, Thursday, June 1, 7-9pm public talk on meditation for well-being by Mingyur Rinpoche, author of *The Joy of Living*, University of St. Thomas, \$12-\$25, tergar.org/minn

Introduction to Meditation, free 4-week course, Tuesdays, July 18 to August 8, 7 pm, Tergar Meditation Community, 706 N First Street, Suite 112 (North Loop), Minneapolis 55401, tergar.org/minn

Fourth annual "Jump For Recovery"
Wednesday June 21st, Baldwin, WI. Restoration Counseling and Community Services is partnering with Skydive Twin Cities for a fun event to celebrate sobriety. Geared towards the entire treatment community – current clients, alumni, staff, parole officers, case managers, county employees, etc – the day is a fun way to take test your limits and take a "leap of faith!" First jump at 9am and last jump at 5pm. Discounted pricing: \$179/per person, \$50 deposit due at sign up. Must be 18 years or older, and in good health. Call 715-684-3416.

NuWay House Annual Picnic
Saturday, September 9 from 1-4 p.m.
Food, fun activities, fellowship, families welcome and encouraged to attend!
2118 Blaisdell Ave. S., Mpls, 55404
Please visit www.nuway.org for more information.

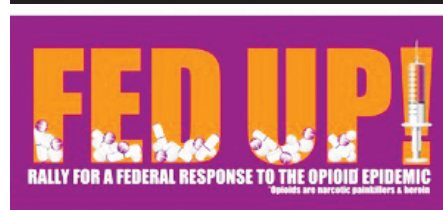
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FED UP! 2017



Washington DC

International Overdose Awareness Day. The FED UP! Coalition to End the Opioid Epidemic is calling for immediate, coordinated and comprehensive federal action to end the epidemic of addiction and overdose deaths attributed to opioids. 11:00am – Press Conference – National Press Club, Washington, DC, 1:00pm – Networking Luncheon – National Press Club, Washington, DC, 7:00pm – Candlelight Vigil – White House Ellipse, 8:00pm – March to White House.



Ongoing

The Dan Anderson Renewal Center, Hazelden, Center City, MN. 12-Step-inspired weekend retreats focus on common issues faced in recovery: forgiveness, spirituality, healthy relationships, grief, and loss. Call 1-800-262-4882 for more info.

All Recovery Meetings: Minnesota Recovery Connection is hosting All Recovery meetings throughout the Twin Cities. These meetings honor all pathways to recovery, acknowledging that each person's path is unique. Come, socialize, share - friends and family members welcome. Call 612-584-4158 for more info or go to <https://minnesotarecovery.org>.

Women's 12-Step Program, Wednesdays at 7pm, Peace Presbyterian Church, 7624 Cedar Lake Rd, St Louis Park. For women of all ages who find any part of life chaotic or out of control. The chaos can be caused by addiction, eating disorders, relationship problems or self esteem issues. We use, *A Woman's Way through the Twelve Steps* by Stephanie S. Covington. Peace Presbyterian Church has a community dinner at 6pm on Wednesdays and we provide free supervised childcare for 12-Step participants. Reclamation-Ministries.org or call 612-879-9642.

Hazelden's Second Sunday Retreats
The second Sunday of each month everyone in recovery is invited to Hazelden in Center City, MN for an inspirational day of workshops, fellowship, sharing and fun. Open to anyone 18 or older involved in a 12-Step program. \$20/person includes a buffet lunch and information packet.
9 a.m. - Register at the Cork Center
9 a.m. - Introductions and orientation
10-11 a.m. - Lecture
10:30 -12:45 - Small group discussions
12:45 - 1:30 p.m. - Sunday buffet
1:45 p.m. - Small group discussions or Meditation group
2:55 p.m. - Relaxation group
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- #LifeTake2 Recovery Speaker Tent
- Yoga on the Lawn with Tommy Rosen
- Family Fun Zone featuring Clifford (courtesy of Twin Cities PBS)

Living a Meaningful Life from page 4

ity of TV programs being mindless and humorously moronic or else intensely terrifying in their gruesomeness makes us believe that this is all we can expect from life or ourselves. This drivel pales in comparison with the seductive grasp of social media that continually reinforces how we are missing out and can only find true happiness by going viral on our cellphones. Most of what is on the modern media is sadistic humor disguised as just having fun at other people's expense. The over focus on "ME" on all these devices and the dazed states of our brains leave us with very little to relate to people in real time or sense of something beyond ourselves. We cannot even discern what is meaningful in our lives when those parts of our brains are damaged by culture and social media. Today's culture is like getting an emotional lobotomy and pretending that we are human. A client of mine said it best, "It's fakebook, not facebook that people are on."

Psychological origins of emptiness

Clearly some of us grew up with difficult circumstances that leave us empty. If we were emotionally abandoned by our parents, say, through their drug and alcohol use, then we would have internalized their lessons inside ourselves. We see ourselves as unworthy of love and lack inner resources for accepting ourselves. As we repeatedly avoid nurturing ourselves we maintain an inner void which

we mistakenly try to fill with externals. Those of us who grew up with narcissistic but well-meaning parents have sealed ourselves off from loving ourselves. We have been hurt once too often to allow others to open our hearts to anybody. We may live in a continual numb state where nothing ever touches our inner core and we tend to keep everything on the surface. We maintain an empty store inside ourselves because it's way too painful to take in other people's love. Our grief for what we never received is sealed off in a locked vault because we fear it will overwhelm and poison us if we feel it. Actually, just the opposite is true: Our grief is the seed bed for our new growth.

Embracing meaning

Clearly each of us defines meaning in his or her unique way. It would be presumptuous for me to tell you what is meaningful for you. However there are some guidelines I can pass on to help you lead a fuller life. Here they are for you, below, to clip out and carry with you or tuck in a book to refer to when the need or mood strikes. Life can be sweet!

John 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, 1900). He can be reached at 651-699-4573.

Guidelines for Living a Fuller Life

1. Spend at least part of your life devoted to somebody else's well-being. It is better to make small efforts with great love. Do it regularly as part of your day. Join others who demonstrably care about something beyond themselves. Be open to big unreasonable efforts if that is what your heart is telling you to do. Be your neighbor's keeper and let your neighbor keep you. Be a kind person in small doses. See everyone as your brother.

2. Devote part of your life to yourself. Have some "me" and "me time" especially when you are caregiving others. Always ask yourself, "Is my helping others respecting myself?" Limit helping that doesn't respect you. Keep a balance between the "me" and the "us." When you lose your balance make corrections. Nobody is perfect. Be stubbornly selfish with people who overuse or misuse you. Realize you are not "for sale."

3. Surround yourself with generous people. Listen to their stories. Let them buoy your spirit and inspire you. Swim in their generosity. Thank them with your eyes and your attention. Don't over praise them as they don't need your praise. Just thank them for being who they are. Give them lots of hugs and get hugs in return.

4. Develop a cause or something you stand for in your life, perhaps based on your unique skills. Don't pretend you have no skills. Discover and honor those talents. Share them with others.

5. Read Rabbi Harold Kushner's *When All You've Ever Wanted Isn't Enough: The Search For a Life That Matters* (Simon and Schuster, 1986) and *Living A Life That Matters* (Knopf Books, 2001). His words can move mountains.

6. Have fun time in your life but don't waste it on screen time. Hide your TV, cellphone and computer in the closet. You will be amazed how little you need them. People have done fine for thousands of years without them. Spend real time with people in face-to-face interactions, perhaps involving nature. Learn to sing, write, paint or dance in a group. Use your body and heart to exist. You will be well on your way to meaning.

"Occasionally in life there are those moments of unutterable fulfillment which cannot be explained by those symbols called words. Their meaning can only be articulated by the inaudible language of the heart."
~Martin Luther King, Jr.

the phoenix spirit

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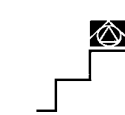
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Support Groups

MONDAYS

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

1900 Mens Alanon, Mond 5:45-7:15pm, 12-Step meeting, step presentation and small groups, fellowship. 1900 Nicollet Ave., Plymouth Congregational Church. Tom W., 612-281-5230. Enter at parking lot.

Overeaters Anonymous: 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.daminnesota.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: 7 p.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

Recovering Couples Anonymous, 7pm. We are a 12 Step Group for couples wanting to find new ways to communicate. We provide strong couple support and model healthy coupleship. Unity Church, 733 Portland Ave, St Paul, 55104. Enter the building through the parking lot door and take the elevator to the basement. Please check us out! Contact Dave at 651-214-5747 or Connie at 651-307-7964 for more information.

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.daminnesota.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

Al-Anon Evening Meditation Meeting, 7-8 pm., Pentagon Office Park, 4570 West 77th St., Suite 255, Edina, MN 55435.

Women’s 12-Step Program: 7pm, Peace Presbyterian Church, 7624 Cedar Lake Road, St Louis Park. For women of all ages who find any part of life chaotic or out of control. Through reading *A Woman’s Way through the Twelve Steps* by Stephanie S. Covington, members explore how the Steps help us overcome addictions and work to heal ourselves. Peace Presbyterian Church has a community dinner at 6pm on Wednesdays and provides free supervised childcare for 12-Step participants. Reclamation-Ministries.org, 612-879-9642

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.

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

Workaholics Anonymous: 12 step group for finding balance between work, activity and fun. Meets every Thur. 7-8:15 pm. Christ Presbyterian Church, 6901 Normandale Rd. Room 305 - North entrance, enter door on left and up stairwell on your left. Call before attending for any schedule or location updates Jeff 952-465-4928, Liz 612-229-8930, email: wafindingbalance@gmail.com

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.ldaminnesota.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

Recovering Couples Anonymous - Friday Night Minneapolis Nokomis RCA @ Minnehaha United Methodist Church, 3701 E 50th St, Mpls, MN 55417. Every Friday from 630pm - 8pm. We are a 12-Step group and meet as couples in recovery from any addictions. The only requirement is the desire to remain committed to each other, find better ways to communicate and to develop new intimacy. We welcome you. Call Kathy 612-

545-6200 or Allan 612-309-5632.

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, Mpla. Enter at the back door. 952-404-1488.

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

Northeast Minneapolis CoDependents Anonymous (CoDA) Group: East Side Neighborhood Services, 1700 2nd Street NE, Mpls, 55413 (corner of 2nd Street NE & 17th Ave NE). Park in lot behind building, use rear entry door. Saturdays: 1-2pm. Contact Ralph W. at rwink@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.daminnesota.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.)

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-judgemental place to talk with other men re healthy sexual boundaries. The Men’s Center, 3249 Hennepin Ave. S., Mpls.

Retreat into Deep and Meaningful Recovery

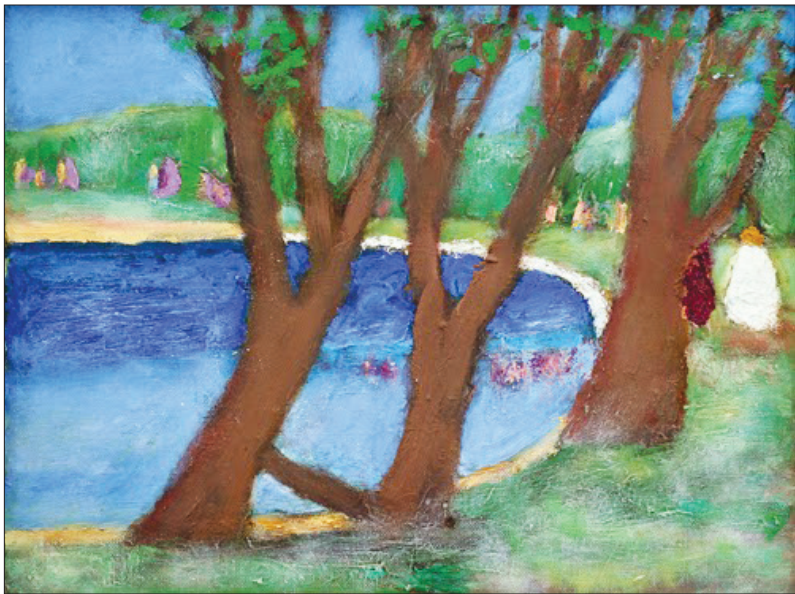
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created as a “sacred pause” for women in recovery from addictions and other life challenges. We take that purpose seriously. We don’t provide programming outside of two daily yoga classes and the odd excursion. Women who attend our retreats are reminded of how wonderful it is to just – stop – and reconnect with their breath and with their selves. The second reason is really just that the most amazing women come to our retreats – and so the connections that are made on retreat are authentic, deep, and enduring.”

One benefit of a retreat is connection; it is a powerful tool for those in recovery because we need to know we are not alone—especially having lived in the isolation of addiction. I asked participant Jean McCarthy, a woman in recovery—who also shares her experience of sobriety on her blog, UnPickled Blog—about her intention behind attending a She Recovers retreat: “One of my main goals was to make connections. I was sober for over a year and a half but I longed for sober friends.”

She Recovers understands that collective power. One of their guiding principles is that we are stronger when we recover together. Dawn tells me: “Two of the most powerful words in the English language are “me too.” It is this sense of mutual understanding, strengthened by the wealth of different stories and experiences, that invites seekers to find out how recovery works – in many forms – via various pathways and patchworks. Strength in numbers, right?”

Even though some of us know about the benefits of practicing self-care, we get distracted by everyday life and its demands. I asked Dawn about her philosophy of having a sacred space and how that allows people to connect more deeply with themselves, than, say, at home: “Utter lack of responsibility to do anything other than...take care of their own needs. We are fed delicious and nutritious healthy meals – and encouraged to nap, swim, walk, read, visit, write or meditate – but there isn’t any pressure to do anything, really. I think having our time



protected as it opens up the space we need to get in touch with bigger questions in our lives. We take our cue from the retreat guru Jennifer Loudon who writes in The Women’s Retreat Book:

“A women’s retreat is about stepping out of your ordinary existence to listen and attune to your truest, most authentic self. It is about being self-referenced to become self-restored.”

Jean McCarthy tells me how these retreats enhance her recovery: “Well, most importantly it’s a restful break from being a sober girl in a drinking world. It’s such a relief to let my guard down. Not only is the venue a no-alcohol zone, but everyone there is in some kind of recovery process. We might be recovering in different ways from different problems, but we all speak the same language. It’s just lovely. I’ve made incredible friendships and learned new insights and perspectives from being exposed to women at different stages of recovery.”

Many retreats also feature a yoga practice, but just how beneficial is yoga to recovery? I asked co-founder and yoga teacher, Taryn, who said: “We can’t always change what is happening in our life around us – but in any given moment we can change our posture and our breath – and then the other layers shift. Perhaps our mind gets quieter – even if it’s just for a moment – and what a relief! We learn tools with our breath to self-regulate and balance the nervous system. And those effects follow us off of our mat and into our lives.”

These retreats demonstrate that not only is recovery and healing possible, but

it is also accessible for all; whether a self-development or relaxation retreat, the introduction of sober schools, or the vastly expanding online sober community. The increase in demand for these types of recovery and healing seems to be speaking to the need to holistically recover with a variety of modalities and self-care strategies.

She Recovers speaks to that demand. Their NYC event will be exploring a diverse range of recovery approaches that focus on the mind, body and spirit. I asked Dawn what about their goals of

bringing together all of these women and providing holistic recovery resources: “We have a few different goals. The first is really about bringing what we have been calling the “cyber-sober movement” to real life. We have four of the most amazing inspirational speakers on the planet joining us – plus ten presenters and ten of the most popular female sober bloggers. Many of us have known each other only in cyberspace – so hugging will be a bit part of the weekend. We also want to explore and showcase –through our sponsorships, exhibitors and presenters – a wide array of innovative recovery strategies, resources, products and services. And finally, we really want to show the world (okay we will start with NYC) what recovery looks like. Because

with this crowd of 500 women – it looks spectacular.”

I sked Jean McCarthy what appeals to her about the event and what she hopes to take away: “The speakers are going to be amazing, but what I’m especially excited to is seeing 500(!) women in recovery all in one place. That’s a whole lotta positive energy and understanding. And it’s New York, so who could resist? I hope to leave feeling more empowered and excited to be part of a larger tribe, to remember that in part of something big. I’ve made a lot of online connections and I’m looking forward to meeting these people in real life.”

I can certainly attest to those goals; I am attending the event to meet other women like me, who are in recovery, and write in the online community. I started my blog two years ago because I felt that there was a lack of resources and community for physical recovery, specifically in relation to our relationship with our bodies and food and how that changes in recovery. I, like many others, have had an unquenchable thirst for all things holistic which focuses on self-care. These retreats speak to those needs and shows us that recovery can only be enhanced by attending them. As She Recovers says, through mutual understanding, we strengthened by sharing our recovery experiences.

Writer and wellness advocate, Olivia Pennelle (Liv), is in long-term recovery. Liv passionately believes in a fluid and holistic approach to recovery. Her website Liv’s Recovery Kitchen is a resource for the journey toward health and wellness in recovery.




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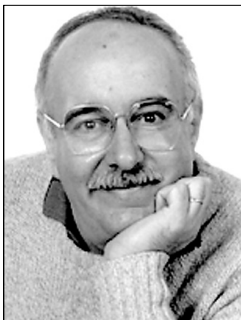
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Living a Meaningful Life

by John Driggs,
LICSW

“I don’t know why I’m so unhappy. I’m proud of being successful. I make a comfortable living with a good job. My wife is gorgeous and we are reasonably happy together. Our kids do well in school. We have savings for our retirement years. We go to many parties with our friends throughout the year. In winter we all go to a Caribbean resort. Now how bad can that be? Wouldn’t you like a life like mine? Well you can have it. It’s actually rather flat.”

“Oh my God. Ever since I retired I’ve been working more than when I had a full-time job. There’s nothing like being needed. My mom is in her eighties and losing her memory. So I drive her to all of her doctor’s appointments and make sure she is not lonely. My oldest just had a baby and asks for all the support I can give her. I am over there twice a week as she gets overwhelmed with being a new mom. You know how that is. She is even talking about having another child within a year. My oldest son who is out of state just got divorced and wants me to stay with him and his two children for a month until he can get his feet back on the ground. His wife ran off with another man and left him with the kids. I really feel for him. Also, I love being around my grandkids. They love their nana. My husband, whom I never see, just leaves it all to me and

plays golf a lot. He says no one has my magic touch. Of course my church has signed me up for cooking for all the funerals. We have a lot of old-timers at our church. You know what that means. So I go from being a wife, to being a mom to the rescue, to a nana, to the darlings, to a nurse practitioner to my feeble mom to being a cook for families of dying people in our aging church. Geeze. When I used to work in the hospital as a nurse at least I had some time for myself. Now I feel I have no time for me. I’m worried about losing me.”

Too many of us are not taking the time to ask ourselves whether our life has any meaning or we have any significance. We’re not even aware there is a question to ask. Most of us are too narrowly focused on ourselves in a fog and what we need to be successful, or at the opposite extreme of constantly doing for others and not respecting ourselves. Most of us lead lives of culturally-driven oblivion and self-deception. With good intentions we are just doing what is expected of us and trying to lead the good life.

There is way more to life than just living for ourselves, however. If we just do things for ourselves or exclusively for others we will feel quite empty and perhaps just go through the motions



“Being empty is a lot like knowing the words to a song but not knowing the music. Feeling full is just the opposite. You know both the words and the music to the song and are able to sing them aloud with your whole heart.”

of living rather than feel we are truly alive. Too much of American culture is focused on superficial living, the pursuit of individual gratification and avoiding vulnerability. Most of us are so focused on career success and entertainment that we don’t ask why we want to succeed or what really feeds our soul. We don’t even know what we are really missing. But in fact we are really missing something essential to our happiness.

Living the unexamined life makes us feel quite anxious and empty. When we are not living with a personal experience of the Greater Good of Humanity or a relationship to a Higher Power we feel quite alone and insignificant no matter how much fame and fortune we accrue or how many so-called friends we have. We get bored with ourselves and feel that nothing means very much to us. This psychic numbness is our emptiness. It’s like we are alive but not really alive. Many of us become depressed when we are empty and then chase the latest novelty to get out of it. But there is no way out of it. All of us need to live a meaningful life just as much as we need air to breathe.

What is it like to feel full?

Being empty is a lot like knowing the words to a song but not knowing the music. Feeling full is just the opposite. You know both the words and the music to the song and are able to sing them aloud with your whole heart. It gives you a way to feel connected to others, as good music does, and a sense of optimism that you are always connected to others as the song in your heart can always be played over and over again and other people will respond to it, even people you don’t know. It’s as if there is a special force within you that can always connect to others and to their special force. When you feel full you never worry about being alone or left out since you are always connected either by personal memories or through a Higher Power that you share with others. You also don’t worry about death very much when you’re full since you are personally aware of your connection to mankind that lives well beyond your individual life. Often people who are full have had many extrasensory

experiences of being connected to people they have no apparent connection with. Some of these experiences occur when you fall in love with another. When you are full it’s like you are always in love with others, as if there are no strangers in your life. Even when your human frailties show you always feel acceptable.

I remember when our family started doing volunteer work at Loaves and Fishes. We served hot meals to homeless people once a month at a shelter. At first we were scared to even be around homeless people. Would they be violent? Would they steal from us? We wondered how to relate to them. After all, we have everything we need at our house. Well, everything changed once we did the meals. We found that homeless folks had something that we lacked. That something was gratitude and human warmth. It amazed our kids that people who had almost nothing could be so grateful for even small acts of kindness. We never felt grateful at our house as everything came easily. Yet everyone in the food line thanked us just for being there. We kidded them about being free spirits who at their heart were very much like ourselves. Their confidence to survive in the coldest of weather baffled all of us. They all treated us with respect as we did them. We liked the same music and would sing with them. It was a big love fest and we have become regular volunteers for the last five years. Later on, we realized that homeless people came for the respect and fellowship just as much as the food. One homeless man said it best, “You know we can get good food, maybe even better, at other food shelves. It’s the smiles we come for.”

Cultural trap of emptiness

I could write books on the many ways our culture — through our televisions and computers — help us all feel empty and insignificant. These devices continually remind us of our inability to measure up unless we buy their expensive products. Commercial TV does its number on us daily. Having the major-

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Happily Ever Now: Four Ways To Be In Love In The Present Moment

By Jennifer Grace

We all know that Happily Ever After doesn’t always pan out. Cinderella and Prince Match.com don’t always ride off into the sunset, and well, that doesn’t mean it was a complete failure after all. Many times people come into our lives for a moment of time to help us grow and expand; then their duty is done. Unfortunately we often get so caught up in obsessive future planning of the “what if’s” and the “might be’s”, that we miss the magic of the moment. Which essentially is all that really exists. What about this...Happily Ever Now. Being present with your partner. Dropping all of the wondering and worrying about if this relationship will or will not last, and instead appreciating the fact that the person is actually here, now, standing right smack in front of us. The art of being in love in the present moment takes a bit of cultivation, a slowing down, and it takes mindfulness. Here are four powerful ways to get your relationship back to the here and now.

Pinch Yourself: Be grateful that in this moment you are together, notice who they are and how they contribute to your life. Take time to appreciate their strengths, their flaws, their attractive qualities, and their shortcomings. Let it Happen: If you have just met, allow your love story to organically tell itself. Stop trying to force the relationship into the next level without enjoying the stage you are in together now. Avoid Social Media: When you partner is trying to connect with you... limit your attention to social media. Leave the phone in the car during date night; shut the computer down when the sun goes down so that you can be present and available for some evening magic! Be Authentic: Take time to authentically communicate with your partner about how you feel, especially when something is on your mind. Take a risk and allow yourself to be vulnerable by communicating without blame or judgment, your true needs and wants.

Happily Ever Now is a quite a magical place to be by simply being present and learning to relax about the future. Fairytales can and do come true, but who wants to get to “The End” that fast anyway!

Jennifer Grace is an acclaimed author whose book, *Directing Your Destiny*, was published by Hay House in June, 2013, and was voted *Best Life Coach 2015 in the New Times*. She is also a contributor for *Mind-BodyGreen* and *The Huffington Post*. Her retreat company *Omluxe* takes individuals to divine destinations while also donating 100 percent of the proceeds to different causes in the region they are visiting.

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Tantra from page 1

Margot Anand:

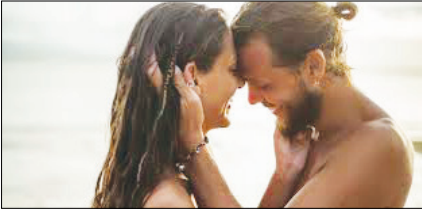
Finding God in Bed

Margot Anand has dedicated her career to the study of the spiritual and healing aspects of sex and to opening up the dialogue to healing with the goal to eradicate sexual ignorance on the planet and create a more loving world. “Down through the ages, sexuality has been marred by taboos and constrained by guilt and many rules,” Margot explains. “My work is focused on the notion that love and sexuality are a form of prayer to the divine source of all life, that individuals can honor themselves and one another as an aspect of the divine One and create a ritual of sacred space before they enter into love making, dedicating their love and sexual interactions to the healing of Mother Gaia.”

An internationally acclaimed author, public speaker, teacher, Margot is also the founder of nine SkyDancing Tantra Institutes worldwide. Her new book, *Love, Sex, and Awakening*, explores the connection between sex, body, mind and spirit. “The working title of the book was *Finding God in Bed*,” the author quips.

“SkyDancing Tantra is a marriage between energy and consciousness,” Margot explains. “The training teaches you to choose, with awareness, what brings you pleasure and joy — opening the door to a deeper connection with spirit and a greater sense of aliveness and well being.” Through the controlled use of breath, students are trained to stream energy through the body, lengthening and deepening a spiritual awakening.

“Tantra does not work with the concepts of good and bad; every action is taken consciously with an eye to awakening,” Margot continues. “Tantra liberates all of the taboos of the centuries



to balance the inner masculine with the inner feminine, ultimately awakening the creativity inside each of us.”

Caroline Muir:

Divine Feminine Awakening

Caroline Muir has been a long-time hatha yoga instructor and worked collaboratively with Charles Muir to develop the Source School of Tantra Yoga. Caroline is founder of the Divine Feminine Awakening, which educates men and women about the full-spectrum experience of their orgasmic capacity. “I came to understand first-hand that sexual energy, when directed upward toward the brain, awakens consciousness. We must evolve in every area in order to live in a world that fulfills our dreams,” explains Caroline.

“Education at every age is at the core of what advances human existence”, she adds. “Alignment with the sexual life force for the purpose of healing and awakening, as well as union with the Divine, is a lost art form. Pleasure is the birthright of each and every one of us. Elevating sex from the mundane into the profound is for all seekers of spiritual/sexual ecstasy. This is the ‘union’ of what the mystics call ‘yoga’... or union with the divine.”

Charles Muir:

Understanding the Seven Chakras

Charles Muir points out that where

Tantra originated, people revered sexuality as a holy gift from the creator, regarding sex as both a sacrament and an art form, celebrating it in their art and teaching its secrets to their children. Sex was used not just to join two lovers, but as a meditation through which the lovers could unite with the divine energy of the universe.

“Ultimately, Tantra is a meditation,” Charles notes. “In fact, orgasm is the only universally shared meditative experience, the one that cuts across all cultures. At the moment of orgasm, you’re not in your thinking brain, you’re in your receptive, being brain; when you’re completely absorbed in the present, you enter into timelessness.”

Anand and the Muirs focus much of their work on the chakras. According to Charles, “All the chakras contain dormant energy, consciousness, and intelligence, and the Tantra techniques aim to arouse and harness those latent energies.” He stresses that the goal in doing breathing techniques, or asanas, shouldn’t be to achieve any particular stretch or outward form, but instead “to recognize and reconcile yourself with your body just as it is.”

Charles urges workshop participants to consider that they’re not doing this work just for their own benefit, but also so they can bequeath a saner, healthier sexual legacy to their children and grandchildren.

“Our version of Tantra addresses major needs of our current place and time: restoring proper reverence for women and the feminine; finding an appropriate, beneficial outlet for male ‘warrior’ energy; and healing the rift between men and women. Many individuals pursue this training to awaken consciousness and spirituality and bring one closer to their Truth so that they can be more magnetic,

more powerful, more connected to Self and to attract a high quality person into your life,” Charles explains.

Chakras

The seven chakras are the centers in our bodies which energy flows through. Blocked energy can lead to illness. Here is a brief overview:

1. Root Chakra — Represents our foundation and feeling of being grounded, found at the base of spine in tailbone area.

2. Sacral Chakra — Our connection and ability to accept others and new experiences, found in the lower abdomen, about two inches below the navel and two inches in.

3. Solar Plexus Chakra — Our ability to be confident and in control of our lives, found in the upper abdomen in the stomach area.

4. Heart Chakra — Our ability to love, found in the center of chest just above the heart.

5. Throat Chakra — Our ability to communicate, located in the throat.

6. Third Eye Chakra — Our ability to focus on and see the big picture, found in the forehead between the eyes (also called the Brow Chakra).

7. Crown Chakra — The highest chakra represents our ability to be fully connected spiritually, located at the very top of the head.

Tantra is a door to spirituality and healing. Medical research reveals that regular sex has innumerable health benefits: strengthening the immune system, improving circulation, lowering blood pressure and heart rate, balancing hormones, improving sleep, reducing pain as well as stress and cancer risk, and improving bladder control for women — while deepening every emotional aspect of your life: love of oneself, interpersonal connection, and spirituality.



Resource Directory

A DIFFERENT KIND OF GRIEF

Individual coaching & on-going 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.

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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.

RECOVERY WORSHIP

Recovery Worship is open service of evening prayer that includes recovery resources like the Twelve Steps and the Serenity Prayer. We meet at 6:45pm on Wednesday evenings at Zion Lutheran Church in Minneapolis. For more information, visit www.zionchurchmpls.org/recovery or call (612) 824-1017.

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

NARCOTICS 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.

WOMEN’S MENTAL HEALTH

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Tantra Resources

Sara Biewen & Thomas Stout:
www.lovepassionately.com

Margot Anand:
www.margotanand.com

Caroline Muir:
www.divine-feminine.com

Charles Muir:
www.sourcet tantra.com

Further Reading

Love, Sex and Awakening
by Margot Anand

*The Art of Sexual Ecstasy:
The Path of Sacred Sexuality for
Western Lovers*
by Margot Anand

*Tantra:
The Art of Conscious Loving*
by Charles Muir and Caroline Muir

Tantra Goddess: A Memoir of Sexual Awakening
by Caroline Muir

A Homemade Retreat is Delicious

by Pat Samples

Some years ago, a friend offered me her cabin “up north” for a week and said I could include friends. Overjoyed, I quickly called the two women whom I met with weekly for mutual spiritual support. “How about creating a week of silent retreat together?” I suggested. Both responded with a rousing “Yes!” Quiet, undistracted time for reading, meditating, walking in the woods, floating on a lake – what a splendid contrast this would offer to our frenzied lives.

But could we really spend a week together in silence? And also have fun? We were going to be at a lake cabin, after all. With some simple planning and flexibility, we turned the week into a rich time of reflection, prayer, and immersion in nature, plus some joint playtime, too.

To be honest, napping was our top agenda the first couple days, along with plenty of do-nothing collapsing in the hammock swing. Being in the midst of simple, uncluttered, natural surroundings and having no to-do list took all the air out of our minds, muscles, and adrenal glands. We leisurely embraced no-motion living.

Were we silent? We were, all day until 6pm. Then we joined together for dinner to harvest our day’s reflections and discoveries. The meal was followed by stories, laughter, games, and whatever else we felt drawn to do. Sometimes we just napped some more!

At week’s end, we all celebrated how refreshed, spiritually renewed, and rested we felt. Immersing ourselves in the silence and the serene environment had “saved our sanity.” A real bonus was that the whole week was free, except for splitting the cost of gas to get us there.

Based on the number of people who oohed and aahed enviously when we told them about our experience, we decided to create silent retreats closer to home – in our homes, in fact.

From time to time, I invite groups of friends to come to my house for a day of silence. Typically, six to ten people come. My home offers them a quiet location next to a large, tree-lined pond in Brook-

lyn Center and near a scenic walking trail along Shingle Creek. Ducks, herons, egrets, turtles, goldfish, wildflowers and songbirds greet the retreat guests.

The retreat has no agenda, except silence. People come for the whole day (9am - 4pm) or for whatever portion of that time they wish. I leave the door open so they can come and go as they please. They bring journals, reading materials, sketch pads – whatever they wish -- to support their own spiritual nourishment. Napping is common, since genuine resting tends to be too rare for many of us these days.

Lunch is eaten “whenever” and “wherever” in silence. Sometimes it’s potluck. Sometimes I put out soup or an array of salad ingredients and deviled eggs so people can come and just relax without having to plan and bring anything. I’m grateful to have their company so I, too, can be supported in committing to a day of silence. The whole experience, to me, is delicious.

One of my frequent retreat guests is Anne Boever, who has hosted similar retreats at her home. Anne says, “There is a deep soft energy that intensifies being around others who are also in the silent space. It is very restful and helps clear my mind. Things feel simpler and I am refreshed.”

She adds, “Using someone’s home for these retreats means no need to ‘find’ a place. Opening the day to people coming and going allows me flexibility with my schedule.

“Having it at someone’s home feels nurturing. One time I awoke from a nap hearing the host preparing soup. It flashed me back to being a young girl and hearing my mother preparing dinner.

“These are the kinds of gifts I receive by quieting and just being.”

Mary Wright sums up her home-based retreat experience in another way: “It really is different without words. There is a communication of being going on. We are each in our own meditative state, and we also share that experience with others.”

Pat Samples is a writer and facilitator for creative aging and spiritual growth.

How to Hold Your Own Home-Based Retreat

- Invite a few people close to you who enjoy spiritual nourishment.
- Give them at least a month’s notice and try to coordinate with their schedules, if possible.
- Host the retreat at your home, cabin, or even at a nearby park.
- Send out guidelines that include directions and instructions about entering your home, eating plans, where to put food they bring. You may want to tell them to come fragrance-free or not to smoke, depending on your situation.
- Let them know what resources are available during their stay, e.g., access to your reading materials, places to nap, and blankets. Also, tell them what to bring, such as meditation pillows or their own preferred beverages.
- Prepare your home. A little housecleaning can help create a welcoming setting, but don’t fret over having everything perfect.
- You could set out candles or other spiritual symbols to help set the tone for the day.
- Relax and prepare yourself to enjoy the day in your own silent activities. Let others “do their own thing.”
- Allow some way for people to talk about their experience afterwards through an in-person debriefing at the end of the day or through a group phone call or social media outlet later.
- Trust the “spirit” within you and within them to provide everything important that is needed for the day.



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IN THE HEART
OF THE RECOVERY
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Books by Barbara Kummer



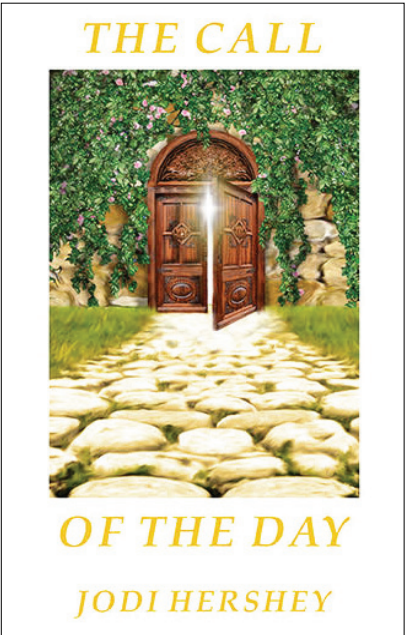
Trust, Living Spontaneously and Embracing Life

By Osho

Osho, deceased since 1990, was a philosopher and writer known for his provocative and inspiring spiritual teachings. This is the 11th volume in the Insights for a New Way of Living series. In this text, Osho discusses the history of trust and re-evaluates the idea of trust. He encourages the reader to identify and think about trust and faith and then question those definitions and beliefs. He uses anecdotal stories and quotes to help with the process. Readers who respond to Osho’s revolutionary way of questioning things will enjoy this book.

St. Martin’s Press

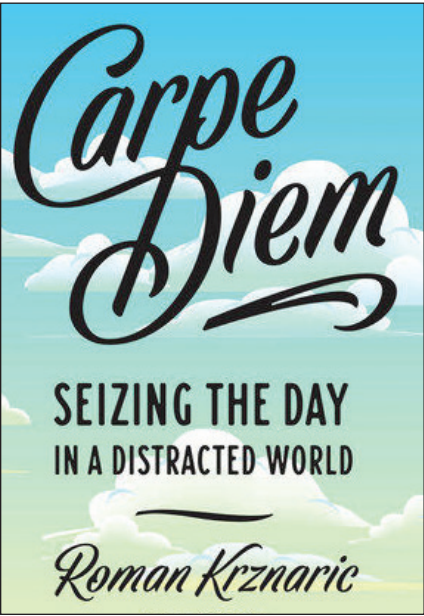
If you have a book you’d like reviewed or have an old favorite you’d like to share with others, please contact barbara.kummerreviews@gmail.com



The Call of the Day

By Jodi Hershey

Hershey encourages readers to always ask, “Am I coming from love or fear?” She helps readers connect through self-reflection with who they really are and how to move forward in their lives. The most important practice, in Hershey’s mind, is connecting daily with Universal Source. This can be done by meditation and prayer. Hershey states, “Act ‘As if’ while you are becoming, then one day you wake up and you are!” Readers may be interested in transitioning from the Third Dimension to achieving the Fourth Dimension which means going from being dense in feeling to light in feeling. She describes the chakras and useful affirmations related to them. In one exercise, she has readers list their jobs and relationships to determine what is not working in their lives. She recommends using “stepping stones” which help visualize leaping onto the first stepping stone and then crossing to the other side successfully. Hershey is a trained hypnotherapist and spiritual counselor. She describes the path she followed and provides examples and stories from her clients’ experiences.



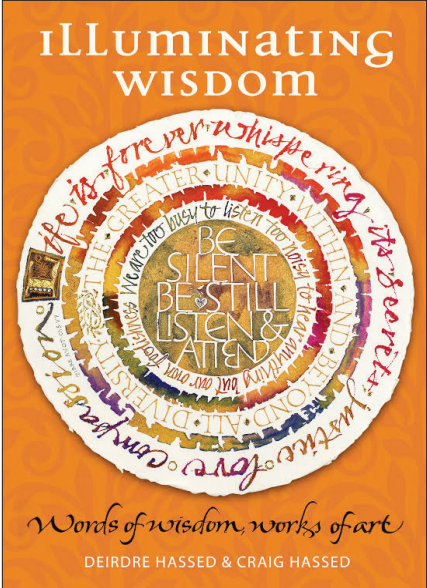
Carpe Diem, Seizing the Day in a Distracted World

By Roman Krznaric

Krznaric is a social philosopher. He encourages readers to look at the history of the phrase “Carpe Diem” and how it is applicable in today’s world. He explores the underlying message to “live each day as if it were your last.”

Readers will learn how, over the years, the phrase has been used as the path to opportunity, presence, hedonism, spontaneity or politics. In medieval times, it was a call to action. Today, Krznaric challenges us to decide if we should live each day as if it were our last-or our first!

TarcherPerigee



Illuminating Wisdom: Words of Wisdom, Works of Art

By Deirdre Hassed and Craig Hassed

The Hasseds bring art and wise sayings together. This beautifully illustrated book connects inspiring philosophical and spiritual quotes to beautiful calligraphy while explaining the meaning or background of the text or its author.

Their essays and art address science, artists, literary figures, Vedic traditions and Buddhism. Artists and philosophers will enjoy this book of over 80 inspiring quotes demonstrated through calligraphy and collage.

Exisle Publishing

“We are looking for happiness and running after it in such a way that creates anger, fear and discrimination. So when you attend a retreat, you have a chance to look at the deep roots of this pollution of the collective energy that is unwholesome.”

~Thich Nhat Hanh

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On Retreat: Waiting for the Summer Lightning

by Eleanor Ann Leonard

Whether you create your own mini-retreat or take part in a retreat gathering with several hundred people, the intent is to truly retreat – pull back, get away from the usual, disengage, create downtime for all levels of your being – mental, physical, spiritual, emotional. In today's fast-paced, always on, tech-connected culture, idleness or downtime can be difficult to come by. But not impossible.

Ferris Jabr, in an October 2013 article for *Scientific American* entitled *Why Your Brain Needs More Downtime*, quoted writer and meditation teacher, Michael Taft, who refers to cerebral congestion: "In a normal working day in modern America, there's a sense of so much coming at you at once, so much to process that you just can't deal with it all."

Taft decided to deal with it and in 2011, he lived for 92 days at Insight Meditation Society's Forest Refuge facility in Barre, Massachusetts. The 92 days were in silence. Meditation, yoga and long walks through nature allowed his mind, he said, "to sort through a backlog of unprocessed data and to empty itself of accumulated concerns.... On a long retreat like that there's a kind of base level of mental tension and busyness that totally evaporates."

And, truth be told, don't we all long for that kind of total evaporation? Even as we're rushing around, trying to keep up, always busy, busy, busy, don't we hear that small voice inside us asking, pleading even, for a release from the tension and busyness?

Somehow we've convinced ourselves that being perpetually busy (or at the very least *appearing* to be busy) is a good, even noble, pursuit. Writer Tim Kreider's book, *We Learn Nothing*, contains a chapter entitled *Lazy: A Manifesto* in which he writes: "This busyness serves as a kind of existential reassurance, a hedge against emptiness: obviously your life cannot possibly be silly or trivial or meaningless if you are so busy, completely booked, in demand every hour of the day."

Turns out the joke is on us because

while we think we're cool and engaged, our perpetual busyness is not only counterproductive, research tells us it is unhealthy. The antidote, says Kreider, is doing less and, even further, taking time to do nothing: "Idleness is not just a vacation, an indulgence or a vice; it is as indispensable to the brain as vitamin D is to the body.... The space and quiet that idleness provides is a necessary condition for standing back from life and seeing it whole, for making unexpected connections and waiting for the wild summer lightning strikes of inspiration – [idleness] is, paradoxically, necessary to getting any work done."

Paradox, indeed: In order to accomplish more, we need to do less!

I seem to have been born with a goodly amount of idleness in my bones. Summers growing up, it was easy to head across the creek with a blanket and a book, spend some time reading and then lots of time watching clouds and birds and seed pods floating against the blue sky. As my life sailed along, there was always time to just sit, to be captivated by the changing shadow of a lace curtain on the wall across from a window through which the setting sun was shining; or to watch baby ducklings test the boundaries of Mama Duck's range of vision – and patience.



Without knowing it, I had been preparing most of my life for the 12-day retreat that I would attend in the high Mojave Desert of Southern California when I was 44. I and the other participants learned upon arrival that in the midst of the 12 days would be 3 days of fasting and silence. This was new to me and I was unsure whether I was up for it. I was and embraced it completely. More accurately, I was OK with letting

go and allowing the experience to embrace me.

And that's the point. A retreat is a good place to let go and be open to new awareness, insight, the unexpected; to play with a sense of curiosity and see what happens. This is true whether you're looking for the mystical answers to life's meaning or seeking relief from post-traumatic stress. You are looking for some major shift that will improve your life. But rather than going in with a predetermined expectation that life will be better if such and such happens, the key is to be open to possibilities you haven't even thought of; to be ready to accept answers to questions you have not yet thought to ask.

The word "retreat" has taken on a more universal meaning in the past several decades. No longer is a retreat confined to the mythical or biblical stories of the hero, warrior or holy man going off to the desert for long stretches of time or wandering the mountain villages with a begging bowl. A retreat, however we want to define it, is available to each of us no matter our financial situation.

Stretching out to the boundaries of our imagination, we can insert a mini-retreat into our daily lives. For example, rather than rush home from work and plunge right into family or household chores, take 20 minutes of "idle" time. Shut out as much noise as possible, light a candle, put on some fluid music (nothing strident or with a beat), sit upright in a comfortable chair and close your eyes. All you have to do is simply "be" – no making lists in your mind or planning supper. Guided imagery that will soothingly and lovingly take you into the quiet spaces of your inner self is abundantly available. It may take some trial and error to find what suits your sensibilities but – and trust me on this – something just right for you is out there. Keep searching.

A walk in nature works wonders, too, and for my money is the best daily retreat easily accessible. You'll reap the most benefits if you allow yourself to engage nature with all your senses – seeing the tiny flowers along the path, hearing the back and



forth chatter of crows or the leaves rustling in the breeze, feeling that

breeze on your face. In other words, don't just walk through nature, become part of nature, converse with it. All this presupposes that you have left the electronic devices at home.

A recent feature on *CBS Sunday Morning* introduced us to Slow TV, a surprisingly successful Norwegian television show that got its start with film footage shot from a train along its route from Bergen to Oslo. It is exactly as it sounds – just looking out various train windows at scenic vistas, cattle, mountains, the railroad track; no narration, no plot and no commercials. For seven hours!

What was first labeled "weird" turned out to be very successful and Slow TV has since broadcast knitting with cameras filming every stitch, logs burning in a fireplace and an ocean cruise that at one point was being watched by almost half the population of Norway. The cruise was five-and-a-half days long (134 hours) – all of it broadcast live on Slow TV. It was so popular that Norwegians often showed up along the ship's route to welcome it into port with waving flags.

Espen Ytreberg, professor of media studies at the University of Oslo, says Slow TV is "like opening a window, an escape valve, from fast-paced eye-candy TV."

Maybe the Norwegians are on to something. And maybe we are, too, if Tim Kreider and his "Lazy Manifesto" have any say: "Do less....[t]hat should be my mantra. What does matter? What will count for something worthwhile when I look back on it? What makes for a really good day? Focus on the quality of those things that will send me to bed each night with the satisfaction, not of having been busy, but of having spent my time wisely and joyfully."

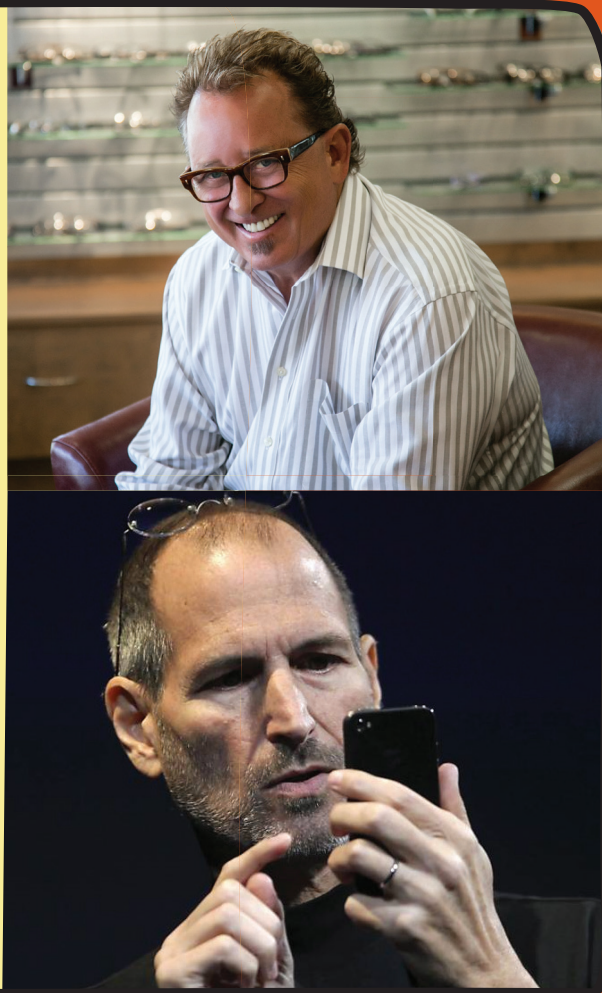
May we all have plenty of idle time to catch that "wild summer lightning strike of inspiration."

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Retreat: Regaining Perspective



by Mary Lou
Logsdon

“In
order to
understand the
world, one has to
turn away from it on
occasion.”
-Albert Camus

When I visit the Minneapolis Institute of Art I always stroll through the Impressionism Gallery. I love the spontaneity and movement of impressionist art. It piques my curiosity as to how it is put together. What is the magical technique? I pick a composition and view it from various angles. First I look from the center of the gallery, scanning from left to right, top to bottom, taking in the whole impression. Then I step in to focus on a particular detail or interaction or slice of the scene. Finally I retire to the back wall and view it from a distance to see what breaks through the busyness of the picture. Then I notice what is going on within me. How does the picture leave me feeling? What memories does it provoke? Where have I noticed similar energy, light, color? I look at the work from a variety of perspectives.

This is also what I do on retreat. I look at my life from various perspectives—the panoramic view, the close-up encounter, the big picture so often lost in the details. With a little space I can focus on aspects of my life I ignore in the busyness of the day. It could be a challenging relationship. Maybe my blessings need counting. Possibly a troublesome decision I have been avoiding. Perhaps now is the time to engage with my inner voice or my higher power.

My life is very active in its details. I have routines that structure most days. A very powerful computer fits in my pocket and buzzes me when there is big news, when it's time to move to the next scheduled thing, when someone wants my attention. My home and garden remind me regularly of their maintenance requirements. Days slip into sequential tasks rather unremarkably. I get lost in the details of the trees and miss the beauty of the forest.

On retreat I can pull myself out of the minutiae and review where it is I am going—or not going, as the case might

be. Author Stephen Covey said, First Things First. On retreat I reflect and remember those first things and consider how central they really are to the life I am living.

How does that happen? In many small ways. I step out of the cacophony of media into stillness. I put aside the 24-hour news cycle, the competing pundits, the fear-filled breaking headlines. I silence the outside to listen to the inside, which has its own live-streaming worries, fears and headlines. I leave home—figuratively and physically. I ask others to be in charge of the cat, the mail, the laundry, the plants, the interruptions. I simplify. I pack a basic bag and leave life's untidiness behind. I take a book or two, some poetry, clothes that need no attention, blank paper, an open agenda.

While I usually make an annual multi-day retreat, the noisy nagging cannot always wait months for attention. I need an oasis right now! At such times I take an hour or an afternoon or a whole day and find a space to just be present. In good weather I spend a few hours in the park, journal in hand. I might share a cup of coffee with a dear friend who will listen without judgment or advice. Libraries still have quiet spaces in little cubbyholes or window seats. There are chapels and meditation centers. I like to rise early and have my first cup of coffee while watching the day awaken through my picture window. I can find many oases in my life that act like mini-retreats.

When it is time for a retreat I must decide what kind it will be. Do I want to focus on one thing or enjoy spacious unstructured emptiness? Do I want to talk with a spiritual director or sponsor? Do I want to be alone or with friends? Do I want to travel or stay close by? Do



I want to bring my own food or be fed? The types and styles of retreats are many and growing.

I recently participated in a local church women's retreat. Every year the women of this congregation gather for a weekend at a retreat house to focus on a theme, listen to stories and build community. They leave their busy lives to gain perspective on how their own stories intertwine with those of their fellow congregants.

I know women who gather annually to renew their friendships and remember who they are as sisters or classmates or colleagues. They retell old stories and create new ones. They share their current joys and sorrows. They go away to be together.

We are blessed in Minnesota to have many retreat houses. Some provide simple rooms with communal dining. Others have an unadorned cabin or hermitage with a basic kitchen where the retreatant can cook her own food. Often a spiritual director or retreat guide is available to meet daily.

We might choose to take a retreat with like-minded people. I have a friend who goes to Madeline Island each summer for an art class. It provides the same leaving home, simplifying, empty space that a traditional retreat provides, with the

opportunity to expand her skills. There are writing retreats, yoga retreats, quilting retreats. A retreat can be an opportunity to learn something new or immerse myself in a familiar pastime.

Retreats don't have to move from, sometimes they move toward. My adult children and I take a 3-4 day mini-vacation almost every year. We no longer live close to each other and it gives us the opportunity to retreat out of ordinary life into new places of discovery. We hike together where silence and talk interplay like sun and shade on a summer's day. We reconnect in ways that short visits don't allow. We laugh, pontificate, cry, invite, relax, dream, recall, play. New perspectives on family.

To really be in the world we occasionally have to leave it, to get the perspective that allows us to see more clearly. Siri occasionally badgers me to “return to the route”. I say, get off the route, the treadmill, out of the noise and clatter, to really see what is going on. When I do return to the route, I will know where I am going...and why. Give it a try, tell me what you saw.

Mary Lou Logsdon provides spiritual direction and leads retreats in the Twin Cities. She can be contacted at logsdon.marylou@gmail.com.

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Arts Retreats**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.

Tofte Lake Center

A creative retreat center for artists, scholars and thinkers of all disciplines located on the shores of Tofte Lake, a beautifully secluded lake near the Boundary Waters Canoe Area Wilderness. From June through September, TLC offers creative residencies for individuals, artistic groups, and organizations who seek to create work in residence in a natural setting with arts facilities and comfortable cabins. www.toftelake.com

Yoga and Meditation**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

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 and conference & retreat center on Grindstone Lake near Sandstone, MN. Diverse 535-acre lakeside sanctuary with 7 miles of trails and meeting spaces, lodging for 162+, fantastic scratch-based food service,

as well as team-building, challenge or naturalist programs for any size group. Offering a variety of nature-connected all-inclusive 'getaways' such as our Women's Wellness & Adventure Weekends, summer youth camps, and Winter Family Weekend.

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

Spiritual**Assissi Heights Spirituality**

Center, Rochester, MN
507-282-7441
Italian Romanesque home of the Franciscan Sisters. Rooms for women on 100 secluded acres.

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,

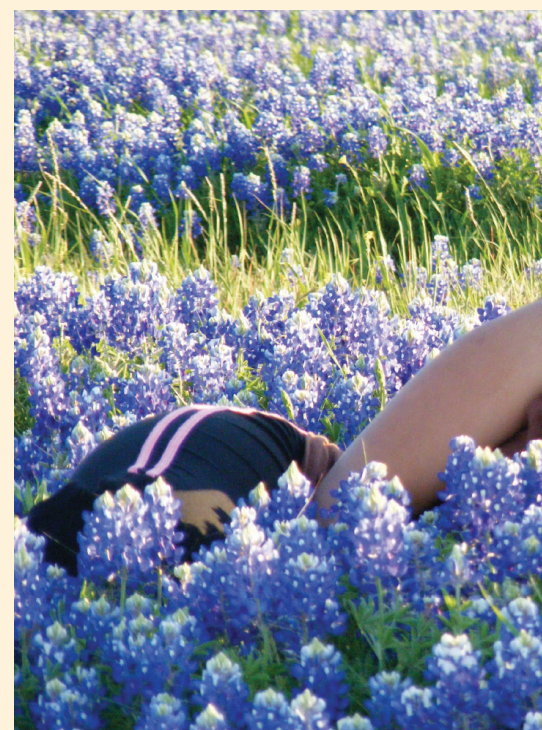
Buffalo, 763-682-1394
Oblates of Mary Immaculate offer accommodations in a retreat house that overlooks Lake Buffalo.
www.kingshouse.com

The Christine Center for Spirituality

Offering retreat programs for healing, spirituality, renewal with meditation, yoga, art, and writing, spiritual practice and other soul work. Cottages, guest house, homemade meals and personal retreats. www.christinecenter.org. 715-267-7507

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

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,

Collegetown, 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

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

Loyola Spirituality Center,

St. Paul 651-641-0008
"dedicated to helping people notice, name and respond to the experience of God in their lives.

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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.prairiwoods.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 Spirituality Center
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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.
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• 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

Wellsprings Farm
Annandale, 320-274-1860
Personal & small group retreats. Enjoy 40 acres with quiet, cozy hermitages. Sauna, massage, library, chapel in Wellness Center. Walking paths in woods, labyrinth through the prairie, & spring-fed swimming pond. www.wellspringsfarm.org

Resorts

Waldheim Resort
Finlayson, MN 320-321-9096
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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

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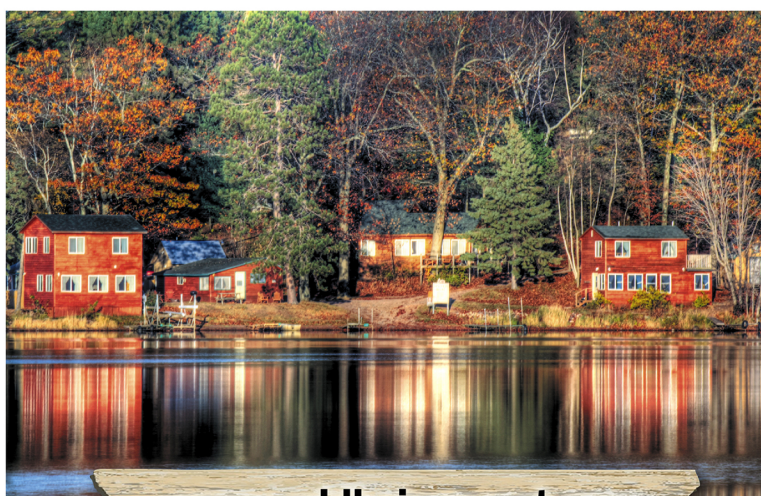
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