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## WHAT HAVE YOU Got to Lose?

SOME GAMBLERS LOSE EVERYTHING,  
EVEN THEIR LIVES

by Pat Samples

kept his job, but his secret life as a compulsive gambler ran his mind and his life, and almost killed him.

### HOW PREVALENT IS PROBLEM GAMBLING?

Because it's so hidden and so few people seek treatment, no one knows for sure how many people are problem gamblers. Doctors rarely screen for it. Neither do chemical dependency or mental health counselors. Yet, Minnesota's education and advocacy nonprofit Northstar Problem Gambling Alliance (NPGA) estimates that more than 200,000 Minnesotans struggle with gambling addiction.

Anyone can get caught up in compulsive gambling. People with plenty of smarts and money tend to be more susceptible, says John VanEschen, Program Manager for NPGA and a counselor at Pathways Counseling Services in St. Paul. "They're pretty sure they can outsmart the dealer or the machine," he says. But people with limited incomes also become problem gamblers. Older people, for example, may hit the casinos to distract themselves from pain, or in search of needed cash, but then get tantalized by a big win. Sleep deprivation is commonplace, says VanEschen, with the average gambler losing 69 hours of sleep per month.

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**W**e all like to win. Some people, though, obsess about winning and sacrifice everything they care about to pursue the next big win. They typically go down hard and fast. Money losses are quick and massive. Friends and family react with horror and disdain when finding out they're victims, too. Felony convictions and suicides are among the tragic results.

### THE BIG WIN

What changes a simple fun activity into a potential prison or death sentence?

A big win early on is what often ignites the first magical thinking.

Jack had always stuck with spending limits he set on occasional Vegas trips. But a \$700 win at a video poker machine fired up the excitement of a big win. Wouldn't it be fun to win like that again?

A well-paid businessman, Jack knew

he could afford to lose money to reap another big win. But soon the "high" of the infrequent win – and the hope for another one – took hold, like a drug. Planning to place just one bet, he couldn't stop himself. He became prisoner to a compulsive gambling addiction that has altered his life for 25 years.

Jack was shocked and ashamed over violating his lifelong clean living codes by lying, stealing and leaving his kids behind for long periods. Gambling eventually took all his money and his pride. He

**A big win  
early on  
is what often  
ignites the  
first magi-  
cal thinking.**

## Why Am I Depressed

WHEN EVERYTHING IS GOING GREAT FOR ME by John H. Driggs LICSW

"I am so sick and tired of being sick and tired. I can't even talk about it anymore. I go for long periods where life is good and I'm fairly happy. I have a great job as an engineer, a reasonably good relationship with my wife and all of our three kids are in college. How could anybody be unhappy with that set up? But then for no reason at all I go into the dumps. I can't get up when life is good. It's always been

that way in my life. I've never been continuously happy. It's up and then down. I've pretty much tried everything to feel better — 12-Step groups, meditation, yoga, and talk therapy. Nothing helps. I've given up on ever being truly happy. I guess I'm just one of those people who isn't cut out for real happiness. I wish I could believe people when they say they really like me. I don't know why they would."

WHY AM I DEPRESSED to pg 8





## CALENDAR

## UPCOMING

**Serenity Festival:** The Serenity Festival is a day long extravaganza with live music, food, and 5K walk/run. July 21, 9a.m-5p.m. Veteran's Park in Paynesville. Free. More info at [www.serenity-festival.org](http://www.serenity-festival.org).

**HazelFest 2018:** Headliners include: Brother Ali, The Cactus Blossoms, Chastity Brown and Davina & The Vagabonds. August 4, from 11a.m to 7:30p.m. at Hazelden Betty Ford Foundation in Center City, MN. \$15 in advance. \$25 at the door. Children 12 and under free. For more information visit [hazeldenbettyford.org/events/hazelfest](http://hazeldenbettyford.org/events/hazelfest).

**Coffee, Croissants and Creativity:** Experiential workshops providing hands-on theater and art-making activities at Interact Center for the Visual and Performing Arts. August 8, 1-3:30pm. Space is limited, call Deb Holtz at 651-209-3575 ext 117 or [debh@interactcenter.com](mailto:debh@interactcenter.com). 1860 Minnehaha Ave. W, St Paul, 55104.

**Smokin' Meat Not Drugs BBQ 2018:** Saturday, August 18, 5:30-10p.m. at Silver Lake Park (East Shelter) in Rochester. BBQ, fireworks, and live music. Must buy a ticket for the BBQ, but the event is free.

**28th Annual Heartland Round-up:** A weekend of fun and fellowship, the Round-up is being held September 7-9 in Park Rapids, MN. For information and registration forms, visit [heartlandroundup.com](http://heartlandroundup.com).

**Walk for Recovery:** Saturday, September 15, from 9a.m-1p.m. at Lake of the Isles, Minneapolis. For more information or to register, visit [walk.minnesotarecovery.org](http://walk.minnesotarecovery.org).

## ONGOING

**Mothers of Adult Children:** A support group for people whose moms used violence. Our support group will offer a safe place to talk, listen and share feelings, experiences and stories with other moms in a comfortable, confidential environment. We meet 1st Saturday of every month, 9-11:00am. Breakfast provided at Calvary Baptist Church — Maki Room, 1st. floor, 2608 Blaisdell Ave S., Mpls, 55408. Parking available on street or back lot. Call 534-349-9105 for more information.

**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 [www.minnesotarecovery.org](http://www.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 Covington. Peace Presbyterian Church has a community dinner at 6pm on Wednesdays and we provide free childcare for 12-Step participants. [Reclamation-Ministries.org](http://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  
800-257-7810; Plymouth alum welcome.

**The Recovery Church:** 253 State St. St. Paul, 55107, offers worship services on Sunday at 9:30am with fellowship, coffee and snacks following service. The mission is to provide a spiritual community for people in search of growth, healing, and recovery. For a list of recovery meetings, visit [www.therecoverychurch.org](http://www.therecoverychurch.org), or like [therecoverychurchstpaul](https://www.facebook.com/therecoverychurchstpaul) on Facebook.

## Master of Professional Studies in Addictions Counseling

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[ccaps.umn.edu/addc](http://ccaps.umn.edu/addc)

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To place a listing, email David at [david@thephoenixspirit.com](mailto:david@thephoenixspirit.com) or call 612.298.5405.

**The Road to Recovery Isn't Always Easy...  
We know that and we're here to help**



Riverplace Counseling Centers  
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6058 Hwy. 10  
Anoka, MN 55303  
763-421-5590  
[www.riverplacecenter.com](http://www.riverplacecenter.com)

### RECOVERY MONTH '18

Presented by MINNESOTA RECOVERY CONNECTION



### Spirituality breakfast

Friday, September 7, 2018  
7:30 a.m.

Hoversten Chapel, Foss Center,  
Augsburg University, Minneapolis, MN

Keynote Speaker—  
Deborah Jiang-Stein

Purchase tickets at

[minnesotarecovery.org/events/sb2018](http://minnesotarecovery.org/events/sb2018)

### WALK FOR RECOVERY

Saturday, September 15, 2018  
9 a.m. to 1 p.m.

Lake of the Isles, Minneapolis, MN

Show the world that  
recovery works.

For more information and to register, visit

[walk.minnesotarecovery.org](http://walk.minnesotarecovery.org)

### Rally (Caps) for RECOVERY MONTH TWINS GAME

Tuesday, September 25, 2018  
7:10 p.m.

Target Field, Minneapolis, MN

Put your baseball cap on  
and rally for recovery at a  
sober sporting event!

Purchase individual or group tickets now at

[minnesotarecovery.org/events/rcr2018](http://minnesotarecovery.org/events/rcr2018)



# What Are the Odds?

by Julia Edelman, Editor

I sometimes get asked this question, usually in reference to drug addiction. “What are the odds that my son or daughter will become an addict when they grow up? My husband is a “normie” and I’m an recovering alcoholic,” the query begins.

“It depends,” is the response, “on so many things. And even with all factors being favorable — genetics, social and home environments, school systems, mental health — there is still no guarantee.” And then I witness a nearly imperceptible shift signaling disappointment. Eyes cast downward, heads nod oh-so-slightly as the parent digests the understanding that they’ve been chewing on already: there is no certainty, positive or negative, about their children’s substance abuse future.

Human nature demands knowledge. The concrete feels good. We look at weather forecasts so we can plan tomorrow’s activities. We read reviews online before we purchase a blender or go to a movie. Our thirst for data to make informed decisions is healthy; the more we know the better prepared we are. No big surprises to throw us into a tailspin and life will be good.

But this issue of THE PHOENIX SPIRIT is about the opposite urge that can simultaneously inhabit people. The thrill of the chase. Uncertainty. Unpredictability. Upheaval and Chaos. In fact, some people thrive on such turmoil. Many of them came from chaotic backgrounds and so instability is familiar and can feel, ironically, safe. Predictability is boring, and routine feels like the kiss of death. Thrill-seekers need action and uncertainty to feel alive.

As Pat Samples talks about in this month’s lead article, these thrill-seekers can sometimes be found in the casinos, diapers on, sweat pouring down their brow as they pump money into the gaping mouth of a machine. Others have online gambling addictions, silently robbing their bank accounts of hard-earned money over the

course of months or years as they wait for their next win to bring them out of the hole they’ve dug themselves into.

But gambling is a slippery slope and often goes undetected as Deb M. so honestly and grippingly writes in *The Push of Pain, The Pull of Hope* on page 5.

As with any addiction, there’s hope for gamblers. And as with any addiction it begins with getting honest and acknowledging there is a problem that is unmanageable. We peel away that first layer of denial then look at what’s underneath. What’s the hole-in-the-soul that we’re trying to fill with our behavior? It’s difficult to take an honest look within, but no one has to go it alone.

We hope that after perusing this issue, you will reach out to anyone you may know who suffers from a gambling — or any other — addiction. Odds are, they’ve been subconsciously waiting.

In other news, I’m thrilled to announce that the publishing of THE PHOENIX SPIRIT is now under the tutelage of two bright, dedicated and passionate souls, Aaron and Jen. The paper will continue to be a beacon of recovery, renewal, and growth in the greater Twin Cities, as it has for 38 years, only now under Aaron and Jen’s expert leadership. Aaron is a graphic designer/blogger, and his wife Jen is a clinical aromatherapist and clinical social worker. I will continue to seek out and edit content for our bi-monthly themes, and encourage readers to send in their first person stories of hope and inspiration to juliaedelman@gmail.com.

I won’t bet my bottom dollar, based on this month’s theme of gambling addiction, but I do have certainty that THE PHOENIX SPIRIT will continue to provide our growing readership with inspiration for many, many years to come.



## the Phoenix Spirit

RECOVERY • RENEWAL • GROWTH

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

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

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

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

Some illustrations courtesy of Vecteezy.com. Photographs from Unsplash.com and iStockphoto.com.

## Don't Double Down With a Gambling Addiction.

Some people turn to gambling when they're trying to overcome an alcohol and drug addiction. That's because people who struggle with one addiction are more likely to struggle with another.



**There is Help.**  
#AddictionIsAddiction

Call: 24-hour Helpline at 1-800-333-HOPE  
Visit: MNGamblingHelp.org  
Text: HOPE to 61222





SUPPORT GROUPS / PLEASE CONTACT BEFORE ATTENDING

MONDAYS

**Conscious Contact** – 11th Step Meeting and meditative Drum Circle. Mondays (except holidays) 12:30-1:30pm. Transfiguration Lutheran Church. 11000 France Ave S, Bloomington. Drums provided. No experience necessary. Arthur 952-884-2364.

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

**Eating Disorders Anonymous:** second and fourth Monday of every month, 6:7:30pm in Little Falls at St Gabriel Hospital in the Rose Room, 3rd. St. entrance. JoAnn at 320.232.9576, or [edalittlefalls@hotmail.com](mailto:edalittlefalls@hotmail.com)

**Friends and Families of Suicide:** a place of support and comfort where those that have lost a loved one to suicide will be comfortable talking about their own loss as well as hearing about the losses of others. Meets the 3rd Monday of every month 7-9pm, Twin Cities Friends Meeting, 1725 Grand Ave., St Paul, 55105. For info email [fiosmn@yahoo.com](mailto:fiosmn@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](http://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: [www.unitysouth.org/calendar](http://www.unitysouth.org/calendar) 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.

**Eating Disorders Anonymous:** St. Paul, MN, Mondays @ 6:45:7:30 PM at Hamline Midway Library, 1558 W. Minnehaha Ave., St. Paul, MN 55104. Venita Johnson 612.964.2387 or [eda.diverse@gmail.com](mailto:eda.diverse@gmail.com) for more information.

TUESDAYS

**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 couple-ship. 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](http://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. For more info call 952-404-1488.

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

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

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

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

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

WEDNESDAYS

**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. [tcm@freenet.msp.mn.us](mailto:tcm@freenet.msp.mn.us)

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

**Workaholics Anonymous:** for people who are chronically preoccupied with work. Meets every Wed. 12–1pm in the east bldg 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. 763-560-5199.

**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: [blooming-tonma@hotmail.com](mailto:blooming-tonma@hotmail.com)

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

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

THURSDAYS

**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](mailto:wafindingbalance@gmail.com)

**Red Book ACA/ACOA:** Recovery Church, 253 State, St. Paul, 7-8:30pm. For more info call Jacob at 612.819.9370 or Bruce at 651.407.6336.

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

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

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

**Food Addicts Anonymous:** a 12-step program dedicated to food addiction. Fridays 8-9pm, Living Table United Church of Christ, 3805 E 40th St., Mpls, 55406. LGBT friendly. For more info call Shea at 612-722-5064 or [sheahnsn@gmail.com](mailto:sheahnsn@gmail.com) or [www.foodaddictsanonymous.org](http://www.foodaddictsanonymous.org)

**Recovering Couples Anonymous:** Friday Night @ Minnehaha United Methodist Church, 3701 E 50th St, Mpls, 55417, 6:30 - 8pm. 12-Step couples group meets as couples in recovery from any addiction. The only requirement is the desire to remain committed to each other, and find better ways to communicate and develop intimacy. 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. [edaminnneapolis@gmail.com](mailto:edaminnneapolis@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

**OCD Support Group:** 2nd and 4th Saturdays of each month at Lord of Life Lutheran Church,-16200 Dodd Lane, Lakeville, MN. 11am -1pm For more information contact Susan Zehr @ [sszehr@charter.net](mailto:sszehr@charter.net) or 952-210-5644.

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

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

**Northeast Minneapolis CoDependents Anonymous (CoDA) Group:** East Side Neighborhood Services, 1700 2nd Street NE, 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](mailto: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.com](mailto:Shoreviewcoda@gmail.com)

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

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

**Clutterers Anonymous:** St. Christopher's Episcopal Church, 2300 N. Hamline Ave., (Hwy 36) room 220, Roseville. 12 step support group meets the first, third and fifth Sat. of the month, 10–11:15am. [www.clutterersanonymous.net](http://www.clutterersanonymous.net)

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

**Overeaters Anonymous:** 8-9 a.m., Falcon Heights Community Church, 1795 Holton Street, Falcon Heights. 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-judgmental place to talk with other men re healthy sexual boundaries. The Men's Center, 3249 Hennepin Ave. S., Mpls.

**Adult Children of Alcoholics & Dysfunctional Families:** Saturday, 10a.m., ACA Club Fridley, Moon Plaza, Boardroom in the lower level of Unity Hospital, 550 Osborne Road, Fridley. Please see [www.acafridley.com](http://www.acafridley.com) for info.

**Men's & Women's Support Group:** Meetings every Saturday (including holidays) at 9am. Prince of Peace Church, 7217 W. Broadway, Brooklyn Park. (north entrance.) Informal, safe place to share experiences of joy and concerns. We promote growth & positive change to meet the challenges of our lives. Call 763.443.4290.

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

**South Side Men's Group:** Saturdays, 8:20 to 10 a.m. Support for men working toward positive personal change. Creekside Community Center, 9801 Penn Ave. S. Bloomington. Visit [www.southsidemensgroup.org](http://www.southsidemensgroup.org).

SUNDAYS

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

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

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

**Deep-Healing Prayer Group:** Discover how God provides healing of memories, emotions, and the body at St. Paul's Evangelical Lutheran Church, Sundays, 7-9:30pm, [www.Door2Hope.org](http://www.Door2Hope.org). 612.874.1033.

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

**Debtors Anonymous:** a group of men and women using the 12-Steps to solve problems with debt and other money issues.; [www.daminnesota.org](http://www.daminnesota.org) 5:30-6:30pm, Oak Knoll Lutheran Church, 600 County Rd. 73, Minnetonka, MN 55305 (enter rear of bldg, the Plymouth 2 Alanon. For more info call 612-388-2944.



# The Push of Pain, The Pull of Hope

by Deb M.

I grew up with alcoholics. There were aunts and uncles that gave me boozy hugs, a godmother that called and picked fights after a few cocktails, and a dad that died of cirrhosis. As a result, I have a favorite quote, "If you can't be a good example, at least be a horrible warning." My family tree is filled with horrible warnings.

At a young age, I decided that I wanted no part of that life at all. While my high school and college friends experimented with alcohol, I was extra cautious, usually serving as the designated driver and babysitter. And while I was so focused on avoiding an alcohol addiction, the gambling addiction snuck up on me. I didn't see it coming.

I started gambling on an ordinary night when a friend and I couldn't decide what to do. We ended up at a local casino, and I was invigorated by the flashing lights and the thrill of winning. It got into my blood, literally. My life had been bland and boring, but that night was exciting. My days had been regimented and predictable, but that night I was a rebel.

A few weeks later I had an argument with my boyfriend and I went back to the casino by myself. Alone. It made me feel free of his controlling nature, like I was rising up in opposition to him, and punishing him for not meeting my needs.

Gambling became my solution to everything. Bored? Go gambling. Happy? Celebrate by gambling! Angry? Get revenge by gambling. It quickly took over my life, and I turned into a person that no one recognized. I lied about everything, and became unreliable. No one could depend on me to show up or follow through on a commitment.

My bank account was wiped out, and my credit cards were maxed. I used to love going to concerts and movies, and spending lazy afternoons on a patio, talking with friends. But when I started gambling, I lost all interest in those things. All I wanted to do was gamble.

A gambling addiction is a hidden one. I didn't have the same "tells" as the alcoholics in my family do, like slurred words and boozy breath. My friends didn't suspect that I was suffering with an addiction. All they knew is that I wasn't the person that I used to be. Anger, sarcasm, and lightning-fast mood swings were my trademarks, making me very unpleasant to be around.

Being alone, and drifting away from my family and friends, enmeshed me further into the addiction. I found a loan source — bordering on illegal — and was quickly in six figures of debt. I lost my house, my partner, and nearly lost my job. I gambled for 11 years; sporadically at the beginning, but at the end, I was gambling every day.

A friend once told me, "People make changes for one of two reasons — the push of pain, or the pull of hope." For me, the pain became so great that I could not live with it one more minute. And that's when I pushed myself into a Gamblers Anonymous (GA) meeting. I didn't want to go; didn't want to have to admit to anyone else that I had an addiction. I was too



ashamed of who I'd become. And, in my warped thinking, I had created the problem, therefore I alone could fix it.

I remember walking in to my first GA meeting. I was terrified, but welcomed with loving, open arms. We introduced ourselves and read literature together, but the words didn't make sense. I was looking for an instant solution. A snap of the fingers, a quick cure. The gamblers that I met that night told me that the progress was slow and required patience. But if I kept coming to meetings, and living one day at a time, I'd get better.

I didn't believe them, of course. I'd strayed so far away from my morals and values that I was convinced I'd never find a way back. They offered hope, but I was hesitant to accept it. Having hope was a dangerous thing.

Even though I didn't find what I wanted at my first meeting, I felt the tiniest bit better. I decided to go back. The push of

pain got me to a meeting, but the pull of hope brought me back.

I kept feeling the tiniest bit better each time I left a meeting. I made new friends and surrounded myself with people that were working on a recovery program, and trying to live a better life. I learned to deal with life on life's terms, to forgive myself and others, to make amends, and to live a day at a time.

Today, after 8 1/2 years of meetings and abstinence from gambling, I look back on my old life and don't even recognize it. The grace and joy that I've received through the GA program is immense. It cannot be measured in words.

Keep on keeping it, a day at a time.

*Do you have a testimony of hope and encouragement from your journey of recovery? We'd love to hear from you. Please send your story to phoenix@thephoenixspirit.com. We'll connect with you if we choose to publish your piece in a future issue. Thank you.*


*The push of pain  
got me to a  
meeting, but  
the pull of hope  
brought me back..*

## Gambling Problem?

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# WHAT HAVE YOU *Got to Lose?* from page 1

## AN ADDICTION IN HIDING

With compulsive gambling, the same brain disruption takes place that affects other types of addicts. The high feels so good, and the brain can't get enough of it. But unlike with substance abuse, gambling addiction usually remains hidden. Often, family or friends only learn there is a problem when all the money is gone and debts accumulate. An eviction or foreclosure notice comes. A parent's estate after death reveals that the expected inheritance was gambled away by a trusted family member. An organization discovers a huge loss due to embezzlement.

Feeling isolated after a divorce, Sally found she could have fun by herself at the casino. Her "happy place," she called it. "The more they get to know you, the more they give you free things to make you feel special," says Sally. Soon she had bank overdrafts, and rent payments were late. Even when she won and could pay off debts, she wanted to win more.

Sally found a ready source of cash when she became a joint signer on a work account. "I didn't think of it as stealing, just borrowing. I intended to pay it back before anyone found out," she says. "I've never been the kind of person to steal. I've never been in trouble in my life. It's hard for people to understand — it just became something I couldn't control."

"The day I got caught," says Sally, "was the best day and the worst. I didn't have to lie anymore." But she was fired, and criminal charges may land her a year or more in prison.

## ESCAPE OR ACTION

Experts in gambling addiction prevention and recovery say that people gamble compulsively either for escape or the thrill of "action." They might start out gambling socially, but many gamblers are introverts, says Susan Campion, Problem Gambling Counselor for the outpatient gambling treatment program at Fairview Health Services in Minneapolis. They want to gamble alone and pursue the big win undistracted. Even if they go to the casino with others, Campion points out, they're still generally sitting by themselves, married to their machine or game.

Once the gambling starts, the pattern for the addict follows a predictable slide into self-destructive living. Some people stay round the clock at the casino. Campion says she has run across addicts who wear diapers so they don't have to get up from their chair and interrupt the play.

Some never do get home. Once the money runs out and they haven't slept or eaten in days, a health crisis, substance abuse, or suicide may end their lives. In many cases, disordered gambling, as it's called in psychiatric lingo, is accompanied by substance abuse. Depression and other psychiatric disorders are common too.

Jack despaired one night after losing his last \$2000 and then another \$5000 he stole from a friend (planning to replace it after the big win). "I didn't see any way out except to kill myself," he says.

**"...in treatment  
I learned to  
separate myself  
from the disease.  
It's not who I am.  
At the time, that  
was quite a  
revelation to me."**

Jack, already in recovery programs for both gambling and substance addiction at the time, decided to down a couple beers to make the dying easier. The beer made him nauseous, so he headed out the door, thinking maybe he could smash his car on the road.

At his car, however, he was met by three recovery friends who had come looking for him. "I realized later that it was divine intervention that they showed up," Jack says. His friends took him to the The Vanguard Center for Gambling Recovery, an inpatient program in Granite Falls, Minnesota, for his sixth round of treatment there. This time, he says, he was able to move out from under the cloud of shame that had kept his obsession active.

"I was so ashamed of what I had done," says Jack. "I felt so worthless. But in treatment I learned to separate myself from the disease. It's not who I am. At the time, that was quite a revelation to me." He now feels very comfortable with himself as he continues participating in recovery programs and lives at his son's lake cabin, far away from gambling temptation.

Sally turned to Gamblers Anonymous as well as the inpatient treatment at Vanguard, plus ongoing participation in Campion's outpatient group. She had

to give up her dream career — sales. The excitement of making the sale (a big win) is a trigger for her, she says, since it produces the type of high that she associates with gambling. Sally also quit smoking and drinking. "I had to get rid of anything that had control over me," she says. Volunteering at church, reading a daily devotional, and journaling are among the ways she keeps her recovery "fresh every day." Her friends and family have been very supportive as she awaits her court date.

## THE TRAIL OF RECOVERY

Shame is a major barrier to getting treatment. Compulsive gamblers are typically viewed as crooks who lie and steal, rather than people experiencing an addictive illness. They feel deep shame for deceiving and creating financial disaster for others. Even once they recognize and seek treatment for their illness, their shame can spur them to again pursue the big win so they don't feel like such losers.

In Minnesota, treatment cost is not a barrier, even for those who have gambled away every dime and are deep in debt. Though health insurers don't pay for it, the Minnesota State Department of Human Services covers either inpatient and outpatient treatment for those with financial need. Supportive services are also covered for family and others deeply concerned about a compulsive gambler.

Admitting to a gambling problem is not easy, however, even as massive debts pile up. "People end up in my office when they have run out of places to get money or when they get arrested," says Campion. "Most of the people in my treatment group are felons." Most also end up attending Gamblers Anonymous or other alternative support groups in the community, she says.

Just one inpatient treatment program exists in Minnesota — The Vanguard Center for Gambling Recovery in Granite Falls. Vanguard, as well as outpatient providers, use a variety of therapeutic methods including cognitive behavioral therapy and The Twelve Steps. The treatment is personalized to support the addict in learning to live a gambling-free lifestyle. Medications may be used to reduce the gambling urge.

Counselors help clients with strategies to avoid gambling triggers and find other ways to meet the need that gambling met. Lonely gamblers may be guided toward healthy social or recreational activities or to improving communication skills. People with poor money management habits may have to get someone else to take charge of

## Wondering if you have a gambling problem?

Seek more information if you answer yes to these questions from the Vanguard brochure:

1. Have you lied about how much you gamble or how much you spent gambling?
2. Have you spent more time or money gambling than you intended?

## Where to get information or help


- Call: 24/7 Minnesota Problem Gambling Helpline: 1-800-333-HOPE
- Visit: <http://NorthstarProblemGambling.org>
- Visit: [www.GetGamblingHelp.com](http://www.GetGamblingHelp.com) MN Dept. of Human Services
- Call: Minnesota's Gamblers Anonymous Hotline: 1-855-222-5542




their money, and family members may be advised to protect bigger assets. An app on the addict's phone may report the addict's location to an accountability partner. Mindfulness and meditation training and other supportive practices are introduced.

VonEschen, Campion, Sally and Jack are all passionate about letting others know about problem gambling and the opportunities for recovery. They know from experience that compulsive gamblers can find their way back to healthy, balanced living.

Pat Samples is a writer and a facilitator for creative aging, body awareness, and creative writing. [www.patsamples.com](http://www.patsamples.com)



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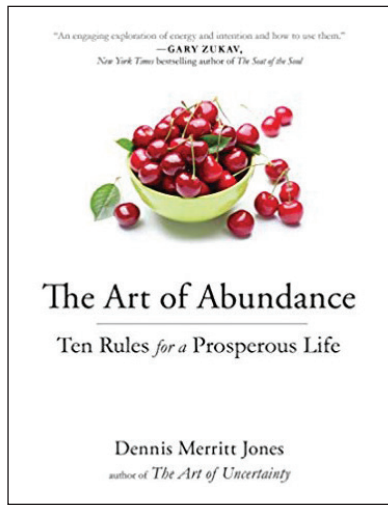
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# Books by Barbara Kummer



## The Art of Abundance: Ten Rules for a Prosperous Life

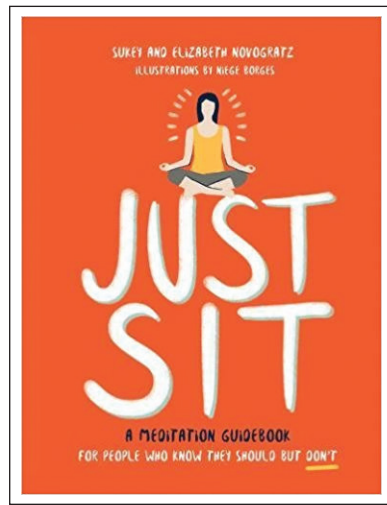
By Dennis Merritt Jones  
TARCHERPERIGEE

Is your life worth living? Jones thinks most people want the same things: freedom, inner peace, and a life filled with purpose and meaning. He offers a new perspective regarding what gives meaning and value to one's life. He writes about a prosperous life, which he describes as a life of wholeness and peaceful satisfaction. He describes to readers how to recognize and create the enriched life they desire.

Utilizing his experience with the human potential movement, he identifies ten Abundance Rules. The rules are identified and best read in sequential order. They are: Be one with life, Be aware you live in an expanding universe, Be accountable for your conscious, Be focused, Be in the flow, Be passionate, Be blessed, Be of service, Be courageous, and Be a catalyst for good.

Each rule includes Jones' description of the relevant premise, the problem, the principle, the practice and the payoff. These help readers understand what they think and believe. Each chapter concludes with a summary of takeaways titled Power Points to Personalize.

Jones writes that he wants this book to "speak to your mind and your heart." Does it ever!



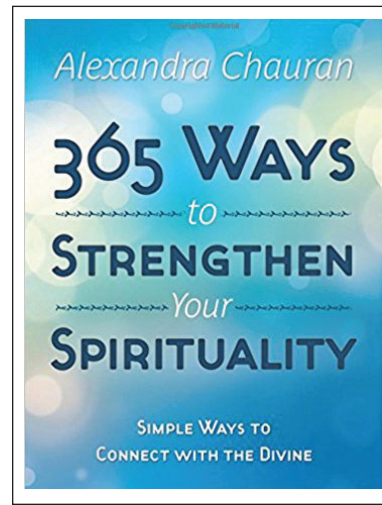
## Just Sit: A Meditation Guidebook for People Who Know They Should But Don't

By Sukey and Elizabeth Novogratz  
HARPER WAVE

What's your excuse? Meditation is known to relieve stress and anxiety, improve moods, help one lose weight and sleep better. Studies have covered all of this. However, in this book, by two of the founders of *The Well Daily*, readers' questions are answered, and they receive information and instruction for sitting successfully. Readers learn about the history of meditation and the benefits which include physical, mental, and emotional aspects.

It's illustrated and has suggestions and Helpful Hints, such as working with a meditation buddy. Additionally, Notes from the Cushion offer suggestions such as easy walking meditation techniques.

It doesn't have to be complicated. It's a practice, so practice it.



## 365 Ways to Strengthen Your Spirituality: Simple Ways to Connect with the Divine

By Alexandra Chauran  
LLEWELLYN PUBLICATIONS

Regardless of one's faith or belief system, Chauran's suggestions provide a balanced way to get in touch with Spirit. Her training as a psychic intuitive, with over a decade of experience helping clients seeking connection with their Higher Power, is evident in her writing.

Included with her daily essays are journal prompts, meditations, and easy to do exercises. For example, dancing and getting in touch with nature are two suggested exercises intended to help one live in the moment.

Chauran encourages readers to write three goals for the year: one physical or material; one intellectual or emotional; and one spiritual. Then let Spirit guide you and help you reach them.

*Outside of a dog,  
a book is a  
man's best friend.  
Inside of a dog  
it's too dark to read.*

GROUCHO MARX

*The things I  
want to know  
are in books;  
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is the man  
who'll get me  
a book I  
ain't read.*

ABRAHAM LINCOLN

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# Why Am I Depressed

## WHEN EVERYTHING IS GOING GREAT FOR ME

— from page 1

It may seem hard to believe that having a good job, a loving family, and successful children wouldn't make us completely happy. It's the American dream. But guess what? It doesn't. Many apparently accomplished people have problems with chronic, low-grade and often hidden depression. They are not who they appear to be. They look fine on the outside and are often fairly good, likable and responsible people. They just don't like themselves. Their depression doesn't usually knock them out; it just causes them to drag through life, withdraw at times, and not be all they are capable of being. Their gloominess takes it toll on loved ones and work peers. Worst of all, they often don't know why they are like this.

You can imagine what it's like to be in this man's shoes. He's doing everything reasonably well and is fairly successful. He has people who love him. Yet he is not happy. In fact he has never been completely happy. Even when others tell him how great he is. Most of his life has been a drag ever since his earliest years. The persistence of this experience sometimes causes him to give up hope and occasionally entertain thoughts of suicide. After all, there seems to be no point to his life anyway. He can't even be happy with having it all. And what causes him the most hopelessness is that he can't figure out what is bugging him.

People with this difficulty deserve our compassion. There are many people like this. Even famous ones, like perhaps Abraham Lincoln. They are said to have dysthymic depression, a chronic low-grade but often serious depression. About 1.5 percent of American adults are reported to have dysthymia (although this number is likely underestimated) and nearly half of these people have regular severe symptoms. Most recovering addicts have underlying dysthymia. That's what may prompt them to use in the first place, and puts their continuing sobriety at risk.

The average age of dysthymia onset is 31 years, although it has likely been in their life from an earlier age. Dysthymic people may have never known what it was like to be for-the-most-part happy. Unlike people with Major Depression or Situational Depression, people with Dysthymia can get out of bed and function relatively well. It's just that life feels persistently empty and anxiety-producing when they do get out the door, and often they would rather just stay under the covers.

It drives people crazy to never be completely well and have no hope for it to change. Women are more prone to this difficulty because they are more apt to worry about what other people think of them than men do. However, men are not immune from Dysthymia. They define themselves in terms of their achievements. Being gloomy and self-critical gets in the way of taking career risks and they often underachieve or are constantly dissatisfied with their success. Men withdraw and brood instead. People with this condition don't feel in control of their lives and suffer from persistent anxiety and insecurity as well as depression.

The key to understanding this condition is to realize we are all not just our behaviors, contrary to what our American culture would have us believe. We are human beings, not human doings. Each of us needs meaning, a sense of purpose, a feeling that we belong and a reasonably positive view of ourselves to be happy. These latter aspects are lacking in people with dysthymia.

There is help for dysthymia and no one needs to resign himself or herself to being chronically discontent and miserable. Unlike what the drug companies preach, this condition is not just a neurobiological disease, it is a treatable psychological condition that can be helped by a combination of careful, and sometimes lengthy, psychological treatments combined with minimal medication and lifestyle changes. Yet, oddly enough, some people recover from this condition fairly quickly if given specialized treatment. It doesn't go away on its own.

### CAUSES OF CHRONIC DEPRESSION

The research on what causes Dysthymic Depression is inconclusive. Clearly brain chemistry, genetics, environmental agents (such as personal loss, relationship conflict and an achievement-obsessed culture), and personality traits (like chronic pessimism and perfectionism) all contribute to this disorder. Clearly each person's experience is unique and hard to generalize from. Yet, if you would allow me to shoot from the hip and give you my understanding of this difficulty based on nearly 40 years of psychological practice I will.

The most important universal human need is the need to attach. Scoring it big in the stock market, having career success, having a stable marriage and being wealthy are so much less important. What we really need most is to have a positive forgiving relationship with ourselves, to sincerely feel we matter to others, that our lives have value for a greater good and that we fit in some group of people who love us. Such a need is common to all mammals. As animal research attests, it's the connecting to ourselves and others that really matters. It's how our brains are wired. In fact, we are all just glorified monkeys! That's why doing things in itself doesn't make us happy and why so many of us love our pets.

People with dysthymia have emotional attachment issues. They have histories of emotional abandonment. Consequently they can't feel close to others, forgive themselves or allow others to be close to them. Such missing parts undermine their self-confidence. This is why children and adolescents today have high rates of anxiety disorders, social phobias and suicide potential. They are more connected to their cell phones than to people who love them. Often, emotional nurturing by caregivers has been lacking from their earliest years (either too lax, too controlling or nonexistent). They have never been securely emotionally attached and are prone to abandonment fears. They may even lack mentation — the ability to

see and reflect on themselves. It's hard to imagine something more depressing than to have never been securely attached to an adult caregiver.

Consequently dysthymic people are often more wired to things than people. They may even see other people as dangerous. In a defensive posture, they develop a false self in functioning in the world. They pretend to be whole people doing the best they can. Indeed, in my view, attachment disorders and the neurological damage that derives from them are the root cause of Dysthymic Depression.

### OVERCOMING CHRONIC LOW-GRADE DEPRESSION

The good news is that attachment disorders can be overcome. To understand the science behind this claim and learn helpful skills read *Feeling Good* by David D. Burns, M.D., and *A General Theory of Love* by Lewis, Amini, Fari and Lannon (Vintage Books, 2000). We can learn to truly love others and allow them to authentically love us over time. Many, but not all, people in 12-Step programs understand this fact of life all too well. Often, this connecting relearning process needs to happen on an individual as well as group basis, just like we learn to attach to our parents before we connect with peers. Breaks in attachment are best repaired in the accepting and challenging relationship with a skilled psychotherapist. That's the heart of recovery from dysthymia.

Helpers with this training are said to work psychodynamically with clients and will employ a variety of skills, such as cognitive therapy, body and trauma therapy, exposure and desensitization repair, or mentalization training to help learn know and relate to oneself. Couple and group therapy, as well as life management training such as diet and exercise planning, sleep management skills, emotional mindfulness and competency building, as well as cultural and spiritual mindedness are also often utilized. Certainly an initial physical and possible medication management may be needed as well.

Once a finely attuned and accepting relationship with a professional is established where one can assert their needs, they are well on their way to being attached and less prone to being in an overall funk in life. Often seeing the minutia of closeness in the working relationship with a helper is how people learn to overcome depression and have real attachment in life as a whole. In the darkness of exploring life with a helper, people start seeing the light at the end of the tunnel. Eventually they come into the full light of day, while never being alone.

If you find yourself resisting the message of this article, as it sounds all too easy, consider yourself normal. It's not easy. Healing is a lot more complex and individualized than this one article can explain. However, I do hope you consider my main message: healing chronic depression is a two-person repair and one does not have to have faith in it for it to work. It takes the patience and courage to hear these words.

If you or someone you care for would like to get help from a trusted helper I can recommend Hamm Clinic in St. Paul (Phone: 651-224-0614). This clinic is ethical and professional. Let the intake person know the kind of helper you would like to see. You may have to wait to be seen — it is worth the wait. Otherwise ask for word-of-mouth referrals from trusted friends or 12-Step peers. You are certainly free to call me. Ask questions at your first appointment to see if you are in good hands. Trust your instincts. It's the working relationship with the helper that makes all the difference in the world. God speed in your quest!



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

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**7/27 - 7/29**  
**Spiritual Life and Living**

**8/10 - 8/12**  
**Writing in Recovery:  
 A Weekend to Explore  
 Your Story**

**8/24 - 8/26**  
**Being Sober and  
 Becoming Happy**

**9/28 - 9/30**  
**Sought through Prayer  
 and Meditation:  
 An 11th Step Retreat**

**10/26 - 10/28**  
**Blocks to Progress**

**11/23 - 11/25**  
**The Spiritual Path  
 to Freedom and Joy**

**12/28 - 12/30**  
**The Awakening**

## Ending Your Life Is Not the Answer to Your Situation

You are at the end of your rope and you can't take it any much longer. You are in pain and you are suffering and you feel there is no hope. The first step you need to do is to seek professional help. Do not make the decision to end your life when you are in these kinds of fearful situations.

Here are six reasons why suicide and fear are not options regarding your problems.

1. **Things change over time.** Regardless of your situation, things do not stay the same. You may feel very bad today, but it won't last forever. Everything changes over time. This includes your current situation.

2. **There are always other options.** You may feel lost and confused, but the answers to your specific problems are out there. The key is that you have to find the answers; the answers to your problems will not come to you. As mentioned before, the first step in finding the solution to your problem is to seek help from a qualified professional.

3. **You can't predict the future.** Remember that no one can predict the future with 100 percent certainty. Even if the thing that you are afraid of does happen there are circumstances and factors that you can't predict which can be used to your advantage. For instance, let's say at your place of work that you miss the deadline for a project you have been working on for the last few months. Everything you feared is coming true. Suddenly, your

boss comes to your office and tells you that the deadline is extended and that he forgot to tell you the day before. This unknown factor changes everything.

4. **Focus on the facts of your situation and not your thoughts.** When people are depressed they rely on their fearful, depressing, and negative thoughts. Your fearful thoughts are exaggerated and are not based on reality. When you are depressed, focus on the facts of your current situation and not on what you think. Do not assume anything regarding your current situation.

5. **Go to the hospital when it is that bad.** If things are so bad that you are unable to function, drop everything and go to your local hospital or crisis center immediately. The people at the hospital will take care of your situation right away.

6. **No situation is hopeless.** There are many people and organizations that are willing to help you, but you must be willing to take advantage of this help. Regardless of your situation, take advantage of the assistance that is around you. Every problem has a solution. You just have to find it.

*Stan Popovich is the author of A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods. Located at [www.managingfear.com](http://www.managingfear.com)*

## Resource Directory

### Bettors Anonymous

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

### Debt Management Plans and Financial Counseling

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

### Counseling

**Maple Grove Therapy and Wellness** is a collaborative of therapists working to serve primarily adolescents and young adults struggling with chemical and mental health issues. 612.460.0427, [www.maplegrovetherapyandwellness.com](http://www.maplegrovetherapyandwellness.com)

**Amethyst Counseling Services** - 651.633.4532

### Eating Disorders

**Melrose Center-** Melrose heals eating disorders for all genders and ages. Our experienced team offers specialty programming for those struggling with an eating disorder and substance use disorder – whether they are in recovery, treatment or still struggling with substance abuse. This specialty care is available in St. Louis Park, St. Paul and Maple Grove. Visit [melroseheals.com](http://melroseheals.com) or call 952.993.6200.

### Drugs and Alcohol Treatment

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If you or a loved one is struggling with drugs or alcohol, we're here to help. In addition to our effective and affordable residential Licensed Treatment, faith-based Long-Term Recovery and convenient Outpatient program, we have extensive prevention and transitional/aftercare services. Freedom from addiction starts here. 612-FREEDOM or [mntc.org](http://mntc.org)

### Narcotics Anonymous Helpline

Drug Problem? We Can Help! Call Now 24-hour (877)767.6767. Also, check out [www.namimnnesota.org](http://www.namimnnesota.org) For a complete listing of meetings, upcoming events, camp-outs, and service opportunities.

### Soul Readings/Classes

**Soul Readings/Psychic Development Classes:** *beginning, advanced, and workshops.* **Cindy Lehman;** 612.669.1861; [www.cindylehman.com](http://www.cindylehman.com); or email [cindy@cindylehman.com](mailto:cindy@cindylehman.com). Beginning February 28 - Psychic Development Beginning/Foundation Class: Learn to consciously access your soul's guidance, clarity and wisdom. Discover your abilities and purpose working with your body/soul partnership in this lifetime. Wednesday evenings, February - November. See website or call for more information.

### Spirituality

#### Sacred Ground Center for Spirituality

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

### Workaholics Anonymous Meeting

Burning out? Workaholics Anonymous provides steps and tools to break free from non-stop work and activity. Newcomers are welcome at our Workaholics Anonymous meeting Wednesdays, noon, Fairview Riverside Hospital, Dining Rm. E. Learn more: 763.560.5199 or [www.workaholics-anonymous.org](http://www.workaholics-anonymous.org).

### Women's Mental Health

**Amethyst Counseling Services** - 651.633.4532

*To place a Resource Directory listing call David at 612.298-5405 or write [david@thephoenixspirit.com](mailto:david@thephoenixspirit.com)*



# The Power of Love

by Mary Lou Logsdon



*"We must discover the power of love, the redemptive power of love. And when we do that, we will make of this old world a new world, for love is the only way." — MARTIN LUTHER KING*

**D**id you attend the wedding? The May wedding in England...that moment of love that brushed politics, rancor and greed aside and let us all — the whole world — gaze into the power of love.

While Megan and Harry were a beautiful couple, it was the beautiful sense of peace and wonder that took the stage. Our countries, once enemies, once competitors, once outsiders, crossed more than oceans to meet at that altar.

Harry has a freedom not available to his brother William, who is second in line for the British crown. Harry's distance from the throne gives him a place to steer his own ship of life, rather than the ship of state — and that ship has sailed to distant shores. He served two deployments in Afghanistan, launched a charity in Africa to support children orphaned by HIV/AIDS, and lent his support to various humanitarian efforts throughout the world.

This isn't the first televised Royal event. I remember bits and pieces of the coronation of Harry's grandmother, Queen Elizabeth II, as I lay in front of our tiny black and white TV. That era's new technology brought the world into our humble living room, pomp and circumstance on view from our Minnesota perch. We were awestruck!

While that 1952 coronation — the most recent in British Royalty — was like peering into an ancient fairytale, this wedding was like being invited into an intimate moment as two people joined their lives. The distance of their stories melted away in the promises they took: For better, for worse, for richer, for poorer, until death beckons.

What drew us into that story? What held us there? It wasn't the dress, gorgeous though it was. It wasn't the cheru-

bic children guiding the dress' train. It wasn't the abbreviated guest list with its who's in and who's not. It was the bravery of two people promising to the world that they were in this for good, for a lifetime, by their own choice.

We know Harry's story. We remember his sorrowful walk behind his mother's casket. We remember his military career where he, like his fellow soldiers, submitted to orders from officers under his grandmother's rule. We remember his eligible bachelor days, charming and playful. Yes, we remember it all — the heart-stricken boy, the dutiful soldier, the gregarious most-eligible. He was irresistible.

While we don't know Megan's story in the same way, she has had her own stage, but it wasn't the world stage. We do know that she is a biracial American, that depending on where they might have lived 70 years ago her parents could not have married, that 60 years ago she could have been banned from "whites only" schools, and 50 years ago her voting rights might have been questioned at her polling place.

We know these things as we watch Megan confidently walk up the aisle at St George's Chapel to join hands with her prince. No wonder we cannot turn away.

Two church leaders flank the altar, one speaking the Queen's English, the other American colloquialisms. Passages read from Hebrew and Christian scripture. Vows updated for contemporary understandings of marriage. Ritual witnessed by royalty and commoner.

## GREAT DIVIDES CROSSED BY LOVE

For centuries, royalty has used marriage to build alliances — queens and princes harvested from other countries to ensure a connection between nations, to build useful diplomatic ties, to form frag-



ile truces between historic enemies. The purpose of this bond was not political or strategic or even convenient. The purpose of this wedding was to build a marriage, to add more love to the world, to commit to a future together. We hope it is why any of us marry — because we are better together than we are apart. Because our families, our communities, our nations and our world are better with a little more, rather than a little less, love.

There is so much this wedding was not about. But what it was about was love and the power of that love. American Episcopal Bishop Michael Curry had a clear message. "There's power in love. Don't underestimate it. Don't even over-sentimentalize it. There's power, power in love.....But love is not only about a young couple. Now the power of love is demonstrated by the fact that we're all here. Two young people fell in love, and we all showed up."

Many of us did show up. Early morning Anglophiles gathered for tea and scones donning hats and gloves. Worldwide, 2 billion people watched according to UK's *Daily Express*. That's a lot of people!

Bishop Curry continued to describe love as unselfish, sacrificial, redemptive. This is the love that changes lives and can change this world. And what would a world where love is the way look like? Here is Bishop Curry's picture:

When love is the way, then no child will go to bed hungry in this world ever again.

When love is the way, we will let justice roll down like a mighty stream and

righteousness like an ever-flowing brook.

When love is the way, poverty will become history.

When love is the way, the earth will be a sanctuary.

When love is the way, we will lay down our swords and shields, down by the riverside, to study war no more.

When love is the way, there's plenty good room - plenty good room - for all of God's children.

Because when love is the way, we actually treat each other, well... like we are actually family.

That is why so many of us attended the wedding. Because we all are family. Because our British/American roots run deep. Because in some way we know Megan and her family. Because the wide ocean of difference is narrowed by love.

Bishop Curry ended by quoting the Jesuit paleontologist, Pierre de Chardin, who understood love too. "Someday, after mastering the winds, the waves, the tides and gravity, we shall harness for God the energies of love, and then, for a second time in the history of the world, [we] will have discovered fire."

Let us do what we can to enkindle that flame!

*Mary Lou Logsdon holds an MA in Theology and a Certificate in Spiritual Direction. She facilitates retreats and meets one-on-one with people interested in exploring their spiritual lives. She can be reached at logsdon.marylou@gmail.com*

Journalist, provocateur, and world traveler Steve Marsh has written for GQ, Vulture, Pitchfork, ESPN, and the Wall Street Journal. He's currently a senior writer at Mpls/St Paul Magazine. His work has taken him from deep jungles to ivory towers and all places in between. He read Steinbeck's *Travels With Charlie* and decided he had to get his own poodle (Blair). When back in the Twin Cities you can find him at bookstores or libraries, wearing his favorite glasses from the Spectacle Shoppe.



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# Accelerated Resolution Therapy Gives Life Back to Recovering Gambler

by Bill Stein for Northstar Problem Gambling Alliance

Kathy had been doing well in her recovery from gambling addiction, having abstained for a dozen years with only occasional fleeting thoughts about gambling. But when a workplace assault created new trauma and awakened old feelings from previous traumatic experiences, she suddenly had unprecedented cravings to gamble, even devising a plan to travel far away to engage in a gambling spree.

For nearly a year after the workplace incident, which left her with psychological damage, and torn ligaments and broken bones in both wrists, Kathy was unable to find relief. "I went through a lot of talk therapy to work through things, but it just wasn't helping," says Kathy. "I didn't feel better and was in a constant state of fear."

There were times when I was afraid to leave my apartment, stayed in bed all the time, felt suicidal and was just not living a life."

As Kathy's addiction symptoms worsened and her physical pain persisted, she sought out options that would be more effective than traditional talk therapy and medication. A friend mentioned a therapeutic approach called accelerated resolution therapy (ART) that could potentially provide help for both the psychological anguish and the physical pain.

"I was feeling so bad physically and emotionally that I was ready to try anything," says Kathy. "I went into accelerated resolution therapy with an open mind." Kathy had her first ART session in November, 10 months after the workplace incident.

To her surprise, Kathy experienced immediate improvement — both for her mental anguish and physical pain. "My psychological pain, as measured by feelings of anger, hurt, depression, anxiety, etc., went from a 9 or 10 at the beginning of the session to 0 or 1 at the end of the session. And I was able to decrease the amount of pain medication I needed by approximately 60 percent."

"It may be hard to believe, but it's common for one session of ART to have these kind of results," says Wade Lang, LPCC, LADC, NCGC-II, who led Kathy through accelerated resolution therapy. "Kathy's anxiety and depression were eliminated, the cravings went away and even the pain at the original trauma sites was drastically reduced." Kathy's PCL-5 score (the PCL-5 is a 20-item self-report measure that assesses the 20 DSM-5 symptoms of PTSD) dropped from the 60s to a 6.

Kathy had two additional ART sessions to solidify the gains she made, but does not anticipate the need for extended therapy lasting for months or years. "For the first time in my life, I'm feeling content," says Kathy. "I'm experiencing an awareness I haven't felt for a long time and even found myself asking, 'When did all the leaves on the trees fall off the branches?' There's light in my life."

## KATHY'S FIRST ACCELERATED RESOLUTION THERAPY SESSION

Accelerated resolution therapy (ART) is an evidence-based eye-movement therapy that has historically been studied and used as an alternative to traditional PTSD treatments that use drugs or lengthy psychotherapy sessions. It is also showing promise in the treatment of people with gambling addiction. Here's a glimpse into Kathy's first ART session that brought her significant improvement.

*I sat directly across from Wade as he explained how the process would work. He asked me to follow his hand back and forth with my eyes as he gave each set of specific directions. I would estimate that each set of directions lasted perhaps 30 to 60 seconds.*

*First, Wade asked me to think about the traumatic event that came to mind, and to feel and relive the feelings associated with it. I was told to keep these feelings to myself and thus did not share them aloud. He then told me to take a deep breath and to let the feelings out.*

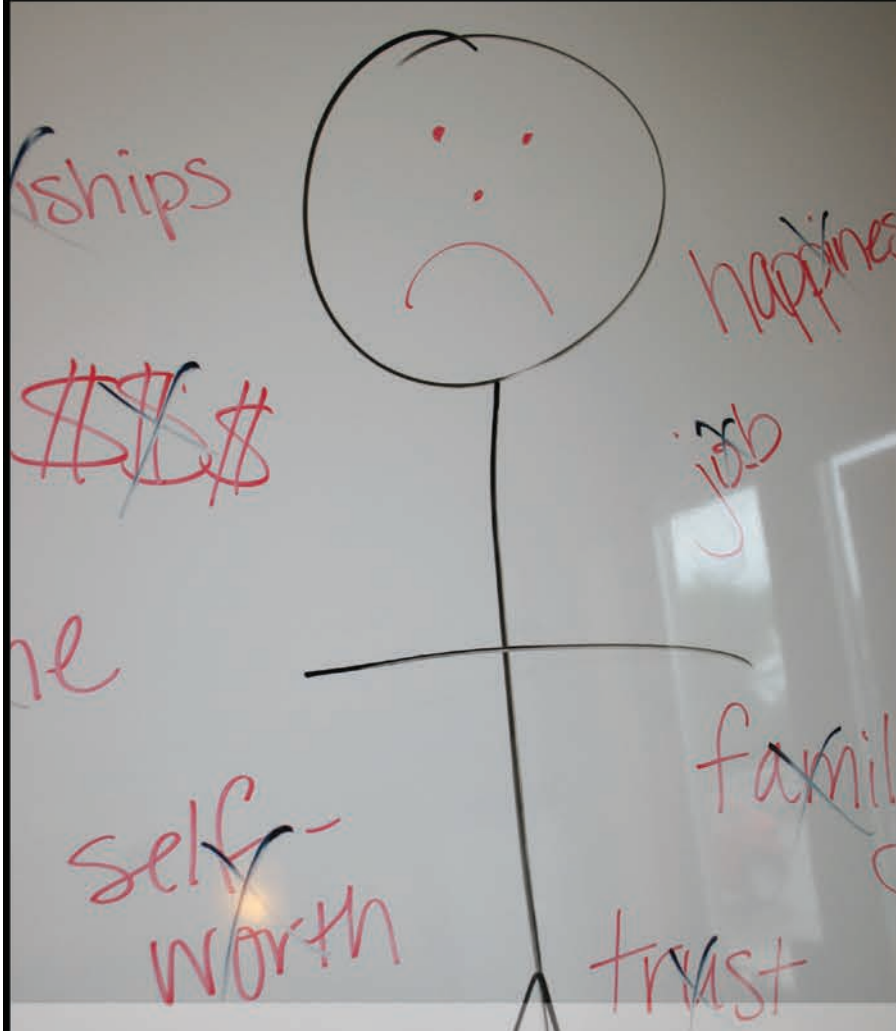
*Next, Wade asked me to envision a more positive situation. I pictured myself going back to my place of employment, greeted by a line of welcoming staff that allowed me to say anything I wanted. And I pictured the person who assaulted me apologizing.*

*Wade introduced another scenario. This time, I'm sitting by a campfire. I'm asked to visualize tossing all my feelings and other negative scenes into the fire, things like betrayal, trust, anxiety, fear and anger.*

*A final scenario involved my walking across a bridge. There's a pillar standing in the way that prevents me from crossing the bridge. The pillar represents a collection of all the bad feelings I've experienced. I'm asked to do whatever it takes to get the pillar out of the way, whether pushing it down, throwing it out of the way, etc. Once I do that, there is nothing to stop me from walking across the bridge — my anxiety and mistrust and other feelings are gone.*

*[Note: this part of the process is called Voluntary Image Replacement (VIR) and is a hallmark of ART Therapy. The science behind VIR is attributed to Dr. Karim Nader, who discovered through his research that there is a "reconsolidation window" where one can change the images of past traumatic issues and essentially install an overlay of new images that are positive and do not have negative sensations and emotions attached to them.]*

*By the end of the first session, I experienced great improvement in my symptoms. If someone told me this would help this much this quickly, I probably wouldn't have believed them.*



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For additional information about ART, visit [AcceleratedResolutionTherapy.com](http://AcceleratedResolutionTherapy.com) or contact Wade Lang at [wade@wadelang.com](mailto:wade@wadelang.com). Wade practices in St. Paul and New Ulm.





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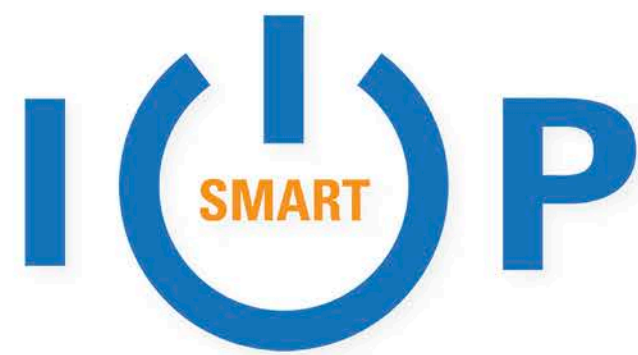
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-   
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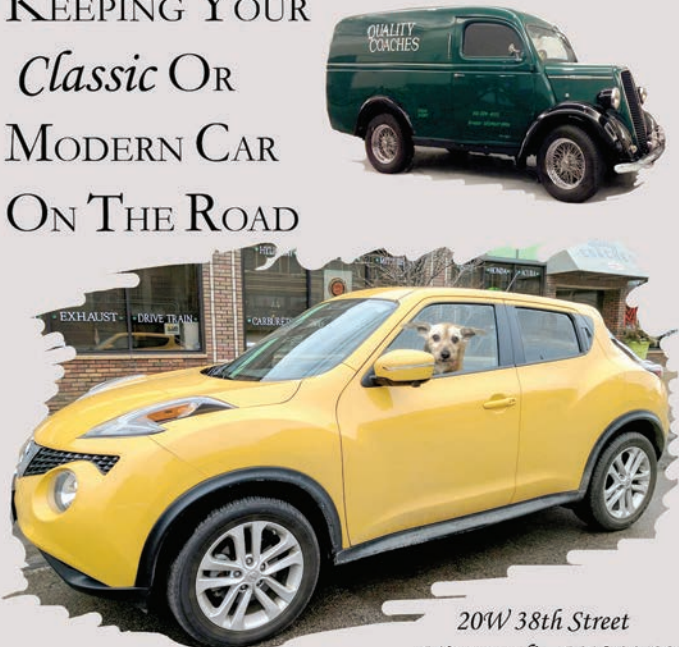
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# Six Tips to Beat Stress

by Bradley Nelson

**S**tress affects everyone, damaging our health and relationships. Here are a few easy-to-consider tips for reducing stress in your life.

**1. Plan ahead and be flexible about your expectations.** Think about your plans for vacations and family gatherings. Everyone else has expectations and sometimes they won't match yours. Plan for spontaneity. If you allow the plans that others have to be a part of what brings you joy, you might find you have more fun. That way, everyone shares ideas and activities.

**2. Be aware of what your body needs.** This includes healthy food, plenty of water, rest and exercise. Don't throw your routines out the window when you're on vacation. Get plenty of exercise so you'll feel good. Continue eating healthy. You'll feel better about yourself if you're really taking care of your body!

**3. Decide to take care of yourself emotionally.** You may need specific things such as the emotional support of a spouse, a lunch date with a friend or even just some time alone. Decide how busy you want to be — or not be! Say "no" to trying to do too much if it interferes with your health, family time or if it feels like it will cause too much stress for you.

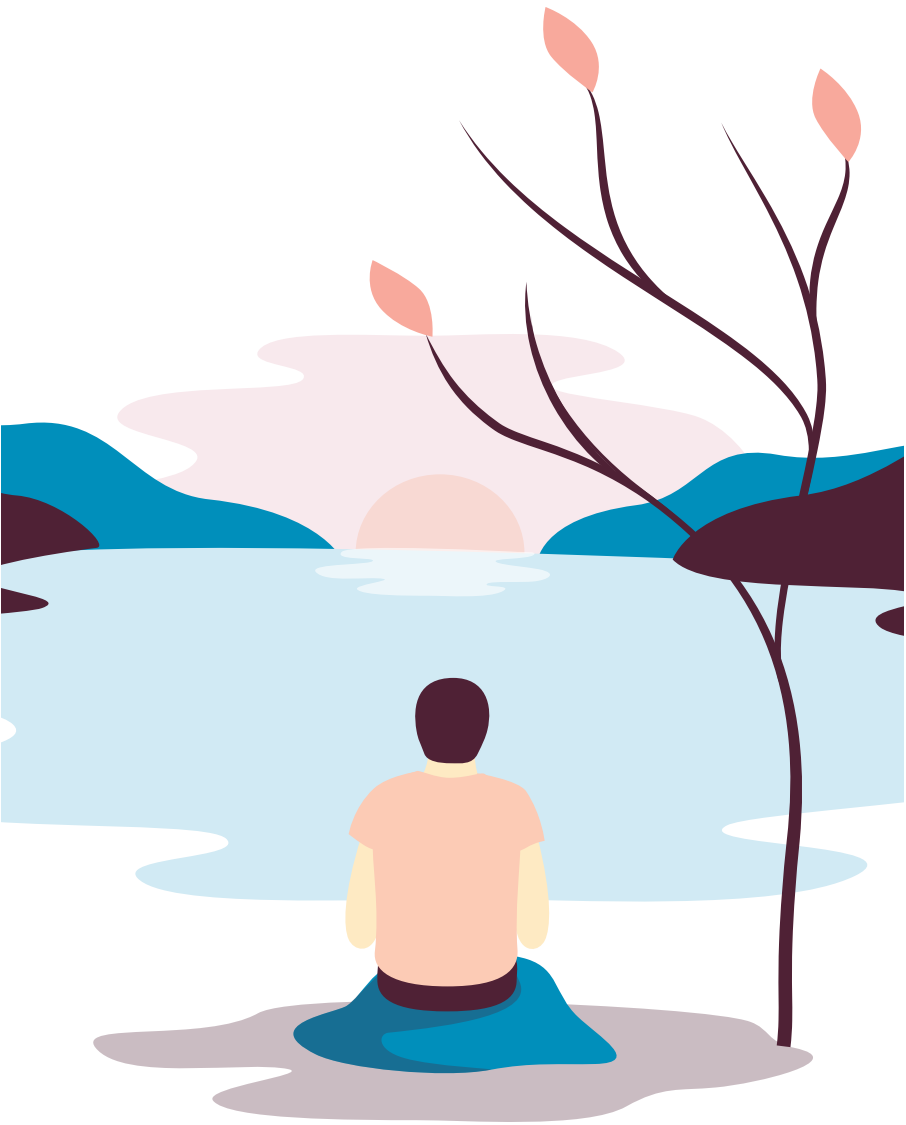
**4. Communicate with love.** If you're feeling stressed by interactions with others, take a breather. You might go outside for a few minutes to get some fresh air. Be kind to everyone, including yourself. Give hugs. Make sure you're not overreacting. None of us communicate perfectly.

Try to see what others really mean, not just what they say. Give them the benefit of the doubt because it's likely no offense was meant. Ask for clarification and react appropriately, with kindness, love and forgiveness. Some people really don't have a handle on their behavior, but it doesn't have to affect how you feel or become your problem.

**5. Choose your emotions:** Most people have a mistaken belief that our emotions choose us; that we are at the mercy of whatever emotions we tend to start feeling. But the reality of it is, no matter what the circumstance, we always are choosing our own emotions. It's important to recognize that fact. You don't always have control over what happens to you, but you can choose to respond proactively.

**6. Identify and release** "trapped emotions" such as unresolved feelings from past negative and traumatic events. This emotional baggage can cause us to make incorrect assumptions and react emotionally; it also contributes to anxiety, depression and most forms of illness.

*Bradley Nelson is a holistic Chiropractic Physician and Medical Intuitive working in the fields of Bioenergetic Medicine and Energy Psychology. His bestselling book, The Emotion Code, provides step-by-step instructions for working with the body's healing power. More info at [www.drbradleynelson.com/](http://www.drbradleynelson.com/).*



Camellie / Vecteezy.com



# In Al-Anon...

by Sherry G.-S.

There was a period in my life where I spent most of my time doing one of two things: I was either worrying to extremes, or praying about what I was worrying about. My prayers were desperate. I often prayed, "Please let him come home safely." Sometimes I prayed for something to change. At other times, I would make bargains. I would plea for resolution, and make promises in exchange.

My prayers all had one thing in common: I would pray with a specific outcome in mind.

"Please make him stop drinking."

"Please help him to find a job."

"Please don't let us get pulled over."

"Please don't let him find the car keys."

And, all of my prayers were directed at changing the trajectory of what was going on with the person I loved.

I would pray, and hope, and wish. If there was a Higher Power, I wanted whoever or whatever that was to wave a magic wand and make all of this difficulty go away.

It hadn't occurred to me that there was another way to pray.

In Al-Anon, Step 11 is "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out." Prior to becoming a family member in recovery, I had not considered that prayer could be about myself, and what I could do. It never occurred to me that what I really might need was some strength to carry out my guidance.

Things started to shift when I started praying for God's will and power. The first thing I felt led to do was to spend time with the Serenity Prayer.

"God, grant me the serenity..." meant serenity would come from a moment of grace. And, it meant that it was better for me to wait for some serenity – to be out of my emotional reaction – before proceeding forward with anything else.

"...to accept the things I cannot change..." meant that my prayers directing God to change someone else were futile. I couldn't change others, which was evidenced by the fact that I hadn't been

able to even with all of my attempts! Acceptance of this fact was imperative, as it's difficult to move ahead without embracing the truth of the situation for what it is.

"...the courage to change the things I can..." meant the power mentioned in Step 11 was necessary. I needed strength. I needed bravery. I needed gumption. I also needed to not let my fears stand in the way of acting out on the guidance of my Higher Power's will when I knew what that was.

"...and the wisdom to know the difference." Such an important part of the process, this reminds me that my inner truth has always been there, but has often been clouded by other obstacles. It also allows for space to determine if the guidance I think I'm getting is actually my Higher Power's, or mine. (I can typically tell if it's mine by the sense of anxiety and limited time-frame that comes along with it.)

Starting to focus on the Serenity Prayer and God's will and power, turned my prayer process from an external practice, to internal. I was no longer praying for the change of outer circumstances. My prayers became centered on an alignment with my Higher Power, and strength to take actions that felt scary to me because they were unfamiliar. In fact, some of the scariest guidance I ever followed was to not take any action at all, when every ounce of my being wanted to revert back to my old habitual behavior of do something!

As my prayers for guidance for myself changed, I also saw how my prayers for others changed. I was not the expert of what someone else needed. In fact, I sometimes didn't know what my own needs were. My prayers for others shifted to, "I know that You are with them." Sometimes I need the reminder that each of the people I love, have their own relationship with a Higher Power, too. Sometimes this reminder is what I need in order to let go of them, and the situations they are experiencing, more easily.

Recovery has lead me to a prayer life that's more personal. When I connect with my Higher Power about what I need to do, I often feel a nudge, or get an answer. I feel connected, cared for, and

held. I also no longer feel helpless, and my experience has shown me I'll know what I need to know when I need to know it. I will be lead.

This personal form of prayer has also allowed me to get out of the way, and to trust my Higher Power and the Higher Power of those I love. When I remember God is holding them, too, I no longer have the urge to do something. In that space an opportunity is created for someone else to have their own personal experience, which has nothing to do with me.

*Sherry Gaugler-Stewart is the Director of Family and Spiritual Recovery at The Retreat in Wayzata.*

**GOD GRANT ME THE  
SERENITY TO  
ACCEPT THE  
THINGS  
I CANNOT CHANGE,  
THE COURAGE TO  
CHANGE THE  
THINGS I CAN  
AND THE  
WISDOM TO  
KNOW THE  
DIFFERENCE.**



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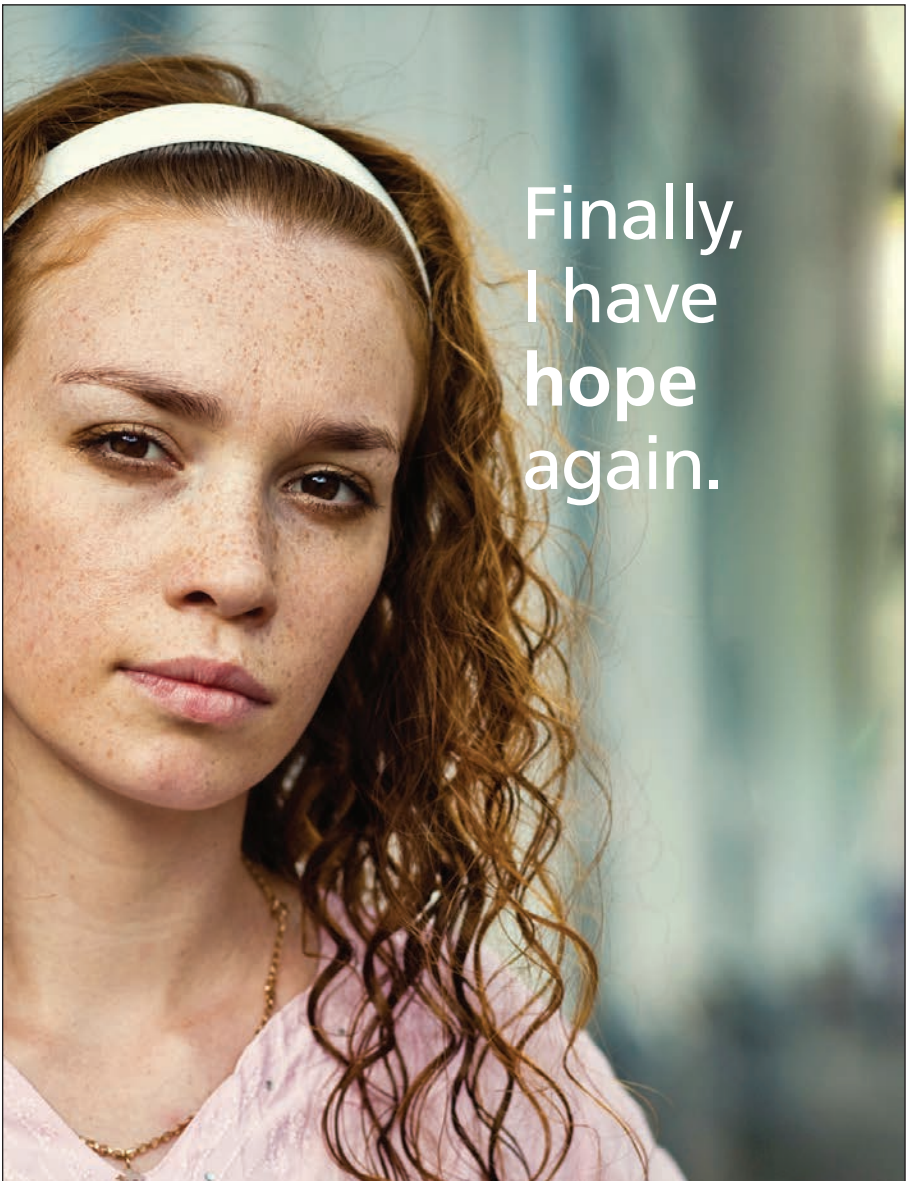
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